

MNTRECC NEWS

March 2022 Edition 20

MISSION STATEMENT

MNTRECC provides statewide leadership by creating partnerships, resources and supports that serve to connect and strengthen early care and education for American Indian children and their families within the State of Minnesota.

VISION STATEMENT

Healthy, Thriving American Indian Children and Families.



*Minnesota Tribal Resources for
Early Childhood Care*

MNTRECC PROGRAM MANAGER – PATTI TURNEY

Patti's Hi-Lite!!

Happy Spring Greetings!! I am so glad that spring is coming, it has been a cold winter and I am ready for warmer weather. I am not a gardener but I do like my flowers. We had some landscaping around our house done late last fall, so I am curious how the landscaping is going to look this spring, and what I will plant to fill in the rock border. Maybe I will include a picture in the next newsletter 😊. We did manage to get a vacation in early March. We visited some friends in Florida that winter there. took a drive to Sarasota and spent some time on Siesta Keys beach and of course I got sunburned. LOL Other than that just looking forward to some nicer weather.

We have also been busy these past few months at work. Our Family, Friend, and Neighbor (FFN) work is winding down. We packed another 200 totes and have been busy with getting these distributed. We do have about 50 totes left, so if you know of any FFN Providers out there that are taking care of children and not licensed, send them our way, we would love to get these wonderful kits to them.

We held our MNTRECC Planning Team meeting virtually in January. The covid numbers were too high to get together in person. Our next Planning Team meeting is scheduled for April 21 & 22, 2022 and Leech Lake Child Care Services will be hosting. The meeting will be held in Walker at the Northern Lights event center. I know we are all looking forward to meeting face to face and we have a great agenda planned.

I have had the pleasure of sitting on the Parent Aware Racial Equity Action Plan (PAREAP) Group committee, and participate in the Access Ambassador meeting, both of these groups are addressing change with Diversity, Equity and Inclusion that can support all Black, Indigenous and People of Color (Bipoc) child care providers. I hope you all participated in the meeting invites and surveys that were sent out by the Department of Human Services (DHS) to address barriers within the Parent Aware system.

The MNTRECC Contract went up for RFP in February and we are working through the application process and will be submitting our application. More to come on this in the next newsletter 😊

Resources: Find links to public health guidance and other important information on the state's COVID-19 website for child care providers: <https://mn.gov/mmb/childcare/providers/>.

MN Early Childhood Longitudinal Data System: Here is a link that will help get answers about child development and learning. <http://eclids.mn.gov/#>

ParentAware.org / 888.291.9811

Competency Framework for Educators (KCF) <https://education.mn.gov/MDE/dse/early/highquale/know/>

At-home COVID-19 saliva testing: Minnesota offers free, at-home COVID-19 saliva testing, and these kits can be ordered individually at any time.

Until Next time, Be well.
~Patti~

Indian pudding

• 1/4 cup cornmeal • 2 TBS white rum • 2 cups whole milk cold • 2 cups of whole milk scalded • 1/2 cup molasses • 1 tsp salt • 1/4 cup sugar • 1 tsp cinnamon or ginger • 4 TBS butter continued

Step one: mix the cornmeal with the cold milk to pour easily. Stir until smooth. Add slowly 2 cups of the scalded milk in the top of a double boiler cook for 20 minutes or until thick.

Step two: Add molasses, salt, sugar, cinnamon (or ginger) and butter. Pour into a buttered pudding dish and pour over the balance of the cold milk and rum.

Step three: Set in pan of hot water and bake for 3 hours in a 250-degree oven, let stand 1/2 hours before serving. Serve topped with vanilla ice cream.

This pudding should whey or separate.

Darlene Labelle Manzanares: Recipe taken from Today's Native Dish's offered by Joseph Brant. Origin Abenaki

Turtle Pumpkin Pie

• 1/2 cup plus 2 TBS Caramel ice cream topping • 1 Honey Maid Graham Crust (6 oz) • 1/2 cup plus 2 TBS chopped Pecans - divided • 2 packages (3.4 oz each) JELLO Vanilla Instant Pudding • 1 cup cold Milk • 1 cup canned Pumpkin • 1 teaspoon ground Cinnamon • 1/2 tsp ground Nutmeg • 1 tub (8 oz) Cool Whip Beat with a whisk until blended the vanilla pudding, milk, pumpkin, cinnamon, and nutmeg Stir in 1 1/2 cups of Cool Whip. Pour 1/4 cup of caramel topping onto graham crust. Sprinkle with 1/2 cup of nuts. Spoon the whisked ingredients onto the crust. Refrigerate 1 hour. Top with rest of Cool Whip pour remaining caramel topping and nuts onto top.

Janice LaFloe: Recipe courtesy of Kraft

OUTREACH – MICHELE FREDRICKSON

Greetings ☺ I don't know about everyone else but I for one am ready for warmer temps and longer days. I can't wait to see the green grass, buds on the trees, hear the frogs croaking in our swamp and everything else that goes along with Spring, except maybe bugs. I really want to get out on the lake, go barefoot in the sand, do some fishing and just smell the water. I want to welcome my hummingbirds back to the neighborhood. Flowers and a few tomato plants will be welcome as well. Who knows, maybe the camper and boat will get some use again. ☺

The 2021-2022 Regional grant round is just about complete. I have one more provider to finish their purchases and training hours and we will have all the grants spent and reimbursed. The FFN kits are just about done being distributed. We have a few tribes remaining that we need to make deliveries to. Overall, the kits were a hit. There were a lot of great items that went into them and it was nice to get them into the homes and hands of FFN providers.

The Metro Work Group met online in January. The programs seemed to have similar reports of covid being very time consuming. Many programs have had to temporarily close classrooms, due to staffing issues. There aren't a lot of big

gatherings, to be expected. Programs are getting creative in how they can still meet their goals during these crazy times. Many are turning to more online zoom presentation and outreach to get their program information out there. The group will try to get together in person in April, if we are able to, otherwise will meet again online. The jackets are in and I can't wait to get them delivered to the group. They turned out very nice.

I have been tracking Tribal Licensed Providers and updating this list on a monthly basis. By keeping in close contact with the tribal licensors we are able to share that information with DHS and they in turn have the most current information and data on our Tribal Licensed Providers. It is important that we keep this as current as possible so when notices go out, they get to where they need to go. Having a current email address, phone numbers, mailing & physical addresses, license #'s, capacity and hours of operation is just part of the information we track. Sometimes the notifications on grants, etc., go to the provider's email address and not to your mailing address. If your program expands, moves or closes, we will also need to take note of those dates. White Earth has recently added a new Family Child Care Provider and Red Lake has two newly licensed providers, one Center and one Family. As of today, the total number of Tribal Licensed Providers we have on our list is #40. We have 23 Family Child Care Providers and 17 Child Care Centers. **If you know of anyone thinking about getting licensed, please send them contact information for your tribal or county licensor.** It's no secret that parents need someone dependable and somewhere safe to leave their little ones while they work or go to school.

I hope everyone has a great Spring & take care – Michele ☺

My Grandma Emily's homemade bread recipe

- 1 1/3 cup warm water
- 4 tablespoons vegetable oil
- 3 cups flour
- 2 tablespoons sugar
- 2 teaspoons salt
- 2 teaspoons yeast

Mix all ingredients in a mixing bowl (I use a stand mixer) If it seems sticky add some flour until it evens out. Same if it's too dry, add a bit water or oil. Form it into a ball and add a bit of oil, enough to coat the dough. Let it raise on a warm stove for an hour or so. Knead it, let sit and rise again. Grease pan(s) and cook on 325 for an hour or so, until dough is evenly cooked. I use this recipe for homemade bread, rolls, bread sticks, pizza dough and fry bread.

Yogurt and fruit parfaits

Ingredients:

- 3 cups vanilla nonfat yogurt
- 1 cup fresh or defrosted frozen strawberries in juice
- 1 pine fresh blackberries, raspberries or blueberries
- 1 cup good quality granola

Directions:

Layer 1/3 cup vanilla yogurt into the bottom each of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy.



Metro Work Group Mission Statement

To strengthen the cultural heritage of American Indian children residing in the metro area by promoting and supporting early childhood services that foster skills for school and life success

PROFESSIONAL DEVELOPMENT – JANEL O'BRIEN

REETAIN Bonus for Center Staff

Are you planning to apply for a REETAIN Bonus? It's time to update your information in Develop so you are ready to apply starting April 1, 2022.

REETAIN Bonuses help supplement income for early childhood educators as they work to establish a career in the field. Applicants must have a current Develop Membership with verified employment in order to be eligible for an award. Updating this information or applying for a membership takes time, so it's important to start early.

This year, we have additional funds available and will be able to award more bonuses! Visit the REETAIN Bonuses page to prepare for the upcoming application period.



Congratulations to **Kaylee Shepard** on earning her Infant and Toddler CDA credential! Kaylee is a teacher at the Onigum Early Head Start for Leech Lake Early Childhood.

Way to Go!



Congratulations to newly rated programs that earned their Parent Aware Rating after completing the July 2021 Cohort!

Melissa Zima of Waubun, MN

Michelle Lundon of Waubun, MN

Jennifer Donner of Waubun, MN

New Develop Course ID's

The eight previous Positive Indian Parenting lessons have been updated in the Develop system and are now under the name *Native American Parenting Program*.

Resources:

<https://www.mncpd.org/wp-content/uploads/Individual-Membership-Companion-Guide-1.pdf>

Updated Individual Membership Companion Guide!

<https://www.childcareawaremn.org/providers/grants-and-scholarships/reeta-in-bonuses/>

REETAIN Bonuses

[file:///C:/Users/janel.o'brien/AppData/Local/Packages/microsoft.windowscommunicationsapps_8wekyb3d8bbwe/LocalState/Files/S0/3/Attachments/TEACH%20Electronic%20Flyer_2021_V2\[59\].pdf](file:///C:/Users/janel.o'brien/AppData/Local/Packages/microsoft.windowscommunicationsapps_8wekyb3d8bbwe/LocalState/Files/S0/3/Attachments/TEACH%20Electronic%20Flyer_2021_V2[59].pdf)

<https://www.childcareawaremn.org/providers/grants-and-scholarships/teach-scholarships/>

T.E.A.C.H. Scholarships

[file:///C:/Users/janel.o'brien/AppData/Local/Packages/microsoft.windowscommunicationsapps_8wekyb3d8bbwe/LocalState/Files/S0/3/Attachments/Eager-to-Learn%20Offerings%20Flyer\[3757\].pdf](file:///C:/Users/janel.o'brien/AppData/Local/Packages/microsoft.windowscommunicationsapps_8wekyb3d8bbwe/LocalState/Files/S0/3/Attachments/Eager-to-Learn%20Offerings%20Flyer[3757].pdf)

Eager-to-Learn Guide

Easter Sensory Bins!

Sensory bins provide children with the opportunity to explore and learn through hands-on tactile play that engages their senses. There are many skills children can learn from sensory bins such as life skills, math skills, independent and pretend play, improves fine motor skills, and develops self-control. All you need is a plastic tub or large container and fill with materials, objects, or small toys to stimulate the senses. Ideas could be water, water beads, sand, shredded paper, and more. With the Easter holiday coming up you can use plastic Easter eggs, colored rice, basket grass/filling, pom poms, jelly beans, and more!



Mother's Day Handprint Flower Art

An adorable Mother's Day handprint craft that Mom is sure to keep forever.

This craft is super easy to make and one that children have fun making.

To add a special touch, include a poem!



CULTURE AND LANGUAGE – DIANA SMITH

The Train the Trainer's (TOT) for the Native American Parenting Program (NAPP) curriculum has been approved along with each of the eight lessons. The entire trainer's manual along with each of the lessons and the Practitioner's guidebook went through a review and updated materials and resources have been added.

On April 6 & 7, 2022 we are having our first, in person, TOT event in the Native American Parenting Program. Sue Heisler and Kim Lage will be the facilitator's, we extended an invitation to all those who are currently approved trainers on Develop in the Positive Indian Parenting (PIP) curriculum. We are excited to be hosting an in-person training event. Upon completing the 2-day TOT event, they will become approved trainers in the Native American Parenting Program curriculum.

As we have mentioned before, the Positive Indian Parenting (PIP) training is no longer available on develop, and courses have been removed. We are hoping to start scheduled the NAPP training late spring and will also start recruiting for our next TOT event. Watch your email for more information of future trainings and TOT events.

We are expecting trainer recruitment to pick up, now that the NAPP is complete. If you are interested or know of anyone who would be interested in attending a TOT event sponsored by MNTRECC please feel free to send them our way. Our goal is to have individuals through the trainer approval process prior to attending a TOT events and looking forward to promoting trainer recruitment across the state.

Recently the Ojibwe / Dakota Language kits order forms were emailed out. We currently have the Ojibwe kits and a few of the Dakota Kit 1 and Resource kits in stock and these can be shipped out upon payment. Please feel free to contact me with any questions regarding these curriculums or the order process.

I believe it's safe to say that spring is just around the corner and I'm looking forward to warmer weather and more outdoor activities. Take care and be safe out there.

Treats for the birds

Credit source: mykidstime.com

You will need: Wild bird seed mix, Peanuts, Suet of fat, Twine or flexible wire (optional)

Option 1 – Orange, Lemon or Grapefruit

Option 2 – Pine cones

Option 3 – Fine Netting

What to Do -Mix the fat and the seeds

Fruit feeders, cut the fruit in half and scoop out the flesh. Thread wire through in both directions, and loop to make 4 handles to fix twine to, to hang feeder. These feeders should hang line a bowl to allow birds to perch on the side to access the seed mix. Fill with seed mix, thread twine through the loops and hang.

Pinecones: use the wire to make a hanger loop at the top of the pinecone. Rub fat onto all sides of the pinecone. Roll the pinecone in loose seeds and add string to hang.

Fat balls: Roll seed mix into a 5cm ball. Wrap with netting and tie securely at the top, add string to hang. Clear away debris once feeders are empty, you can reuse for your next feeder.

Hummingbird Nectar Recipe

Courtesy of www.hummingbird-guide.com

Isn't it Sweet!

Here is a homemade hummingbird nectar recipe to use now that you have purchased several hummingbird feeders and decided where to hang them.

A Homemade Nectar Recipe:

* Step 1: Bring 1 cup of water to a boil.

* Step 2: Add 1/4 cup of white granulated sugar.

* Step 3: Stir well until the sugar is dissolved.

* Step 4: Boil this mixture for 2 minutes to help prevent it from spoiling too rapidly.

* Step 5: Allow to thoroughly cool.

* Step 6: Pour into a clean hummingbird feeder.

Tips:

* Use a larger 4 parts water to 1-part sugar mixture to make a bigger batch of nectar.

* You can store the unused nectar in the refrigerator for 2 weeks.

* Do not use honey as this can causes a fatal infection to a hummingbird's tongue.

* Artificial sweeteners or sugars have no nutritional value. Please don't use them.

* Red dyes are not necessary and some may be unhealthy.

* Remember to clean your feeder regularly.

* Change the nectar once a week and more often in hot weather.

* NOTE: A sugar water mixture can quickly ferment in the heat and sun causing bacteria and mold. We have been using this nectar recipe for years and we have had many hungry birds at our feeders. We hope your feeders will be as busy with hummingbirds enjoying this delectable treat!

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