

MNTRECC NEWS

June 2022 Edition 21

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-Lites:

Hello All, and Happy Summer,

I don't have any big plans this summer, I just want to enjoy riding my electric bike and taking the kayaks out on the water. We purchased these late in the fall last year and haven't been able to use these yet. Also hoping for a lot of sunshine, good weather and enjoying time with my family.

The MNTRECC Program went through an RFP process and was awarded the MNTRECC Grant for the next year, although DHS can award this contract up to the next 5 years. 😊

The MNTRECC Program will be going through a slight change, we will no longer be providing MNTRECC Regional Grants, so in the future when you are searching for a grant you will need to go onto develop and apply in the District that you reside in.

Michele will be working on Child Care Capacity Building. She has been busy attending a lot of webinars, trainings, and meetings. Please watch for more information to come. Michele will be getting some marketing and advertising information out in the communities. If you know of any Tribal peeps looking to open a child care, send them her way starting July 1st. She will have resources to share to help get them started 😊

Leech Lake Child Care Services hosted our last MNTRECC Planning Team Meeting in April at Northern Lights Casino and Hotel in Walker, MN. Our next meeting is scheduled for July 14th and 15th, 2022 with Red Lake Oshkiimaajitahdah Child Care hosting this meeting. Looking forward to our next face-to-face meeting, we always come away with so much information. Our Family, Friend, and Neighbor (FFN) project has come to an end. We have provided FFN Providers with 310 FFN Kits throughout the state in our tribal communities. Hope the FFN Providers were able to enjoy the Health, Safety, Culture and School Readiness supplies with the children being cared for.

The MNTRECC Staff had the opportunity to attend the Child Care Aware Institute in May, it was so nice to see a lot of people face-to-face or in person instead of in virtual meetings. There were a lot of great sessions provided.

I hope you have a blast playing outdoors with your children, provide spray bottles, bring your water table outdoors, cut a sponge in different strips and tie together and soak in water, kids love playing with this and you don't have

the balloons to pick up from water balloons, of course there is always the water sprinkler to turn on to keep your little ones cool 😊 Enjoy!!

Until next time, take care and stay well.

Patti

HOW TO MAKE SLIME WITH BORAX

SUPPLIES -

- Borax Powder
- Water
- Elmer's White Washable School Glue
- Food Coloring
- Glitter and Sequins (optional)
- Bowel, Measuring Cups, Spoons



STEP BY STEP SLIME RECIPE -

STEP 1: Measure a ½ cup of glue and pour into bowl. To that add a ½ cup of warm water. Stir to combine.

Tip: Elmer's Washable School Glue just seems to work the best, it's what we prefer to use.

STEP 2: Now's the time to add food coloring, glitter, sequins, or whatever fun items you have!

STEP 3: MAKE SLIME ACTIVATOR – Mix ½ tsp of borax powder into ½ cup of hot water. I just let the water run hot. This step is best left for adults to do. Mix thoroughly but you may still see some particles still floating around the bottom and that's fine. Slowly add the mixture to the glue and stir continuously.

STEP 4: It's all about stirring! You should need to use the whole ½ cup of borax water to the glue mixture. Your slime will begin to form immediately. Once you feel it's well combined, remove the slime and discard any leftover liquid.

STEP 5: It may appear stringy or lumpy at first, but as you knead and play with your slime it smooths out!

OUTREACH & CAPACITY BUILDING – MICHELE FREDRICKSON

Hello everyone 😊 We have finally reached my favorite time of year. There is so much I plan to do during these few short months. I love picking berries, being on the lake, camping and this summer I am going to learn how to make jelly. I hope it goes well. I have no idea where to start but it should be fun. My kids are probably rolling their eyes and laughing at my latest choice of something new to learn, but oh well.

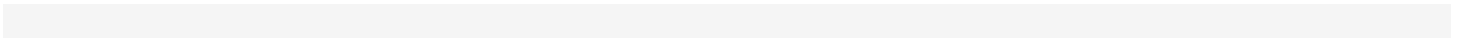
Well, as far as my job goes, things are changing. Our program will no longer administer grants but I have new job duties as of July 1, 2022. We will be removing "Grant Administrator" and adding "Child Care Startup and Retention Navigator" to my title. I officially start July 1 but have been in training for the past few weeks. I am part of a group throughout the state of Minnesota whose goal (one of them) is to increase the number of slots for children in child care. Types of Technical Assistance we will offer include starting, sustaining and expanding programs. If someone is interested in starting a Family Child Care Business or open a Child Care Center, we will be able to connect them with resources to do so. If a program already exists and needs resources to stay in business, or chooses to expand their program, we will be able to put them in touch with those resources. Our group is called "Child Care Wayfinder" staff and very soon we will have a new website and marketing materials to share in our work.

Our program recently completed the FFN grant. We were able to get a lot of great items into the homes of non-licensed providers to use with the children they care for. If you have someone providing FFN care and they are thinking about becoming licensed, send them my way and I can put them in touch with the licenser they will need to contact.

The MNTRECC Planning Team will be meeting July 14 & 15 in Red Lake in July. The Metro Work Group will meet Friday, July 22 @ Mystic Lake. Hopefully there will be more in person events and we can have a few outreach booths soon. We did have a program booth at the Leech Lake Days celebration last week. It was so nice to see people and be outdoors. The weather was a little stormy all around us but held on nicely.

Our program attended the Child Care Aware Institute back in May. The two-day gathering was held in Minneapolis and was the first time we had met as a group since Covid hit. They had great sessions and it was nice to see everyone.

June has been busy and can't believe the 4th is right around the corner already. I didn't plant any tomatoes or peppers this year so I will be buying those items for our salsa this year. If you haven't done anything fun outdoors, do it now! Before we know it, the colder weather will be upon us again. I hope everyone has a safe and happy summer. Until next time – take care and enjoy the nice weather.



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

Hi everyone! I am so excited that summer is almost here and to see all the green trees, going on walks, four wheeling, enjoying the WARM weather and looking forward to hanging out at my sister's cabin on the beach with my family. We certainly have had a busy spring here and it's been exciting to have more in-person meetings and trainings. This month I've been wrapping up reports, working on my Course Writer membership, and helping with the planning of the upcoming Native American Parenting Program, Training of Trainers.

Our Spring 2022 Training Needs Survey was also mailed out to 95 MNTRECC eligible centers and providers. This year the survey has been revised a bit and those who complete and mail back to us could have a chance to win one of two \$50 Menards Gift Cards! We certainly appreciate the time in filling out this survey and value any comments or feedback.

The Adult Learning Modules are recommended for early childhood professionals who would like to become an approved trainer. These modules help trainers meet the 12 hours of training about adult learning required for trainer approval in Minnesota. You must complete both Adult Learning Modules 1 & 2 to meet this requirement.

Adult Learning Module 1: Delivery Skills

Register for July 11-31 with live chats on Thursdays, July 14, 21, and 28, 6 – 6:45 p.m. (register by July 6)

Register for September 30 – October 23 with live chats on Tuesdays, October 4, 11, and 18, 6 – 6:45 p.m. (register by September 26)

<https://ceed.umn.edu/adult-learning-module-1-delivery-skills/>

Adult Learning Module 2: Design Skills

Register for August 8 – 25 with live chats on Thursdays, August 11, 18, and 25, 6 – 6:45 p.m. (register by August 3)

Register for October 28 – November 13 with live chats on Wednesdays, November 2, 9, and 16, 6 – 6:45 p.m. (register by October 24)

<https://ceed.umn.edu/adult-learning-module-2-design-skills/>

If you or someone you know is interested in becoming a trainer for the Native American Parenting Program curriculum, please contact Diane Smith or myself. There is an application and we will assist with the Develop/Achieve Trainer Application process. You must be approved as a trainer in Develop and attend a Training of Trainer (TOT). We will be planning another NAPP TOT in the fall.

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/retain-bonuses/>

REETAIN Bonuses

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

T.E.A.C.H. Scholarships

<https://ceed.umn.edu/tarss-trainings-2/>

TARSS trainings – CEED

<https://www.parentaware.org>

Parent Aware

Sunscreen Tips

- The American Academy of Dermatology (AAD) recommends that all children wear sunscreen with an SPF of 30 or higher.
- Use sunscreen with broad-spectrum to protect against both UVA & UVB rays
- Use sunscreen that is water-resistant if children will be in or near the water
- Reapply often, about every two hours
- Wear SPF clothing, sunglasses, hats, or sit under an umbrella or shady area



Bubble Painting

- Pour a good amount of food coloring into your bubble solution
- Shake or mix the solution
- Place a piece of paper on the grass or table
- Dip the bubble wand or a straw into the solution and blow out bubbles over the paper
- Allow to dry before hanging up the colorful bubble painting
- Would also make great birthday or holiday cards!



CULTURE AND LANGUAGE – DIANA SMITH

We are hosting our second Native American Parenting Program Training of Trainers on Tuesday, June 28th and Wednesday June 29th at the Grand Casino Mille Lacs Event Center. Rose Robinson will be our presenter. Rose is a respected elder from Leech Lake, and brings with her a wealth of knowledge and history of working with tribal programs and communities. We are excited to be able to bring forth another face to face Training the Trainer’s event.

Our goal is to increase the pool of Native American Cultural Trainers in Develop, while our focus is on those currently registered in Develop as a trainer, we continue to recruit individuals who have expressed interest in becoming a Cultural Trainer. So, if you are interested in becoming a trainer or know someone interested in becoming a trainer, please refer them our way. We can also email out the Native American Cultural Trainer application to anyone interested.

As you may know, there are changes to the Minnesota Department of Human Services Early Childhood and School-age Professional Development System. These changes are designed to provide more streamlined and transparent processes, ensure quality of training, and make the system more accessible to use. New policies for trainer approval, course approval, a new course writer approval process, and expectations for Training Sponsor Organizations. After Meeting with the Department of Human Services and Achieve staff it was determined the ‘Native American Cultural Training’ approval process, aka Pathway 2, will remain the same with the only change would be trainers will need to attend the Minnesota Trainer Orientation – Module 1 and Module 2 prior to be scheduled to presenting any trainings. These are an online, free, on-demand course offered through the Canvas platform. They are 2 hours in length. For more information and to register for these courses you can find them on Develop at app.developoolmn.org. Also, not to confuse anyone further, Cultural Trainers will still need to take the Adult Learning Modules I and Adult Learning Modules II within that first year of becoming an approved trainer. Both modules are available through Eager to Learn and cost \$100.00 that we can reimburse upon completion and on your learning record.

As we continue to recruit new trainers and work on updating the trainer approval process and the Statewide By-laws we will resume our quarterly meeting with the Cultural and Language Committee and the Statewide Tribal Training Advisory (TTAC) committees. In person meeting will be scheduled in conjunction with our quarterly MNTRECC Planning Team meeting or in a central location in the state.

It’s been a busy few months and looking forward to meeting our new trainer and going out into the tribal communities with the NAPP curriculum. Until next time, hope you get a chance to enjoy this warm weather, take care and be safe.

Stuffed Peppers

- 1 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 lb. lean ground beef or ground turkey
- ½ tsp salt
- 1 tsp ground cumin
- ¼ cup salsa
- 1 cup chicken broth
- 1 ½ cups of *cooked* wild rice **or** brown rice
- 3 red peppers
- ¼ cup shredded cheddar cheese (and an additional 2 tbsp to garnish optional)

Preheat the oven to 400°F. In a medium size skillet, heat the olive oil over medium heat, add the onion and garlic and cook a few minutes. add your lean ground beef or ground turkey, salt and cumin cook for five minutes or until the meat is completely cooked through (drain excess grease, if needed). Add the salsa and ½ cup of chicken broth to the meat mixture and simmer on low for 5 minutes. Add the cooked Wild Rice or Brown Rice and remove from heat. Prep your peppers. Wash and cut each pepper in half lengthwise and removing the seeds. Spoon the meat/rice mixture into each pepper half and place in a timed backing dish, top each pepper with the shredded cheese. Pour the remaining chicken broth in the bottom of the pan. Cover with foil and bake for 45 minutes. Garnish with remaining cheese.

Source: internet

Lemon Blueberry poke cake

For the cake and the filling

- 1 box of Vanilla cake mix, plus ingredients called for on the box (Vegetable oil, eggs & water)
- 2 ½ cup blueberries (fresh is best)
- Juice of a ½ of a lemon
- 1 tbsp granulated sugar
- ½ c whip topping

For the frosting and toppings

- 1 c. soften butter (2 sticks)
- 2 (8-oz) blocks cream cheese, softened
- 2 ¼ c powdered sugar
- Zest of a lemon
- Juice of ½ lemon
- 1 tsp pure vanilla extract
- Blueberries for garnish

Preheat oven to 350°F. Line a 9x13" pan with parchment paper, grease with cooking spray. Mix and bake the vanilla cake according to the package instructions & cool completely.

In a small saucepan, over medium heat, combine the blueberries, lemon juice, and sugar. Bring this mixture to a low simmer and cook until reduced, thick and jam like consistency. Remove from the heat and pour into a medium bowl, let this mixture cool down (15 minutes) than fold in the whipped topping and set your blueberry sauce aside until completely cooled down.

In a large mixing bowl, and using a hand mixer, beat the butter and softened cream cheese, slowly add in the powdered sugar, lemon zest and lemon juice, and the vanilla extract and beat until smooth and fluffy. Set your frosting aside.

Using the back of a wooden spoon, poke holes all over the cooled cake then pour your blueberry sauces over the cake, filling all the holes and spread evenly. Spread your frosting over the blueberry sauce and garnish with more blueberries.

Tribal Spotlight

Miziwegin-Leech Lake Child Care Services

Mission Statement: Miziwegin improves the quality, accessibility, and capacity of safe learning environments through supportive guidance, programming, and advocacy. We prioritize Anishinaabe language and culture revitalization for children, families, and our community.

Vision: Building community around resilient, healthy Anishinaabe families and children.

We offer the following Family Services:

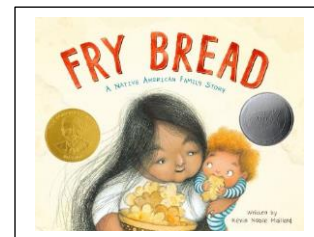
- Subsidy (Child Care Assistance Program)
- Early Learning Scholarships
- The Maajiigin Child Care Center
- Training/Education
- Ojibwemowin Resources

We offer the following Child Care Provider Services:

- Recruitment and Retention: Provide support to those interested in beginning or expanding childcare services
- Licensing/Monitoring: ensuring that the licensing requirements are being met
- Health & Safety Supplies
- Grants: Building Quality
- Training/Education
- Ojibwemowin Resources
- Technical Assistance & Support



**Winner of the 2020 Robert F. Sibert Informational Book Medal
A 2020 American Indian Youth Literature Picture Book Honor Winner**

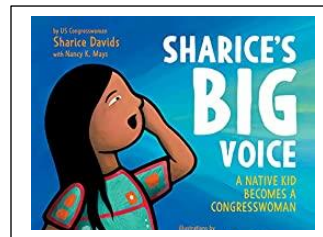


Told in lively and powerful verse by debut author Kevin Noble Maillard, Fry Bread is an evocative depiction of a modern Native American family, vibrantly illustrated by Pura Belpre Award winner and Caldecott Honoree Juana Martinez-Neal.

Author Kevin Noble Maillard is a professor and journalist who lives with his family in Manhattan. He is a regular writer for the New York Times. When he was thirteen years old, he won a fishing derby for catching seventy-two fish in two hours. Originally from Oklahoma, he is a member of the Seminole Nation, Mekusukey band.

Fry Bread can be found at the [Debra S Fish Early Childhood Resource Library](#) (a Minnesota public library) as well as your local library. If your library does not carry this title, you can make a request through [MNLink](#), Minnesota's statewide interlibrary loan service. All you need is your regular library card.

Named one of the Best Books of 2021 by American Indians in Children's Literature, *Sharice's Big Voice: A Native Kid Becomes a Congresswoman* "tells the triumphant story of Sharice Davids, one of the first Native American women elected to Congress, and the first LGBTQ congressperson to represent Kansas.



Beautifully illustrated by Joshua Mangeshig Pawis-Steckley, an Ojibwe Woodland artist, this powerful autobiographical picture book teaches readers to use their big voice and that everyone deserves to be seen—and heard!

The back matter includes information about the Ho-Chunk written by former Ho-Chunk President Jon Greendeer, an artist notes, and an inspiring letter to children from Sharice Davids."

Sharice's Big Voice can be found at the Debra S Fish Early Childhood Resource Library (a Minnesota public library) as well as your local library. If your library does not carry this title, you can make a request through [MNLink](#), Minnesota's statewide interlibrary loan service. All you need is your regular library card.

Check out these Native booksellers to add to your personal collection:

[Birchbark Books](#): Native bookstore owned by author Louise Erdrich, member of the Turtle Mountain Band of Chippewa Indians

[Black Bears & Blueberries Publishing](#): A Native owned non-profit company that publishes children's fiction and non-fiction paperback books and eBooks, reading levels K-6, on Native topics serving a regional audience, including the Dakotas, Michigan, Minnesota, and Wisconsin.

Questions? Contact Jennie at librarian@thinksmall.org or (651) 641-3544

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