

Miziwegin Newsletter

Gashkadino-giizis 2022

The Thompson Family

For the month of November, we are excited to feature the Thompson Family. Joshua Thompson and Kristen Jones have 7 beautiful children and 1 grandchild. Together they live in Onigum, Old Agency of Walker Mn. This is Joshua's "homeland" as he calls it. He has resided here his entire life. Kristen has lived here for over 21 years.

For fun, this family enjoys doing a lot of outdoor activities. They love walking, taking hikes (exploring) riding bikes, swimming and spending as much time together as we can!

Joshua and Kristen are currently both working in Cass Lake, MN. Joshua is a Carpenter for the Leech Lake Band of Ojibwe. Kristen works as an Education Program Manager for Leech Lake Early Childhood. Kristen has been in this Early Childhood Education profession for 13 years. Her previous position was an educator with children at the Onigum Abinoojii Aki Head Start Center. Josh and Kristen are both Leech Lake Head Start graduates from Onigum Abinoojii Aki Center, as well as all of their children, except for their youngest; she will

be graduating this year at the AOB Head Start Center in Cass Lake. "She is getting to know all her peers, as they will follow one another to grade school."

"My experience with child care in our area has been nothing but positive experiences! Abinooji Aki Head Start Center has been incredibly reliable for my family. The support provided for families to assist with childcare services and subsidy is an awesome opportunity to be a part of."



Upcoming Trainings

Leech Lake Early Childhood Trainings

Health and Safety (All Day)

Contact Cora Roy to register

Nov 18

Free

Develop Trainings

Register Online

Developmentally Appropriate Behavior Guidance (4hrs)

Nov 14

\$20

Precision Pricing For Your Child Care Center (2hrs)

Nov 16

Free

Scentsational Sensory Activities (2hrs)

Nov 22

\$10

Rhyme Time (2hrs)

Nov 28

\$21

Engaging Families In Nutrition

Nov 29

\$10

Family Conferences: Supporting Children Together (2hrs)

Dec 5

\$24

For more trainings visit developtoolmn.org. If you need assistance in registering for trainings, please contact Cora Roy at cora.roy@llojibwe.net.

Tonya's Tips: Prepping Your Home for Winter

Fall was beautiful and fun but will soon come to an end. With snow and cold coming, now is the time to prep your home for the cold winter ahead. Here's a quick list to help get your home ready:

- Check your heating and cooling systems- change filters
- Clean your gutters
- Test smoke and carbon monoxide detectors
- Put all summer toys and equipment away
- Check doors and windows for gaps
- Turn off and drain outdoor water



Leech Lake Child Care Services is accepting Early Learning scholarship applications for children who qualify.

To be eligible to apply:

- ◇ Child must be 3 years of age by September 1, 2022 and have not started kindergarten
- ◇ Children 0-5 years of age who are a priority population. Priority populations are teen parents, foster care/child protective services, or have experienced homelessness in the last 24 months.
- ◇ Siblings of a child with a scholarship that are attending the same program.

If you are interested in applying or for more information, please contact:

Tonya Morris, Early Learning Scholarship Area Administrator

Tonya.Morris@llojibwe.net
218-335-8249

Becca's Bin of Bliss: Miziwegin Family Night

On October 21st, the Miziwegin/Maajiigin staff joined together with their families to enjoy a relaxing evening in our Outdoor Learning Area. We started by doing a scavenger hunt; children matched items to the list of pictured items given, such as an oak leaf or pinecone. As they explored the Megwayaak trail searching for the items, they were able to check out all the neat areas they have; the fire pit areas, canoe/

ricing area, and the tree cookie path. After the Megwayaak Trail, everyone sat down to enjoy a delicious Spaghetti Dinner which was catered by Jim Michaud. When everyone was done eating, the children went back to exploring the playground area while the adults watched over them. We ended the night by roasting marshmallows over the nice warm fire and enjoyed good conversations and jokes.

Seeing all the children run freely and playing together was awesome, they just did what their hearts desired. This was a great way to bring everyone together to just relax and have fun.



Jordan Butcher: Gikenwaa'amaaged

Aaniin, my name is Jordan Butcher and I started here at Maajiigin in early September. I came from a Community Development Financial Institution (CDFI) as a loan officer/Office Manager. I have always loved being around children so changing careers was an easy decision for me. I look forward to coming to class just to see their smiling faces.

I've lived in Cass Lake pretty much most of my life and graduated from Cass Lake-Bena High School. I have three beautiful

children, Kierra is 11, and very shy but creative in many aspects. Jerome is four and very outgoing with a big heart. Kitana is 18 months and she is the most loving and caring baby who loves to explore and follow around her older siblings.

We love going for walks to the parks, going to the beach, going to community events, or just playing outside and being silly. I'm very proud to be their mother and I love taking care of them.

Favorite color: Pink and light green

Hobby: Coloring and making my kids laugh

Favorite Food: Indian Taco's and Chinese

People I admire: My grandmothers Hazel and Bernice and my mother.

Janel O'Brien: Maajiigin Center Manager

Boozhoo! My name is Janel O'Brien and I am the new Maajiigin Center Manager. I am very excited to be here and to work with the Miziwegin team, our families, and precious children.

I have over 14 years of experience working with the Leech Lake Early Childhood program and have held a variety of positions, my last being the Professional Development Coordinator with MNTRECC (Minnesota Tribal Resources for Early Childhood Care). I have worked mainly within the Leech Lake community but have experience working with other tribal providers within the state of Minnesota. I began my early childhood career in 2008, earning my CDA at Bemidji State University. I decided to further my education and earned my Associates degree in Early Childhood Education at Leech Lake Tribal College. Then, I obtained my Bachelors degree in Educational Studies at Southwest Minnesota State University in 2020.

I am band member of Leech Lake and grew up in Bena, but currently live in Bemidji with my three children – Camri (14), Tanner (9), and Jaxon (5). My parents are Virgil Richardson and Melody O'Brien and I am the oldest of 5 siblings. I enjoy watching movies, going for walks, four wheeling, and getting together for family dinners!



Favorite Color:
Turquoise

Favorite Thing To Eat:
Chicken Alfredo

Favorite Season:
Christmas

Daily Drink:
Coffee and Water

Hobby:
Traveling, Reading, and Trying New Things!

Mino-dibishkaan! Nindonis- November 26th

Georges Goods: Mini Toad-in-the-holes

Recipe from BBC goodfood

Ingredients

- 24 uncooked cocktail sausages
- 2 tbsp sunflower oil
- 3 eggs (this will be 150ml)
- 150ml plain flour
- ½ tsp mustard powder (optional)
- 150ml milk
- 12 small rosemary sprigs

For the cheat's gravy

- 3 tbsp red onion marmalade
- 1 tbsp plain flour
- 1 tsp mustard powder
- squeeze of ketchup
- 500ml beef stock made with 1 stock cube
- small splash of soy sauce

Directions

1. **KIDS the writing brown and bolded is for you.** GROWN-UPS the rest is for you. **Cut the sausages with scissors.** Heat oven to 400 degrees Fahrenheit. If the sausages are linked, get your **child to use a pair of scissors** to cut them into single sausages.
2. **Count the sausages.** Place 2 sausages in each hole of a 12-hole muffin tin and go through all the math this involves – two times table, counting up in twos etc. Drizzle each set of sausages with a little oil. Children from about seven upwards can now place the tin in the oven for 20 mins until the sausages have browned, getting a grown-up to turn the sausages halfway through.
3. **Crack some eggs.** Over a small bowl, get the child to hold the egg in one hand, then tap it with a cutlery knife until it just cracks. Then let them to put down the knife and open the egg into the small bowl. You can now check for any bits of shell before tipping it into a larger bowl. Repeat with all the eggs – this should keep them busy.
4. **Make a batter.** Get the child to measure 150ml flour in a measuring jug and tip into a bowl with the mustard powder. Make a well in the center and beat in the eggs. Measure the milk.
5. **Pour in the milk.** Gradually pour the milk into the batter – get the child to whisk well between each addition – until you have a mix that is the consistency of double cream. Season. Pour the batter back into the jug.
6. **Sizzle the batter.** Remove the sausages from the oven and place on a heatproof surface. Very carefully, and making sure that they don't touch the hot tin, get the child to pour the batter over the sausages and throw a sprig of rosemary into each hole. Only get children aged seven upwards to do this. A grown-up needs to place them back in the oven.
7. **Cook in the oven.** Leave the batter to cook for 15 mins undisturbed. But if your oven has a clear glass door, let the kids watch the batter rise. Remove the tin from the oven. Leave to cool for a few mins, then serve with gravy, mash and vegetables.



Hannah's Happenings: Miziwegin Events

Miziwegin had a busy October! We planned many events including our staff, families, and the community.

On October 7th we had a staff fall feast potluck. These are done seasonally and all staff bring a dish to share.

October 14th was our drive thru event partnering with Energy Assistance and DRM. Attendees were able to get their application for energy assistance, or a hunting license in one place. We also gave out pumpkins, carving kits, hats and car emergency kits.

The Miziwegin 2-day soccer camp happened on October 19th and 20th. Youth had the opportunity to learn new skills, practice teamwork and be healthy!

We've been having bi-weekly virtual cooking classes with SNAP-ED. We learn a new recipe each time from the Good Berry Cookbook.

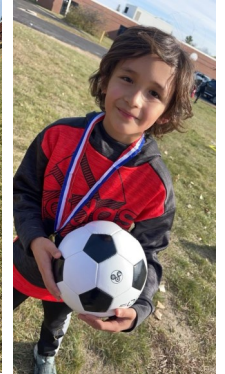
A large majority of our planning in October was for the BOO Bash. We held the BOO Bash on October 27th and had over 500 children attend for trick or treating, and fun. We partnered with 13 different programs to help this event be successful.

On October 28th Maajiigin had their pumpkin carving/painting event. Parents came to enjoy a meal and design a pumpkin with their child at Maajiigin.

Our team is working to provide more fun family and community events and we are planning to have more fun opportunities for our youth and families this winter! If you have suggestions for community and family events please feel free to reach out to me.

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