

Miziwegin Newsletter

Onaabani-giizis 2023

Local Family: Alyssa Wilson

For the month of March, we are excited to feature Alyssa Wilson and her family! Alyssa is the mother of 3 beautiful children; Jamison Lussier (6), Jayla Lussier (5), and Jasiah Lussier (2). She was born and raised on the Leech Lake Reservation in Ball Club, MN.

For fun Alyssa likes to take her children on fun adventures. They love the warm, summer days, soaking up the sun at the beach. They also enjoy spending time at home watching movies and doing crafts as a family.

“I strive to give my children a good life, filled with love & memories!”

Currently her and her family live in Bemidji, MN. Alyssa is a full-time working mother at the Oshki Manidoo Center. Her experience with child care has been great. Her two oldest children have gotten the chance to attend the Leech Lake Head Start located right in Bemidji.

“I am so thankful for the services they provide for my family.”



Upcoming Trainings

Leech Lake Early Childhood Development Trainings

Contact Cora Roy at (218) 335-8338 to register

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|-------------------------------------|-----------------|------|
| C.A.R.S.– Cass Lake (3hrs) | March 6 | Free |
| First Aid/CPR– Cass Lake (3.5hrs) | March 10 | Free |
| Health and Safety– Cass Lake (7hrs) | April 7 | Free |

Develop Trainings

Register Online

| | | |
|---|-----------------|------|
| C.A.R.S.– Grand Rapids (3hrs) | March 13 | \$30 |
| A Burger for Me; Prop Box Play– Online (2hrs) | March 13 | \$10 |
| How Culture Can Influence our Interactions with Children and Families-Park Rapids (2hrs) | March 14 | \$10 |
| Happy Helpers! Encouraging Confidence and Better Behavior through Increased Responsibility (2hrs) | March 18 | \$25 |
| Web Based– Policies And Practices For Child Care Business Management (2hrs) | March 23 | Free |
| Outdoor Activities (Online) (2hrs) | March 28 | \$10 |

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

Nicole's Notes: National Nutrition Month



March is National Nutrition Month! During the month you should make it a goal to learn about making informed food choices and developing healthful eating and physical activity habits for yourself and your family.

This year's theme is "Fuel for the Future". It highlights the importance of fueling our bodies at every age and eating with the environment in mind. Practice gratitude for your body by giving it the fuel it needs with sustainable foods!

To celebrate and get involved, check out this toolkit full of resources, including tip sheets, activity handouts, and more at <https://www.eatright.org/national-nutrition-month-2023>

Leech Lake Subsidy Program

Does your family need assistance helping pay for child-care?

Our Leech Lake Subsidy Program is taking applications for families with children who meet our eligibility requirements.

Our eligibility requirements are:

- Your family must live of the Leech Lake Reservation or within our boundaries
- Have a child age 0-12 years old
- Be employed or attending job training
- Meet income eligibility based on your household size
- Yourself or child must be enrolled in a federally recognized tribe

If you have any questions or are interested in an application please reach out to me.

Nicole Collins, Child Care Specialist

Nicole.Collins@llojibwe.net 218-335-4431

A background image of purple iris flowers with green leaves.

Mino– Dibishkaan!
Cora R.—March 4th
Dana C.—March 12th

Shaniya's Shenanigans: What does Indigenous Foods mean to you?

Indigenous foods are foods that are accessible through nature by hunting and harvesting. At Maajiigin, we had the honor of having Dan Ninham come and provide us with the guidance and directions on how to prepare and cook a full course indigenous meal. When looking at the history of indigenous foods, there are not a significant number of additives or modifications, and you learn that you can make nearly any dish with foods that are provided by nature. For guidance and recipes on Indigenous cooking, you can seek out certain cookbooks that provide such insight:

The Good Berry Cookbook by Tashia Hart

Spirit of Harvest: North American Indian Cooking by Beverly Cox

The Sioux Chef's Indigenous Kitchen by Sean Sherman and Beth Dooley



Becca's Bin of Bliss: Not So Sweet Truth About Sugar

Added sugars (that don't occur naturally in the foods you are eating) can be absolutely detrimental to your health. Sugar in itself is NOT bad. In fact, we need a certain amount of it to even survive and be able to think straight. The problem really stems from the quick rise in our blood sugar levels when we consume large amounts sugar on a regular basis.

- Artificial sugars like Splenda and Aspartame are no better for you, either.
- Acceptable substitutes (in moderation, of course) are raw coconut palm sugar, raw local honey, dates, and Green Leaf Stevia.
- Consuming a high amount of refined sugars is a LEADING cause of inflammation in your body.
- Sugar promotes inflammation in the body - the root cause of disease.
- Large amounts of sugar will suppress your immune system.
- Sugar Impacts your hormones and

your ability to deal with stress & suppresses the release of HGH (Human Growth Hormone) in the body.

- Sugars will raise your insulin levels- which over time can lead to a whole host of diseases.
- Sugars have a massive negative effect on energy levels throughout the day.
- When you eat healthy carbs- like a sweet potato or an apple, you're also eating the fiber that comes along with it. Digestion is slowed down, so even though you're eating sugar, your blood sugar levels do not raise as fast. Your body can easily handle it.
- If you drink a Coke, there's no fiber to slow down the digestive process, and your blood sugar levels spike to unnatural highs.



George's Goods: Chicken Pie with a Carrot Thatch

Recipe from *bbcgoodfood*



Ingredients

- 1 large carrot or 2 small
- 1 large potato or 2 small
- 2 tbsp butter, melted
- 1 slice cooked ham
- 3 chicken breast fillets
- 3 tbsp frozen peas, defrosted
- 4 tbsp double cream

STEP 1

Ask a grown-up to heat the oven to 200C/180C fan, then boil the carrot and potato whole for 5 minutes, then put them in a bowl of cold water to cool down. When cold, peel them carefully.

STEP 2

Grate the carrot and potato (cut them into chunks first if you are using a rotary grater).

STEP 3

Put the grated carrot and potato in a large bowl, add the melted butter and mix it all together.

STEP 4

Cut the ham into small pieces using scissors or a small knife, then cut the chicken into pieces.

STEP 5

Put the chicken and ham in a pie dish with the peas and cream and give everything a stir.

STEP 6

Spoon the carrot thatch onto the pie and ask your grown-up helper to put the pie in the oven for 50 minutes or until the chicken and topping are cooked through

Tonya's Tips: Declutter Your Home This Spring

Spring time is a great time to declutter your house for a fresh re-start. There are lots of 30-day decluttering challenges that you can find online but you can also do things at your own speed with these tips:

- Start small- set small time limits
- Keep your task manageable- don't take on more than you can handle
- Keep what you actively use. Donate what you can. Recycle then throw away any trash.
- Finishing one room at a time will allow you to see your progress.



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

Cora's Corner: Creating Healthy Habits

Healthy choices can help us feel better and live longer, but changing our habits is not easy! Lots of things done now can impact your health and quality of life now and in the future. How can we create healthy habits?

1. **Know your habits.** Dr. Lisa Marsch explains, "the first step to changing your behavior is to create an awareness around what you do regularly." This can help you find ways to disrupt the unhealthy patterns and create new ones.
2. **Make a plan.** It should include small, reasonable goals and specific actions you'll take to move toward them. How can you change things around you to

support your goal? Get friends and loved ones involved.

3. **Stay on Track.** Keeping a record can help. Even when you think you about to quit, keep going.
4. **Think about the Future.** Some people have a harder time than other resisting their impulses. Focusing on how a change might heal your body and enhance your life can help.
5. **Be Patient.** On your journey you might come across road blocks

and other struggles. Try different strategies until you find what works best for you.

Find more information on: <https://newsinhealth.nih.gov/2018/03/creating-healthy-habits>



March Ojibwe



- Ani-aabawaa. It's getting to be warm outside.
 Ani-ningizo goon. The snow is beginning to melt.
 Onaabanad. There is a hard crust on the snow.
 Da-maajigaa. The sap will start running.
 Opichi niwaabamaa. I see a robin.
 Agwajjiing izhaaddaa. Let's go outside.



Mailing:
 190 Sailstar Drive NW
 Cass Lake, MN 56633
Physical:
 16160 60th Ave. NW
 Cass Lake, MN 56633
www.llojibwe.com
 Phone: 218-335-4568
 Fax: 218-335-8255

Shaniya Robinson
 Office Manager
 218-335-8369
Nicole Collins
 Child Care Specialist
 218-335-4431
Janel O'Brien
 Maajiigin Center Manager
 218-335-4430

Tonya Morris
 Early Learning Scholarship
 Administrator
 218-335-8249
Becca Tibbetts
 Child Care Assistant
 218-335-4568
Trisha "George" Michaud
 Nutrition Coordinator

Hannah Baird
 Miziwegin Engagement Coordinator
Cora Roy
 Licensing/Support Coordinator
 218-335-8338
Becky Littlewolf
 Child Care Services Manager
 218-335-8257