

# MIZIWEGIN

Onaabani giizis 2025



welcome to our

## CCS NEWSLETTER

### ◆ MIZIWEGIN SPOTLIGHT

**Family Child  
Care Provider  
Kristen Flow**



I currently do not  
have any openings  
but do keep a  
waitlist!

Hello!

I am Kristen Flow and have been serving children and families in the Leech Lake Area for over 20 years in some form. My husband and I have 5 children, with just one teenager left at home and we have 3 grandchildren!

I grew up in Northome, MN. I love music, summer, laughing and spending time with family.

I reopened my family childcare a little over a year ago in the Nary area after a 6 year absence from owning a family childcare in Walker. During the day, we have a lot of learning going on, whether it's the kids teaching me or me teaching them! I have always had a heart for children and strive to be a teammate and asset to any family with children in my care. I believe every child can succeed when caregivers cultivate and model care, kindness, boundaries, respect and love for those around them. I am honored to be able to serve children and their families daily

### ↓ IN THIS NEWSLETTER YOU WILL FIND:

Program services, Trainings, Helpful tips, staff directory, and Job opportunities



## DEVELOP TRAININGS

Pyramid Model: Designing Schedules and Routines to Reduce Challenging Behaviors	Bemidji	3/24/26	6:30-8:30 pm	\$10
Developmentally Appropriate Behavior Guidance	Bemidji	4/11/26	11:30-3:30pm	\$20
Stop Doing That: Understanding The Developmental Side of Behavior	Park Rapids	4/21/26	6:30-8:30pm	\$10
Meaningful Assessment	Bemidji	4/28/26	6:30-8:30pm	\$10

HS & CCS host quarterly trainings for their Teachers, Staff, and Providers.

## LICENSING, COMPLIANCE, & GRANTS COORDINATOR

### Tribal Child Care Licensing

All across Minnesota, there is a need for quality child care. Families need childcare in order to work or go to school. Children need a safe and healthy environment where they can play and learn while they're away from home.

If you have a passion for helping children and families, you may be thinking about opening your own child care business.

#### Is A Child Care Business Right for You?

If you're thinking about owning and operating a Family Child Care and that it might be a good fit for you, make sure to consider your own abilities and needs.

- Do you have the skills and temperament to care for children long-term?
- Do all members of your household support your decision?

Think about the needs of your community.

- Does your community need another family child care home or center?
- Is your location convenient for the families in your area?
- Are you able to provide child care during the hours that families need it?
- 

#### Licensing Eligibility:

- Be 18 Or Older
- Enrolled in A Federally Recognized Tribe
- Live on the Leech Lake Reservation
- Pass Background Check
- Complete Health & Safety Trainings within 90 days of licensure
- You DO NOT have to own your home! You can be a renter and have permission/approval from your landlord!

#### Benefits to being Licensed:

- Work from home- No daily commute to the office.
- Stay home with your own children.
- Create your own schedule and hours of operation.
- Eligible for Grant Funding to purchase supplies & equipment
- Eligible for payments from Child Care Assistance Programs
- Eligible for Food/Meal Reimbursement

**\$2000.00 START UP GRANT AVAILABLE!!!!**



Ready to become licensed or would like more information? Contact us today!

Rebecca "Becca" Tibbetts  
 Licensing, Compliance, & Grant  
 Coordinator  
 218.335.8338 /  
 Rebecca.tibbetts@llojibwe.net  
 www.llboearlychildhood.com

## Spring into Healthy Habits!

Spring is near! Spring is the perfect time for families to refresh routines, get active, and build healthy habits that last all year long. As the days get longer and the weather warms up, small changes can make a big difference in everyone's well-being.

### Get Moving Together

- Go for walks
- Family bike rides
- Yard games
- Visit a local park or nature trail

### Freshen Up Family Meals

- Add more color to your plate with fruits and vegetables!
- Make a smoothie
- Let kids help pick produce or prepare meals – they're more likely to try something they helped make

### Hydrate

- Drink water throughout the day
- Use reusable water bottles for school and activities
- Choose water over sugary drinks

### Rest

- Sticking to consistent bedtimes
- Turning off screens at least 30-60 minutes before bed
- Create calm, screen-free bed time routines by reading a short story before bed

## LEECH LAKE SUBSIDY PROGRAM

Does your family need assistance paying for childcare? 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 on the Leech Lake Reservation or within 10 miles of the 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.

Rosella Headbird  
(218)335-4431 or  
Rosella.Headbird@llojibwe.net

## EARLY LEARNING SCHOLARSHIP

Leech Lake can serve Leech Lake affiliated children throughout the entire state of Minnesota and can serve all children within our service area.

- Your child must be between the ages of 0-5 and not kindergarten eligible.
- Eligibility is based on income, or if you are receiving any public assistance like Snap, Headstart, MFIP, CCAP, ETC
- Online applications are available at:  
Earlylearningscholarshipshub.mn.gov

### For more information contact:

Destiny Jourdain  
Destiny.Jourdain@llojibwe.net  
218-335-4430



## Brain Teasers

I have cities, but no houses, forests, trees, water, and fish. What am I?

What is so fragile that saying its name breaks it?

What 5 letter word becomes shorter when you add two letters?

In my hand, I have two coins that are newly minted. Together they total 30 cents. One isn't a nickel, what are the coins?

## Tonya's Tips

### Updated Openings for Maajiigin and SACC

Aaniin! Here are our openings for our two child care centers:

**Maajiigin** (6 weeks to 3 years)- 0 openings but please fill out an application to get on our waitlist. Our new year starts September 2026 so please fill out an application if you will be looking for child care.

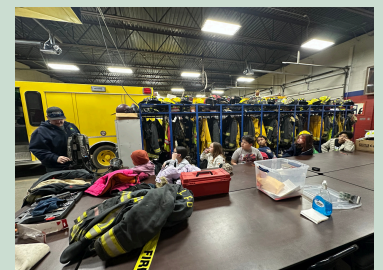
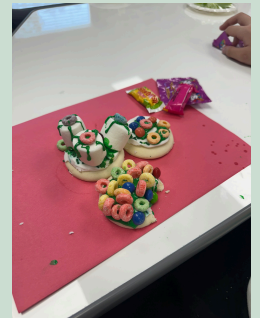
**SACC** (K-6th grade)- 1 opening in our 4th-6th grade classroom. If you are looking for summer care, please fill out an application to get on our waitlist.

Please reach out if you are looking for child care in Cass Lake.

Tonya Morris, Family Engagement & Enrollment Coordinator  
Tonya.Morris@llojibwe.net  
218-335-8249

**Openings will be  
posted on the  
Mizwegin facebook  
page**

## CLASSROOM ACTIVITIES: MAAJIIGIN AND SACC



# SCHOOL AGE CHILD CARE CENTER

Boozhoo!

We are thrilled to share our first newsletter since the opening of School Age Care Center on January 5, 2026! It's been two months filled with laughter, learning, and new friendships. We'll highlight our journey so far and what's ahead.

## Opening Highlights

Our doors officially opened on January 5, 2026, welcoming 30 enthusiastic school-age children ages 5 – 12 to our state-of-the-art facility in Cass Lake, MN next to the Dream Catcher Park. The opening day featured children from the Cass Lake-Bena Schools as well as Bug-O-Nay-Geshig School. We've since settled into a routine that balances creative activities and active play.

## Our Programs and Activities

At the Center, we focus on holistic development through engaging, age-appropriate activities. Here's a snapshot of our afterschool care:

- Enrichment Sessions: Weekly themes like arts & crafts, science experiments, or physical activities.
- Snacks and Nutrition: Healthy, balanced snacks provided daily, with options for dietary needs.
- Reward and Incentive System: Earn SACC dollars to purchase select items. Earnings generated by participating, attendance, cleanup, and other actions.

## Meet Our Team

Our dedicated staff brings passion to every day:

- Amarin Chanthorn, Manager/Team Lead: Two years of experience in child care and primary education as a substitute teacher. He is the team lead for the blue classroom for 4th through 6th grades. No direct tribal affiliation (Thai-Niijii)
- Adeline Thunder-Roy, Receptionist: Multiple years of experience in administrative, clerical, planning, and coordination. She has a four-year degree and is a member of the First-Nation Sachigo Lake Ontario.
- Jenni Wind, Team Lead: Two years of experience in child care and early childhood education. She is the team lead for the orange classroom for the 2nd through 3rd grades. Currently pursuing her B.A. at Bemidji State University and having already earned an Associates Degree from LLTC. A member of the Leech Lake Band of Ojibwe.
- Arionna Lussier, Team Lead: Three years of experience in child care and early childhood education. She is the team lead for the Green Room for kindergartens through 1st grades. She obtained her Child Development Associate credentials in 2025. A member of the Red Lake Nation.
- Isebel Lieb, Youth Assistant: Two years' experience in child care and youth programming. Currently enrolled in the Early Childhood Education program at Bemidji State University and conducting field experience at Solway School District. An Alaskan Native member of the Orutsaramiut Native Council.
- Angeline Woundedfoot, Youth Assistant: Has customer service experience at Leech Lake Gaming. A Cass Lake-Bena schools graduate and of the community. A member of the Leech Lake Band of Ojibwe.
- Olivea Rushmeirer, Youth Assistant: Experience with health care and assistance. Currently enrolled at Northland Community and Technical College. A member of the Leech Lake Band of Ojibwe



## Contact Us

School-Age Care Center

201 4th St. NW, Cass Lake, MN 56633

Phone: 218-335-8380 | Email: [amarin.chanthorn@css.edu](mailto:amarin.chanthorn@css.edu) |

Website: [www.llboearlychildhood.com/sacc](http://www.llboearlychildhood.com/sacc)

Hours: [e.g., Monday-Friday, 9 AM – 5:30 PM]





## CHEF'S CORNER: LEAD COOK NAYKOTA JACKSON

### Wild Rice Hamburgers

#### Ingredients

- 1 pound ground beef
- 2 cups cooked wild rice
- 2 cloves minced garlic (optional)
- 1 tablespoon fresh chopped or dried thyme, oregano, and/or rosemary (optional)
- Salt and pepper to taste (optional)



#### Directions

- Thoroughly mix the wild rice, ground beef and optional ingredients, if desired, in a large bowl until the texture is consistent.
- Form into patties and grill or cook, and then serve like a standard hamburger.



### MAAJIIGIN NEW STAFF:

#### GEKINWAA'AMAAGED-LAMYA HUMPHREY

Lamya has been working at maajiigin for a few months in the Minogin Classroom.

### EMPLOYMENT OPPORTUNITIES

- School age youth assistant 26-007
- Gekinwa'aamaged (teacher) 26-070



We are looking for individuals that are dedicated to speaking and learning Ojibwe and providing opportunities for our children to learn in their natural environment.

For information visit the LLBO employment page or call the front desk 218-335-8369

### STAFF DIRECTORY

**Patti Turney**  
CCS program manager  
(218)335-8257

**Abrianna Ortley**  
Receptionist  
(218)335-8369

**Sharlene Roy**  
Administrative Assistant  
(218)335-4568

**Becca Tibbetts**  
Licensing, Compliance & Grants Coordinator  
(218)335-8338

**Sherri Seelye**  
Culture & Training Coordinator  
(218)335-3747

**Rosella Headbird**  
Subsidy & Outreach Coordinator  
(218)335-4431

**Destiny Jourdain**  
Early Learning Scholarship Administrator  
(218)335-4430

**Tonya Morris**  
Family Engagement & Enrollment Coordinator  
(218)335-8249

**Naykota Jackson**  
Lead Cook  
(218)335-3597



#### Contact/website

www.llboearlychildhood.com  
Phone: (218)335-8369  
Fax: (218)335-8255

#### Mailing:

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Cass Lake, MN 56633

#### Physical

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