

# Eastside Provider's Network Newsletter



*An association of Licensed Family Child Care Providers on the Eastside of St. Paul*

## January Meeting

Join us in January for CPR Training. CRP training should be renewed every 3 years as required by licensing.

Subd. 3. **First aid.** All teachers and assistant teachers in a child care center governed by Minnesota Rules, parts 9503.0005 to 9503.0170, and at least one staff person during field trips and when transporting children in care, must satisfactorily complete first aid training within 90 days of the start of work, unless the training has been completed within the previous three years. The first aid training must be repeated at least every three years, documented in the person's personnel record and indicated on the center's staffing chart, and provided by an individual approved as a first aid instructor. This training may be less than eight hours.

## Eastside Provider's Network January 2008

- EPN Meeting
- CPR Training
- Cost \$40.00
- Monday January 7 and Thursday January 10
- 6:00 – 10:00 p.m.
- Memorial Lutheran Church
- 1212 Earl Street  
(Use back entrance/parking lot)



**LEARN CPR**  
you can do it!

Please RSVP to Jean  
(JeanieB506@aol.com or 778-9531)



**Better Together**  
*Where do YOU belong?*

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The EPN is on the Web!  
[www.geocities.com/esideproviders](http://www.geocities.com/esideproviders)

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# EPN Providers' Openings List

<u>Provider Name</u>	<u>Phone</u>	<u>Nearest School</u>	<u>Hours</u>	<u>Special Notes</u>
Amelia Beverly	735-1144	Carver	7 - 5	Bilingual Eng/Spanish
Kelly Massey	776-4046	Ames	*	
Tabitha DeRango	771-2567	*	*	
Susan Dewald	330-1477	L.C. Webster	7 - 5	
Linda Dolan	501-0063	Battle Creek	6 - 6	
Jennifer Engelen	714-5559	Oakdale	7 - 5	
Wanda Ecklund	772-3115	Hayden Heights	7 - 5	
Julie Fees	778-1709	Phalen Lake	7 - 5	
Marilyn Hetue	776-7294	Sheridan	6:30-5	
Karen Kubesh	776-2803	Mississippi	6:30-5:30	
Chris Mock	493-3153	Eastern Heights	7 - 5	
Becky Sirovy	714-7008	Highwood Hills	6:30-5	
Carrie Stanton	762-7799	White Bear Lake	6:30 a.m. - 9:30 p.m.	7 days /week
Keke Steele	493-2422	Nokomis	7 - 5:30	<a href="http://www.dreamfamilychildcare.com">www.dreamfamilychildcare.com</a>
Theresa Stolts	776-9829	Ames	7 - 6	
Tammi Timm	772-1287	Parkway	5:30-6:30	
Tammy Ugro	387-2468	Highwood Hills	7 - 5:30	
Kim Ulmer	772-4521	*	*	
Nancy Wakefield	739-9201	Battle Creek	7 - 5	
Cynthia Wilkes	399-3731	Johnson Elem.	1st & 2nd shift	Also does catering
Chantelle Wise	298-9494	Dale & Thomas	6 - 6	
Nancy Woldt	777-5413	Weaver	24 hours	All Shifts
Rosa Wood	774-4874	Farnsworth	7-5	Bilingual Eng/Spanish
Kate Wooten	340-0480	Phalen Lake	24 hours	All shifts

*For a computer generated and filtered  
list of providers, parents can call  
Resources For Child Careing  
@ 641-0305*

***New paperless version of the Eastside Providers'  
"Current Openings" list! If you would like to continue  
or up-date your listing, please contact Jean Lang at  
[jeanieb506@aol.com](mailto:jeanieb506@aol.com) or 778-9531.***

# Ramsey County Family Child Care Association

RCFCCA" is hosting a "Networking Night Out". This will be held January 14, from 6:45 – 8:30. Come get together with other providers, learn more about the RCFCCA and just have a fun night out. There will be refreshments.

- Memorial Lutheran Church
- 1212 Earl Street  
(Use back entrance/parking lot)

Website: <http://www.rcfcca.net/index.htm>

## ~January Special Days~

- Oatmeal Month
- National Staying Healthy Month
- National Thank You Month
- National Hobby Month
- National Soup Month

Jan. 5	Nation Bird Day
Jan. 6	Bean Day
Jan. 11	Milk Day Secret Pal Day
Jan. 13	Make Your Dreams Come True
Jan. 16	National Nothing Day
Jan. 18	National Hat Day
Jan. 19	Popcorn Day
Jan. 21	Martin Luther King Jr. Day National Hugging Day
Jan. 23	Measure Your Feet Day
Jan. 25	Opposite Day
Jan. 29	National Puzzle Day
Jan. 31	Backward Day

## Milk Painting

### Materials Needed:

1/4 cup condensed milk  
Food Coloring

### Instructions:

Mix the condensed milk with desired amount and colors of food coloring and have the children paint with it. Make sure the paint is put on very thinly, as it will take a very long time to dry.

### Fun Cow & Milk Facts

To make 9 gallons of milk a day, a cow must drink 18 gallons of fresh, clean water (2 gallons of water for every gallon of milk)

The average California cow produces 19,825 pounds of milk each year, more milk per cow than any other state in the nation. That's 2,305 gallons of milk a year or about 8 gallons of milk every day of her milking period. That's enough milk for 128 people to have a glass of milk every day!

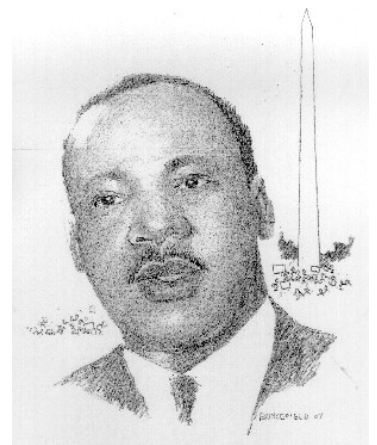
## Martin Luther King Jr.

*"I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."*

### Happy Birthday, Dr. King (Sung to: "Yankee Doodle")

Dr. King was a man  
Who had a special dream.  
He dreamed of a world filled with love  
And peace and harmony.

Happy Birthday, Dr. King,  
Happy Birthday to you.  
Happy Birthday, Dr. King,  
We honor you today.



### I Have a Dream

Blue construction paper  
cut out's of white clouds  
glue  
pencil

Use blue construction paper for base - Print "I have a Dream" at the top. Have children cut out the clouds and glue on to blue paper. Talk with children about Martin Luther King Jr.'s dream. Ask what dreams they might have for our country and write them on the clouds.

### Freedom Bell

You will need:

Pattern of a bell                      poster board                      foil

This is a simple and easy craft to make for little ones. Trace the pattern of a bell onto poster board. Allow children to cut out. Using silver or gold foil, cover the bell. Across the front write "Freedom". This is a great craft to make when discussing Martin Luther King Jr.'s famous speech.

### Same and Different Game

Everyone sit in a circle. Look at the person to your right or left and name one thing that is the same as you and one thing that is different. Point out that even though there might be some similarities, that everyone is different in their own way and that is what makes them special.

# Martin Luther King, Jr.

1929-1968

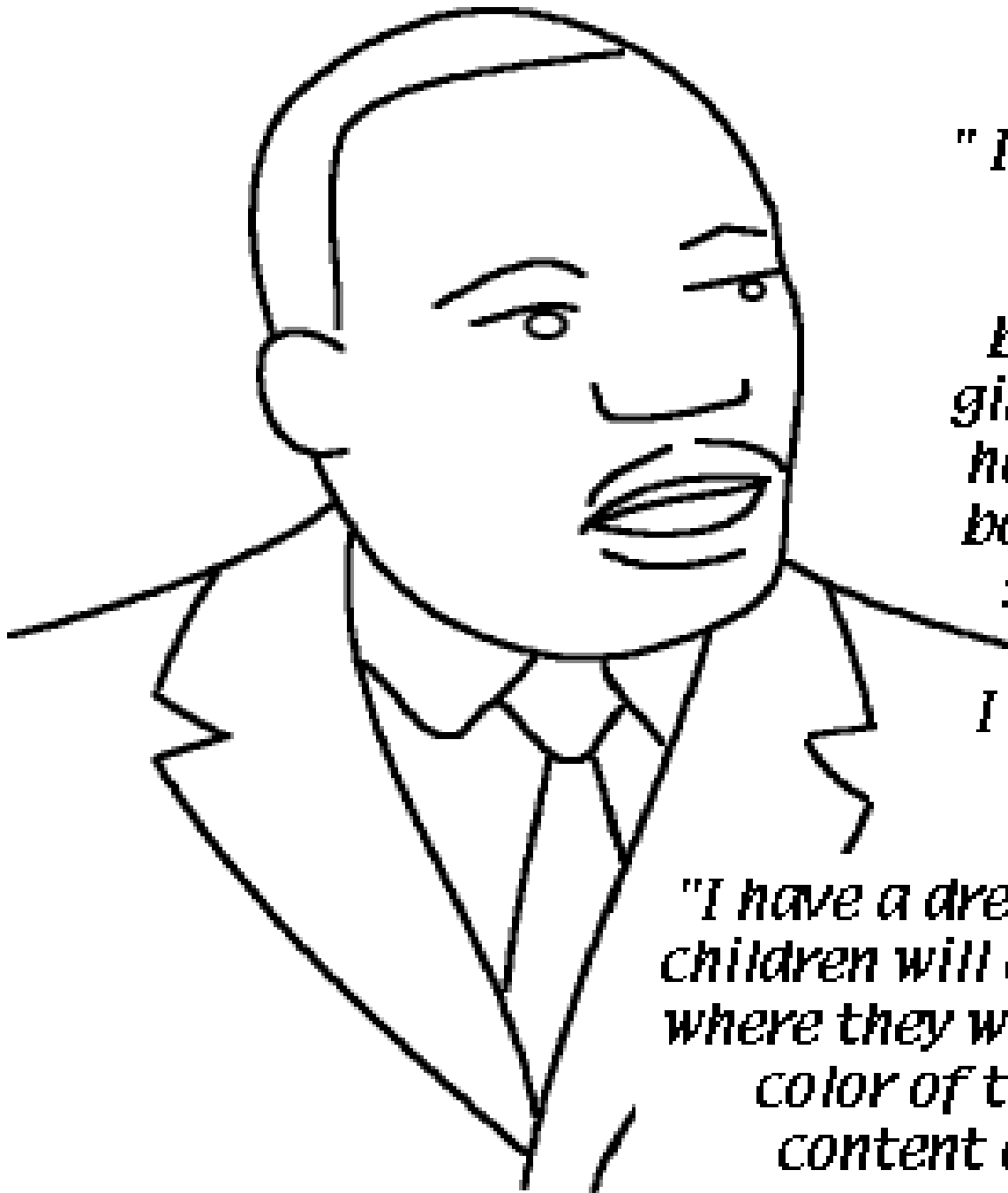
*"I have a dream today...*

*that one day... little  
black boys and black  
girls will be able to join  
hands with little white  
boys and white girls as  
sisters and brothers.*

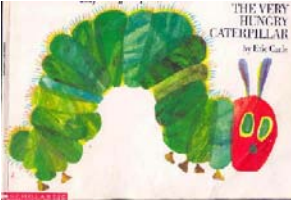
*I have a dream today."*

*"I have a dream that my four little  
children will one day live in a nation  
where they will not be judged by the  
color of their skin but by the  
content of their character."*

*Aug. 28, 1963*



## Child Care Related Websites



### Literacy Connection

<http://www.thevirtualvine.com/Literacy.html>

Website with wonderful ideas for literacy. Site includes pictures using pocket charts, links, songs, and many more ideas.

### The Hungry Caterpillar

<http://www.thevirtualvine.com/theveryhungrycaterpillar.html>

Website full of ideas to use when reading the book "The Very hungry Caterpillar". Site includes poems, songs, craft ideas, life cycle of a butterfly, game, pocket chart idea and more.

## EPN Newsletter

The EPN newsletter will be on the web. New issues will be posted very other month. If you have up-dates for your provider opening's please let me know, and I will make the changes. Any other ideas you would like to see in the newsletter – please let me know. Next issue will be March.

## On Call Care LLC Quality Care When You Can't Be There

- Over 16 years of Child Care Experience
- Nutrition/Food program Experience
- Background Study Completed
- CPR/First Aid Certificate
- SIDS/Shaken Baby Training Completed
- Reasonable Rates

**Teresa Netkow**

612.227.5754

[oncallcaretnetkow@yahoo.com](mailto:oncallcaretnetkow@yahoo.com)

## Colored Ice Cubes

This is a terrific visual experience of color changes.

Make red, yellow and blue ice cubes using food coloring and water.

Place one red and one yellow ice cube in a ziplock baggie, one red and one blue ice cube in a ziplock baggie, and one yellow and one blue ice cube in a ziplock baggie.

Place them in the science area. As the colored ice cubes melt they create new colors.