



FEBRUARY 2009

## February is Me-Wuk Month

The Buena Vista Child Development Center was founded by Chairwoman Rhonda Morningstar Pope and the Buena Vista Rancheria in the spring of 2007 to bring a culturally appropriate preschool experience for Native American children and others from the ages of 2 years to 5 years 9 months. The Center is open Monday – Friday from 7:30 a.m. to 5:30 p.m.

For the month of February we are very excited to announce that we will be honoring the Me-Wuk tribe. In order to build an appreciation for and to educate one another about the Me-Wuk people, we will be planning many wonderful and culturally rich activities for the entire month with members of the community, but here are just a few activities that we will do together to teach the children about the Me-Wuk tribe.

Julian Natividad from our school is Me-Wuk and so for February we will invite Julian and his family to bring in pictures of their family, ancestors, and to come in and share them with everyone. They will be safely on display for everyone to see for the month. The front sun room will be decorated with not just Julian's family but also all things Me-Wuk (artifacts, regalia, hands-on activities) and the entire room will be there for the children to enjoy.

We will also cook Me-Wuk dishes for the children to taste. We have prepared acorn flour the past several months and in



Rhonda Morningstar Pope will be visiting the center throughout the month of February, sharing Me-Wuk stories with the children.

February we will make Acorn Bread with the acorn flour for the children. The children will also mix hazelnuts and peppernuts into a spicy relish (a Coastal Me-Wuk food) to enjoy at snack times.

We will learn to count to 10 in Me-Wuk at circle time as well as sing a Miwok song with clappsticks. We will learn several Me-Wuk words such as *mato* • *j-u-*

(hello) and use them every day. Me-Wuk creation story will be told as well as reading the well known book *Two Bear Cubs: A Miwok Legend from California's Yosemite Valley* by Robert D. San Souci which I also look forward to present to the children in a puppet show.

We are truly honored and excited about extending our cultural curriculum.



Rhonda Morningstar Pope, Tribal Chairwoman



## This might be the best time for a family visit

I am very excited to prepare for Me-Wuk month in February. This is the first month of specifically focusing on a particular tribe. During the entire month of February our school will feature stories, activities, and singing involving the Me-Wuk culture. I have been preparing all month long for this. A big thanks to my children Jessalynn and Jordan for the help and research regarding Me-Wuk Stories, and the beautiful creation story display at our school. I will be visiting the school often in the month of February sharing our tribal history with our children. Buena Vista Rancheria is rich in cultural history and tradition. I will share photos and stories about our family and their contribution to the Me-Wuk

Indians. A field trip is planned to Buena Vista Rancheria at the end of this month. The children will learn about the round house at Buena Vista and learn the word for round house in Me-Wuk "hangi". This month they are learning the words with the letter H, so if you hear them talking about it don't be surprised. We will also be honoring important Me-Wuk leaders and their contributions. Our featured Me-Wuk hero this month is Chief William Fuller. This month will be exciting and very educational for our children. Don't be surprised when they count to ten in Me-Wuk or tell you a creation story! We are looking for presenters to come to our school and share stories so if you are Me-Wuk, this is your month to visit!

## Director's Corner



**Gloria Torres**  
Child Development Director

*"The ten to fifteen minutes that you have in the car with your child is quality time and I would encourage using as much of it as you can for language."*



**No'suun Rodriguez**  
**3 YEARS OLD!**  
**February 25th**

**SAVE THE DATE!**  
**BVDCDC CELEBRATES**  
**ONE YEAR!**  
**SAT., MARCH 28**  
**11AM-3PM**

The month of January is going by faster than we can plan for. We have been very busy working with the children in the curriculum. The children are learning about the letter. Our F activities include the following: we introduced fish sticks and we introduced feathers for an art project where they put different color feathers on their "F is for Feather" picture. We also had the children stand up and look at the different parts of their body and asked them to find body parts that start with the letter F. Trinity and Nick both said that their feet start with the letter F. We introduced about twelve words with the letter F for language. I'll leave this to your imagination. As a fun art activity, Amber had them color frogs. Next week I will be buying a real fish. Each child will smell, touch, and paint their fish. It will not, however, be a live one. We sang songs and marched to letter F, so by the end of the week, they will *know* the letter F. We will end the month with the letter G with similar activities.

Amber and I will be putting out a calendar for each week and the letter we will be introducing. So as you drop off and pick up your child you can talk about the letter and look outside the car for things that start with that letter. The ten to fifteen minutes that you have in the car with your child is quality time and I would encourage using as much of it as you can for language. We will be giving little reminders each week on which letter that will be introduced. This way you can enhance the language activities with your child.

On another note, we will be celebrating Valentine's Day on Friday, February 13<sup>th</sup> at 10:00 at circle time. We encourage each child to bring in ten Valentine cards where they will be passed out at circle. We encourage you to bring any treats that you wish. They can be Wishing Well items, bubbles, fruit, raisins, etc. We wish all of our parents a very sweet Valentine's Day.

We've also introduced a "Heroes Wall: the past and the present". We launched it by talking about Martin Luther King and what a great man he was and how he believed in non-violence. He believed in you and he believed in me to make this a better world. On our heroes wall we just intro-

duced our new president, Barack Obama. We explained to them that they were watching history in the making. Our next hero that we will introduce in March is Cesar Chavez. I explained to the children how I marched with him when I was young; and how we visited migrant camps. I could not believe what I saw. I saw children playing in the fields when it was about 100 degrees. I saw children sleeping in cars and women off to the corner breastfeeding their children as they were working at the same time. I knew at that time that I would make a difference. Time went by and I went to school and graduated with my degree. I am glad to say that I was one of the first director's at the Soup Rock Center in French Camp in Stockton. We marched for a reason and our reason was to have a better quality environment for our children that worked in the fields. Our center was the first one built there at that camp. The curriculum was Montessori. On any given day we would have about 75 children from zero to five. They would have the best quality care, a safe environment, and the best education. It's amazing when you march and when you believe in something, what you can accomplish. We must remember to believe and never lose hope.

This is just a friendly reminder that I will be on vacation from the 7<sup>th</sup> to the 14<sup>th</sup>. Amber will be in charge for the week that I am gone. Her hours will be from 7:30 to 3:30 and we have a new sub that will come in from 10 to 6 and her name is Sonia Valadez. If anything comes up, don't hesitate to call Amber. When I come back I do have my work cut out for me. I plan to work with Amber on the Licensing Top 5 checklist. Amber and I will be working on the files, facility, kitchen requirements, playground requirements, playground requirements, and assistance requirements. It's always a good idea to take a look at the school and do your own audit. That way if we have a visit, we are in good shape.

Dear Parents, just a little reminder we have 4 openings left at our school. So if you have a friend or a neighbor, please do not hesitate to share our school with them. If you refer someone you will receive a gift certificate to your choice of either Starbucks or Toys R Us.



**GIRAFFE**

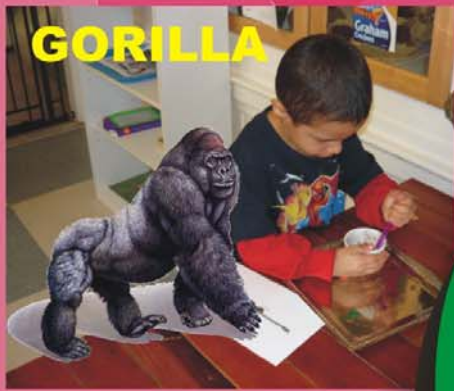
Can you find the "G" word pictures?



**GLASSES**



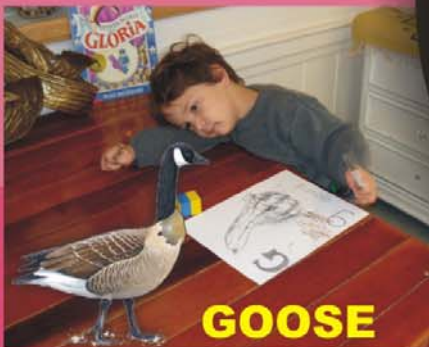
**GRAPES**



**GORILLA**



**GOURD**



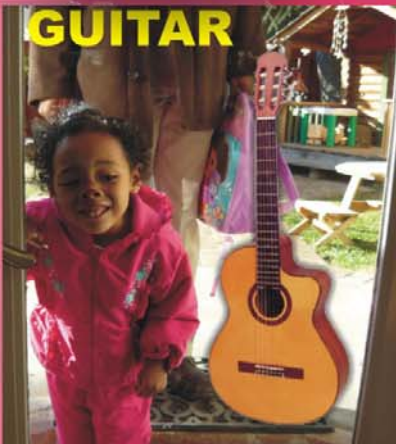
**GOOSE**



**GRASS**



**GOLDFISH**



**GUITAR**

**G IS FOR GREAT KIDS!**

## Upcoming Community Events in February

### **La Raza Galeria Posada -**

1022 22<sup>nd</sup> Street,  
Midtown Sacramento  
February 11<sup>th</sup> to March 22<sup>nd</sup>  
(916)446-5133 or  
[www.larazagaleriaposada.org](http://www.larazagaleriaposada.org)

“What is This Thing Called Love” Art Exhibit.  
Opening Reception-*Valentine’s Day-6 -9 pm*

Poetry Reading - *Feb. 13 - 7:30 pm*

Musica Romantica: Live Music & Song - *Fri. March 6<sup>th</sup>-8 pm, \$12*

Thursday Night Film Series:  
Classic Love Movies En Espanol (some w/subtitles) – *Feb. 19, 26, Mar. 5, 19 - 7:30 pm*

Artists’ Talk: Artists Discuss their Art – *Feb. 20 & Mar. 20- 7:30 pm*

### **Carnival De L’Amour**

Cowboy Trick Rope Reprieves Gaucho Role

Dinner Theater Experience at the Sterling Hotel

*Thursday, February 12<sup>th</sup>*

*Friday, February 13<sup>th</sup>*

*Saturday, February 14<sup>th</sup>*

Dinner and show begins at 6:30 pm

(for more details see our bulletin board)

## Did You Know...

Valentine’s Day (besides Christmas) is the holiday where we spend the most money on greeting cards. All in the name of love, we spend billions of dollars on those we care about. However, this was not always so. Ancient Romans used to celebrate the fertility festival of Lupercalia on February 15<sup>th</sup> in honor of gods and great leaders. In 270 AD Emperor Claudius II was frustrated by the young men in Rome that were not as eager to join the army and blamed it on their not wanting to leave their loved ones and families, so the Emperor banned all marriages and engagements. Valentine was one of two priests (also Marius) who secretly wed people against the Emperor’s decree. However, he was caught and taken to jail. He was put to death on February 14<sup>th</sup> which later became a Catholic celebration in honor of the Lover’s Saint, St. Valentine. It is said that today’s Valentine notes could have

been copied from the support letters that the local children wrote to Valentine while he was in jail, but some say that they came from Valentine’s final note to his sweetheart where he signed it “From your Valentine.”

Other interesting February Dates:

February 3, 1870: 15<sup>th</sup> Amendment to the constitution passed (Black Suffrage).

February 5, 1936: National Wildlife Federation forms.

February 6, 1935: Monopoly goes on sale for the first time.

February 14, 1779: Native Hawaiians overthrew and executed the English Explorer/Conqueror Captain James Cook.

February 22, 1956: Elvis Presley’s 1<sup>st</sup> hit in the Billboard’s Top 10 (Heartbreak Hotel)

February 25, 1862: Paper currency (greenbacks) introduced in US by President Abraham Lincoln.

February 27, 1827: 1<sup>st</sup> Mardi Gras celebration in New Orleans.

## A fun and educational new year celebration

### **By Amber Llacuna Benavente**

We kicked off the new year with dancing, silly hats, a count-up to noon (working on counting forward for now), and a balloon drop as soon as it hit 12. We colored and painted 2009 pictures and hats to celebrate. We continued going through the alphabet and learning about new letters and numbers each week.

We are pleased to welcome Arlo and his family to our school. He is three years old and very excited to come to our school and we are glad to have him.

The children also learned about Martin Luther King Jr. and about how he made sure that there were the same rules for everyone no matter what they looked like. We beat our drums and had our own march for him through our school. They know that Mr. King was a nice man and that he wanted us to be nice to each other, get along, and not fight, so we practiced



being peace-makers in honor of him.

They also were able to watch history in the making as they watched as a class as President Barack Obama was sworn in as the 44<sup>th</sup> president of the United States.

They are excited to know that he is our new president and also the first African-American president. We had a great month and also have a full month planned for February.

# RECIPE OF THE MONTH

## Acorn Bread

Very tasty with a distinctive texture. Great for Thanksgiving! American colonists in the Northeast used all available food sources-acorn bread is an adaptation of a Native American recipe which was somewhat common in the late 17<sup>th</sup> century until the mid 19<sup>th</sup> among the poorer working classes.

50 min. / 20 min. preparation

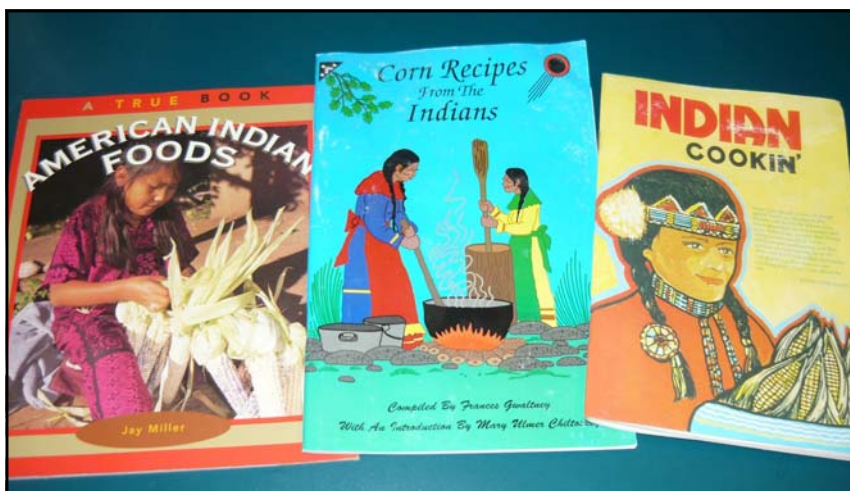
### 1 loaf

- 1 cup acorn meal
- 1 cup flour
- 2 tablespoons baking powder
- ½ teaspoon salt
- 3 tablespoons sugar
- 1 egg, beaten or egg substitute
- 1 cup milk (soy or rice milk works fine, too)
- 3 tablespoons oil

1. Heat oven to 300 degrees
2. Grease loaf pan.
3. Sift together dry ingredients in a bowl.
4. In a separate bowl, combine egg, milk and oil.
5. Combine dry and liquid ingredients.
6. Stir just enough to moisten dry ingredients.
7. Batter will be a bit lumpy.
8. Pour into a greased pan, bake at 400 degrees for 30 minutes.
9. Acorns are very easy to use, similar to chestnuts.
10. First examine the acorns as you pick/gather them.
11. Throw away any that are wormy/moldy/cracked/etc.
12. Next, shell them.

13. Early in the season (August-September) the shell is usually soft enough to cut through.
14. Later in the season acorns may require a nut cracker, though many times the shells are rather thin and brittle.
15. Taste the raw acorns-if they are bitter, they need to be boiled.
16. Tannic acid causes the bitterness, and is easily leached out by boiling the acorns in successive pots of water.
17. When the water no longer turns brown (looks a lot like tea), the acorns are ready.
18. The next step is to roast the acorns slightly.
19. Use a warm oven, no more than 250 degrees.
20. Acorns that have not been boiled will take 60 minutes or so, boiled acorns will take longer.
21. Once they are roasted, the acorns can be used in place of nuts in most recipes, although they are less oily than most nuts.

22. They can be glazed like chestnuts, simmered in a soup, ground and used as a flour extender.



Recipes like Acorn Bread can be found in the many available Native American cookbooks like the ones above.

NUTRITION FACTS	
Serving Size 1 loaf 528g	
Recipe makes 1 loaf	
The following items or measurements are not included below: 1 cup acorn meal	
<b>Calories 1205</b>	
Calories from Fat 503	
Amount Per serving	%DV
Total Fat 55.9g	86%
Saturated Fat 12.6g	62%
Monounsaturated Fat 15.8g	
Polyunsaturated Fat 23.8g	
Trans Fat 0.1g	
<b>Cholesterol 245mg</b>	<b>81%</b>
<b>Sodium 3533mg</b>	<b>147%</b>
<b>Potassium 571 mg</b>	<b>16%</b>
<b>Total Carbohydrate 151.6g</b>	<b>50%</b>
Dietary Fiber 3.4g	13%
Sugars 38.5g	
<b>Protein 27.2g</b>	<b>54%</b>
Vitamin A 580mcg	11%
Vitamin B6 0.2mg	11%
Vitamin B12 1.5mcg	25%
Vitamin E 9mcg	31%
Icalcium 2369mg	236%
Iron 9 mg	55%



Buena Vista Child Development Center Cultural Advisory Committee

## Bringing cultural traditions into our children's everyday life

By Paul Tupaz

When I attended the University of California at Davis and rode my bicycle to D. Q. University to volunteer, I use to think about what kinds of programs and support I would like to implement if I ever had the chance. What better opportunity to make a difference than to be a part of a child development center incorporating cultural and traditional experiences into every day activities in a developmentally appropriate setting.

This past fall, I attended the Shingle Springs Big Time for the first time. An Elder that I hadn't seen for 15 to 20 years was there and I had the opportunity to just sit with him. I was a tag along, years ago, on a road trip and enjoyed the opportunity to listen to this Elder whom had given me some direction in my life. On this day at Shingle Springs, I asked him 'how can we introducing cultural traditions into every day activities.' The Elder sug-

gested that we focus the curriculum around the seasons. His words resonated in my head and I shared this information with our Cultural Advisory Committee on September 8, 2008.

The Cultural Advisory Committee (CAC) was established to provide guidance and direction in the planning and implementation of cultural and traditional activities at the Center. CAC has been instrumental in establishing the foundation of knowledge and supporting the center with hands on activities. Sonny Hendricks suggested that we teach the "Indian Calendar" at our last meeting. The Indian Calendar is founded on the seasons of dormancy, December through February, planting, March through May, growing, June through August, and harvest, September through November. The seasons are currently part of the curriculum but we are interested in further developing this area this year.

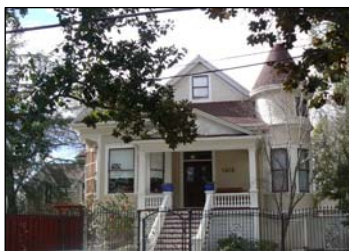
What if the inside wooden fence surround-

ing the playground was painted with images of the climate changes, plant cycles, land and water animal cycles? What a story the images would tell. The wooden fence will come alive as a story-board for activities, songs, drumming, and of course storytelling. Introducing children to nature's cycles can support the teaching of seasons and cycles.

We'll have more details about the Community Paint Day in upcoming seasons but I wanted to let you know what we are planning. Let us know if you are interested in participating at our Community Paint Day, we'll provide the paint and brushes.

*The Cultural Advisory Committee (CAC) of the Buena Vista Child Development Center offers ideas and suggestions to enhance the cultural scope of the Center through hands-on demonstrations and activities for the children. If you are interested in becoming a member of the CAC, call 916-491-0011.*

The Buena Vista Child Development Center Newsletter is now available on-line at [www.buenavistatribe.com](http://www.buenavistatribe.com)



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