

- Spring Semester begins January 22nd.
- Contact Janiece Knepe for advising at [janiece.knepe@rrcc.edu](mailto:janiece.knepe@rrcc.edu) or 303-914-6553.
- New students enrolling in ANY 100 level ECE course must complete a background check with American Data-Bank. Go to <http://coece.applicant.compliance.com> for more information and to get started.

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# Early Childhood Education News

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## Meet the Men in MEC-C

Red Rocks ECE program is pleased to be collaborating with the men working in ECE here in Colorado! In support of the Men in Early Childhood—Colorado group, we are featuring some of the individuals who participate in MEC-C.

Let me introduce you to Mr. Soren Gall!

Soren Gall currently serves as a Mentor Coach at Clayton Early Learning, where he has worked for two years. In addition to his roles and responsibilities at Clayton, Soren serves on the Denver Metro District Board of CAEYC and the Editorial Advisory Panel of *Teaching Young Children*. Soren also co-

founded Men in Early Childhood-Colorado and currently serves as the President of the organization. After earning a



**Soren Gall, mentor coach at Clayton Early Learning & current president of MEC-C**

B.A. from the University of Northern Colorado in Social Studies with a minor in Early Childhood Education, Soren attended Oregon's Pacific University and received a Masters of Arts in Teacher with an emphasis in Early Childhood. He is currently working on an Infant/Toddler specialist certificate through Erikson Institute. In his free time, Soren likes to spend time with his wife (Sarah), son (Nolan), and his two dogs (Wiley and Sadie). He also enjoys doing outdoor activities, specifically snowshoeing, as well as attend sporting events and music concerts.

## Dear Colleagues

Looking at where we have been this past year and where we are going, do I know what is going to happen next?

I can answer that with a resolute and emphatic "NO!"

We have faced incredible destruction with all the wildfires in

Colorado and elsewhere in our country. The Eastern Seaboard states experienced the onslaught of Hurricane Sandy, and will continue to deal with it's aftermath in the seemingly endless cleanup process.

Our country survived another

election year and all the campaign promises made and yet to be kept.

Great sadness happened in multiple shooting incidents in Aurora, Oregon and most recently in Connecticut.

Yet, despite all these terrible



"I feel the capacity to care is the thing which gives life its deepest significance."

RMECC is focused on promoting and advancing Early Childhood Education and the interests of children , Birth to 8 years of age.



## A capacity to care...

events, there has been good too!

Mr. Rogers said once, "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping." To this day, especially in times of "disaster," I remember my mother's words and I am always comforted by realizing that there are still so many helpers – so many caring people in this world."

I find those words to be very encouraging words, because

they are true! There are always caring people in the world, ready to lend a helping hand.

And while it may seem simplistic to wait for the new day, a new day is a fresh beginning to make our world a better place for ourselves and our children.

I have enjoyed my semester break these past two weeks caring for myself, caring for my family, and browsing ideas being shared in my Personal Learning Network (PLN) on Twitter. An overarching theme

I am seeing is the renewal of commitment to children, but in ways that foster caring of the spirit and caring of the self. I resonate with that commitment. I hope you do too!

Pablo Casals, the great cellist, says it well, "I feel the capacity to care is the thing which gives life its deepest significance."

May this be a really good year for you, because I care!

Janiece & Kathleen

## RMECC is coming in March



Registration is open now at [www.ecconference.com](http://www.ecconference.com)

## Spring Welcome Day

Something new is heading to the Red Rocks campus!

The new student welcome evening has been changed to Spring Welcome Day, 10:00 am to 1:00 pm on January 29th.

Note the new day and time! This is one week into the new semester!

There will be a pancake breakfast and musical entertainment in the Great Hall from 11:00 am to 1:00 pm.

Department/Program information tables will be located throughout the campus to promote resources available to our students.

You will want to look for

Kathleen and Janiece at the ECE table located on the Bridge across from the cafeteria.

Come out, say hi and eat pancakes! If you have questions before the semester starts, be sure to call or email us!

# Take Good Care of You!



### Make your health & wellness a priority!

As caregivers, we tend to gain a great amount of personal satisfaction when we are caring for others. But sometimes, we get so involved in the care of others that we forget to take good care of ourselves in

the process! If we allow our own care to take a back burner, soon there won't be anything left of us to share with others in our care giving.

Here is a short list of suggestions for taking care of yourself, in no particular order of importance:

- Be realistic about what you can expect from yourself, don't push beyond what you can give or do.
- Learn to say "No."

- Treat yourself to uninterrupted personal time—take a bath, go for a walk outdoors, read a book or enjoy time creating with a hobby
- Laugh out loud! Humor really is good for the soul!
- Allow others to do something for you, ask them if necessary! People want to help, but they need to know your needs.

There is nothing selfish about taking care of you!

Education is much more than a matter of imparting the knowledge and skills by which narrow goals are achieved. It is also about opening the child's eye to the rights of others.

Dalai Lama

## More MEC-C news...

The MEC-C organization is in the process of producing a video to post on YouTube about the benefits of males in early care and education. YOU can be a part of this video production!

Go the MEC-C website and find the information about participation in the YouTube video. A legal waiver of participation is available there to complete and send in to MEC-C.

Then the real fun begins! MEC-C is soliciting short (less than two minute) videos to be included in their video project. Deadline to have your video clip in is February 21, 2013.

For more information contact Soren Gall at [meccolorado@gmail.com](mailto:meccolorado@gmail.com)



Create, Rest, Imagine, Sing,



There's nothing selfish about taking care of YOU.



Dream, Laugh, Hope, Love!