

9th Annual Aboriginal Awareness Weekend James River Children's Retreat

Aboriginal Arts and Crafts



Drum Making
and
Teachings



Jewellery Making

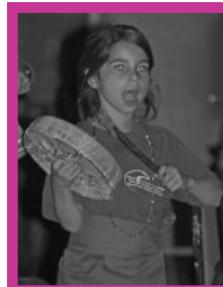


Shield Making

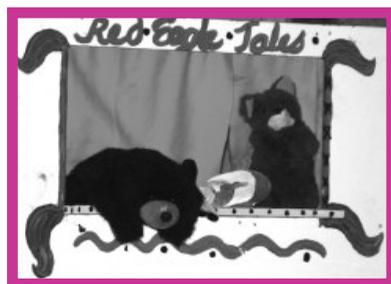


Massage sessions
and Reflexology
were provided for guests

Drums - the final products were given
away to 10 special people or families on
Saturday evening



Daily Sharing of
Cultural Songs
and Teachings



Board Reports - Continued from Page 4

REGION 7

Bev Towe and Paulette Kopp

Hello everyone. This felt like the longest winter I have ever experienced throughout my young years. Thankfully there were some very positive and bright spots over the last months in Region 7 foster land.

Our 2008 Caregivers Conference, titled "Building Futures Together" for Foster and Adoptive parents, held in Westlock in March, was extremely successful. Numbers of attendees were the best ever. Special recognition was given to two very committed and respected individuals. Emile Pelletier, and Dennis MacNeil were honoured by MLA Ken Kawalski and CEO David Rideout with awards of excellence for the development and facilitation of the training module, The Challenges and Celebrations of Foster Children in the Classroom. Dennis and Emile have presented to the Bonnyville area which has resulted in requests from other schools for this program to be presented to their staff. Special recognition was also given to a Westlock elementary school for their commitment to foster children and foster parents. Fundraising was successful again and lots of fun had at our banquet. (Jim Toner met Paulette's real sidekick, sorry Jim, but you deserved that introduction).

The new Respite Policy for Region 7 has been finalized, approved and accepted. Work is ongoing on the Receiving Home project. A committee for our Mentoring Program has been struck. The committee will be adapting this program from Calgary's Mentoring Program. We would like to thank the Calgary people for their help with this very important project. A feasibility study for Adoptive families to join Region 7 Foster Care Society is being done also. A committee has also been organized to review the Society's by-laws. Representatives have been identified from all 4 zones.

As you can see Region 7 Foster Care Society has been working hard on behalf of all caregivers within Region 7 itself and therefore for toward the betterment for all foster parents throughout Alberta.

We would like to welcome back some wonderful, hardworking people. Re-elected are Emile Pelletier, President- Robin Strome, Secretary, and Brian Golding, Treasurer. We "WELCOME" Steven Lander, as our Vice-President.

Region 7 Foster Care Society would like to thank Northern 7 Child and Family Services for their committed partnership and highly visible support of foster and adoptive parents throughout our region. Your respect of who we are and what we do is very apparent.

REGION 8

Mary LeGeyt

Hi everyone! My name is Mary LeGeyt and I am your new director on the AFPA for Region 8. The new honorary director is Andrea Kolodychuk. We both are looking forward to working with and for the foster parents in our region. The new chairperson for the Northwest Council is Jane Jinjle and she'll be busy, but she has lots of energy to get the job done.

The meeting dates for the northwest council for 2008 - 09 are August 19 (2:30 pm), October 16 (10 am), March 19 (10am), and April 16 (10 am). June 18th was a face-to-face meeting while all other meetings will be held by video-conferencing from the nearest CFSA office. Everyone is welcome to come participate and have their voice heard.

Things the council has been working on are changes to the monthly newsletter that will become a regional one so we all know what is going on in the whole region and electing the Foster family and Social Worker of the year and our annual Foster Parents Retreat.

The retreat is changing, this year is to be a Caregivers Conference to include Foster Parents, FASD parents, Adopting and private guardianship parents and the bio-children ages 8 and up. It will be held the last weekend in September so watch for more information in the mail.

There are some support groups starting up in Grande Prairie and Fairview and High Prairies is still up and going. Watch the newsletter for contact people and times.

Lastly we would all like to thank Denise Wade for all her years of hard work with the Northwest Council and as our director; she will be greatly missed on both. We know she is there to answer any of our questions and to laugh with us through our efforts to make change.

Hoping everyone has a great summer.

With Our Thanks!

Thank You to Some Outstanding Youth

The Alberta Foster Parent Association thanks and recognizes the following youth who volunteered their time to help in various areas at the AFPA Aboriginal Awareness Weekend. Your efforts did not go unnoticed!!!

*Shifairah Laidlaw
Shoshana Laidlaw
Alex Provercher
Maria Dorward
Jessie Bampton
Serenity Dorward
Mackenzie Walter
Dylan Walter
Katarina Meyer
Rose Meyer
Cody Meyer
Leslie Meyer
Jordanne Moses
Cameron Earl
Jeb Laidlaw
Robbie Sommer
Brandon Lagrelle
Keenan Boysis
Nick Tocher*

Live-in House Parents

The Southern Homes Society needs live-in house parents (with up to one older child at home) to provide a caring home life for up to four special needs children, ranging in age from infancy to 17 years in a furnished home in Edmonton. Children have varying degrees of behavioural and/or emotional needs.



Remuneration will be paid and expenses reimbursed. Benefits include a furnished residence, 5 days monthly relief, consultation and professional development.

Some formal training and childcare experience is desirable, but equivalencies will be considered. Aboriginal couples or individuals are encouraged to apply. Successful applicants are required to complete child welfare and criminal checks.

We also need relief house parents with similar qualifications.

For more information,
contact Dennis Huculak at (780) 436-9181 (evenings).

Applications, including remuneration expectations, should be mailed to:

Dennis Huculak, Consultant, Southern Homes Society
11116 - 48 Avenue, Edmonton AB T6H 0C7

or via e-mail to denzel77@shaw.ca

Mosquitos: Protecting Yourself

During mosquito season (May to September for most of Canada), limit outdoor activities as much as possible between dusk and dawn, when mosquitos are the most active. There are mosquito species that bite humans during the day, but these have not been known to carry the West Nile Virus.



- Wear long pants and long sleeves, as well as shoes and socks when outdoors for long periods of time, or when mosquitos are most active.
- Wear loose clothes made of tightly woven materials that keep mosquitos away from the skin.
- Use mosquito netting when sleeping outdoors or in an unscreened structure and to protect small babies when outdoors.
- If you choose to use an insect spray in the patio and garden area, be sure to follow label directions carefully.
- Citronella candles used outdoors around patios, picnic tables and decks to repel mosquitos are not very effective mosquito control options.
- Bug zappers (electrocutor traps) placed out of doors have not been proven effective in reducing or eliminating mosquito populations.
- Electronic "mosquito repellents" that emit high frequency sound do not repel mosquitos.
- Claims that certain plants placed around a porch or deck will repel mosquitos are not supported by scientifically based test results.
- Repair or replace old and torn screens in doors, windows and vents that no longer prevent mosquitos from entering your home. Repair any other possible access points into your home.
- If mosquitos get into your home, you might find them resting on walls, under sinks, in closets or the basement. If you use a commercial insect spray, be sure to follow label instructions carefully.

New Foster Parent Payment System Brings Positive Changes

Alberta Children and Youth Services is using a new computer system to calculate and deliver payments to foster parents. Foster Parent Payment Plus (FPP+) will deliver more timely and accurate payments. It will also generate a more detailed statement, which has been developed in close consultation with the Alberta Foster Parent Association.

How these changes will affect you

Under the new system, payments will still be delivered at the end of each month and they will still reflect the same number of days, however the dates that are used to calculate your payment will change.

FPP+ calculates payments based on actual placement days. Your payment period now captures a child's placement from the 21st of each month to the 20th of the following month and reflects the actual number of days a child has been in your care. As a result, adjustments to compensate for underpayments and overpayments will be reduced.

Your new statement

FPP+ generates one combined statement for all the children in your care during each payment period. This statement will provide more detail about how your payment was calculated. Your July statement will include a detailed explanation of the new format.

Questions?

All foster parents should have received a letter in May with information about the new system. If you have questions about the new payment system, contact your foster parent support worker.

DID YOU KNOW?

An addition has been made to Section 23 of the Child Youth and Family Enhancement Act. It reads,

23 A licence holder shall not, with respect to a child residing in the facility,
(c) use or permit the use of face-down restraints.

All-terrain vehicles: Safety tips for families

All-terrain vehicles (ATVs) are motorized vehicles with 3 or 4 wheels and large, low-pressure tires. They are designed to be used by a single operator in off-road areas, not on public roads. They can weigh up to 272 kg (600 lbs).

ATVs are not safe for children and young teenagers, who don't have the strength or skill to handle them properly. Still, many kids do use them, especially in rural or remote areas. And each year, many children and youth are seriously injured or even killed while riding an ATV.

This fact sheet is designed to help parents learn more about ATVs, so that they can keep their children and youth safe.

Did you know?

- In Canada, nearly 25% of ATV-related deaths are among children under 15 years old.
- More than one-third of serious injuries from ATV crashes are among children under 15 years old.
- ATV injuries have been reported in children as young as 1 year old.

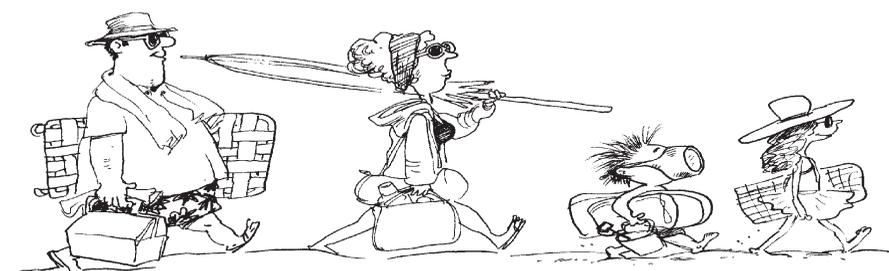
How can ATVs be used safely?

You're more likely to be injured on an ATV if you don't use it properly. If you're a parent who owns or operates an ATV, you can model safe behaviour by following these guidelines:

- **Age and experience:** Driver error and loss of control are common causes of ATV crashes. Children younger than 16 years old should not operate ATVs. They don't have the strength, skills or experience to handle ATVs safely.
- **Four-wheeled vehicles:** Injuries are more likely to occur on three-wheeled ATVs, which are more unstable than four-wheeled vehicles. Three-wheeled ATVs are not recommended.
- **Passengers:** Most ATVs are meant to be used by a single driver. Passengers are not recommended because they can affect the balance and make it hard for the driver to stay in control. Children younger than 16 years old should never ride as passengers on ATVs.
- **Proper equipment:** ATV drivers and passengers should always wear an approved helmet for ATVs or motorcycles (such as a helmet meeting the Canadian Standards Association, Department of Transportation/ Federal Motor Vehicle Safety Standard, Snell or American National Standards Institute motorcycle helmet standards, not a bicycle helmet), eye protection, and proper clothing, such as boots, gloves and long pants.
- **Training:** ATV drivers should take an approved training course, such as the one offered by the Canada Safety Council.
- **Drugs and alcohol:** Drivers should not operate an ATV after using drugs or alcohol.

Are there laws in Canada about operating ATVs?

Laws governing ATV use are different in each province and territory.



- Most provinces require ATV drivers to wear helmets.
- Most provinces have restrictions for young drivers. Some require, for instance, that drivers under 14 years be supervised by an adult.

For more information

• [Preventing injuries from all-terrain vehicles](#), a statement of the Canadian Paediatric Society.

• [Canada Safety Council ATV Rider's Course](#)

Developed by the CPS Injury Prevention Committee

Updated: July 2007

Sun safety

The hot summer sun can be dangerous for children. Bad sunburns and too much time spent in the sun without skin protection have been linked to a higher risk of skin cancer later in life.

During the summer months, children can easily lose body fluid and become dehydrated. Children's skin can also be burned by touching hot surfaces, such as pavement, metal slides or car doors.

How can I keep my child safe from the sun?

Avoid being in the sun for long periods of time at the start of the season. Gradually increase the amount of time you spend outdoors with your child over a period of several days. When possible, stay indoors or in the shade during the hottest time of the day, 10 a.m. to 2 p.m.

To prevent sunburn:

- Make sure favourite play areas have a shady spot or bring along a sun umbrella.
- Your child should wear a sun hat with a wide brim and back flap, sunglasses with 100% UV protection (wraparound glasses are best) and loose cotton clothing to protect skin from the sun's rays.
- Apply a sun block cream with an SPF (sun protection factor) of at least 30 on all areas of your child's skin that will be exposed to the sun. Use a lip balm with SPF 30 as well. Remember to put sunblock on:
 - Ears.
 - Nose.
 - Back of neck and legs.
 - Tops of feet.
 - Reapply sunscreen after swimming and playing with water.
 - Sun block cream is not recommended for babies under 6 months old as they can rub it into their eyes or put it in their mouths. Always protect babies from the sun.

Encourage children to drink plenty of fluids, especially water.

Be alert for signs that a child is experiencing heat illness and needs to go inside. These include thirst, fatigue, leg or stomach cramps, and cool, moist skin, which can be a sign of heat exhaustion.

Most importantly, lead by example and remember to protect yourself from the sun as well.

Source: *Well Beings: A Guide to Health in Child Care* (3rd edition) (in press)

Updated: September 2007

Stories Written by Foster Children ...

Honorable Judges, Guests, and Fellow 4-H Members.

I have a little brother named Jamie who is 8 years old. He lives in Athabasca with his foster Mom Kim, and foster Dad Big Jamie, and his 6 foster brothers. I get to see him usually 5 days a month – we pick him up. It is about a three and a half hour drive one way, so it is an all day trip. He goes crazy when we come to visit. He is very funny with a good sense of humor. I think he is one of my best friends.

He is always brings his teddy bears and his lion. One of his favorite sayings is, "That's one spicy meatball!"

He sleeps in my top bunk and he wakes up about 6 o'clock in the morning. He is very, very noisy and wakes everyone up.

I like to sleep in on my days off because I get up for school at 6:30. So when I get a chance to sleep late, I take it. But with Jamie visiting, that's impossible...

One time on my 10th birthday, Jamie woke up early and ate the cherries off my birthday cake. I said; "You ate my cherries," and he said; "No, I didn't. I left you three!" We both thought that was funny, so we laughed and laughed.

One day I told my brother that Grama and Grampa wanted to move to Mexico. That's when Jamie started to go Mexican. He pretended to speak Mexican by saying "Si Senor," "Buenos Dias," and "undalay undalay." He made up words that sounded Mexican.

After a while we went to the arena where Grama was teaching horse lessons, and we went upstairs to watch. That's when Jamie spotted the big Mexican Sombreros, or big Mexican hats. He took one off the wall and put it on. It was like magic. He started jumping around and dancing and singing what sounded like a Mexican song. Jamie jumped and danced and sang and sang for a very long time.

After a while I told Jamie we were probably not going to go to Mexico for a few years. He just stopped dead on the spot. He looked at me with a sad look on his face and said "Aw Shucks, now I won't be able to visit you in Mexico." Jamie is about the best little brother anyone could have, and I sure do miss him when we're not together.

Brett Crowther

Have you ever lived with anyone who was not your mom or dad?

Well, Honorable Judges, Guests, fellow 4-H members, I have.

It was very strange. When I went to live with my Grama and Grampa Reil on a cattle farm near Wildwood.

I was 6 at the time. My two little brothers Brett and Jamie were 3, and one and a half. It was really scary. I don't remember ever seeing them before, and I sure missed my mom and dad and all of my friends. I got to take my clothes and my toys, but that wasn't much help when I was lonely. Sometimes I would cry I missed them so much. I used to wonder what I did that was so bad that I could not be with my mom and dad anymore.

After a while I got used to the way Grama Carol did things, and I came to love her very much. Grampa Elmer sang and played the guitar. I made friends and Kristin and Paige lived there too. There were other grandkids that came to visit all the time.

After a while my little brother Jamie moved somewhere else but he still came to Grama Carol's for visits.

We had been there for about 3 years when we found out we could not live with Grama Carol any more. I was really scared and wondered where I was going to go, and if I would ever see Grama and Grampa Reil anymore.

That's when we found out that Grama Joyce and Grampa Brian wanted us. I remembered Grama Joyce as my "horde Grama" from the shows at Wildwood, and that I lived at her house for a few months before we went to Wildwood. I remembered the big barn and the tractor that Brett used to sit in for hours and hours. He pretended to drive it. Brett and I went to visit a few times, and then we went for a weekend. Then in the middle of the summer we moved for good.

Moving to the farm at Edson was not as scary as our first move, and we got to take our toys and things again, and I still had Brett with me. I didn't make any new friends until I went to school but I could ride horses. Mom and dad still lived in Edson so I got to see them more, and I could talk to them on the phone because it was not long distance.

One of the best things at Grama Joyce's is the little black Pomeranian; Candy. She likes to cuddle so when I go to bed at night I sleep with her. She snuggles up right beside me and keeps me warm. I have been here for 3 and a half years now.

I sometimes wonder if I have to move again, and what it would be like especially if I get mad or in trouble. I wonder if I'll be able to take all my things and if Brett will come with me, and if I'll ever live with Jamie again.

But I kind of like it here with all the horses and dogs and cats. I know Grama and Grampa love me and want me here for a long, long time, and I know I have aunts and uncles who love me.

I still get to see my dad and mom. I see my little brother Jamie about once a month and I still visit Grampa Elmer and Grama Carol about every two months, so I think I'll just stay where I am, living with my grandparents.

Ryan Crowther

MOVIES FOR MOMMIES The Original Parent & Baby Film Event



Our program runs every Tuesday. Doors open at noon in the brand new Parkland 7 cinemas in Spruce Grove, with the movie starting at 1pm. The admission price of \$9.00 includes one adult and any children less than 4 years of age. Regular matinee prices apply to children 4 years of age and older.

The program is run by MOMS for MOMS. The shows are for new parents/expecting parents. Movies for Mommies screens grown up movies in a baby friendly environment. Film volume is reduced to protect babies' sensitive ears. Older children are welcome as well, at the parents' discretion.

Dads, friends, caregivers and grandparents are all welcome to join in the fun too!

On Site Amenities & Fun Activities

Activities included in admission price:

- language classes
- music programs
- dance class
- fitness class

We offer:

- Stroller Parking
- Change table with free diapers & wipes
- A bottle warmer
- Free organic baby food or organic chips for older children
- Other great giveaways

For more information please visit: www.moviesformommies.com

Jokes for Kids ... by Kids!!!

What kind of dance do you do on a trampoline?
Hip-Hop

Why can't a bicycle stand up?
Because it's two tired

Why are most baseball games played at night?
Because the bats sleep through the day

What colour is a burp?
Burple



Added reasons to join the AFPA:

Special pricing is available to AFPA Members at The Brick and West Edmonton Mall (Choice Passes). AFPA Members also save 5.5 cents per litre off gas at Hughes Car Wash and Gas Diesel Bar with a Hughes card.

<h1 style="margin: 0;">MEMBERSHIP APPLICATION</h1> <p style="margin: 0;">January 1, 2008 -December 31, 2008</p>		 <p style="margin: 0;">ALBERTA FOSTER PARENT ASSOCIATION</p>
<p>NAME _____</p> <p>NAME _____</p> <p>ADDRESS _____</p> <p>CITY _____ PROVINCE _____</p> <p>POSTAL CODE _____</p> <p>TELEPHONE _____</p> <p>DATE _____</p> <p style="text-align: center; margin-top: 20px;">PLEASE COMPLETE ALL AREAS TO ENSURE ACCURATE INFORMATION TYPE OR PRINT</p> <p style="text-align: center; margin-top: 10px;">RETURN FORM AND MEMBERSHIP FEE TO: Alberta Foster Parent Association Suite 102, 9622-42 Avenue Edmonton, Alberta T6E 5Y4 Local phone (780) 429-9923 Phone: 1-800-667-2372 -Provincial Fax: (780) 426-7151</p>	<p>PLEASE MARK X IN THE APPROPRIATE BOX</p> <p><input type="checkbox"/> NEW</p> <p><input type="checkbox"/> RENEW</p> <p>INDICATE CLASS OF MEMBERSHIP WITH X IN THE CORRECT BOX</p> <p><input type="checkbox"/> DEPARTMENT FOSTER HOME Regional Authority Name _____ Regional Authority Number _____ Classification _____</p> <p><input type="checkbox"/> AGENCY FOSTER HOME Name of Agency _____</p> <p><input type="checkbox"/> ASSOCIATE MEMBER</p> <p><input type="checkbox"/> SUPPORT MEMBER</p> <p><input type="checkbox"/> HONORARY MEMBER</p> <p>Method of Payment</p> <p><input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA</p> <p><input type="checkbox"/> CASH <input type="checkbox"/> CHEQUE</p> <hr/> <p style="text-align: right;">Expiry Date _____</p> <p>Credit Card Number _____</p> <p>Authorized Signature _____</p>	

CLASS OF MEMBERSHIP

1. Department Foster Home Member: children are placed through the department.
2. Agency Foster Home Member: children are placed through an agency.
3. Support Member: friends of foster care who are not foster parents.
4. Associate Member: individual government staff members in the Department of Family and Social Services or a staff member of a partnering agency.
5. Honorary Member: appointed lifetime members of the AFPA (fee waived).

The membership fee is \$50.00 per household per year (one card for each parent will be issued). A fee of \$10.00 will be charged for all NSF cheques. If you would like your membership card laminated, please enclose an additional \$0.75 per card.



CANADIAN FOSTER FAMILY ASSOCIATION

Donor Membership Application
 April 1, 2008 to March 31, 2009

New Member: Renewal:

Foster Family: Social Worker: Other:

Name(s): _____

Address: _____

City/Town: _____ Prov./Terr: _____ Postal Code: _____

Phone: () _____ Fax/Email: _____

Family Membership Fee: \$20.00 or \$100.00 for 6 years:

Method of payment:

Cheque: Visa/MC# _____ Expiry Date _____

Money Order:

A Receipt for Income Tax Purposes Will Be Issued
 - Revenue Canada #137467726 RR0001

Mail this form and membership fee to:

CANADIAN FOSTER FAMILY ASSOCIATION
 c/o Norm Brownell
 Alberta Foster Parent Association
 Suite #102, 9622 – 42 Avenue
 Edmonton, AB T6E 5Y4

Tel. 1-800-667-2372
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