



ALBERTA FOSTER PARENT
ASSOCIATION



October 2008

THE BRIDGE

THE NEWSPAPER OF THE ALBERTA FOSTER PARENT ASSOCIATION



FEATURING...

- **Raising a Nonviolent Child: The Importance of Tolerance & Respect**
- **Talking About Stranger Safety**
- **Elder's Forum**

NOTICE

Deadline for submissions for next BRIDGE

December 01, 2008

Return Undeliverable Canada Addresses to:

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PRESIDENT'S REPORT

Norm Brownell



With Fall in the air I hope that everyone had a wonderful Summer. This has been a very busy Summer with lots of action at our camp with the building of three new cabins in August and September.

Congratulations to our Executive Director Katherine Jones who diligently raised the funds to pay off our (MORTGAGE) on the camp. It was paid off in JULY 2008. This is a significant accomplishment as we only purchased the camp forty months ago.

The other exciting news is that we ran two children camps this Summer for children ages seven to twelve. Thanks to Sylvia Thompson and Linda Krauskopf, as well as their volunteers, who did an awesome job in running the camp and surviving the ordeal.

Foster family week is fast approaching and many associations around the province will be celebrating many different events throughout the month of October. We officially celebrate Foster Family Week in Canada from October 19th to the 25th.

We have a wonderful 35th conference coming up in November in Jasper thanks to all the hard work by the committee. Thanks to our office staff who worked very hard putting together the conference package. Registrations are coming in to the office at a brisk pace. Please get your registration in as soon as possible to avoid disappointment.

We are in the need for volunteers to help at our camp. If you have some time to help please give me a call at 403-271-9011 or call the office at 1-800-667-2372 (AFPA). The camp will be shutting down at the end of October and we have a number of repairs and improvements over the Winter planned. We have a real need for different tradesmen and lots of helpers to work with the tradesmen.



Have a wonderful Fall!

Norm Brownell

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EXECUTIVE DIRECTOR'S REPORT

Katherine Jones



I hope that everyone had a wonderful funfilled summer with their families. Graham, the children and I had a fantastic time on the beaches of Abaco again this summer. It really was hard to come home to the cool weather here in

Alberta; however, we have adjusted and it is good to be back at home.

The AFPA staff are busy working on getting everything ready for our 35th Annual Training Conference which is once again being held at the Sawridge Hotel and Convention Centre in Jasper. The registration packages were mailed out a week ago and we have been inundated with registrations. I am sure we will soon have a full house. The committee has put together a super program for everyone to enjoy. Thank you for all of your hard work! Thank you also to my staff for ensuring all the behind the scenes work is done.

Norm and I attended an event held at the James River Children's Retreat Campground September 13, 2008 that was hosted by Central Alberta Child and Family Services Authority and the Region 4 Elder's Circle. We were given the honor of accepting a Teepee that was presented to the AFPA by the Region 4 Elder's Circle for the campground. It was a wonderful afternoon event and a pleasure to meet the Elders, the Central Alberta Child and Family Services Authority Board of Directors, staff, and foster parents in attendance. On behalf of the AFPA I thank you for

the Teepee! It will be displayed at the campground with honor. I would also like to mention that I was impressed by the spectacular Aboriginal and Metis dancers who put on a second to none performance. I would also like to say that I was impressed by how well Mark Hattori did in performing the jig!

We are now gearing up for Foster Family week and look forward to seeing many of you at the numerous events I have been invited to attend. It is such a special time for foster parents and a pleasure for me to be a part of the celebrations.

In closing, I would like to thank the AFPA volunteer Board of Directors, the Foster Allegation Support Team and the Afterhours Support Line Team for all their hard work in supporting foster families across Alberta. I am proud to be involved with such a dedicated hard working group of individuals.

Thank you to the many volunteers who have come forward and donated their time and energy to help complete some of the much needed renovations to our James River Campground. We could not have accomplished all we have without your help.

And last but not least, I thank the AFPA staff for their hard work and for keeping me on track. I couldn't wish for a better team and appreciate all you do.

Hope to see many of you in Jasper.



Vice-President's Report

Sylvia Thompson

I am pleased to say "We did it!" This year the AFPA held two weeks of summer camp for children. This proved to be a very rewarding experience. Our campers had lots of great food, great fun and made new friends. Many of the campers wanted to return for the second week!

Many, many thanks to Tom Davies, our chef, Margaret LaChance, our resident worker, Arsheen Meese, and Norm and Marie Brownell for their help in the first week. For our second week our thanks go out to Tom Davies, our chef, Margaret LaChance, our resident worker, Wendy LaMarche, Jann Smith, Paulette and Hugh Kopp, and Norm and Marie Brownell. Our appreciation also goes out to Dennis Eisenbarth for training our group leaders. We had the most awesome youth leaders. I was very impressed with their abilities, patience and the accomplishments of every one of them. We really appreciate the help and support of these dedicated people. Camp could not have succeeded without them. It was good to see children attending from many regions throughout the province. This is a very short report on our camps but it is hard to tell you what it felt like seeing these children at their own camp. The level of tolerance and understanding

our children have for each other is inspiring. It was wonderful to be a part of having "our camp for our children".

It is with great anticipation that we announce the dates for camp next year. Please mark on your calendars July 12-17, 2009 for camp for ages 7-9. For boys ages 10-12, we have scheduled July 19-24th. Girls aged 10-12 are invited to register for August 9-14th. We will be holding another leadership training camp next year.

The Provincial Training Advisory Committee held a meeting on August 6th to talk about which modules need to be updated. There is a new form being used for feedback to the committee. This is a valuable tool and hopefully will be widely used. The feedback is important when updating modules.

Conference planning is complete and it looks like a great time. Registration is going well. I am looking forward to seeing many of you there.

See you then.

BOARD OF DIRECTORS' REPORTS

REGION 1 Marlin Meyer

Here we are again. Another school year. Summers just aren't long enough!

All has been quiet in our region over the summer. Our BBQ was held on the 20th of August. A general meeting and elections were held. Maurice Indenbosch is President, Teresa Nihill is Vice President, Jackie Oudshoorn is Secretary, Peta Kippers is Treasurer, Gerry St. Marie and Jessica Beekman are directors, and I remain your AFPA Director for Region 1.

The 35th annual AFPA training conference is nearing again. I encourage those who can get the time away to attend. This is a wonderful get-away and the training is fantastic. Spots are limited so get those registrations in soon. Anyone wishing to go should contact the executive of the Society as there will be some financial assistance for those going.

REGION 2 Ralph Welzel

I hope everyone had a good summer. Although the summer was way too short weather wise, we still managed to get some time at the lake for sun and fun. It seems that here in the Brooks area busy is the norm. All of our homes are full with kids waiting. I haven't been able to get together with foster families all summer. Medicine Hat has also been busy and holding fundraisers like BBQ's to hold events and perhaps support for the AFPA conference. Yes, the application for the Jasper conference has been mailed out to current AFPA members and I suggest you get filling out the courses you want and send it in to the AFPA office right away. Classes are filling up very quickly, so get on it as soon as possible! We all hope that the weather will cooperate this year again. That's it for now and happy fostering.

REGION 3 John Starkey

We have a busy fall lined up for our members. Some of the post summer events we had were as follows:

- May 29 - Shakers Family Fun Centre
- June 26 - Laser Quest
- May 30 - Callaway Park
- August 7 - 10 - Family Corn Roast and Camp at James River
- May 29 - Liz Landry, BSW Msc HS RSW talked on FAS in Airdrie
- September 27 - Storybook Theatre

Upcoming:

- October 18 - Swim and Pizza Party at VRRRI Pool - University of Calgary
- October 20 - Flag Raising at City Hall & Luncheon at Centini's Restaurant
- October 25 - Citation Banquet
- November 6-9 - Annual AFPA Conference in Jasper

Norm Brownell, Marlin Meyer and I attended an auction where we purchased some items for the campground. It was an interesting Saturday. The following Tuesday Norm and I delivered the purchases to the campground.

REGION 4 Mike Thompson and Heather Guard

You can tell summer is over by the way kids are dragging their feet and parents are doing the back to school dance!

Over the summer months Merna Roy and I presented the orientation training. It was very encouraging to meet so many new faces willing to dedicate themselves to the Children of Alberta. I am looking forward to meeting them again upon the completion of their home study.

I met with Merna on the 5th of September to discuss the reforming of the training committee for our region. Merna was very excited about the idea, and looking forward to a working partnership between foster parent trainers and her office. At the next regional council meeting on the 18th of September we will be looking for volunteers to sit on this training board.

I am looking forward to getting back to work and starting another successful year at the local, regional, and provincial level, representing the needs and concerns of all foster parents.

This process can only be successful if you're willing to phone me and share your concerns and thoughts with me.

Region 4 has a proud history of working collectively for the common good of all foster parents. By bringing your ideas to the table we can make this year another memorable year. So reach out to other foster parents, kinship parents, and adoptive parents with words of encouragement and helping hands. Together we can make a difference in the life of a child.

T.T.F.N.

REGION 5 Rene Rajotte

Hello everyone, hope this finds everyone having had a great summer as fall comes upon us.

Our family had a great summer even though the weather was a bit on the cool side. Now that September is here the kids are looking forward to going back to school. September also brings up harvest season.

Region 5 organized a fall retreat over the past few months which was held on September 26, 27, and 28 in Lloydminster. I would like to thank those who have worked so hard to organize it.

Hope to see you at the fall conference in Jasper.

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Region 9

Region 9 is currently being serviced by FAST reps from out of Region. New reps from Region 9 are being recruited and will be trained as soon as possible!

Region 10

Region 10 is currently being serviced by FAST reps throughout the many other Regions.





Elder's Forum

September 13, 2008

James River Children's Retreat
Campground, Sundre, Alberta



Central Alberta
Child and Family Services Authority

3rd Floor, 4826 Ross Street, Red Deer, AB T4N 1X4

Phone: (403) 341-8642 Fax: (403) 341-8654



Elder's Forum September 13th, 2008

Central Alberta Child and Family Services (CFSA) had the pleasure of meeting with the Region 4 Elder's Forum on September 13th at the James River Camp near Sundre and Caroline. The Elder's Forum consists of Aboriginal Elders from across Central Alberta whom the CFSA meets with four times a year on (or near each equinox and solstice) to make use of their wisdom and draw upon their strength.

This September meeting was an eventful one, as Foster Families were invited to take in the cultural knowledge that the Elders possess. Alberta Foster Parent Association (AFPA) President Norm Brownell, and Executive Director Katherine Jones were guests at the event. The CFSA had the pleasure of presenting a teepee to AFPA, which they had purchased from the Native Brotherhood at the Bowden Institution. Norm and Katherine graciously accepted the teepee on behalf of the AFPA and presented CFSA Board and Elders with Hudson Bay blankets as a token of their appreciation. The teepee will be set-up in the spring at the James River Camp.

Foster Families, Elders, Staff, Board and Guests were invited to participate in or observe the many activities that took place throughout the afternoon. The day included a Pipe Ceremony performed by the CFSA Prayer Man, bannock making, a display of traditional Metis and First Nation clothing, artwork and craftsmanship; a coloring contest, Metis Jiggers, a Woman's Traditional Dancer, and a Grass Dancer.

The CFSA appreciates the participation of Foster Families in culturally relevant events. We would also like to thank the Elders and Board members for your continued support of our business. A very special thank you goes out to Norm and Katherine for participating in the day's events. This event would not have been possible without the assistance of CFSA staff or the excellent cook and caretaker at the Camp.

Amanda Ens

35th Annual Training Conference

The AFPA conference committee has put together a great program of training and entertainment for all to enjoy from November 6th to November 9th, 2008. Many valued guests will be attending. It is a time to meet other foster families, honor those who have been chosen to receive awards based on their recognized performance as caregivers to Alberta's children and youth and to honor Alberta's Children & Youth Service Workers. Come and join in on this celebration, meet new friends and relax along with others who have found it in their hearts to care for Alberta's Children and Youth.

The current AFPA 35th Annual Training Conference Brochure can be found on our website at www.afpaonline.com or you can call the AFPA office toll free at 1-800-667-2372 for more information.

Children's Camp

The first year of the AFPA children's camps were a resounding success. Thirty two children attended the first camp from July 27 - August 1st. They ranged in age from 6-13 years of age and consisted of both boys and girls. The August 17-22nd children's camp had forty four children attending, again both genders.

One of the objectives was to provide a camp for our children to attend that has programs put in place with them in mind, a special place just for them to interact with others who are in similar situations. It was truly refreshing to see how our children interact with each other. They are far more tolerant and understanding than we would expect from anyone their age. We are pleased to say that for the most part, these children interacted with great enthusiasm and regard for their fellow cabin mates. They cooperated with their leaders and followed directions at the same time as remaining individuals who are children. You have all heard the expression, "kids will be kids", and there was no exception there. They all had fun, learned lots, created many crafts, ate very, very well, made many new friends and lasted the entire week. We are pleased to say that every camper who started the week was present on Friday to entertain the guests. Each cabin did their own planning about what to perform for the guests. When we watched and listened to the children singing and taking pride, we knew for sure why we need to have a special place for our children to call their own. We felt a great deal of satisfaction when some of the kids were saying that they had a blast and they would see us next year. Until then, we (Linda and Sylvia) would like to thank those parents who put their trust in us and the camp. We had a ball, too!

Jack-Be-Spicy Pumpkin Seeds

Make roasted pumpkin seeds a part of your Halloween rituals with this roasted pumpkin seed recipe.

Ingredients:

- 1 cup (250 mL) pumpkin seeds
- 2 tsp (10 mL) soy sauce
- 1 tsp (5 mL) lemon juice
- 3/4 tsp (4 mL) chili powder
- 3/4 tsp (4 mL) hot pepper sauce
- 1/4 tsp (1 mL) salt
- Pinch cumin

Preparation:

Toss pumpkin seeds with soy sauce, lemon juice, chili powder, hot pepper sauce, salt and pinch cumin. Spread on baking sheet; roast in 250°F (120°C) oven for 1 hour until dry.

Winter safety tips

With harsh winter weather affecting many regions of the country, Canadian Red Cross offers some tips to keep you safe.

Put safety first this winter

Winter does not just bring snow and cold, it also brings enjoyable activities such as skiing, ice skating, snowmobiling, sledding, ice fishing and snowshoeing. While these activities creating lasting winter memories, they have the potential for injury. Red Cross asks you to take the proper safety precautions when you enjoy any winter activity.

Avoid injuries this winter:

- **Wear the gear.** Avoid frostbite and hypothermia by dressing in layers and keeping your head, ears and hands covered.
- **Be smart!** Always wear your helmet when participating in winter activities such as snowmobiling, skiing and skating.
- **Alcohol and winter activities don't mix.** Stay sober while participating in any winter activities.
- **Test the thickness of ice before venturing out on it.** Ice must be at least 10 cm or 4 inches for walking or skating alone, 20 cm or 8 inches for skating parties and/or games and 25 cm or 10 inches before it is safe for snowmobiles.
- **Avoid hazards.** Survey the area and identify the potential danger spots.
- **Supervise children.** Adult supervision is the best protection for children.



Salt Crystal Snowflake

Materials:

- Hot water (preferably boiled beforehand)
- A cup or mug
- Salt (we used table salt)
- thick black paper (It should be heavy paper or cardstock. We found that plain construction paper will not work.)
- Paintbrush



Instructions:

1. Boil water and pour it into a cup that can withstand hot water.
2. Add a couple of teaspoons of salt and stir with the paintbrush until it dissolves.
3. Continue to add salt a teaspoon at a time until it no longer dissolves and there are salt crystals at the bottom of the cup even after stirring for a while.
4. Paint your snowflake.

Tip: Every time you go to dip your brush in the salt water be sure you to stir the solution so that your salt crystals don't all sink to the bottom of the cup.

5. Leave your art to dry overnight

**Board of Directors Reports
- Continued from Page 4**

**REGION 6
Linda Krauskopf**

It is that time again; I can't believe how fast summer went. Not too much happened over the summer so I will tell you what is happening in the next few months. Regional council will be meeting with Bryan Kelly at our Linkage meeting on September 15, 2008. In October, Foster Family week starts on October 20th with the Flag Raising at the Government grounds with lunch to follow. Please phone EDFSA if you are planning on attending so that they will have enough food for everyone. Then, on October 25, 2008, the Citation Awards Banquet is taking place. So in the next couple of months you will be receiving a phone call from us if you have been a foster parent for 5, 10, 15, 20 years etc... If you don't hear from us please do call the office as we don't want anyone to be overlooked. Also, during the Citation Awards Banquet we are having a silent auction. In November, the AFPA Conference will be held in Jasper. Region 6 has been given some money to help with funding towards foster parents who are attending the conference. Hope to see you at some of the events taking place in the near future. If anyone needs assistance with any problems they are having or if there is something that you feel we need to look into please feel free to call us.

Vina McKee 780-991-5007
Linda Krauskopf 780-939-5035

**REGION 8
Mary LeGeyt**

Summer is over, school is back and harvest is in full gear. I've had a chance to meet many foster parents over the last few months.

We've got a lot of changes and challenges happening in all areas. This is an important time to support each other. Grande Prairie and High Prairie support groups have started up once again. Fairview is going to have their first support meeting on October 1st. There is also a provincial support line which is accessible at 780-906-3890,

NOTICE

NOTICE IS HEREBY GIVEN

that the **Annual General Meeting** of the Members of the Alberta Foster Parent Association will be held at the Sawridge Inn and Conference Centre Jasper, 82 Connaught Dr., Jasper, Alberta on **SUNDAY, NOVEMBER 9, 2008 at 9:30 am.**

DATED at the AFPA office this 23rd day of September 2008
BY THE ORDER OF THE BOARD OF DIRECTORS



**REGION 7
Bev Towe & Paulette Kopp**

Hello everyone. We hope that everyone had a safe, healthy and fun summer with all your kids.

Regional Council met in Barrhead on Monday, September 8th.

Many things are happening throughout Region 7. Video conferencing as a training tool will be starting. Region 7 will be marrying up with Region 4 for the training. More information is forthcoming.

Investigations within Region 7 will see some change. One of the goals is to assure that foster parents are completely informed of what is on their file, as far as quality of care, issues and concerns. The process, starting with the initial intake will see a fairer process for everyone. It is the hope with changes to the process, for example, things that should not be put on CYIM will not be. An improved evaluation process is being looked at. A screening conference, headed up by your foster care specialist, for assessment of the complaint or initial concern will be done.

Regional Training Retreat is confirmed for March 6, 7, and 8th, 2009 at the Centennial Centre in Bonnyville. The Retreat committee is ready to get down to work to make this another successful weekend for foster, adoptive, and kinship families.

Works in progress: A lot of work, once again, has gone into a couple projects in Region 7. One of these being the Mentoring Program. The committee did meet over the last couple of months and was able to present a draft of what they have been working on. Thanks for their hard work. Another committee involved in working on Infant Costs met and presented a very well done overview of current costs when receiving infants into our homes. This is over and above maintenance. The committee did come up with recommendations. Ongoing work on this issue is the expectation. This was an eye-opener as to the reality of the costs of caring for these wee babies. It has been an ongoing concern for some time. Our goal is that something positive will come out of this to help those that foster infants. Thank you very much to the committees that took their precious time to provide input, research and compile for presentation of these two very important projects.

Congratulations to the following recipients of the awards for 2008:

Aboriginal Worker of the Year: Pheb Goulet
Aboriginal Family of the Year: Yvonne Carefelle
Worker of the Year: Tiffany Toussaint
Foster Family of the Year: July & Emile Pelletier

Well back to getting ready for the next meeting, case conference, F.A.S.T., school meeting, annual physicals, annual everything. You all know what I mean don't you? Hope to see many of you in Jasper.

Bev Towe - Director
Paulette Kopp - Honorary Director



What the Heck is LRCY?

LRCY stands for Legal Representation for Children and Youth. LRCY is a service that is provided to children and youth through the Office of the Child and Youth Advocate.

What services does LRCY provide?

LRCY appoints lawyers for children and youth in Alberta for any child from birth to 18 years who:

- is, or may be, subject to an application or appeal under the *Child, Youth and Family Enhancement Act* or the *Protection of Sexually Exploited Children's Act*; OR
- who child is, or may be, subject to an application or appeal under the *Enhancement Act*.

Will LRCY provide a lawyer for a child/youth for every matter?

No, LRCY will carefully review the request for a lawyer and make a decision based on a number of variables such as:

- The child's age - children over the age of 12 years will be consulted about whether they wish to have a lawyer;
- The nature of the application and whether parties to the application are consenting; and,
- Whether other parties to the application are represented by a lawyer.

Will LRCY provide a lawyer for anything else?

No, LRCY only provides a child/youth with a lawyer for matters under the *Child, Youth and Family Enhancement Act* or the *Protection of Sexually Exploited Children's Act*. LRCY does not provide a child/youth with a lawyer for matters under the *Family Law Act* (e.g. custody), criminal or civil matters however, Alberta Legal Aid may.

Does the child/youth have to pay for this service?

No, there are no user fees.

Why is it important for my foster child/youth to have a lawyer?

Children should have a voice in proceedings affecting them. Quality legal representation for children/youth ensures the child/youth's legal interests are considered and their views and preferences are presented to the court.

What will a lawyer do?

A lawyer appointed through LRCY is only for the child/youth and no one else. They will:

- Meet with the child/youth
- Explain the Court process to the child/youth in a way that they can understand
- Represent the child in the Court/Appeal process, and in any negotiations between the parties
- Make sure the child's voice is heard in all Court proceedings, and
- Explain the Judge's decision to the child and discuss with them how it will affect the child/youth.

Will the Judge do what the child/youth wants?

No, it is the Judge's job to make the decision that he/she feels is in the child/youth's best interest. So, although the decision may not be what the child/youth wanted, the law says the child's views must be taken into account in that process.

What can I do?

You should make sure that the child/youth in your care is aware of LRCY services and support him or her in accessing it. If the child is over the age of 12 years, LRCY will need to speak directly to the youth to make sure that he or she approves of having a lawyer.

Once the child/youth has a lawyer you can help by:

- Reminding the child/youth of an appointment with the lawyer
- Transporting the child/youth to meetings with a lawyer or to court, and
- Assisting the young person to be a good consumer of legal services. This could include: helping the young person to understand what he/she can expect from a lawyer or, helping the young person identify the questions he/she would like to ask the lawyer.

How can we access LRCY services?

Anyone can make the request for a lawyer for a child/youth. A court order is not needed.

There are two ways to make a request:

1. Call the LRCY office toll free at 1-888-890-2020 or in Edmonton at 780-644-6951
2. Fill out a Request for Lawyer form and send it in to LRCY by either fax (780-644-6951) or by regular mail. The form is on the LRCY website at www.gov.ab.ca/LRCY

March, 2008

NOTICE TO ALL FOSTER FAMILIES

REVISED KILOMETRE AND RELATED
TRANSPORTATION RATES EFFECTIVE
July 1, 2008

This notice shows the revised,
most frequently claimed travel rates:

50.5 cents per kilometer

Talking About Stranger Safety

Have a calm, honest, age-appropriate conversation with your child about meeting strangers and avoiding potential dangers. Here's how.

By Anita Gurian, PhD

We've all encountered the child at the playground, or in the mall, who won't respond to a friendly comment or question, no matter how innocent its intent. We can only assume that her well-meaning parents instilled in her a fear of strangers in their attempt to protect her. Although actual incidents of abductions and overtures from strangers are statistically rare, it's natural for parents to want their children to feel safe, secure, and cared for, so headlines about missing children strike fear in their hearts. The dilemma is this: How can we educate children to be alert to possible dangers and at the same time encourage them to feel safe and confident in exploring their world?

The National Center for Missing & Exploited Children maintains that it is much more beneficial to children to help them build the confidence and self-esteem they need to stay as safe as possible in any potentially dangerous situation they encounter, rather than teaching them to be wary of strangers or "on the lookout" for a particular type of person. Based on what we know about those who harm children, danger to children is greater from someone they or their family know than from a complete stranger.

Although talking about potential dangers with children may not be pleasant, it pays off in terms of prevention. If you discuss "what if" scenarios in a calm, age-appropriate manner, you strengthen your child's ability to face the world with confidence and self-assurance.

Age-Specific Safety Strategies

Conversations should begin at an early age, with information tailored to the age of your child and adjusted over time. Discuss safety issues in a positive, open and reassuring manner, modeling a calm but realistic problem-solving style. A matter-of-fact approach will make your child aware that he is capable of dealing with life's realities. Even the youngest child can be taught simple rules about personal safety, such as his whole name, address, and phone number, the names of his parents, who to call in an emergency, and how to use the phone to call 911. Here are some points to keep in mind:

Preschoolers (ages 3 to 5) are inquisitive, but they're focused on themselves. Since they're not apt to be tuned in to the possible motivations of others, they may be easily fooled. Teach your young child simple facts such as her name and address. She can learn about expected behavior in different situations through games and dramatic play.

Elementary school-age children (ages 6 to 9) are concerned with issues of right and wrong and can learn basic safety rules. Since they want to cooperate and to please adults, they may be tricked by a seemingly tempting situation. At this age, children learn best through concrete examples, role-playing, and repetition of rules.

Tweens and teens (ages 10 and up) become more capable of judging the consequences of a potentially dangerous situation. They are likely to be in unsupervised situations more often and are influenced by their peers, and therefore, they may think they should act "cool." Your child still benefits from ongoing discussions of risks, using real-life situations as examples.

Being Aware of and Available to Your Child

In any discussion of potential dangers your child may face, it's important to consider your own child's personality and temperament. Some children are naturally cautious in new situations. Others may respond more



readily to friendly overtures and promises, and therefore need more guidance. Some parents may be reluctant to point out potential dangers, but keeping children uninformed is not an option. The effects of the media are powerful, and children of all ages watch television, hear news reports, and listen to adult conversations.

Your child needs to know that his parents, caregivers, teachers, or other trusted adults are there to help if he has doubts, questions, or concerns about his safety. When sensational events about children are in the news, discuss them to make sure your child's impressions are accurate. These talking points can help:

Talk openly about strangers. Don't assume that your young child actually knows what the word "stranger" means. Be sure she is aware that a stranger is anyone she doesn't know. In a calm but firm manner, instruct her to never go anywhere, get in a car, answer questions, or accept anything from strangers - even if the person seems friendly. Stress the fact that strangers shouldn't be asking children for help or giving them things. Remind her that it's sometimes okay, however, to ask strangers for help. Children should know that certain people, although strangers, can be sources of help - a police officer, a mall security person, a store salesperson, or a mother with children.

Help your child identify a safety net of trusted adults and places, such as stores, schools, libraries, churches, synagogues, and homes of neighbors. Discuss safe routes to use on the way to and from school and other destinations, as well as places to avoid, such as deserted areas and parking lots.

Discuss what your child should do if he is separated from you, his caregiver, or teacher in a public place. Make sure he knows he should go to an employee or security guard and not leave the site.

Encourage your child to trust her intuition and to take action when she senses she is in danger. Tell her not to worry about being polite, but to make a lot of noise, run away, scream, shout, kick, or punch. Teach the NO-GO-TELL system. Your child should: 1) Say *NO* if someone tries to touch her or makes her feel scared or uncomfortable, 2) *GO* quickly away from the situation, and 3) *TELL* a trusted adult.

When your child is old enough to go out alone, demand that he tells you the three Ws: *who* I'm going with, *where* I'll be, and *when* I'll return home. Make sure your child informs you anytime his plans change.

Make safety part of your routine everyday life. Alert your child to ploys that manipulative people may use to ingratiate themselves. Role-play some scenarios on a trip to a park or mall or other public place. For example, you might ask, "Suppose a person in a car asks you for directions? What if someone you don't know comes to pick you up at school or at a playground? What if they say I sent them? What if they ask for your help in finding a lost pet? Or ask if you want to do something that sounds fun?" Practice these and other scenarios on a regular basis to reinforce safety concepts.

Establish home and phone safety rules. When your child is old enough to stay home alone, she should keep the door locked and never answer questions over the phone or at the door.

Be aware of your child's Internet activities. Predators use online chat rooms and other Internet resources to arrange face-to-face meetings with children. Many Internet service providers provide parent-control options to block certain material from coming in to your child's computer. Special filtering software is also an option for blocking objectionable material. Use these tools, and stay involved in your child's activities.



Raising a Nonviolent Child:

The Importance of Tolerance & Respect

By Bruce D. Perry MD, PhD

Our children will experience more change, see more places, learn more things, and be exposed to a greater variety of people and cultures than any other generation in the history of humankind. To succeed in this complex and diverse world, they'll need to develop the capacity for tolerance and respect.

Tolerance — the fifth core strength — is the ability to accept differences in others. This capacity emerges when a child has successfully developed the four previous strengths (attachment, self-regulation, affiliation, and awareness), and can form and maintain healthy, intimate relationships; feel connected and secure in her peer groups; control her anxiety and fear when exposed to new people and situations; and see the strengths, needs, and interests of others.

Respect — the ability to see and celebrate the value in ourselves and others — is the sixth and most complex core strength. This requires emotional, cognitive, and social maturity. Developing respect is a lifelong challenge — but the process starts in early childhood.

How a Sense of Security Is Crucial

Both tolerance and respect emerge in children who feel safe. There are two aspects of this sense of safety. The first is a belief that one is special, valued, and accepted. This develops when the most important adults in a child's life repeatedly tell and show her how loved she is. When your child feels this unqualified acceptance, it will be much easier for her to accept others. The second key element depends on how threatened a child feels by new experiences. From brainstem to cortex, our brains have dozens of neural systems involved in reading and responding to potential threats. The brain will categorize new experiences as negative and potentially threatening until it is proven otherwise. All new situations or novel stimuli, therefore, activate the stress-regulating neural systems in the brain. If your child is in a safe and familiar setting, she will perceive the feelings from this activation as "excitement." But if she is in an unfamiliar and potentially threatening environment, the same situation will be perceived as frightening.

Help Your Child Respect Herself

The people in our lives act as a mirror in the process of building a sense of self: When they give us attention, encouragement, and praise, our reflections are clear and positive; at other times, our interactions may make us feel unattractive or incompetent. When made to feel special and valued, a child grows to respect herself, and a solid, positive sense of one's self allows the maturing child to respect others.

The process of building self-esteem — and the related capacity for respect — is complicated by our tendency to pay more attention to negative stimuli than to positive. One negative comment can become magnified in ways that positive comments cannot easily overcome. We remember the one time someone we love said something cruel, yet the thousands of loving comments blend together. In part, this is why most of us grow up with a somewhat distorted view of ourselves. And most of us distort in negative ways — we feel less capable and desirable than we really are. Why do we twist so much? Perhaps it's the combination of the unrealistic images we build from our idealized role models and the pervasive nature of negatives in our developmental experiences.

Signs That a Child Needs Support

An intolerant child will be judgmental of those who appear different than she is and is likelier to lash out, tease, or bully others. Children who struggle with tolerance help create an atmosphere of exclusion and intimidation for those people and groups they fear. This intolerance can be the first step in bullying. The intolerant child is, essentially, insecure — insecure about her status, skills, beliefs, and values.

When a child is struggling with respect, you may see overt noncompliance and defiance and lack of respect for siblings, you, and your authority as a parent. Almost always this is associated with a poor sense of self, despite the fact that these children will often brag and distort their strengths and capabilities. This bragging is merely a protective shell over a very fragile sense of self.

Another sign of struggle is when a child begins to say, "I'm bad," "I can't do that," "I'm stupid," or "He's better than I am." The child with this poor sense of self begins to limit her opportunities. She doesn't try as hard and, as a result, may end up falling behind her peers and creating a self-fulfilling prophecy.

Promoting Tolerance and Respect in Young Children

Make your child feel special, safe, and loved. Don't be sparing with words of praise. A loved child learns to love.

Create learning opportunities about new places, people, and cultures.

Expose your child to a variety of perspectives through books, songs, food, and cultural events and celebrations.

Intervene when you hear or see intolerant behavior. Don't be punitive — help your child learn healthier ways to interact with others.

Use positive comments to shape and reinforce your child's behavior. Avoid giving instruction using "no" (such as "Don't do that"). Offering helpful alternatives ("Be gentle with your brother") will be more productive.

Model tolerance and respect. Your child will learn to reach out and be sensitive and respectful of others by watching how you discuss, relate to, and value other people.

Reindeer Cookies

Ingredients:

- Sugar cookies cut in heart shapes
- Chocolate icing
- Chocolate chips or brown mini m&ms
- Red M & M Candies
- Small Pretzel Twists

Directions:

1. Prepare heart shaped sugar cookies.
2. Cover with chocolate icing.
3. Break pretzel twists to look like antlers
4. Put red candy as a nose and 2 chocolate chips as eyes



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="color: orange;">MEMBERSHIP APPLICATION</h1> <p style="color: orange;">January 1, 2008 -December 31, 2008</p>		 <p>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;">PLEASE COMPLETE ALL AREAS TO ENSURE ACCURATE INFORMATION TYPE OR PRINT</p> <p style="text-align: center;">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 <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 <input type="checkbox"/> CASH <input type="checkbox"/> CHEQUE</p> <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
Fax (780) 426-7151