



June 2011



THE BRIDGE

THE NEWSPAPER OF THE ALBERTA FOSTER PARENT ASSOCIATION

I Want To Be a Kid Again

I want to be a kid again. I want to go back to the time when:

Decisions were made by going "eeny-meeny-miney-mo."

Mistakes were corrected by simply exclaiming, "Do over!"

"Race issues" meant arguing about who ran the fastest.

Money issues were handled by whoever was the banker in Monopoly.

Catching the fireflies could happily occupy an entire evening.

It wasn't odd to have two or three "best" friends.

Being old referred to anyone over 20.

The net on a tennis court was the perfect height to play volleyball and rules didn't matter.

It was magic when dad would "remove" his thumb.

It was unbelievable that dodgeball wasn't an Olympic event.

Nobody was prettier than Mom.

Scrapes and bruises were kissed and made better.



It was a big deal to finally be tall enough to ride the "big people" rides at the amusement park.

Getting a foot of snow was a dream come true.

Abilities were discovered because of a "double-dog-dare."

Saturday morning cartoons weren't 30-minute ads for action figures.

No shopping trip was complete unless a new toy was brought home.

"Oly-oly-oxen-free" made perfect sense.

Spinning around, getting dizzy and falling down was cause for giggles.

The worst embarrassment was being picked last for a team.

War was a card game.

Water balloons were the ultimate weapon.

Baseball cards in the spokes transformed any bike into a motorcycle.

Ice cream was considered a basic food group.

FEATURING...

- Kids These Days: Literacy - A love of reading
- Aboriginal Awareness Weekend Information
- Anxiety Disorders
- AFPA News Release

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NOTICE

Deadline for submissions for next BRIDGE

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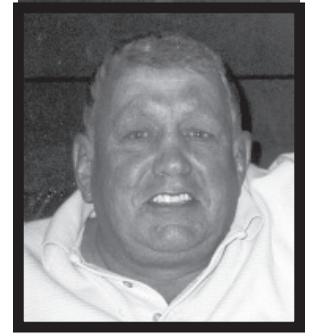
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PRESIDENT'S REPORT

Norm Brownell



With summer a month away it's been a very strange spring. We have had below seasonal temperatures, flooding in southern Alberta and a Fire Storm in the town of Slave Lake. Several foster families and kinship families have been impacted by this disaster. If we can help in any way please call our AFPA office and talk with Katherine Jones.

Our 12th Annual Aboriginal Awareness Weekend from June 24th – 26th is fast approaching. Karen Tweedle and her supporting volunteers have put together another great program for us to learn about Aboriginal culture. Please check the program in this newsletter and register with Lavona Coutts at the AFPA office at 1-800-667-2372.

Thanks to the volunteers who helped out at our camp during the winter and spring months. We had a water line connection burst; there was severe water damage. This has been repaired and we are in the final stages of getting the bathroom operational.

Farewell to Prince Edward Island Foster Family Association who hosted the Canadian Foster Family Association's National Conference in Charlottetown from May 9th – 15th. It was a great conference with great hosts who did an awesome job.

The CFFA executive and directors are making a difference in promoting fostering across Canada. They also need your support by purchasing a donor membership for \$20.00 per year. The membership form is on the back of every Bridge. Please help support a good cause.



Conference planning is well underway with great workshops and entertainment.

It's a time to renew old friendships and make new ones. Book your room early at the Sawridge Hotel & Conference Center in Jasper.

Have a great summer!

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EXECUTIVE DIRECTOR'S REPORT

Katherine Jones



I have just returned from the Canadian Foster Family Association's Symposium that was hosted by the PEI Foster Parent Association in Charlottetown, PEI. It was a wonderful conference with some great training opportunities, excellent entertainment and great dialogue. I

would like to thank the organizers for their hard work and for ensuring that all our needs were met. Next year the Symposium will be hosted by Newfoundland and Labrador so we are looking forward to attending that one as well. The AFPA will be hosting the National Symposium in 2014 in Edmonton.

While it is nice to be away, you tend to miss a lot of news on what is happening in your own province. I was devastated to hear of the horrific fire in Slave Lake and the devastation that it has caused. My thoughts and prayers go out to all who have been affected by the fire. Special thoughts and prayers go out to my fellow foster families and ACYS workers who have lost their homes and possessions. Please contact



the AFPA office and let us know if there is anything we can do to help you. I know there are a great number of foster families who will be ready and willing to support you in any way they can. In addition, foster families and ACYS workers if you would like us to redirect your mail please contact us as soon as possible. We will be holding mail here at the office until we know where to send it. Hopefully this will prevent mail from being lost.

It has been an extremely busy few months once again with attending meetings in many places across Alberta. I want to thank all who invited Norm and I to meet with them. We know there are issues related to the change to Outcomes Based Service Delivery and we will be working with the AFPA-Ministry Provincial Collaboration Committee to rectify some if not all of the issues. We strongly believe that the Ministry will do all it can to ensure that foster families and the children and youth in care will not be adversely affected by all the changes.

I wish everyone a very warm and memorable summer.

VICE-PRESIDENT'S REPORT Sylvia Thompson

It is great to see that summer is finally here!

Plans are underway for our summer camps. Please check out our website for details.

The AFPA Annual Fall Conference is in the planning stages. Some confirmed presenters include Vera Tourangeau and Winston Wuttunee. We will also have the Alberta Children & Youth Services Ministry / AFPA Open Forum again. The participants were very enthusiastic about this forum as they felt they were listened to and had their questions answered. Many felt that they had a better understanding of where foster care is headed.

Norm, Katherine, Linda and I have just returned from the CFFA Conference in PEI. While the weather was less than desirable, the interaction with the rest of the provinces and territories was awesome. All of the provinces and territories are a part of the CFFA Board so it truly is all of Canada's input. The CFFA is involved in a project looking at recruitment and retention across Canada as we are all having the same issues. It is interesting to find that we are leading the way in many areas. Other provinces are in the process of setting up FAST and looking at an Entitlements document. Another province has modeled their training after ours.

I look forward to seeing many of you at the Annual Aboriginal Awareness weekend this month. Until then, look after yourselves and enjoy the weather!

AFPA Permanency Support Program

The Permanency Support Program the AFPA offers is to provide links to resource information within Alberta to all foster, adoptive and kinship caregivers across Alberta. The Permanency program is intended to provide more in-depth information on foster care, adoption and kinship care. It is our goal to disseminate information, connect families and provide links to sites that will provide excellent information. The AFPA has developed a comprehensive referral manual for foster families, adoptive families and kinship care families to access through this program.

It is important that it be understood that it is not the AFPA's role to make decisions relating to the placement of children in adoptive homes or to be involved in the financial decisions relating to the adoption of children who are in care of the Director of Alberta Children and Youth Services.

We welcome you and Alberta Children and Youth Services to access our resource manual at any time.

I look forward to working with any of you who need information on where to access support for your particular issues or concerns.

I can be reached toll-free at 1-800-667-2372 or within Edmonton and surrounding areas at 780-701-4090. You can also reach me by email at Lavona@afpaonline.com.

Board Highlights January 2011 - March 18, 2011

The AFPA has placed many grant proposals on behalf of the James River Children's Retreat. This is to replace the metal clad siding, windows, upgrade electrical outlets and upgrade heaters in the roundhouse. To date, we have not heard whether we have qualified for any financial support. Work Bees have been held at James River Children's retreat. Rotting trees have been cut down and logs split for firewood. Three new sinks and taps have been installed in the women's washroom and due to the spring melt down the facility had endured another flood. We would like to thank all the volunteers who came out to provide help to us. A wheel chair accessible toilet stall has been added to the women's washroom on the main floor.

The AFPA is proud to announce that we hosted the 50/50 draw with the Edmonton Oilers and earned \$13,341.92 which will be put toward the children's camp programs and the Aboriginal Awareness Weekend.

The Annual Aboriginal Awareness Weekend is from June 24th to June 26th and registration has begun.

Two Children's Camps are open for Registration: Children 6 to 12 year old camp will be held July 17th to July 22nd, and children 11 -15 years old will be held on July 22 -July 29, 2011. Anyone interested in attending can call Lavona at 780-701-4090 for registration and information.

The 2011 Annual Training Conference planning is in progress. The Board has approved that the theme "It's All about Kids" shall continue annually. Entertainment for the Friday evening will be the Acapella Fellas. We are looking forward to the 2011 Annual Training Conference that is taking place from November 4th to November 6th, 2011 in Jasper, AB. Watch for the registration package that will be placed on our website at www.afpaonline.com.

The AFPA developed a committee consisting of members of the AFPA, Alberta Children and Youth Services, Agencies and the Alberta Association of Services for Children and Families in regards to the Child, Youth and Family Enhancement Policy (section. 16), Youth in Transition. The Vice President, Sylvia Thompson is the Chair of this committee.

An increase to skill fees, children's recreation allowance, holiday allowance and to babysitting has been asked for. The AFPA is waiting to hear back from the Ministry of Alberta Children and Youth Services.

Some updates from the Board of Directors for the AFPA are:

- A new Association has started up in Stettler for foster and adoptive families in Region 4
- Carole Anne Patenaude is appointed the CEO for Region 6. Welcome and congratulations Carol Ann.
- Region 7 has new driving regulations; all foster parents now have to pack a snack for children to have while in transit to their visits/appointments.
- In Region 7, Training modules G1 and G2 have been renamed Transitioning Teamwork
- Foster Parent / ACYS worker of the Year forms have been sent out and need to be returned to the AFPA immediately.
- A committee is revamping the Foster Parent of the Year / Alberta Children & Youth Services Worker of the Year forms to make it easier to nominate.

BOARD OF DIRECTORS' REPORTS

ABORIGINAL SOUTH

Peter Strikes with a Gun

Okie! (Hello) Greetings from the Native South country. My report for this quarter will be brief. I have been unable to travel far or attend any major functions due to back problems. One of the highlights of the year was the foster parent awards night held before Christmas. The community Hall was packed with members in recognition of the foster parent's years of service; the entertainment was great! It is extremely important that we let our community know of the need for more foster parents to carry out the very important work of providing a safe and nurturing environment for our children.

I've had numerous calls from families who were given temporary guardianship, many from off reserves and urban areas. I feel the need to clarify how the guidelines and regulations apply. I feel it's important that regardless of who is doing the service, that the guidelines and policy be paramount for the sake of the child.

My spouse Jeannie and I have been part of the Treaty 7 Advisory Committee as Elder Representatives on the Home Assessment Research Committee. I feel the experience that we've had over many years has contributed to the needs of this project. This is a two year study and we feel committed to help strengthen the future needs of our children.

Though it is a slow recovery, I am looking forward to the upcoming AFPA meetings with my surgery being successful.

I would like to wish everyone to have a safe summer holiday in their journey and travels. I hope by fall I should be back to participating in all activities.

REGION 1

Marlin Meyer

Our local society will be once again holding our Annual Summer Bbq on June 15th at the Kinsmen picnic shelter in Coaldale. It starts at 5:30pm and goes until 8:30pm. Burgers, hot dogs and salads are on the menu with ice cream for dessert. We are having 2 Astro jumps for the kids to play in to their hearts content. All are invited! Make sure when you come to put your name in the draw box for a free Annual Training Conference registration as well as hotel accommodations!

I am encouraging foster parents from our region to attend the annual Aboriginal weekend at the James River camp June 24 to 26. As well, I'm still looking for a couple more hands in the kitchen for that weekend. Please give me a call if you are able to assist.

Happy Summer!

REGION 5 Rene Rajotte



Hello once again from Region 5, hope everyone has made it through winter and are now enjoying some much needed warmer weather!

Region 5 held a training conference on the weekend of Feb 25 & 26 at the Ramada Hotel in Wainwright, it was a great facility to have a conference, there were about 40 people that attended the conference; it was excellent. It was great to meet new foster parents as well to visit with friends we have met over the years. I would like to thank those who took the time to organize it, GREAT JOB.

Board Reports Continued on Page 8

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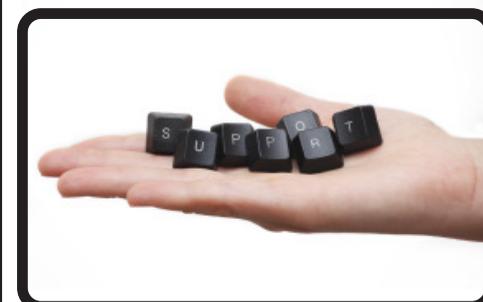
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Region 9

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.



Anxiety Disorders

Ella was a worrier. Every morning, she worried that she wouldn't make the bus on time, even though she hadn't missed it once all year. And every afternoon, she worried that she wouldn't get her favorite spot at the lunch table, or that she might have a pop quiz in science class and wouldn't be prepared. At night, she worried about getting her homework done and whether her clothes would look right at school the next day.

Ella's parents thought this behavior was a typical part of growing up. But when their daughter's teacher said that Ella's anxiety was starting to affect her grades in school and relationships with classmates, they decided it was time to talk to a doctor about finding ways to help Ella deal with her worries.

What Is Anxiety?

Anxiety is really just a form of stress. It can be experienced in many different ways — physically, emotionally, and in the way people view the world around them. Anxiety mainly relates to worry about what *might* happen — worrying about things going wrong or feeling like you're in some kind of danger.

Anxiety is a natural human reaction, and it serves an important biological function: It's an alarm system that's activated whenever we perceive danger or a threat. When the body and mind react, we can feel physical sensations, like dizziness, a rapid heartbeat, difficulty breathing, and sweaty or shaky hands and feet. These sensations — called the fight-flight response — are caused by a rush of adrenaline and other stress hormones that prepare the body to make a quick getaway or "flight" from danger.

The fight-flight response happens instantly. But it usually takes a few seconds longer for the thinking part of the brain (the cortex) to process the situation and evaluate whether the threat is real, and if so, how to handle it. When the cortex sends the all-clear signal, the fight-flight response is deactivated and the nervous system starts to calm down.

Normal Anxiety

Everyone experiences feelings of anxiety from time to time. These feelings can range from a mild sense of uneasiness to full-blown panic (or anywhere in between), depending on the person and the situation.

It's natural for unfamiliar or challenging situations to prompt feelings of anxiety or nervousness in people of all ages. You may feel it when you have a big presentation at work, for example, or when life gets overly hectic.

Kids might feel it, too, in similar situations — when facing an important test or switching schools, for example. These experiences can trigger normal anxiety because they cause us to focus on the "what if's": What if I mess up? What if things don't go as I planned?

Some amount of anxiety is normal and can even be motivating. It helps us stay alert, focused, and ready to do our best. But anxiety that's too strong or too frequent can become overwhelming. It can interfere with someone's ability get things done and, in severe cases, can start taking over the good and enjoyable parts of life.

Anxiety Disorders

Anxiety disorders are among the most common mental health conditions. That's partly because everyone experiences stress and worry. There are many different types of anxiety disorders, with different symptoms. But they all share one common trait — prolonged, intense anxiety that is out of proportion to the present situation and affects a person's daily life and happiness.



Symptoms of an anxiety disorder can come on suddenly or can build gradually and linger. Sometimes worry creates a sense of doom and foreboding that seems to come out of nowhere. Kids with anxiety problems may not even know what's causing the emotions, worries, and sensations they have.

Disorders that kids can get include:

Generalized anxiety. With this common anxiety disorder, children worry excessively about many things, such as school, the health or safety of family members, or the future in general. They may always think of the worst that could happen. Along with the worry and dread, kids may have physical symptoms, such as headaches, stomachaches, muscle tension, or tiredness. Their worries might cause them to miss school or avoid social activities. With generalized anxiety, worries can feel like a burden, making life feel overwhelming or out of control.

Obsessive compulsive disorder (OCD). For a person with OCD, anxiety takes the form of obsessions (excessively preoccupying thoughts) and compulsions (repetitive actions to try to relieve anxiety).

Phobias. These are intense fears of specific things or situations that are not inherently dangerous, such as heights, dogs, or flying in an airplane. Phobias usually cause people to avoid the things they fear.

Social phobia (social anxiety). This anxiety is triggered by social situations or speaking in front of others. A less common form called **selective mutism** causes some kids and teens to be too fearful to talk at all in certain situations.

Panic attacks. These episodes of anxiety can occur for no apparent reason. During a panic attack, a child typically has sudden and intense physical symptoms that can include a pounding heart, shortness of breath, dizziness, numbness, or tingling feelings. **Agoraphobia** is an intense fear of panic attacks that causes a person to avoid going anywhere a panic attack could possibly occur.

Posttraumatic stress disorder (PTSD). This type of anxiety disorder results from a traumatic past experience. Symptoms include flashbacks, nightmares, fear, and avoidance of the traumatic event that caused the anxiety.

Causes

Experts don't know exactly what causes anxiety disorders. Several things seem to play a role, including genetics, brain biochemistry, an overactive fight-flight response, stressful life circumstances, and learned behavior.

A child with a family member who has an anxiety disorder has a greater chance of developing one, too. This may be related to genes that can affect brain chemistry and the regulation of chemicals called neurotransmitters. But not everyone with a family member who has an anxiety disorder will develop problems with anxiety.

Things that happen in a child's life can set the stage for anxiety disorders in childhood or later in life. Loss (like the death of a loved one or parents' divorce) and major life transitions (like moving to a new town) are common triggers. Kids with a history of abuse are also more vulnerable to anxiety.

Growing up in a family where others are fearful or anxious also can "teach" a child to view the world as a dangerous place. Likewise, a child who grows up in an environment that is actually dangerous (if there is violence in the child's family or community, for example) may learn to be fearful or expect the worst.

Signs & Symptoms

Although all kids experience anxiety in certain situations, most (even those who live through traumatic events) don't develop anxiety disorders. Those who do, however, will seem anxious and have one or more of the following signs:

excessive worry most days of the week, for weeks on end

trouble sleeping at night or sleepiness during the day

restlessness or fatigue during waking hours

trouble concentrating

irritability

These problems can affect a child's day-to-day functioning, especially when it comes to concentrating in school, sleeping, and eating.

And it's common for kids to avoid talking about how they feel, because they're worried that others (especially their parents) might not understand. They may fear being judged or considered weak, scared, or "babyish." And although girls are more likely to express their anxiety, boys experience these feelings, too, and sometimes find it hard to talk about. This leads many kids to feel alone or misunderstood.

The good news is that doctors and therapists today understand anxiety disorders better than ever before and, with treatment, can help kids feel better.

Treatment

A child's anxiety disorder can be treated by a mental health professional. A therapist can look at the symptoms, diagnose the specific anxiety disorder, and create a plan to help a child cope.

A type of talk therapy called cognitive-behavior therapy (CBT) is often used. In CBT, kids try out new ways to think and act in situations that can cause anxiety, and to manage and deal with stress. The therapist provides support and guidance and teaches new coping

skills, such as relaxation techniques or breathing exercises. Sometimes, but not always, medication is used as part of the treatment for anxiety.

Helping Your Child Cope

The best way to help your child is to acknowledge the problem in a supportive, nonjudgmental way. Talk openly about your child's symptoms and really try to understand how they are affecting everyday life. It can also help to talk to other adults in your child's life, such as teachers and coaches.

Be patient and positive as your child undergoes treatment and finds new ways to cope. Sometimes it helps to talk to your child about your own stresses and how you've been able to overcome them. Remind your child that letting go of worry allows space for more happiness and fun.

Rest assured that with the right care, your child can overcome anxiety and learn to face the future ready and relaxed.



Reviewed by: Michelle New, PhD

Date reviewed: May 2011

38th ANNUAL TRAINING CONFERENCE

"IT'S ALL ABOUT KIDS"

The AFPA conference committee has put together another great program of training and entertainment for all to enjoy from November 3 - 6, 2011. Many valued guests will be attending. 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.

It is also a time to 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 ACYS workers.

Watch for the Conference Brochure in the latter part of August and also on our website at www.afpaonline.com or you can call the AFPA office toll free at 1-800-667-2372 for more information.

We have some great workshops so register early to get your first choices.

To book your hotel accommodations please call the Sawridge Hotel and Conference Centre in Jasper at 1-800-661-6427.



Board Reports - Continued from Page 4

Region 5 held a council meeting in the evening and elections were held, elected into the following positions were as follows:

President: Marvin Annell

Vice: Carol Rajotte

Secretary: Betty Dyck

Treasurer: Samara Stonehocker

Program Coordinator: Irene Marsh

AFPA Rep: Rene Rajotte

Our next Regional Meeting was held on April 11 at the arena in Viking which is the new hockey arena on the east side of town. The meeting was from 10 AM until noon, with a potluck for lunch.

Vermilion hosted an Easter party on April 16 at the Anglican Church Hall which is located on 51st ave just west of HWY 41. This was also a potluck event. There were games for the kids and an Easter egg hunt, it was well attended and a great time had by all.

The next meeting will be held on June 14th in Viking at 10 am.

All the best to everyone, have a great spring & summer.

REGION 6 Linda Krauskopf

Regional Council has had a couple of busy months. Members have been sitting on various committees including Outcome Based Service Delivery, Linkages, Caregiver Conference Committee and Foster Parent Appreciation Committee.

Regional Council, in joint partnership, hosted the Region 6 Caregivers Conference at The River Cree Resort & Casino. Participant feedback was overwhelmingly positive. The high quality of presenters, the panel forum featuring our C.E.O. and the venue itself all received high praise. There were also many inquiries as to if there would be another conference next year. They thought The River Cree Marriott Hotel and Casino was a great time away from home venue.

Our C.E.O. made it very clear that she wants foster parents involved with what is happening in Region 6.

REGION 7 Bev Towe

From April 29th – May 1st we held Region 7's Annual Training Conference and what a conference it was! The theme of this year's conference was recognizing all the nationalities of children in care. On Saturday evening there were approximately 188 people in attendance. The dignitaries in attendance were piped in with a Scottish bag piper, a Métis fiddler and foster parents welcoming everyone in their nationality's language. A native singer also thanked everyone in his culture for taking care of our children through a song.

Well, it is summer once again. I hope everyone enjoys their holidays. Don't forget to claim or ask about the holiday funds which are available to you. While you are sitting at the beach or driving, please think about the foster parent and social worker of the year. The names are to be submitted this month.



We would all like to thank Jim Toner for all the work he has done in fostering and hope whatever endeavors he has for the future become another great success. Thank you once again Jim.

REGION 8 Mary Legeyt

Last dance performances, music recitals, hockey playoffs and the snow is gone in MOST areas. Spring is here!!!

Some changes in the region are: Rick Flette has now got the job of CEO for Region 8. Outcomes Based Service Delivery has started up in some of the region. There has been one meeting already to explain it and there is another meeting planned for June.

Trainings are still up and running on a regular basis and planning for the Caregiver's Retreat in September is almost finalized.

Picnics are being planned at each office. There will also be many Aboriginal Culture events planned in June.

Many foster parents have already got holidays planned either out of area or locally. The kid's camp forms are being filled out.

Our Northwest Council Meeting will be held in Peace River on June 14th. Everyone is welcome to attend and at this meeting we will choose the Foster Family and the Social Worker of the year for our region.

I know everyone is busy but remember my phone (780-568-2186) is always open for you to call if you need some information or just another foster parent to talk to. Have a great Summer!!

AFPA James River Children's Retreat Summer Camp Time!

We invite you to join in on our fourth children's summer camp located at the James River Children's Retreat near to Sundre, Alberta. Your children will be participating in crafts, games, water sports, physical activity and great food too. Fun will be had by all. Registration begins immediately, so send your application to us.

For the sibling camp, July 17 – 22, your children must be between the ages of 6-12 to attend. The cost is \$175 per child for 5 day camp. If you, the parent, would like to volunteer for a few hours a day, for the week, the cost will be only \$75 per child.

For the outdoor camp, July 22 – 29, children must be between the ages of 11-15 The cost to attend is \$245 per child for 7 day camp and \$125 per child if you, the parent, would like to volunteer for a few hours a day, for the week.

We are looking for adult leaders and volunteers for both weeks, so if you know of anyone who may be interested, please have them call us.

Application forms for campers and volunteers are available on the website's campground page at www.afpaonline.com or call the AFPA office at 1-800-667-2372 for information!

Bug Bites and Stings

Bug bites and stings usually are just nuisances. They bring momentary alarm, temporary discomfort and pain, but no serious or lasting health problems. But on occasion, they can cause infections that require treatment and allergic reactions that can be serious, even fatal. Parents should know the signs of an infection or allergic reaction, and when to get medical attention. Inform all caregivers if a child has any history of complications so they know what to do in the event of a bug bite or sting.

What to Do About:



Bee and Wasp Stings

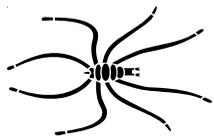
- A bee will leave behind a stinger attached to a venom sac. Try to remove it as quickly as possible. (Wasps don't leave their stingers in the skin after stinging, which means they can sting more than once.)
- Wash the area carefully with soap and water. Do this two to three times a day until the skin is healed.
- Apply an ice pack wrapped in a cloth or a cold, wet washcloth for a few minutes.
- Give acetaminophen or ibuprofen for pain.
- For pain and itching, give an over-the-counter oral antihistamine if your child's doctor says it's OK; follow dosage instructions for your child's age and weight. You could also apply a corticosteroid cream or calamine lotion to the sting area.
- A sting anywhere in the mouth warrants immediate medical attention because stings in oral mucous membranes can quickly cause severe swelling that may block airways.
- Seek medical care if you notice a large skin rash or swelling around the sting site, or if swelling or pain persists for more than 3 days, which could indicate an infection.
- Get medical help right away if you notice any of the following signs, which may indicate a serious or potentially life-threatening allergic reaction:

- wheezing or difficulty breathing
- tightness in throat or chest
- swelling of the lips, tongue, or face
- dizziness or fainting
- nausea or vomiting



Spider Bites

- Wash the area carefully with soap and water. Do this two to three times a day until skin is healed.
- Apply cool compresses.
- Give acetaminophen or ibuprofen for pain.
- To protect against infection, apply an antibiotic ointment and keep the child's hands washed. If you have any reason to suspect a bite by a black widow or brown recluse spider, apply ice to the bite site and take your child to the emergency room. Even if a child doesn't show any symptoms, get medical attention right away. Most spiders found in the United States are harmless, with the exception of the black widow and the brown



recluse spider. The brown recluse spider — a tiny oval brown spider with a small shape like a violin on its back — is found mostly in mid-western and southern parts of the United States. The bites usually don't hurt at first, and a child might not even be aware of the bite, but in some cases they cause swelling and changes in skin color and a blister.

The black widow spider, which is found all over North America, has a shiny black body and an orange hourglass shape on its underbelly. The venom (poison) in a black widow bite can cause painful cramps that show up within a few hours of the bite. The cramps can start in the muscles around the bite and then spread. The bite may also lead to nausea, vomiting, chills, fever, and muscle aches. If your child has any of these symptoms — or you know that he or she has been bitten — go to the emergency room right away.

Tick Bites

Check kids and pets for ticks carefully after you've been in or around a wooded area. Common types of ticks include dog ticks and deer ticks (deer ticks may be carriers of Lyme disease).

If you find a tick on your child:

- Call your doctor, who may want you to save the tick in a sealed container or zip-locked bag for identification later.
- Use tweezers to grasp the tick firmly at its head or mouth, next to the skin.
- Pull firmly and steadily on the tick until it lets go (do not twist or jerk the tick), then swab the bite site with alcohol.
- Don't use petroleum jelly or a lit match to kill and remove a tick. These methods don't get the tick off your skin, and they may just cause the insect to burrow deeper and release more saliva (which increases the chances of disease transmission).

Reviewed by: Elana Pearl Ben-Joseph, MD

Date reviewed: May 2010



BREAKFAST FAJITAS

INGREDIENTS:

4 flour tortillas
8 eggs
1/4 cup green onion, sliced
1 tablespoon Dijon mustard
salt and pepper, to taste
2 teaspoons butter
4 ounces Canadian Bacon — in strips



PREPARATION:

Heat tortillas. Whisk eggs, onion, mustard, salt and pepper in a large bowl until blended. Melt butter in a large skillet over medium-high heat. Add canadian bacon and cook 2 minutes, stirring occasionally, until just beginning to brown. Add egg mixture and cook, stirring often, until set. Place 1/4 of the egg mixture in the middle of each tortilla. Fold and serve. Serves 4



News Release

Contact: Katherine Jones
Phone: (780) 429-9923

FOR IMMEDIATE RELEASE

SUPPORT FOR FOSTER FAMILIES, KINSHIP FAMILIES AND ACYS WORKERS AFFECTED BY SLAVE LAKE FIRE

EDMONTON, AB, MAY 18, 2011: The Alberta Foster Parent Association would like to express its heartfelt sympathies to all those affected by the Slave Lake fire.

It's at times like this, that we must all show our support for one another and come together to do what we can to help out. We must ask ourselves, "What would it be like to be in the position that the people of Slave Lake are facing now, and in the coming days and weeks ahead?" People have lost their homes, beloved possessions and in many instances, their livelihood.

The Alberta Foster Parent Association would like all foster families, kinship families and ACYS workers who were affected by this disaster to know that we are here to help and support you in any way that we possibly can. Please call us for support and to let us know if there is anything we can do to help you. The foster family community is a close-knit one and we will all come together to help you in this time of need.

Again, foster families, kinship families and ACYS workers of Slave Lake, we urge you to contact us and let us know what we can do to help you. Our thoughts and prayers go out to all affected by this tragedy.

Frozen Fruit Pops Recipe

INGREDIENTS:

1 carton (6 oz. size) raspberry yogurt
2 tablespoons lemon juice
2 medium ripe bananas cut into chunks
12 popsicle molds or paper cups (3 oz. size)
12 popsicle sticks



PREPARATION:

In a blender combine the yogurt, lemon juice and bananas. Cover and process for 45 seconds or until smooth. Stir if necessary.

Fill molds or cups with 1/4 cup yogurt mixture. Top with holders or insert sticks into cups. Freeze. Makes 12

Laughter is the best medicine ...

What's black and white and read all over ... A sunburned zebra!

What do frogs like to drink on a hot summer day ... Croak-o-cola!

What do you call a cat at the beach ... Sandy Claws!

What does the sun drink out of ... sunglasses!



Family Fun Walks

Something magical happens when our bodies get moving and the fresh air hits our lungs....(And when our kids quit complaining about being dragged away from the video games, etc. Ha, Ha!) Everyone gets dressed properly for the weather and terrain. We don't usually have to go far for fun, but once we get outside, our kids usually want to stay out for a long time! Everybody will be glad they dressed well!



To Make The Walk Special;

1. Go in the evening when it is getting dark and **bring a flashlight!**

It is great if everyone gets to hold their own. Your kids will have so much fun with this, that you will be their Heroes and have the best childhood memories! And believe it or not, your teenager will even think this walk is cool, especially if you go out late enough. (They will finally talk about everything! No silent moods on this type of walk!) If you are kind of tired and you don't feel like going too far, you can even explore the backyard with your flashlights too!

2. In the summertime, walk at dusk. We discovered that most families are home from work and making supper, so the streets are empty. Guess what comes out? **BATS!** Okay, gross and scary right?! But, if you have boys (actually my girls think they are cool and exciting too!) You will be *the* coolest parents in the world! Then get home and research them on the computer or the library! Talk about fun and learning! Kids love to explore. This is a great way!

3. Bring your dog. Have Family Fun Walks with your puppy too!



Annual Aboriginal Awareness Weekend

June 24 - 26, 2011

James River Children's Retreat

Date

Event

Place

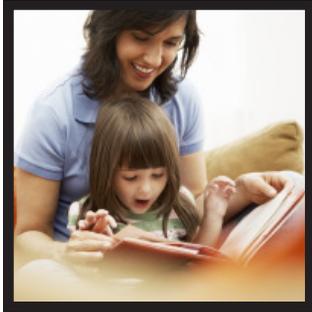
<u>Date</u>	<u>Event</u>	<u>Place</u>
Friday June 24th	Registration/ supper	Lodge
7:00pm	Teepee Raising/ Opening Ceremony	Field
Saturday, June 25	Pipe Ceremony	Tepee
7:00 – 8:00am	Breakfast	Dining Room
9:30 – 10:30am	Children's Activities	
	Bannock Classes 10years and up	Dining Room
	Games in the Field	
10:30am	Story Telling and Crafts	Round House
12:00(noon)	Lunch	Dining Room
1:30 – 3:30pm	Medicine Wheel & Drummers	Round House
3:30 – 5:00pm	Sweat Lodge (weather permitting)	TBA
5:00 – 6:30pm	Supper	Dining Room
7:00pm	Dancers	Round House
9:00pm	Bonfire	TBA
Sunday, June 26		
7:00 – 8:30am	Pipe Ceremony	Tepee
8:30 – 10:30am	Breakfast	Dining Room
10:00am	Clean up	
	Closing	



How to Pick a Great Book to Read

The world is full of great books, just waiting to be read. How can you pick one you'll really like? Here are some tips:

- 1. What makes you happy?** If you have a favorite hobby or pastime, look for books about that activity. Are you really into dinosaurs or dogs or a specific celebrity? Are



there a few careers you're interested in? You can find books about almost anything you like, and you're more likely to enjoy reading a book if you're already interested in its subject.

- 2. Fact or fiction?** Some books are entirely made up and imagined. Those are called fiction

books. Novels, short stories, and fables are all examples of fiction. These books can transport you to another world or help you imagine something beyond your own experience.

Nonfiction books give you the who, what, when, and why. They tell stories using facts — but that doesn't mean they're boring. Nonfiction books can bring to life everything from the first trip to the moon to what it's like to explore the deepest oceans. Many of them read like novels from start to finish. Try both fiction and nonfiction books to see which you like better.

- 3. Find a family favorite.** What was your mother's favorite book when she was your age? Or your dad's? What about a sibling's? Ask them and give it a read. Then you can talk about what they liked about it and share your thoughts. It's a fun way to get to know your family a little better, and to find a book you'll enjoy!
- 4. Ask an expert.** Your local library is a great place to find books that you'll love, and you don't have to search all by yourself. Tell a librarian about your interests — rock stars, sports teams, historical events, whatever you're into — and the names of some books you already like. Your librarian can help you find other books that you're sure to love. Your teacher is another good person to ask.
- 5. Launch a book swap.** Why not get some friends together and trade favorite books? It's always fun to see what your friends are reading. Even if they're not exactly bookworms, you can all encourage each other to read and share books and authors you like. You also can look for book swaps in your area. It's a great way to build your personal library for free!

kids these days...

By Dr. David Rideout, CEO
North Central Alberta Child & Family Services Authority

LITERACY – A LOVE OF READING

There are few things I enjoy more in life than a day filled with nothing more than a good book to read. One of the highlights for me at vacation time is to always find a day or two for just that.

Part of the passion for reading probably stems from my early childhood. My father would often be gone for a day or two on business trips and he would always return with a special treat. Usually it was several comic books or one of my all time favourites as a young boy, a Hardy Boy book. In fact now, over 40 years later, I still have that collection in my home – even though I have moved at least 12 times over thousands of kilometers since then.

Imagine my chagrin when later in university I learned that many academics thought such books were not good literature because of their formula plot development and stereotypical characters!

Reading opens a world that can always be shaped by one's imagination. As a child, at any moment I could be exploring a far off land, foiling enemy intelligence, playing super detective, or engaging in sword fights with historical figures.

Sometimes I wonder if the joys of reading and writing are being passed on to our future generation. It seems that movies, computers, games, texting and tweeting sometimes take precedence over reading or written composition.

What if William Shakespeare spent his time playing videogames or if the brothers Grimm spent their time at the movies instead of sharing the oral history of their region in print? Where would we be? What if Reverend Martin Luther King Jr. had never written his "I Have a Dream" speech which inspired so many?

According to a Statistics Canada survey of almost 11,000 Canadian households, families spend less than half an hour each day teaching, reading and playing

with their children. At the same time they reported about five hours of leisure time each day.

I do wonder if kids these days realize the importance of not just reading but of words themselves. In an era where people rely heavily on shortcuts and slang, are we losing an important piece of both our past and our future?

This is not to say that there is anything wrong with social media or movies. There are numerous changing views and priorities in our society and kids these days have so many ways to spend their time. I just hope that they do not miss out on some of the best ways to utilize it.

The emergence of electronic readers, like the Kindle or the Sony Reader, suggests the practice of reading will continue even if the format changes from a paperback to a new technological device.

We all know reading is a habit best formed early in life. Reading to kids from infancy is something that can certainly be rewarding to both child and parent. It is also best encouraged by adults modeling the practice and thereby demonstrating its value.

If history has taught us anything it is that words are powerful. They can be used to inspire, inform, empower, and instill change. Words have been used to create revolutions, defeat dictators, and combat injustice. The cliché of the "pen being mightier than the sword" is a vivid example of the power of words.

I think that kids these days have so many opportunities. It will be interesting to read how they take advantage of them.

Feedback is welcome and can be sent via email to david.rideout@gov.ab.ca.

Added reasons to join the AFPA:

Special pricing is available to AFPA Members at The Brick, Fields, and West Edmonton Mall (Choice Passes). AFPA Members also receive a discount 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, 2011 -December 31, 2011</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 9750 - 35 Avenue Edmonton, Alberta T6E 6J6 Local phone (780) 429-9923 Phone: 1-800-667-2372 -Provincial Fax: (780) 426-7151</p>	<p>PLEASE MARK X IN THE APPROPRIATE BOX <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 <input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA <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, 2011 to March 31, 2012

- 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: 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 Sharon Joyal
 Membership Chair
 Box 1 Group 25 RR2
 Ste Anne, Manitoba R5H 1R2