



ALBERTA FOSTER PARENT
ASSOCIATION



March 2012

THE BRIDGE

THE NEWSPAPER OF THE ALBERTA FOSTER PARENT ASSOCIATION

*The first day of spring is one thing, and the first spring day is another.
The difference between them is sometimes as great as a month.*

Henry Van Dyke



FEATURING...

- Kids These Days: In a Manner of Speaking
- CFFA Poster Contest
- A Guide to Eating for Sports
- Aboriginal Awareness Weekend

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NOTICE

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PRESIDENT'S REPORT

Norm Brownell



Hello foster families, what a wonderful mild winter we are having so far this year. I just hope that we are not paying the price later, the farming community does need the moisture.

On March 02, 03 & 04 we are having a work bee at our camp to install 32 new windows in our Lodge. This will help to improve our facility and save on heat loss that we are experiencing with our current windows.

There are several other jobs that need some TLC to get ready for another season at our camp facility. We are in need of volunteers. Throughout the year, if you are able to volunteer at some point, please call me at 403-271-9011 or Shelly at the AFPA office at 1-800-667-2372.

Our Aboriginal weekend has taken on a different time frame and will now be held on August 24, 25 & 26. The weather should be much nicer and the James River will be much gentler than in June due to run off from the mountains and heavier rains in June. Karen Tweedle along with her husband Ray will be putting together a program for all of us to enjoy. Please check the write up in this Bridge for more information.

The camp committee is also running two weeks of children's camps in July. They are in need of volunteers and camp counselors, please check this newsletter for more information or call Lavona at 1-800-667-2372.

The AFPA is also working on other important programs such as:

- . Mentoring
- . Transition of youth into adulthood
- . Provincial Collaboration Steering committee
- . Training of new Fast members



Have a great spring.

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EXECUTIVE DIRECTOR'S REPORT

Katherine Jones

In preparation to write this report I have done a great deal of reflecting on what has transpired over the past few months and the work that the staff and Board of Directors has done. I am always inspired by the Board and the amount of time and effort they put into their duties as volunteer Board members of our Association. The Alberta Foster Parent Association staff and members are lucky to have such committed and hardworking individuals represent and support them. I am honoured to work with our Board of Directors and feel blessed to have such strong leadership to learn from. Norm Brownell, President and Sylvia Thompson, Vice President should be commended for what they do on a daily basis for the foster families and children of Alberta.

As most of you are aware we have had a few changes to our staff in the past couple of months. I would like to welcome Rebecca Potts to our staff. Rebecca is now doing the job that Lucille Jamieson use to do. We are happy to have you with us Rebecca.

Shelly Morin has taken on Amey's duties as Receptionist and is doing a very good job. It is a pleasure working with you, Shelly.

The AFPA has submitted a proposal to run a Provincial Mentorship Program starting with pilots in Region 6 and 7 during the first year and spreading out from there. The Program will be very similar to the Mentorship Program offered in Region 3 but will vary a little with the specific needs of the each Region. I would like to thank Jon Reeves, Executive Manager of Foster Care in Region 3 for providing us with the materials used and developed by Region 3 for their Mentorship Program. We hope to have everything signed off and will be able to hire a Provincial Coordinator to "kick start" the Program early in the new Fiscal Year.

The following items have been discussed at the Ministry/AFPA Collaborative Committee Meeting:

- **Youth in Transition:** The committee held a meeting on January 30, 2012 and have reported that the y are very close to the final draft which they hope to provide to the AFPA Board of directors for feedback. Once this is completed the document will be forwarded on to the Ministry for consideration.
- **Provincial Training Committee:** The AFPA has requested that the Committee start up again and begin working on assessing the Core Training Modules as it is felt that some of the material needs to be updated.
- **Outcome Based Service Delivery:** This is an ongoing process and as with all new processes there are some bumps along the way. Concerns with the program are being evaluated and dealt with. If anyone has concerns we would recommend they address them with the caseworker who can then forward the concerns on to the CEO of the Region. If there are ongoing concerns you are welcome to bring them forward to your AFPA Director who will do what they can to help resolve any issues.

- **ISIS:** This new program is now being piloted in various smaller Regions of the Province in order to work out any bugs in the system prior to launching it in the major cities.
- **Court Ordered Visitations:** As these visitations are court ordered, there is very little that can be done to stop them. If foster parents have concerns regarding court order visits it was suggested that they write letters outlining their concerns and the effects these visits are having on the child/children and submit them to the caseworker. The caseworker can use these letters when dealing with the courts.
- **New Child Investigation Unit:** Calgary has a new Child Investigation Unit which is similar to but more advanced than the Zebra Program in Edmonton. The Region is extremely excited and pleased with the way the Corporate Sector in Calgary has "stepped up to the plate" with this intuitive.
- **Home Assessments:** A province wide initiative has begun the development of a Provincial Standard on Home Assessments so there is consistency across the Province.
- **Requested Increases for fiscal year 2012 – 2013:** Based on feedback from our membership and direction from the AFPA Board of Directors the following increases were taken forward to the negotiation table:
 - 3.2% increase for maintenance for 2011 plus 1.6% increase for 2010 for a total of 4.8%
 - \$3.00 increase to the skill fee for Level 1 and 2, per child per day
 - \$150.00 per year increase to recreation allowance
 - Increase babysitting to \$6.50 per hour to max. of \$175.00 per home per day

The AFPA will post on the website the outcomes of these negotiations as soon as a decision has been made.

The Committee discussed the supports provided to Region 3 foster families with respect to placement start-up cost for those caring for infants from 0 – 36 month old and the two days of respite per child in the home that can be accumulated for three months. The AFPA has requested that these supports be provided to all foster parents throughout Alberta. Bonnie Johnson, CEO Region 3, will take this to the Executive table for discussion and consideration. The AFPA will provide an update after the next Ministry/AFPA Collaborative Committee Meeting.

I have just been informed that one of our Board of Directors, Heather Guard from Region 4, has taken a short leave of absence due to health issues. Heather, you will be missed and we look forward to your return. Diane Gunter will be filling in for Heather while she is away.

My husband Graham and I will be taking a couple of week's holiday in March and heading to Abaco, Bahamas for a much needed break. If you need anything in my absence please contact Norm Brownell, President, at 1-403-271-9011 or email him at afpa7@telus.net.



BOARD OF DIRECTORS' REPORTS

REGION 1 Marlin Meyer

Region 1 is hosting its annual training session on March 3rd, 2012 at the Lethbridge Public Library, from 9 am to 4 pm. Topics this year are Self-harming Behavior and Oppositional Defiant Disorder. Mileage and babysitting will be covered by the AFPA.

Our executive continues to meet with foster care on a regular basis. I would encourage foster parents to contact the members on the executive if you have an issue you would like to see brought forward.

This year the AFPA is again holding summer camps for our kids. This is for both bio and foster children. I am hoping to see more children from region 1 this year. Anyone who has questions regarding the children's camps can call the AFPA office, or feel free to call me as well.

REGION 2 Ralph Welzel

It looks like the weather has been co-operating with us this winter; I can't remember a winter so mild. Spring is around the corner and the yard work begins. I hope everyone had a good Christmas with family and friends.

There are fewer events being planned for our foster families for fun or just socialization. There are new foster parents that do not know how to utilize the knowledge and experiences of the veteran foster parents, a quick phone call or email could save a foster parent a lot of grief regarding policies, funding and techniques used in helping with behaviors. Communication is the key to fostering which brings me to our association meetings, there seems to be little or no interest in having meetings just for foster parents. Having a meeting without the department tends to relax foster parents and issues can be addressed and discussed easier and then brought forth to the department with a united voice.

There have been a lot of changes with staff in our region. One in particular, Brooke, foster parent case (support) worker of numerous years, has changed roles and we will definitely miss her strong support. I wish her the best in her new position.

Medicine Hat is working on a framework of practice, a system to form healthier relationships and involvements between department staff and foster parents. Team building and restructuring is always ongoing and it has been busy with our region full of foster children. Use the resources and support you have in other foster parents and remember it's for the best interest of the child.

REGION 3 John Starkey

The Calgary & District Foster Parents Association will be having a casino March 11th & 12th at the Deer Foot Inn & Casino. We are also hosting a casino for the AFPA on April 30th and May 1st at the Calgary Casino. Any volunteers willing to work at these events can call John Starkey at (403) 281 4691 or (403) 617 9064. These are our major fund raising events for both organizations.

The Calgary association is busy coordinating home studies in the Region; to date we have done 99.

Our board is busy planning events for the year for our children. A new event just recently held was Glow Bowling, which was a huge success. A great big "thank you" to Barry Wilson for coordinating this event.

REGION 5 Rene Rajotte

Happy New Year to all of you!

We at Region 5 started the new year off with our annual meeting on January 15, 2012. A new president was elected; I would like to welcome Samara Stonehocker. The secretary/treasurer was rolled into one job since our treasurer used to be Samara.

Many thanks go to Marvin Annell for the many years of hard work of helping to get Region 5 going. Now Betty Dyck is the secretary/treasurer and Carol Rajotte remained as Vice President. Thanks to all for taking on these positions.

Region 5 will be holding a training conference on February 24 and 25th in Vegreville. This would be a great time for people to renew AFPA & Region 5 memberships. We always look forward to this time where we can learn and have fun getting together.

On April 17 we will be having our regular Region 5 meeting in the morning from 10 am-12 pm with a potluck meal to follow. At 1:00 pm we will be meeting with our CEO of Region 5. The meeting will be held at a designated meeting room in the Caledonia Inn in Viking. If you are coming, stop in at the front desk and ask for directions. This is an excellent opportunity to raise questions or concerns that you may have. It is also an opportunity to let the department know what's working well in the system.

REGION 6 Linda Krauskopf

So here we begin a new year. Regional council is still very busy getting things ready for the Care Giver Conference. You should have the dates marked down by now and getting ready for yet another great conference. Conference will be at the River Cree again this year and there will be some great training. The key note speaker this year will be Don Burnstick, from the Alexander Band.

Council has met with Bryan Kelly and Karen Morin, who will be taking over the position of Sr. Manager for Foster Care and Kinship Programs. Karen Morin has worked with Foster Parents and is very knowledgeable with the dealings of fostering.

Regional council is still busy with Linkages, Prat and meeting with Bryan Kelly and Karen Morin on the different events happening in the Region.

Regional council is just getting the final touches done for the 4 contracts from Region 6 – Caregiver Conference, Citation Banquet, Jasper Appreciation and Caregiver Appreciation.

Elections were held in January, 2012. Joanne Crowley was voted in as Treasurer and Linda Krauskopf as Chair for Regional Council and AFPA Director.

Board Reports Continued on Page 9



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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.



kids these days ...

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

IN A MANNER OF SPEAKING

I was intrigued while watching the current round of U.S. political debates to hear one aspiring presidential candidate describe his wife's efforts to address the issue by writing a book on it for kids, while also instilling good manners in their seven children.

I would define manners as a way to convey respect, consideration and care to those around you. Sometimes, though, one wonders if good manners are a thing of the past, like the telegraph or the woolly mammoth?

When I was a kid, you were corrected when there was even the slightest etiquette infraction. The reminder may have come verbally, or you may have gotten "the eye" from your mother like I did, and you knew you had better clean up your act or else. And of course, sometimes it was the "or else."

Opening doors for ladies or your elders used to be commonplace but now it seems like a thing of the past. Why are kids these days lacking the manners parents used to work so hard to instill?

There are many situations in which manners should be used, even today. While eating, speaking to others, even in the way one dresses, manners are something that show respect to those around you.

So why does it seem that manners are somewhat lacking in this day and age? Is it a lack of respect or just a lack of knowledge?

I have watched a number of movies where there are disrespectful teens with horrible manners. Movies such as *Dangerous Minds*, *Lean on Me* and *To Sir with Love* all have rebellious youth with bad attitudes. What they also have is an adult who takes the time to correct the bad behaviour.

Most of us remember the Golden Rule, "Treat others the way you would want to be treated," yet in the media and even simply walking down the street there are so many infractions to this rule.

Are our lives so consumed with work, activities and other priorities that we are failing to teach kids these days the importance of good manners or is it simply a matter of a society that does not concern itself with this nuance?

Whether you think it is from a lack of trying or lack of caring, I think we can all agree that there is a visible decline in societal etiquette. I am not of the opinion that manners have gone the way of the dinosaur, however I would say that many could use a refresher course and what a better way to accomplish this than leading by example?

Etiquette experts say the best way to ensure children have good manners for life is to enforce good manners regularly.

Discuss manners whenever appropriate. For example, if your son's grandmother gives him a present and he doesn't thank her, take him aside and talk to him. Remind him to send a thank you note when he gets home. If he doesn't hold the door for someone, remind him as soon as you can. If you have dinner as a family, your child will not only learn good table manners, but also the art of conversation and waiting for someone else to finish talking before beginning, himself.

Kids look to us first, even before they start to interact with peers, to determine how they should act. A strong foundation is a great start down the road to courtesy and politeness.

Small things, like addressing someone as "sir" rather than "hey you" or if someone bumps into you don't just say, "hey watch where you're going lady!" These are simple things that can be corrected and if left unchanged our children absorb as what people should do.

I trust we can all help kids these days learn those important manners by demonstrating them ourselves.



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

A Guide to Eating for Sports

There's a lot more to eating for sports than chowing down on carbs or chugging sports drinks. The good news is that eating to reach your peak performance level likely doesn't require a special diet or supplements. It's all about working the right foods into your fitness plan in the right amounts. Teen athletes have unique nutrition needs. Because athletes work out more than their less-active peers, they generally need extra calories to fuel both their sports performance and their growth. Depending on how active they are, teen athletes may need anywhere from 2,000 to 5,000 total calories per day to meet their energy needs.

So what happens if teen athletes don't eat enough? Their bodies are less likely to achieve peak performance and may even break down rather than build up muscles. Athletes who don't take in enough calories every day won't be as fast and as strong as they could be and may not be able to maintain their weight. And extreme calorie restriction could lead to growth problems and other serious health risks for both girls and guys.

Athletes and Dieting

Since teen athletes need extra fuel, it's usually a bad idea to diet. Athletes in sports where weight is emphasized such as wrestling, swimming, dance, or gymnastics² might feel pressure to lose weight, but they need to weigh that choice with the possible negative side effects mentioned above.

If a coach, gym teacher, or teammate says that you need to go on a diet, talk to your doctor first or visit a dietitian who specializes in teen athletes. If a health professional you trust agrees that it's safe to diet, he or she can work with you to develop a plan that allows you get the proper amount of nutrients, perform your best, and lose weight.

Eat a Variety of Foods

You may have heard about "carb loading" before a game. But when it comes to powering your game for the long haul, it's a bad idea to focus on only one type of food.

Carbohydrates are an important source of fuel, but they're only one of many foods an athlete needs. It also takes vitamins, minerals, protein, and fats to stay in peak playing shape.

Muscular Minerals and Vital Vitamins

Calcium helps build the strong bones that athletes depend on, and iron carries oxygen to muscles. Most teens don't get enough of these minerals, and that's especially true of teen athletes because their needs may be even higher than those of other teens.

To get the iron you need, eat lean (not much fat) meat, fish, and poultry; green, leafy vegetables; and iron-fortified cereals. Calcium a must for protecting against stress fractures is found in dairy foods, such as low-fat milk, yogurt, and cheese.

In addition to calcium and iron, you need a whole bunch of other vitamins and minerals that do everything from help you access energy to keep you from getting sick. Eating a balanced diet, including lots of different fruits and veggies, should provide the vitamins and minerals needed for good health and sports performance.

Protein Power

Athletes may need more protein than less-active teens, but most teen athletes get plenty of protein through regular eating. It's a myth that athletes need a huge daily intake of protein to build large, strong muscles. Muscle growth comes from regular training and hard work. And taking in too much protein can actually harm the body, causing dehydration, calcium loss, and even kidney problems. Good sources of protein are fish, lean meats and poultry, eggs, dairy, nuts, soy, and peanut butter.

Carb Charge

Carbohydrates provide athletes with an excellent source of fuel. Cutting back on carbs or following low carb diets isn't a good idea for athletes because restricting carbohydrates can cause a person to feel tired and worn out, which ultimately affects performance.

Good sources of carbohydrates include fruits, vegetables, and grains. Choose whole grains (such as brown rice, oatmeal, whole-wheat bread) more often than their more processed counterparts like white rice and white bread. That's because whole grains provide both the energy athletes need to perform and the fiber and other nutrients they need to be healthy.

Sugary carbs such as candy bars or sodas are less healthy for athletes because they don't contain any of the other nutrients you need. In addition, eating candy bars or other sugary snacks just before practice or competition can give athletes a quick burst of energy and then leave them to "crash" or run out of energy before they've finished working out.

Fat Fuel

Everyone needs a certain amount of fat each day, and this is particularly true for athletes. That's because active muscles quickly burn through carbs and need fats for long-lasting energy. Like carbs, not all fats are created equal. Experts advise athletes to concentrate on healthier fats, such as the unsaturated fat found in most vegetable oils.

Choosing when to eat fats is also important for athletes. Fatty foods can slow digestion, so it's a good idea to avoid eating these foods for a few hours before and after exercising.

Shun Supplements

Protein and energy bars don't do a whole lot of good, but they won't really do you much harm either. But other types of supplements can really do some damage.

Anabolic steroids can seriously mess with a person's hormones, causing side effects like testicular shrinkage and baldness in guys and facial hair growth in girls. Steroids can cause mental health problems including depression and serious mood swings.

Some supplements contain hormones that are related to testosterone (such as dehydroepiandrosterone, or DHEA for short). These supplements can have similar side effects to anabolic steroids. Other sports supplements (like creatine, for example) have not been tested in people younger than 18. So the risks of taking them are not yet known.

Salt tablets are another supplement to watch out for. People take them to avoid dehydration, but salt tablets can actually lead to dehydration. In large amounts, salt can cause nausea, vomiting, cramps, and diarrhea and may damage the lining of the stomach. In general, you are better off drinking fluids in order to maintain hydration. Any salt you lose in sweat can usually be made up with sports drinks or food eaten after exercise.

Ditch Dehydration

Speaking of dehydration, water is just as important to unlocking your game power as food. When you sweat during exercise, it's easy to become overheated, headachy,

and worn out especially in hot or humid weather. Even mild dehydration can affect an athlete's physical and mental performance.

There's no one-size-fits-all formula for how much water to drink. How much fluid each person needs depends on the individual's age, size, level of physical activity, and environmental temperature.

Experts recommend that athletes drink before and after exercise as well as every 15 to 20 minutes during exercise. Don't wait until you feel thirsty, because thirst is a sign that your body has needed liquids for a while. But don't force yourself to drink more fluids than you may need either. It's hard to run when there's a lot of water sloshing around in your stomach!

If you like the taste of sports drinks better than regular water, then it's OK to drink them. But it's important to know that a sports drink is really no better for you than water unless you are exercising for more than 60 to 90 minutes or in really hot weather. The additional carbohydrates and electrolytes may improve performance in these conditions, but otherwise your body will do just as well with water. Avoid drinking carbonated drinks or juice because they could give you a stomachache while you're competing.

Caffeine

Caffeine is a diuretic, meaning it causes a person to urinate (pee) more. It's not clear whether this causes dehydration or not, but to be safe, it's wise to stay away from too much caffeine, especially if you'll be exercising in hot weather.

Although some studies have found that caffeine may help with endurance sports performance, it's good to weigh any benefits against potential problems. Too much caffeine can leave an athlete feeling anxious or jittery. It can also cause trouble sleeping. All of these can drag down a person's sports performance. Plus, taking certain medications including supplements can make caffeine's side effects seem even worse.

Game-Day Eats

Your performance on game day will depend on the foods you've eaten over the past several days and weeks. But you can boost your performance even more by paying attention to the food you eat on game day. Strive for a game-day diet rich in carbohydrates, moderate in protein, and low in fat.

Here are some guidelines on what to eat and when:

Eat a meal 2 to 4 hours before the game or event:

Choose a protein and carbohydrate meal (like a turkey or chicken sandwich, cereal and milk, chicken noodle soup and yogurt, or pasta with tomato sauce).

Eat a snack less than 2 hours before the game:

If you haven't had time to have a pre-game meal, be sure to have a light snack such as low-fiber fruits or vegetables (like plums, melons, cherries, carrots), crackers, a bagel, or low-fat yogurt.

Consider not eating anything for the hour before you compete or have practice because digestion requires energy energy that you want to use to win. Also, eating too soon before any kind of activity can leave food in the stomach, making you feel full, bloated, crampy, and sick.

Everyone is different, so get to know what works best for you. You may want to experiment with meal timing and how much to eat on practice days so that you're better prepared for game day.

Want to get an eating plan personalized for you? The U.S. government has developed a website, ChooseMyPlate.gov, that tells a person how much to eat from different food groups based on age, gender, and activity level.



Reviewed by: Mary L. Gavin, MD

Date reviewed: November 2011

Originally reviewed by: Jessica Donze Black, RD, CDE, MPH

www.teenshealth.org

EASTER FUNNIES

How many Easter eggs can you put in an empty basket?
Only one - after that it's not empty any more!



What do you get if you pour hot water
down a rabbit hole?
Hot cross bunnies!

How does Easter end?
With the letter R!

CANADIAN FOSTER FAMILY ASSOCIATION



POSTER CONTEST 2012

Who Can Enter:

All children and youth living in Foster Homes between the ages of 2-19 years of age (including the natural children/youth of Foster Families).

Categories:

2-6 years 7-12 years 13-19 years

Bursaries will be awarded in all categories
(funded by the 2011 IFCO Conference Committee)

When and Where the Posters will be judged:

The winning posters from each Province/Territory MUST be delivered to the CFFA Poster Contest Chairperson at the Annual CFFA Conference in Newfoundland no later than the evening of May 29, 2012.

The CFFA Directors will judge the posters during the National Working Group and the Winners will be announced at the CFFA Annual General Meeting.

Guidelines for the Posters:

The following guidelines MUST be followed in order to qualify for the Contest.

- The Poster shall measure approx 57 cm (22.5 inches) by 36 cm (14.5 inches). This is one half of a Bristle Board.
- The printed name, address, phone number, and interpretation shall be on the back of the Poster. This information shall also be printed on a separate piece of paper and attached to the back by a paper clip.
- A caption or other words of the Child or youth are welcome.
- The first and second place Provincial and Territorial Winners from each category shall be eligible for the CFFA judging.
- The Director from each Provincial/Territorial office can bring the posters to the Conference or they can be mailed to the CFFA Poster Contest Chairperson no later than May 20, 2012:

Mary Smith, CFFA Poster Conference Chairperson (902-443-7716)
29 Rosedale Ave, Halifax NS. B3N 2J2

Please Note:

Upon receipt of posters, they then become the property of the CFFA and may be used for CFFA purposes.

Thank you in advance for your Participation in this Event.

AFFA Brownell Children's Retreat 2012 Camp Dates

We invite you to join in on our fifth children's summer camp located at the AFFA Brownell Children's Retreat near Sundre, Alberta. Your children will have fun, learn a lot, and make some new friends. Registration begins immediately, so send your application to us as soon as possible.

Leaders Training Weekend: July 13-15

Camp #1: Wee, Wet and Wild.

July 15-20 Ages: 6, 7, 8, 9



For our sibling camp, your children will be between the ages of 6 to 10 to attend. The cost is \$175 per child for a 5 day camp. This is a fun filled camp with lots of activities! Your kids will be playing games, sports activities, swimming, boating, or crafts. They may also be just chilling out with their friends. In the evening, your kids might enjoy a marshmallow around the campfire, or listen to a leader tell a story. We will even have a fireworks display at the end of camp. Your kids will love it! It's crazy fun, with a relaxed atmosphere.

Your children will be well supervised and cared for. If you, their parent, would like to come and join the fun, you can come and volunteer for the week. Then you can enjoy camp, and your child can come for the week for only \$75.00.

Camp #2: Adventure Camp

July 22-29 Ages: 10, 11, 12, 13

For our outdoor adventure camp, your children will be between the ages of 10 to 13 to attend. The cost to attend is \$245 per child for 7 day camp. Our Adventure Camp is filled with lots of activities! Your kids will be playing games, sports activities, swimming, boating, or crafts. They will not only have fun, but they will learn a lot about the outdoors, sports activities, and they will even learn how to paddle a canoe! Adventure Camp is all about learning new things, meeting new friends, and just hanging out! We will even have a fireworks display at the end of camp.

Your children will be well supervised and cared for. If you the parent would like to join the fun, you can come and volunteer for the week. Then you can enjoy camp, and your child can come for the week for only \$125.00.

Please register your child by June 30, 2012 by visiting our web site at www.afpaonline.com for the registration package.



Board Reports - Continued from Page 4

REGION 7

Bev Towe

Hi everyone!

What a great winter. For once we can't complain and wish/dream we were going south. I guess I can wait to retire for a couple more years.

It is very unfortunate that our training retreat scheduled for April has been postponed. New scheduling is being worked on at the time of this letter, as the details are worked out it will be in the e-mailed Region 7 newsletter.

The foster parents of Region 7 would like to send a heartfelt thank you to our management and staff for their commitment and support during the challenges and changes that have taken place in our Region. Their dedication to our families and children goes to show teamwork really is part of Region 7.

Hope you enjoy your Easter holidays.

CENTRAL TREATY 6

Rick Lightning

Oki, (Hello)

Best wishes for a healthy and prosperous new year. I don't anticipate many activities on my behalf due to health issues.

Foster parents on the reserve currently operate directly with childcare, enhancement and protection as were engaged to all activities and important information. Native Reserve maintains its custom and tradition and do value all children and to be involved in the Community Society School events. As foster parents we are grateful our children have access to skating, skiing, museum, native singing, dancing, hand games, Elder stories and cree teaching. It must be understood that first nation holistic values does not label any member to any institution.

Also, I do have a brief message to my fellow Albertan that over the years incidents and tragedies highlight the new median as it relates to the child. Many studies review, declare immediate changes from the Legislation, explanation continued on my behalf that kinship exist, the dedication of the foster parents is secure. Yet frustration and fear continue from third party members who believe they can take responsibility before T.G.O.

New enhancement is an opportunity for all parties, the right to strengthen the need for the child's safety. To have the authority is to invest the most appropriate and most involved family members to maintain its heritage. Children apprehended in other regions have failed kinship when moved to other regions. These concerns come to me in the areas of Calgary, Lethbridge, towns and on the 26 reserves; mostly kinship parents in regards to the laws of our Government. Regional representation needs to be fair in educating all kinship parents of the danger zone, for early prevention; crisis reaction is a long term recovery.

Learning DOG SAFE

One dog expert has come up with an easy way for kids to remember seven tips to prevent dog bites. It spells "DOG SAFE."

D: Don't Tease, Please
O: Only Pet With Permission
G: Give Space

S: Slow Down
A: Always Get Help
F: Fingers Together
E: Even Good Dogs Can Bite



Let's talk a little bit about each one of these.

Don't Tease, Please: Teasing a dog can make it angry or frustrated enough to bite. For instance, if a dog has food or a toy, never try to take it away. You wouldn't like it if someone grabbed your snack while you were eating it!

Only Pet With Permission: Never pet a dog without asking the owner if it's OK. Some dogs don't like to be touched by strangers. And don't try to pet a stray dog.

Give Space: Little kids especially might run right up to a cute dog and try to pet it or give it a hug. But dogs need space. Crowding a dog can frighten or anger the dog.

Slow Down: Some dogs like to chase and bite. Of course, you don't want to be chased or bitten! The way to avoid it is to go slow around dogs.

Never run toward them or away from them. If a dog you don't know runs toward you, freeze. If you need to get away, back up slowly.

Always Get Help: It can be tempting to bring home a dog that seems lost or injured. But animals who are lost or injured may be very frightened or in pain. Find a grown-up instead who can decide how to care for the animal.

Fingers Together: When feeding a dog a treat, put the treat in the palm of your hand and keep your fingers and thumb close together. Why? The dog is less likely to get confused about which is the treat – the doggie snack or your finger!

Even Good Dogs Can Bite: Some people are very surprised when their dog bites someone, but all dogs can bite. Avoid doing things that make dogs scared or angry, such as backing them into a corner or bothering them when they are sleeping. Also learn the warning signs that a dog may bite, such as growling, backing up, or curling its lip.

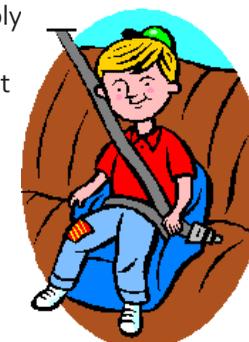
Excerpt taken from "Dogs and Preventing Dog Bites" @ kidshealth.org



Don't skip the booster!

Children should use a booster seat until the following apply

- They reach nine or 10 years of age
- They have a seated height of 74 cm (29 in.), or are at least four feet, nine inches tall
- They can sit all the way back against the vehicle seat with knees bent comfortably over the edge
- The lap belt rests across the upper thighs
- The shoulder belt is centred on the shoulder and chest, and the child can stay seated like this for the whole trip



Excerpt taken from <http://www.cooperatorsgroupinsurance.ca>



St. John Ambulance Saint-Jean

SAVING LIVES SAUVER DES VIES
at work, home and play au travail, à la maison et dans les loisirs

January 16, 2012

**INFORMATION BULLETIN
CRS TECHNICIAN TRAINING PROGRAM**

The Government of Canada introduced new safety regulations for child safety seats that went into effect on January 1, 2012. The new regulations set out in the *Motor Vehicle Restraint Systems and Booster Seats Safety Regulations* require manufacturers to make a number of modifications to improve the effectiveness of child safety seats. Changes to the testing standards have also been introduced.

St. John Ambulance is in the process of reviewing the current technician training program. Until a new program is available later this year, the existing program (updated in 2009) will continue to be used for technician training.

This information bulletin should be provided to St. John CRS instructors, students, and current technicians to ensure they are informed of the key regulation changes.

It is important to note that parents and caregivers do not need to replace their current child safety seats as a result of the regulation changes. All seats that are sold in the Canadian market must bear the *National Safety Mark* attesting to the fact that the authorized manufacturer is certifying that the seat meets the prescribed Canadian safety standards. The previous standards have provided a high level of safety for children and will continue to provide protection when installed and used correctly.

Child safety seats should be replaced if they are no longer in good condition, have reached the expiry date or have been in a vehicle that was involved in a crash.

Effective January 1, 2012 companies will only be permitted to sell child safety seats that comply with the new guidelines. The new regulations were published in the *Canada Gazette, Part II* on May 12, 2010 giving manufacturers ample lead time to make the necessary changes.

The new regulations include increasing both the width of the seats and the amount of padding, increases in maximum allowable weight limits, changes in testing standards, labeling and changes to some definitions used. Detailed information can be obtained by reading the complete published regulations. Visit Transport Canada's website for details: www.tc.gc.ca

Following is a summary of the key changes that impact technician training.

PREVIOUS REGULATION	NEW REGULATION JANUARY 1, 2012
Terminology: Booster Cushion	Terminology: Booster Seat Definition: a removable device for use in a vehicle for seating a person whose mass is at least 18 kg to ensure that the seat belt assembly fits properly
Definition of Infant: means a person who is incapable of sitting erect and whose weight is less than 9 kg	Definition of Infant: means a person who is unable to walk unassisted and whose mass is not more than 10 kg
Maximum allowable weight limit of infant seats 9 kg	Maximum allowable weight limit of infant seats increased to 10 kg
Definition of Child: means a person whose weight is not less than 9 kg and not more than 22 kg	Definition of Child: means a person whose mass is more than 10 kg and not more than 30 kg.
Maximum allowable weight limit of child seats 22 kg	Maximum allowable weight limit of child seats increased to 30 kg
	New testing requirements using a three-point seatbelt to secure child safety seats in vehicles
	Allowing harnesses to be certified for use on school buses by special needs children

Questions regarding the regulation changes or the St. John Ambulance CRS Technician Program may be directed to:

Beverly Lafortune, Vice President
Training & Community Services
St. John Ambulance Alberta Council
780-452-6565, ext. 8223
beverly.lafortune@stjohn.ab.ca

Kolby Walters, Manager
Training & Client Services
St. John Ambulance Alberta Council
780-452-6565, ext. 8246
kolby.walters@stjohn.ab.ca

Child Safety Seat Update – February 2012

What's New?

On January 1, 2012 new Transport Canada regulations for child safety seats came into effect in Canada. These regulations apply to manufacturers of new child seats intended for sale in Canada.

What's different with these standards?

- All rear-facing seats sold in Canada will be manufactured to support an infant weighing up to (at least) 10 kg or 22 pounds.
- All forward-facing seats sold in Canada will be manufactured to support a child weighing up to a maximum of 30 kg or 65 pounds.

The following is a quick summary as related to the new standards:

- Seats purchased before the new standards came into place are still safe and legal to use until they reach their expiry date. However, it now becomes illegal for anyone to re-sell used seats that do not meet the new standards.
- Most infant-only seats will require the handle to be up rather than down. Many people are still telling parents that child seat handles must always be down. This is old information and no longer correct. Always **refer clients to the instruction manual** for their particular seat.
- The definition of an infant has been modified slightly. This means children **should** remain rear-facing until they reach:

- One year of age **and**
- 10 kg. (22 pounds) **and**
- Are walking independently

Alberta legislation governing child safety seats has not changed. All children must remain in an approved child safety seat until they reach 18 kg (40 pounds) or 6 years of age. The three criteria remain the same:

- The motor vehicle is equipped with a child restraint system.
- The child restraint system is properly installed.
- The child is properly secured in the child restraint system.

Based on research, experience, and knowledge in Alberta we are recommending to parents that their children remain rear-facing as long as possible in a seat appropriate for his/her height, but that is not the law. As professionals we must always be clear with parents as to what is recommended and what the law is. **They are not the same thing.**

Information given by Lacey Hoyland

Annual Aboriginal Awareness Weekend

August 24, 25, 26, 2012



Tansi everyone!!! We are looking forward to a great new weekend of Aboriginal Training.

We have a lot of new people involved and offering a lot of different things this year. We are planning to offer some core and supplemental training to those who attend. By combining these two training areas we hope to have a more complete weekend.

Weather permitting, we would love to have a sweat lodge. We have a new tee pee rising with new poles. A new group will be there to help with different crafts, pipe ceremony and storytelling ... just to name a few of the wonderful activities to take place. We will also be offering courses just for men and some for women.

We changed the weekend for this event to August 24, 25th and 26th so that we are not competing with the river being too high and having too much rain.



Keep your eye on our website for more information and course registration. We are looking forward to having a great weekend. See you all there.

Please contact the AFPA to reserve your spot in this great weekend!!!

Helping Teens Take Charge of Their Health Care

Preparing kids for independence and adulthood brings many challenges for parents teaching teens to drive, negotiating later curfews, researching colleges, discussing tough topics, to name just a few. Among these hurdles is helping teens start managing their own health care. It can be hard to let go after all, mom and dad have been handling the doctors' appointments, prescriptions, immunizations, and countless other medical concerns since their kids were born.

But it's important to guide teens toward taking on this responsibility. After all, parents won't always be around to manage their children's health care and in most cases, once their kids become adults, legally they won't be allowed to.

And keep in mind that the decisions made in the teen years about things like alcohol, drugs, healthy eating, exercise, sex, and smoking can have long-term consequences even if teens feel invincible. Becoming more invested in their own health care lets teens learn more about and understand the potential outcomes of choices they make now.

At what age are teens able to start taking some control? It can vary: factors like a teen's maturity level, health issues, and ability to keep track of the details all play a role, as does a parent's willingness to relinquish control.

So, how can parents start handing over the reins? It can begin by talking about medical topics in age appropriate ways with their kids;

Sock Hop

Until we figure out where missing socks actually go when they vanish from our laundry baskets, here's a way to get some use from the singleton left behind.

Materials:

Spoon or funnel
Dried lentils
Child's sock
Rubber band
Ribbon
Scissors
Felt
White pom-pom or cotton ball
Tacky glue
Total Time Needed: 1 Hour



Instructions:

To make your own bunny beanbag, use a spoon or a funnel to add dried lentils to a child's sock, filling it up just past the heel. Close the sock with a tightly looped rubber band.

To create the head and neck, tie a ribbon around the sock just below the heel.

Use scissors to cut the sock's cuff into two ears, rounding the edges to give them the right shape.

Cut a nose, teeth, and eyes from felt. Attach the facial features and a white pom-pom or cotton ball tail with tacky glue.

from www.familyfun.com

for instance, discussing medications they take and why, or teaching kids with chronic conditions ways to help care for their medical equipment. Maybe your teenage son or daughter is ready to handle filling and refilling his or her own prescriptions.

It's important for moms and dads to let their adolescents have some private time to talk with the health care provider. During puberty and the teen years, kids are likely to have questions or issues that they're not comfortable discussing with a parent in the room. (But be assured that a doctor who feels that a patient who might be at risk for self-harm or harming another will alert a parent.)

If you think your child might need additional help with teen issues, consider having your son or daughter meet with an adolescent medicine specialist. These doctors not only are well-versed in the care of teens' physical health problems but also have additional training in helping their patients deal with risky behaviors and mental health concerns.

It's also wise to talk about health insurance and medical records to older teens. Although young adults can stay on their parents' plan until age 26 under the health care reform bill, many will be on their own well before that and eventually all will have to know how to navigate the insurance system and keep track of their records.

Reviewed by: Stephen Dowshen, MD
Date reviewed: December 2011
from www.kidshealth.org

Added reasons to join the AFPA:

Special pricing is available to AFPA Members at The Brick, Hughes Car Wash and Gas Diesel Bar, and West Edmonton Mall (Choice Passes), SilverBirch Hotels and Resorts, Chateau Louis Edmonton, AVIS Car Rentals, Canar Rock Products Edmonton and Red Deer, Minute Muffler & Break Calgary, and Koch Ford Edmonton

<h1 style="margin: 0;">MEMBERSHIP APPLICATION</h1> <p style="margin: 0;">January 1, 2012 -December 31, 2012</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>PLEASE MARK X IN THE APPROPRIATE BOX</p> <p><input type="checkbox"/> NEW</p> <p><input type="checkbox"/> RENEW</p> <p>INDICATE CLASS OF MEMBERSHIP WITH X IN THE CORRECT BOX</p> <p><input type="checkbox"/> DEPARTMENT FOSTER HOME Regional Authority Name _____ Regional Authority Number _____ Classification _____</p> <p><input type="checkbox"/> AGENCY FOSTER HOME Name of Agency _____</p> <p><input type="checkbox"/> ASSOCIATE MEMBER</p> <p><input type="checkbox"/> LIFETIME MEMBER</p> <p>Method of Payment</p> <p><input type="checkbox"/> MASTERCARD <input type="checkbox"/> VISA</p> <p><input type="checkbox"/> CASH <input type="checkbox"/> CHEQUE</p>	
<p>PLEASE COMPLETE ALL AREAS TO ENSURE ACCURATE INFORMATION TYPE OR PRINT</p> <p>RETURN FORM AND MEMBERSHIP FEE TO:</p> <p style="color: #e91e63;">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>Credit Card Number _____</p> <p>Authorized Signature _____</p> <p>Expiry Date _____</p>

CLASS OF MEMBERSHIP

1. Foster Home Member: an individual who licensed by the Alberta Human Services or equivalent
2. Associate Member: an individual or agency that is not a licensed foster parent
3. Lifetime 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, 2012 to March 31, 2013

- 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