

# Saskatchewan Foster Families Association

## Advisor

Volume 4, Issue 1  
Spring 2009



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## Message from the President of SFFA: Tracie Gilchrist



Above: Tracie Gilchrist

Hello fellow Foster Parents!  
I do hope you all had a wonderful Christmas and the first couple months of 2009 has proven to be a

good start to a new year! So many changes have taken place within our organization...all changes are positive and it does take time to adapt to these changes however, be assured that Executive Director Deb Davies and her staff are working in the best interests of our families. The pilot project started late in 2008 with the office managing all in-home help for the Centre Region has proven to be a success. Thank you to the staff for your dedication and excellent interpersonal skills, and helping make Saskatchewan Foster Families Association the success it is today. I can truly say with confidence

that Deb and her staff work as a team and their priority is supporting our approximate 800 foster families throughout Saskatchewan. I want to thank you all again for opening your hearts and homes. Fostering has many rewards and we all have our stories to share. If you know of someone who would be interested in becoming a Foster Parent, please encourage them to contact the SFFA office.

## Message from the Executive Director of SFFA: Deb Davies

As I write this, I begin to reflect back over the last year's accomplishments of our association. I am very pleased to report that our strong working relationship that we have developed with the Ministry of Social Services has assisted in making necessary changes to the foster care system in our province. Over the past few years, we have continued to see an increase of intakes through requests for advocacy or support to families throughout foster home investigations. We continue working on a number of projects that would provide support to the association's membership; distribution is planned for April 2009 for the SFFA Foster Parent Handbook. This past year the SFFA website was redesigned and the staff is presently reviewing our

association information pamphlet.

We are hoping to publish the brochure in Cree, Dene, Michif and French.

We are presently actively negotiating with the Ministry the following proposals:

- A Damage Assessor, that would assess all damages that are submitted by foster families for reimbursement to the Ministry
- A Placement Information booklet that would follow each child through their placement(s) in foster care, providing foster parents with updated and consistent information upon placement
- First Aid / CPR be mandatory for all homes that receive medically fragile children and youth, and that the Ministry cover all costs related to the training. Presently the SFFA provides this training to all families, but it is not mandatory and our association covers the costs of the training.

- A Fire safety program, providing information on the use of fire extinguishers, the upkeep of smoke detectors, and how to develop and carryout an evacuation plan. We continue to work in partnership with the Ministry of Social Services in implementing further supports for our families. In closing, I would like to thank our Board of Directors, our partners (the Ministry of Social Services and the Children's Advocates Office) and the Provincial Office staff without the strong partnership and commitment from everyone we would not have been able to reach the milestones, in which we have. We look forward to the continued partnerships and strive in providing further supports to our families and the children and youth that they care for .

## New Additions To The SFFA



### Paul Bunz – Recruitment Coordinator/PRIDE Master Trainer

I hope everyone is surviving our cold Saskatchewan winter. I would like to take this opportunity to introduce myself. My name is Paul Bunz and I have been working with the Saskatchewan Foster Families Association since mid October.

I have a degree in pastoral ministry and a degree in communication. I was pasturing at a church as a senior pastor for twelve years before coming to the Saskatchewan Foster Family Association.

I have been involved in the Saskatchewan Foster Families Association for a number of years. I have sat on the local committees, was on the provincial board for eleven years and was president for four years.

My wife Doddie and I have fostered for 15 years and continue to foster in Saskatoon where we now live.

I bring to this position a vast knowledge of the association and more importantly a knowledge of fostering and a great appreciation for foster parents. When I say “ I understand what you are going through” I really do!

As we work with the Ministry of Social Services, I am very excited about the expanded role and responsibilities that the Saskatchewan Foster Families Association has taken on to better serve our members.

Please feel free to call me anytime if you have questions.



### Lorena Gardipy—Aboriginal and Métis Recruitment Coordinator

Hi my name is Lorena Gardipy and I am the Aboriginal & Métis recruitment coordinator for Saskatchewan Foster Families Association. I am looking forward to assisting SFFA , in building relationships, creating partnerships and above all recruiting more homes for our children in care.

As Aboriginal & Métis people, our culture is a very important component in our daily lives. Maintaining that identity is very important for our next generations, keeping our culture alive and not allowing our children to lose their identities is the most valuable lesson we can keep going.

I will be facilitating informational sessions for prospective foster parents in weeks to come. Please do not hesitate to contact me if you have any questions or concerns in becoming a foster parent.

I look forward to working with the Future Families of SFFA

*Parenting is an awesome task. It is my job as a professional to be sure that mothers, fathers and entire families see it also as the most rewarding one they have ever undertaken.*

*Ruth W. Lubic*

## Farewell and Good Luck To Richie Hall!

As all you die-hard Roughrider fans know, Richie Hall has decided to take the head coaching position with the Edmonton Eskimos. Richie has been the spokesperson for the SFFA, since 2005. His support and contribution to our organization has been without a doubt, phenomenal. He is an outstanding man, and we are saddened to be losing such a wonderful contribution to our society in Saskatchewan. We are enormously proud of him and of the great honour he has brought to our organization and by his achievements.

GOOD LUCK RICHIE!!



Following is the statement that Richie designed for the SFFA:

*“Hi! I’m Richie Hall with the Saskatchewan Roughriders. I have been associated with a lot of teams in my life and know the importance of team work. Some of the most important teamwork however is not found in sports. On behalf of the Saskatchewan Foster Families Association, I want to recognize and thank our team of families who provide safe homes for children. Foster families are positive role models, who nurture those in need, provide a loving home and care to make a difference in a child’s life. I invite you to contact the Saskatchewan Foster Families Association for more information on fostering.”*



Tracey Arnold (SFFA) delivering a thank you speech to Richie Hall at the Roast and Toast for Richie Hall in Regina, January 23, 2009.



# An Inspirational Story From A Saskatchewan Foster Parent



## What do Foster parents make?

One day I received the school newsletter. It had a story with regards to October 5<sup>th</sup>, Teachers appreciation Day. As I read it, I saw the similarities in my life as a foster parent. Many times over the years that we have fostered, we have lots of people ask, "How much do you make as a foster parent?" In the beginning, I would explain that we make enough to raise the children. Now I reply like this:

You want to know how much I make as a foster parent? I make the monsters under the bed and in the closets go away. I make the booboo's all better with a kiss and a hug. I make their tears feel justified. I make sure all my children are treated as equals, no matter their race or disability. I make myself available for all those questions that need an answer when I am in the washroom or cuddling on the couch. Those questions like, "why is the sky blue?", "why can I not see my parents? When can I go home to my mommy and daddy?" I make sure all my children have healthy food available to them every meal. I make our home a safe, protected and welcoming home for everyone that is here. I make our children use their imagination and set their goals to be anything their heart desires; Whether they want to be a mechanic, a firefighter or even the Prime Minister of Canada. I make our children understand the importance of respect, to our elders and their peers and respect will be given back. I make them take responsibility for their actions. I teach our children to see the good in everyone and not to judge others. I make our children know the importance of education and their right to an education no matter their race, disability or income. I teach our children to let our inner child out and not always be the little adult or parent.

Finally, I make time to look in a child's eyes, to see the person they are, to not judge them by their family circumstances, to face their fears and to be proud of who they are. I make sure all of our children know how much they are loved, appreciated and have someone in their corner.

Then, when people try to judge me by what I make, I can hold my head up high and pay no attention because they have not walked a mile in our shoes. Do you want to know what I make?



I make a difference in a child's life! What do you make?



Written by:

Terri Peters  
Saskatchewan Foster Parent

If you have any poems, stories or announcements that you would like us to include in the Advisor publication, please contact Brette or Tracey at the provincial office at (306) 975-1580 or toll free at: 1-888-276-2880 or email your write-up to [brettez.sffa@sasktel.net](mailto:brettez.sffa@sasktel.net).

# Building Children's Self-Esteem

## Tips for Developing Healthy Self-Esteem in Your Child:

*by Coordinated Campaign for Learning Disabilities*

Most parents are aware that their child's feelings of self-worth are linked to social and academic success, but they sometimes don't realize how easy it is to damage their child's self-esteem. Research shows that children with learning disabilities are especially likely to suffer from a lack of self-esteem, but *all* children benefit when their parents take steps to help them develop positive feelings of self-worth. The Coordinated Campaign for Learning Disabilities and Dr. Robert Brooks, have compiled the following list of suggestions for parents.

### **1. Help your child feel special and appreciated.**

Research indicates that one of the main factors that contributes to a child developing hope and becoming resilient is the presence of at least one adult who helps the child to feel special and appreciated; an adult who does not ignore a child's problems, but focuses energy on a child's strengths. One way for you to do this is to set aside "special times" during the week alone with each one of your children. If your child is young, it is even helpful for you to say, "When I read to you or play with you, I won't even answer the phone if it rings." Also, during these special times, focus on things that your child enjoys doing so that he has an opportunity to relax and to display his strengths.

### **2. Help your child to develop problem-solving and decision-making skills.**

High self-esteem is associated with solid problem-solving skills. For example, if your child is having difficulty with a friend, you can ask her to think about a couple of ways of solving the situation. Don't worry if your child can't think of solutions immediately; you can help her reflect upon possible solutions.

Also, try role-playing situations with your child to help demonstrate the steps involved in problem solving.

### **3. Avoid comments that are judgmental and instead, frame them in more positive terms.**

For example, a comment that often sounds accusatory is, "Try harder and put in more of an effort." Many children do try hard and still have difficulty. Instead say, "We have to figure out better strategies to help you learn." Children are less defensive when the problem is cast as strategies that must be changed rather than as something deficient with their motivation. This approach also reinforces problem-solving skills.

### **4. Be an empathetic parent.**

Many well-meaning parents, out of their own frustration, have been heard to say such things as, "Why don't you listen to me?" or "Why don't you use your brain?" If your child is having difficulty with learning, it is best to be empathetic and say to your child that you know he is having difficulty; then you can cast the difficulty into a problem to be solved and involve your child in thinking about possible solutions.

### **5. Provide choices for your child.**

This will also minimize power struggles. For example, ask your child if she would like to be reminded five or ten minutes before bedtime to get ready for bed. These beginning choices help to set the foundation for a feeling of control over one's life.

### **6. Do not compare siblings.**

It is important not to compare siblings and to highlight the strengths of all children in your family.

### **7. Highlight your child's strengths.**

Unfortunately, many youngsters view themselves in a negative way, especially in terms of school. Make a list of your child's "islands of competence" or areas of strength. Select one of these islands and find ways of reinforcing and displaying it. For example, if your child is a wonderful artist, display his artwork.

**8. Provide opportunities for children to help.**

Children seem to have an inborn need to help others. Providing opportunities for children to help is a very concrete way of displaying their "islands of competence" and of highlighting that they have something to offer their world. Involving your child in charitable work is just one possible example. Helping others certainly boosts your child's self-esteem.

**9. Have realistic expectations and goals for your child.**

Realistic expectations provide your child with a sense of control. The development of self-control goes hand-in-glove with self-esteem.

**10. If your child has a learning disability, help your child to understand the nature of her problem.**

Many children have fantasies and misconceptions about their learning problems that add to their distress (for example, one child said he was born with half a brain). Having realistic information can give your child a greater sense of control and a feeling that things can be done to help the situation.

*The Coordinated Campaign for Learning Disabilities (CCLD). Call 1-888-478-6463 for important resources and information about learning disabilities.*



*Help children develop their full potential!*

**DID YOU KNOW?.....**

Additional assistance may be provided in exceptional circumstances when a purchase cannot reasonably be covered by the regular clothing allowance.

**Exceptional Circumstances include:**

- Special clothing for a handicap/medical condition
- Replacement of clothing lost in an accident or fire,
- Graduation or wedding.

**Change of Placement:**

**When is it appropriate to request a change of placement clothing allowance?.....**

Where a child's basic clothing supply is inadequate at the time of change in placement, the caseworker will review with the former foster parents, their use of the regular clothing allowance, prior to approving a change of placement clothing allowance.

**What if my foster child has inadequate outerwear for fall/winter?.....**

An amount in addition to the Initial Clothing or Change of Placement clothing allowance may be made in exceptional circumstances, with the Regional Director approval.

***For further information see: Section 7.4 of the Children's Services Policies and Procedures Manual***



## ATTENTION: Policy Change Regarding Foster Parents Adopting

Please be advised that the policy preventing foster parents who adopt a child from being allowed to foster for a one year period following placement has been removed.



**Membership Cards** have been mailed out to all members.

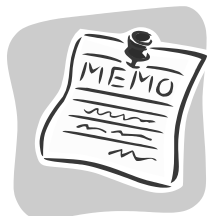
If you have not received yours, please ensure with Brette, (306) 975-1580 at the Provincial Office, that your address and phone number are correct and up to date. You will also receive the Ministry's response to the Child Advocate's report along with your membership card.

If you have any questions please call Brette at (306) 975-1580 or toll free at 1-888-276-2880.

There's no point in being grown up if you can't be childish sometimes.  
~Doctor Who~

### Notice for the Provincial Annual General Meeting (PAGM)

The PAGM is going to be held June 13th, 2009 in North Battleford at the Tropical Inn, in the Battleford Room.



### Canadian Foster Family Conference

2009 CFFA Annual Symposium:  
"No Child Without a Home"

**Date:** May 25th to May 31st , 2009

**Place:** Halifax, Nova Scotia

For more information please visit the website at:

[www.canadianfosterfamilyassociation.ca](http://www.canadianfosterfamilyassociation.ca)



# What Is The CFFA?

The C.F.F.A. – Canadian Foster Family Association is a National organization, which began meetings 30 years ago in 1978 and was incorporated in 1987. Our mandate is to speak as a collective voice for foster families throughout the country, with a primary goal to enhance the quality of care provided to children/youth in Canada.



A volunteer Board of Directors comprised of foster parents from across Canada runs the C.F.F.A. Each Province chooses a Provincial Director to sit on the Board (as well as 2 Delegates who have a vote but do not sit on the Board). The Executive Committee makes up the rest of the Board and is elected by the Provincial voting delegates at the Annual General Meetings.

The C.F.F.A does not receive any government funding. The Association is maintained through membership fees, donations and the generosity of communities in fundraising initiatives.

**We encourage you as a foster parent, or others to support the work of the C.F.F.A by purchasing a donor membership for \$20.00 per year.**

The more funding we are able to secure the better our ability to accomplish our ASSOCIATION OBJECTIVES, which are:

- To create public awareness of the role and contributions of foster families in Canada;
- To unite provincial & territory foster parent organizations throughout Canada to facilitate the effective resolution of common issues and concerns;
- To provide a central resource for information sharing & communication between member organizations and the service agencies associated with foster parenting;
- To provide on-going support to member organizations;
- To work in collaboration and partnership with Health Canada and other Federal Government departments for the enhancement of the foster care system in Canada.

**Room For One More?** is the Public Service Announcement, which the CFFA has just completed. “Room For One More?” is aimed at portraying fostering and adoption in a positive light and increasing awareness of foster and adoptive needs in Canada. This Public Service Announcement was aired at all Empire Theatres across Canada during the month of October to celebrate National Foster Family Week, Sept. 19<sup>th</sup> – 26<sup>th</sup>. We are grateful to the B.C. Ministry of Children and Family Development for providing the CFFA with the funds for this project.

Please visit our website at [www.canadianfosterfamilyassociation.ca](http://www.canadianfosterfamilyassociation.ca) to view: the Public Service Announcement; our Newsletter – The Bulletin; meeting summaries; ongoing work of the C.F.F.A; upcoming events and contact information.

Please contact us with any questions or if you would like more information.

# Special Announcements

## Montgomery Award 2008



The Montgomery Award was created in 2005 to honour the memory of Helen Montgomery of North Battleford and her contributions to her family, her community and the many children placed in her care. The award has been presented annually as part of the Foster Families Week celebrations to recognize the exceptional efforts of a foster family in the province. Previous year's recipients have been: 2005 – Gladys and George Cox, 2006 – Marlene and Barry Erskine, 2007 – Brenda and Gerald Wortman, and 2008's recipients were Barb and Rolf Bayer.

Barb and Rolf have been fostering for 18 years come this May. They choose to foster because they love children. They have had a fair and good life, and want to give back what was given to them, by providing opportunities for children in care. Barb and Rolf's advice to others is, consistency and commitment are the roots of fostering, and never give up! As well, you are not only fostering the children, but you help foster the growth of the biological parents of the children in care. They have had 20 foster children in their home, as most of the children have been long term. They love what they do, and will continue as long as they can.



**Reminder to all foster parents** to respect confidentiality of all information regarding a child, the child's family, and his/her background. This includes posting pictures and any identifying information on the internet (Facebook, MySpace, blogs, etc.)

### A Reminder for all Foster Parents:



Please take the opportunity to obtain the Introduction to PRIDE Session  
*Thank you!*

If you have any questions, concerns, or need extra support with a child that has FASD, please contact:

### FASD SUPPORT NETWORK OF SASKATCHEWAN

Toll Free: 1-866-673-(FASN) 3276  
Saskatoon: 975-0884  
Email: [fasdnetwork@sasktel.net](mailto:fasdnetwork@sasktel.net)



### The SFFA is Here to Help!

The SFFA is a network of supports for foster parents. A team comprised of the Executive Director, Intake and Volunteer Coordinator, Coordinator of Services, Office administrator, and Family Support Coordinators with the assistance of local support volunteers listen to the needs of families, advocate on their behalf, and provide support through difficult times. We are here to answer questions, clarify policy, or to just listen!



# Fun Activities For the Kids

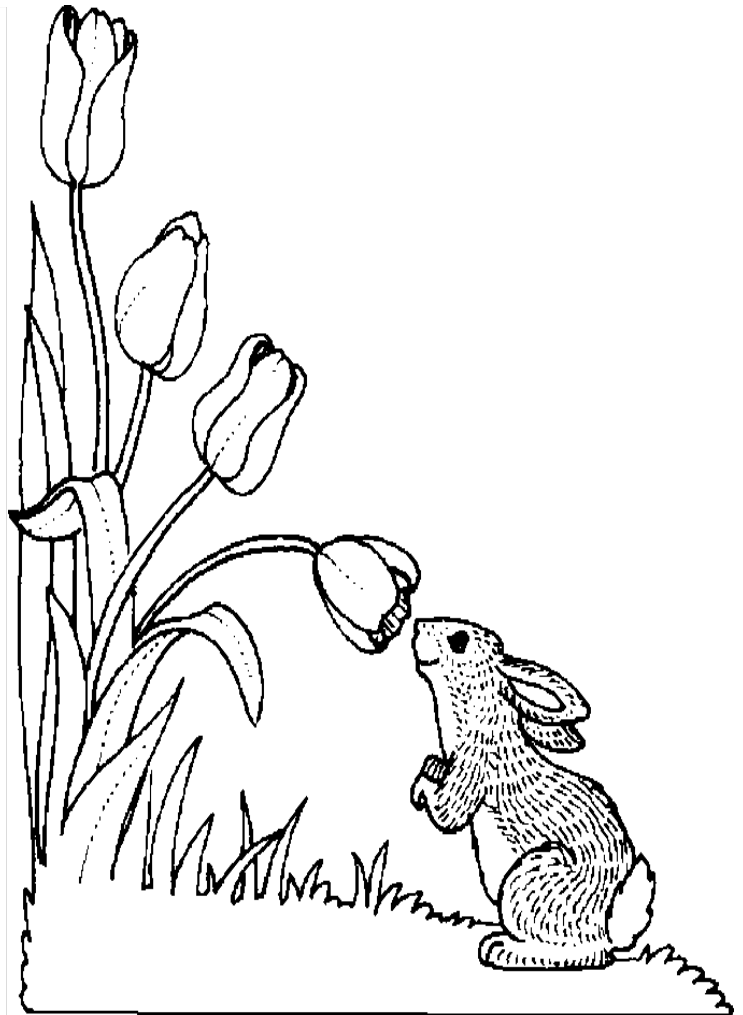


## Easter Word Hunt

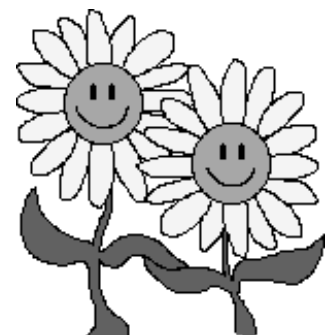
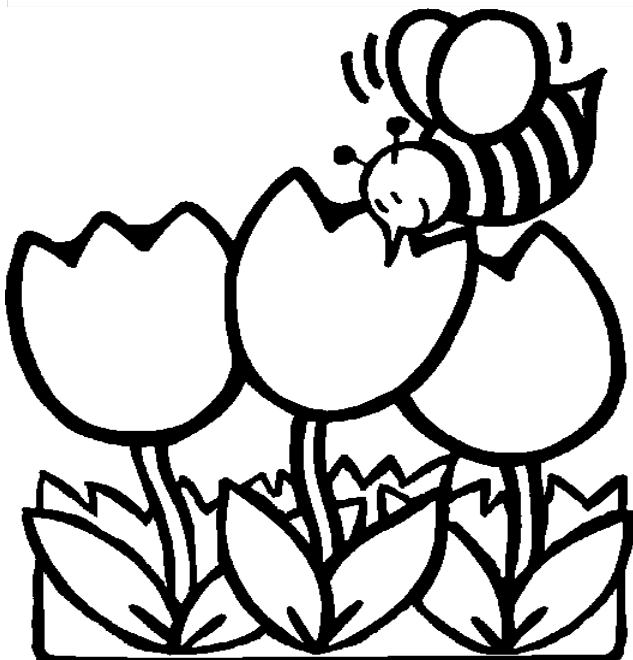
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 D H U N T U L I P S I

- |        |         |        |
|--------|---------|--------|
| BASKET | FLOWERS | PALM   |
| BUNNY  | GRASS   | PARADE |
| CHICK  | HIDE    | RABBIT |
| DYE    | HUNT    | SEARCH |
| EASTER | LAMB    | SPRING |
| EGGS   | LILY    | SUNDAY |
| FIND   | NEST    | TULIPS |

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Here are some fun coloring and word search activities for the children to enjoy!



# Seasonal Depression



Seasonal affective disorder (SAD) is a type of depression that is tied to seasons of the year. Most people with SAD are depressed only during the late fall and winter (sometimes called the "winter blues").

Chemical changes in the brain caused by changes in the amount of sunlight are most likely the cause of seasonal depression.

Seasonal affective disorder (SAD) may have some of the same symptoms as other types of depression.

Most people have only some of these symptoms, not all.

- Depressed mood
- Loss of interest in usually enjoyable activities
- Fatigue or loss of energy
- Feelings of worthlessness or hopelessness
- Poor concentration, indecisiveness

The symptoms of SAD come back every year, and for any specific person, they tend to come and go at about the same time each year.

## Winter SAD

- Sleeping more than usual
- Craving for sugar, starchy foods, or alcohol
- Weight gain
- Irritability
- Conflicts with other people
- Heaviness of arms and legs
- Behaviour disturbances (in children)

## SELF-CARE AT HOME

The following activities or lifestyle changes may help prevent seasonal affective disorder or improve the symptoms:

- Spend at least 30 minutes outside every day.
- Set a timer on a light to go on early in the morning in the bedroom.
- Increase indoor lighting with regular lamps and fixtures.
- Take daily walks outside.

## PREVENTION

- Spending at least 30 minutes outdoors every day may help prevent seasonal affective disorder (SAD).
- Approach the season of depression with a positive attitude. Plan activities you enjoy.
- Try to spend time outdoors every day, especially during the months when SAD affects you most. Midday, when the light is strongest, is the best time to be outdoors.
- Physical activities, such as walking, may also help relieve symptoms.

If taking antidepressant medication, take as directed and do not stop or change your dose without consulting your health care provider.

Source: eMedicineHealth

<http://www.emedicinehealth.com>

## Handy Tips For Stress Control

1. Get some friends and spend time together
2. Specify that the conversation allowed at certain times like meal time and during other family time in the day, stays positive. No complaining!
3. Reduce your expectations of other people and disappointments will happen less frequently
4. Be thankful ! Think before you go to bed and list five of the best things you are thankful for before you sleep. This can be done with the children as well
5. Stop. Take three deep breaths before you react. You will calm yourself to handle the situation more positively
6. Pamper yourself and get plenty of rest
7. Treat yourself to your favourite dessert sometimes
8. If you need time to yourself, let your family know that you need time to yourself. Make sure you specify how long.( i.e. I will be available in half an hour)
9. Give someone a compliment each day

# Spring Activities

## Scavenger Hunt

Just because you're in a car doesn't mean you can't go on a scavenger hunt!

### WHAT YOU WILL NEED:

Pen or Pencil  
Paper



### HOW TO PLAY:

To avoid arguments over who has the easiest items to find, make a master list with several of each item on it--six motels, 19 blue cars, two towns that start with the letter w--so that the kids have to work together to find them all. Adapt the scavenger hunt to your area.

## Frisbee Golf

Snag a hole in one with a Frisbee on the playground.

### WHAT YOU NEED:

Frisbee  
Playground



### HOW TO PLAY:

1. Before play begins, the group should plot out a course of six or eight holes by having players agree on a series of objects or sites on the playground at which the Frisbee disc will be aimed.
2. Once the course is decided, players take turns attempting to hit the targets with the Frisbee.
3. Players must keep track of how many throws they take to get the target; the player who completes the course in the fewest number of throws wins the day.

### VARIATIONS:

Advanced players might want to make up par values for each hole and score themselves accordingly.

### TIPS:

Having one Frisbee for each player helps (but is not necessary) to avoid quarrels over where the player's last throw fell.



## Rainbow Tag

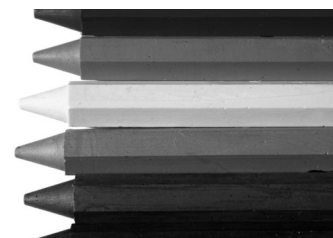
With a handful of painted sticks, a few good hiding spots, and four or more players, you can play this game of capture the flag meets hide-and-seek in your backyard, or throughout your entire neighbourhood.

### WHAT YOU WILL NEED:

Four or more players  
Five tongue depressors each marked with a different color of the rainbow  
Water-based face paint crayons in the same rainbow colors  
A pink or rainbow-coloured article of clothing  
Wet wipes

### HOW TO PLAY:

1. To prepare, hide each tongue depressor along with the matching color of face paint in a different place around the yard.
2. Next, choose someone to be Pinkie, the player who sneaks around trying to tag the other players and undo their progress. Give Pinkie something pink or rainbow-coloured to wear.
3. To play, set everyone but Pinkie out in search of the sticks.
4. Each time a player finds one of the coloured sticks, he should discreetly -- don't give away the location to the others! -- paint a stripe on his face, then leave the stick and paint in place. Bluffing is encouraged to keep the locations secret.
5. The catch: Pinkie will be lurking, trying to tag the players. Every time she does, she wipes off one of their stripes.
6. The first player to get one stripe in each color wins.



# Spring Activities Continued

## Paper Plate Flower Craft

This simple-to-make flower is made from a paper plate and a child's handprint cut-outs.

Supplies Needed:

A paper plate

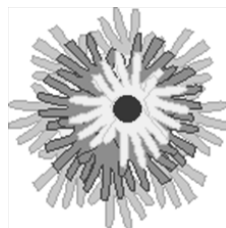
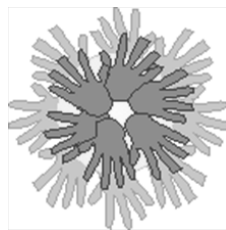
Colourful construction paper

Scissors

Glue or Stapler



1. Trace a child's hand on colourful construction paper, at least 10 times .
2. Cut out the hand tracings.
3. Glue or staple a circle of handprint tracings (fingers pointing outwards) around the outside of the plate - the fingers are the flower's petals.
4. Glue or staple a second circle of handprint tracings (fingers pointing outwards) just inside the first circle.
5. Glue or staple a third circle of handprint tracings at the center of the plate.
6. Glue a small paper circle in the center of the flower. Here is what the Paper plate flower will look like as you progress!



Enchantedlearning.com

## Ladybug Rocks

Your kids can make these adorable ladybugs as shelf decorations, or make a large one as to be used on Mom's desk as a paperweight. While the average ladybug is red, ours come in several vibrant colors. Let your kids pick their favourite!

### WHAT YOU'LL NEED:

Smooth, round or oval rocks, washed and dried

Acrylic craft paint of your choice

Black acrylic craft paint

Acrylic matte sealer spray

White Craft Glue



### HOW TO MAKE IT:

1. Completely wash and dry all rocks.
2. Paint rocks in desired colors, allow to dry. Apply second and third coats if needed. Lighter colors will require more coats than darker shades.
3. Paint head on using black acrylic craft paint. There is no pattern needed, simply paint about  $\frac{1}{4}$  of the rock black in the "front".
4. Use a black Sharpie to draw a straight line down the center of the rock, starting at the center of the base of the "head".
5. Dip the end of a large paint brush, or the eraser of a pencil, in black craft paint. Dot on the spots, reloading with paint after every dot.
6. Once the paint is dry, spray the rock(s) with acrylic sealer spray. Allow sealer to dry completely.
7. Using white craft glue, attach wiggle eyes and let dry.

Tips:

1. Bigger rocks are easier for small hands to manipulate. They are also heavier, so be sure that there are enough adult helpers for a group of little ones.
2. White and black paint can be used instead of wiggle eyes. Simply dot on white paint, allow to dry, then use a smaller tool to dot on the black.

From— <http://www.kaboose.com/> Check out their website for more ideas!

# Discounts for Foster Families

Please bring in your membership card to the businesses below and receive great discounts.

If you know of a local business to request discounts from please call Tracey Arnold for more information: 1-306-975-1580 and we will provide you with a letter you can present to the business which will then be followed up by the SFFA.



**Kids Trading Company** is offering foster families a 10% off discount for everything in the store. Show your membership card at time of purchase. **(Regina)**

<http://www.kidstradingcompany.ca>



**Payless** is offering foster families a 15% off all regular priced merchandise for 2009. The discount cannot be used in conjunction with any other promotion or discount. You must show your membership card at time of purchase.



**ICI paints** offers 30% off paint and 20% percent off brushes and rollers. Bring your membership card in and the discount account is under Saskatchewan Foster Families. The account is available all across Saskatchewan.



**(Saskatoon location)** Standard rooms: \$89.95 for single/double. This rate is subject to availability. Group conference rates (10 rooms or more) can be negotiated at the time of booking. If you have trouble booking a room, please call Alana at 978-6520.



**(Saskatoon Location)** When foster families purchase a NEW membership at Costco, you can receive a \$10.00 Gift card. This is not available for membership renewals. Please contact Debbie Oberhammer at 933-4262 if you are interested in this offer.



**Saskatoon:** contact Randy King or Ken Collier and they will give you contract pricing. Make an appointment with Randy and the process will go more quickly. 244-1400

**Prince Albert.:** Contact Heith Olmstead for contract pricing. 763-1775

**Regina:** Contact Roger Martin for contract pricing. 924-2020

**Moose Jaw:** Contact Ron Morin for contract pricing 692-9520

**North Battleford:** Contact Nathan for contract pricing.

446-3433

**Uncle Ed's Saskatoon:** Talk to Bernie or Manfred and they will give you a good discount. 244-2057



**Saskatoon:** Members of the Saskatchewan Foster Families Association will receive 10% off at Thomas The Cook restaurant when they present their membership card

## Cozy Cradles & Kids Wear

Cozy Cradles & Kids Wear in Regina offers a 10% discount to Foster families

# Something To Check Out!

**The Foster Care Trading Post**, that used to be called Foster Care Share, is exclusively for Foster Parents to use; has all kinds of free items up for the taking. Do you have used articles that you no longer need, such as children's clothing and/or toys, furniture or appliances? Do you need some new items like a bed, household items, or personal items?

Next time you're on your computer, you can visit either of these sites:

**For Saskatoon**

<http://groups.yahoo.com/group/saskatoonfostercaretradingpost/>

Or

**For Regina**

<http://groups.yahoo.com/group/reginafostercaretradingpost/>



SFFA Website [www.sffa.sk.ca](http://www.sffa.sk.ca)

The new website is up and running,  
Come check it out!

- We will have continuous announcements from our staff
- We will have a calendar of events for the whole province
- Updated manuals and policies
- A list of our Resource Centre Materials...and much more!!



*We ask that all SFFA Local Committee Executive members notify us of all current and upcoming events as well as any training so that we may post them on our website calendar.*



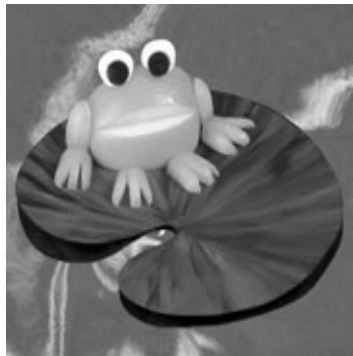
## A Few Recipes to Enjoy During These Spring Days

### Fruity Frog

This apple-phantastic treat is so charming, your kids may not even notice that it's good for them.

#### Ingredients:

Green Apple ( such as  
Granny Apple)  
Cream Cheese  
Chocolate Chips  
Green Grapes



1. Cut the apple into quarters and remove the core. Cut a thin wedge from one quarter for a mouth. For the eyes, shape cream cheese into two half-inch balls, and set them in place. Insert a chocolate chip, point-side in, into each cream cheese ball.

2. Use the grapes, cut in half, for the legs and feet. Slice four halves to create toes. Arrange the pieces as shown and serve on a paper lily pad.

### PB and J Blossom Sandwiches

These cute sandwiches made with peanut butter and jelly (or cream cheese and jelly, or any other fillings) are perfect for parties, lunch boxes, or snacks.

#### Ingredients:

Bread  
Peanut butter or cream cheese  
Jelly or Jam  
Water bottle cap

1. For each sandwich, cut two slices of bread into flower shapes with a cookie cutter.

2. Cut a hole in one of the slices by pressing a water bottle cap into the center.

3. Spread the peanut butter and jelly on the whole piece and place the slice with the hole on top.

### Chicken Fingers On a Stick

Breaded chicken is a good bet for finicky eaters, and this variation, grilled and served on a skewer, makes it even more appealing to kids. Add your child's favourite dipping sauce, and there might not be any left for the adults!

#### Ingredients:

4 boneless, skinless chicken breasts halved  
Salt and Pepper  
24 (10 inch bamboo sticks), soaked in water for 30 minutes  
3 tablespoons of vegetable oil  
2 tablespoons of barbecue sauce

1. Cut each chicken breast lengthwise into 1/2-inch-wide strips and sprinkle with salt and pepper. Fold the chicken strips slightly and weave them onto the skewers.

2. Prepare a charcoal fire or set a gas grill to medium-high, close the lid, and heat until hot -- about 10 to 15 minutes.

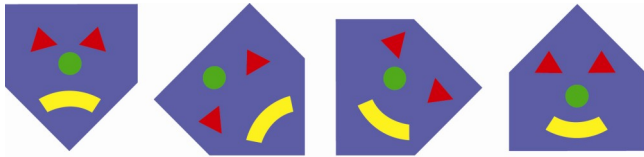
3. In a small bowl, stir together the oil and the barbecue sauce. Spread the bread crumbs on a sheet of waxed paper. Lightly brush the sauce mixture over the chicken strips and then roll them in the bread crumbs.

4. Grill the chicken fingers uncovered until they're no longer pink inside, about 2 to 4 minutes per side on a gas grill.

5. Serve with the dipping sauce of your choice. Serves 6 to 8.

*All recipes are from  
Familyfun.com  
Please check out their website  
for further ideas.*





# Saskatchewan Foster Families Association Support Staff

**SASKATCHEWAN FOSTER FAMILIES ASSOCIATION INC.**

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