



KFCA Newsletter

www.kitsapfostercare.org

February 2006

KFCA CURRENT EVENTS

*Kitsap Foster Care Association is seeking
your input and expertise...*

If you are interested in participating on the Fundraising, Legislative/Advocacy, or Community Awareness Committee please call 373-7742.

We believe that the individuals within our community hold a wealth of knowledge and creativity. Please share it with us, we await your call and are anxious to have new members added to our team.

Are you in foster, group, or kinship care and hoping to attend college??? Do you need financial assistance??? You may be eligible for the Governor's Scholarship. Contact the Washington Education Foundation's Independent Student Services Team toll free @ 1-877-655-4097 for an application, or download it from the web site: www.waedfoundation.org/gs/index.htm
Applications are available now and **Due March 1, 2006!**

The childcare room has changed due to the number of children present. Because this room is farther away from the meeting and behind the double doors, parents must sign in their children from this point forward. Thank you for assisting us with this task.

Join us at the KFCA Dinner Meetings for updated information and training topics...February 2006 speaker is Phil Morris from Community and Family Services Foundation, who will be doing a one hour over-view of "Love and Logic" to wet one's appetite to learn more. In March, Chris Robinson will be speaking to the Association. If you have ideas or suggestions for training topics, please contact any Board Member.

*Please join us!
March 5, 2006
5pm till 7pm
KFCA will be
sponsoring a
Family Skate
Night at Skate
Land in
Bremerton!
Pizza, sodas, and
candy bars too!
Let the kids skate
off their energy
while you chat
with other foster
parents.
Community and
Family Services
Foundation as
well as
Compassionate
Foster Care have
been invited to
join us in a first
of many joint
events to promote
a closer sense of
family in our
fostering world.*



Join Us Now!

Kitsap Foster Care Association membership is open to foster parents and others interested in foster care. Make \$15 check payable to: KFCA, PO Box 4542, Bremerton, WA 98312

Thanks!

Name: _____

Address: _____

foster parent agency staff renewal?
Affiliation: _____

**KITSAP FOSTER CARE
ASSOCIATION MEMBERSHIP
INFORMATION**

• GENERAL MEMBERSHIP MEETINGS

- **Where:** Silverdale Community Center, 9729 Silverdale Way NW, Silverdale, WA 98383
- **When:** Fourth Wednesday of each month, Dinner 6pm, Guest Speaker and Discussion 7pm.
- Free child care available on site.
- Members pay \$4 for dinner (50% off) and receive a free raffle ticket to win great prizes (additional raffle tickets may be purchased in support of KFCA).

• BOARD OF DIRECTORS MEETINGS

- **Where:** Changing locations, contact any board member for this month's location.
- **When:** First Tuesday of each month @ 5:30pm.
- KFCA Board Meetings are open, and all are welcome to attend. If you'd like to add an item to the agenda, please contact Ron Piper two days prior to the meeting.

BOARD OF DIRECTORS

Rick Williams, President
RWILLI4786@aol.com

vacant, Vice President

Sharon Williams, Treasurer
Phone 876-1994 RWILLI4786@aol.com

**John Vail, Secretary/Membership/
Community Awareness**
Phone 876-5207 jtlvail@hotmail.com

Luanne Vail, Resources
Phone 876-5207 jtlvail@hotmail.com

Karen Randleman, Education/Dream Project
Cell 731-9052 karibou@msn.com

Henry Castanares, Historian
Phone 692-0207 hcastanare@msn.com

Diane Castanares, Child Care
Phone 692-0207

Karen Randleman, Community Awareness
Cell 731-9052 karibou61@msn.com

Teresa Walton, Foster Parent Liaison
Cell (360) 990-9995
Fosterparentliaisonkitsap@yahoo.com

Jennifer Martin, Newsletter
jjmm1@wavecable.com

Please submit items for the newsletter no later than the last day of each month. My hope is to have the newsletter ready for printing and circulation earlier in the month. Thank you!

Jennifer



Upcoming Training

Sexually Aggressive Youth

Presented by Timothy J. Kahn, MSW
February 16, 2006 @ 9:00-4:00pm

Tacoma DSHS Office
1949 S. State Street rm. 195; Tacoma, WA 98335
Contact Linda Falcocchio to register:
1-253-983-6474

Health Care in Communities of Color: Keys to Healthy Living: Mind, Body, & Soul

February 18, 2006 @ 9:00-3:00pm
*concurrent sessions for teens ages 12-18

Oasis of Hope Community Center
1937 S. G Street; Tacoma, WA
For more information call:
Ethlyn Gibson, RN, MSN @ 253-403-1401

Understanding the Child with Fetal Alcohol Spectrum Disorders

Presented by Carolyn Hartness
March 16-17, 2006 @ 6-9:00pm

First United Methodist Church
1150 Marine Dr., Bremerton, WA 98312
Contact Hildegard Stone to register:
475-3586

Grow and Go...Online Workshops for Foster Parents

[Www.pierce.ctc.edu/distance/ofpe/](http://www.pierce.ctc.edu/distance/ofpe/)

First Aid/CPR Training for Foster Parents

The Resource Family Training Institute sponsors
First Aid training free of charge to all currently
licensed and perspective foster parents. For a
complete schedule and registration please visit the
website at:

[Www.keepthebeatcpr.net](http://www.keepthebeatcpr.net)
Or call (253)217-1105

PRIDE Pre-Service Classes

February 21, 22, 23, 24, 25, 2006
9:00am to 4:00pm; Feb. 25th, 9:00am to noon

March 27, 28, 29, 30, 31, 2006
9:00am to 4:00pm; Mar. 31, 9:00am to noon
Orientation: March 1, 2006 @ 9:00am to noon

April 19, 20, 21, 27, 28, 29, 2006
5:30pm to 9:30pm; Apr. 29, 9:00 to 4:30pm
Orientation: April 5, 2006 @ 9:00am to noon

First Methodist Church
1150 Marine Dr., Bremerton, WA 98312
Orientation @ Bremerton DCFS Office
To register, contact Hildegard Stone
1-800-423-6246
Sthi300@dshs.wa.gov

**Behavior Management (3-11)
With Dinah Martin (item # 5799)**
March 11, 2006 @ 9:00am to 4:00pm
Pierce College

**Behavior Management – Adolescents
With Wendy Warmen (item #5786)**
April 8, 2006 @ 9:00am to 4:00pm
Bremerton

Pre-registration is required
Space is limited to 30 people. Fax or mail your
registration to Pierce. Forms will be available
through your trainer or online at:
[Http://www.pierce.ctc.edu/Distance/ofpe/index.
php3](http://www.pierce.ctc.edu/Distance/ofpe/index.php3)

**Annual Foster Parent Conference
September 17-19, 2006 @ Spokane, WA**
Foster parents, keep an eye out for registration
forms and don't be late turning them in...some were
left out this last year due to timeliness!



Kitsap County Resources...

- 1) **ABRAHAM'S HOUSE (405-0488)**
*free furniture, household goods, etc.
- 2) **DR. CHARLES BROWN (779-7115)**
*children's dental care with med coupon
- 3) **FIRST** (foster intervention prevention support team) 1-800-391-2273
- 4) **GALAXY LIMOUSINE INC. (874-2565)**
(1-800-874-2565)
*offers discounts to foster families
- 5) **KITSAP FOSTER CARE ASSOCIATION**
(475-3513 or 876-1994)
*free duffel bags for foster children
WWW.KITSAPFOSTERCARE.ORG
- 6) **MARY BRIDGE Center for Child Safety**
(360-662-1198)
*Free child safety seat checks, bicycle helmet sales & fitting, free loaner life jackets
- 7) **NK FOSTER PARENT SUPPORT GROUP**
(206-842-2362) or Sufisher@aol.com
*meets @ Eagle Harbor Congregational Church; 105 N. Winslow Way, BI 98110
11:30am to 1:30pm
- 8) **NORTHWEST ENTERAL SUPPLY**
(1-888-885-2386)
*free pull-ups for foster children
- 9) **OLYMPIC PHARMACY & HEALTH CARE**
(1-253-858-9941)
*free delivery of diapers, medical supplies
- 10) **PATHWAYS TO SUCCESS (337-4738)**
Youth Services Program
- 11) **SKILLS CENTER (478-5168)**
*free hair cuts for foster children

Kitsap Foster Care Association is attempting to keep an ongoing list of resources in the newsletter each month. Your contributions are vital to the resource page. Please email Jennifer with additional resources you would like to share with foster parents. Thank you for taking the time to share your information.

Calendar of Events

February 2006:

- 7: KFCA Board Meeting
- 9: NK Foster Parent Support Meeting
- 16: Sexually Aggressive Youth Training
- 18: Health Care in Communities of Color
- 21: PRIDE PreService Training
- 22: KFCA Dinner Meeting

March 2006:

- 1: Governor's Scholarship - Applications Due
- 5: KFCA Skate Land Party
- 7: KFCA Board Meeting
- 9: NK Foster Parent Support Meeting
- 11: Behavior Management ages 3-11
- 16: Understanding the Child with Fetal Alcohol Spectrum Disorders
- 22: KFCA Dinner Meeting - Nominations Close
- 27: PRIDE PreService Training

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar and the 2 cups of coffee. A professor stood before his philosophy class and had some items in front of him. When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full. They agreed that it was. The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles rolled into the open areas between the golf balls. He then asked the students again if the jar was full. They agreed it was. (see page 5)

(con't from page 4)

The professor next picked up a box of sand and poured it into the jar. Of course e, the sand filled up everything else. He asked once more if the jar was full. The students responded with an unanimous "yes." The professor then produced two cups of coffee from under the table and poured the entire contents into the jar effectively filling the empty space between the sand. The students laughed. "Now," said the professor as the laughter subsided, "I want you to recognize that this jar represents your life. The golf balls are the important things--- God, your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full. The pebbles are the other things that matter like your job, your house and your car. The sand is everything else---the small stuff. "If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for life. If you spend all your time and energy on the small stuff you will never have room for the things that are important to you. "Pay attention to the things that are critical to your happiness. Play with your children. Spend time with your parents. Visit with grandparents. Take time to get medical checkups. Take your spouse out to dinner. Play another 18. There will always be time to clean the house and fix the disposal. Take care of the golf balls first---the things that really matter. Set your priorities. The rest is just sand." One of the students raised her hand and inquired what the coffee represented. The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of cups of coffee with a friend."

NOMINATIONS FOR THE POSITIONS OF VICE PRESIDENT AND SECRETARY ARE NOW OPEN, THROUGH THE MONTH OF MARCH. FOR THOSE INTERESTED, NOMINATIONS CAN BE MADE AT ANY DINNER MEMBERSHIP MEETING. NOMINATIONS WILL CLOSE AT THE END OF THE MARCH DINNER MEETING. INDIVIDUALS WHO ARE NOMINATED WILL BE EXPECTED TO SPEAK AT THE APRIL DINNER MEETING, AND THE MEMBERSHIP WILL VOTE AT THE MAY DINNER MEETING. NEW APPOINTMENTS WILL TAKE OFFICE AT THE JUNE DINNER MEETING. THIS IS YOUR OPPORTUNITY TO BECOME INVOLVED AND ADD YOUR TOUCH TO THE KITSAP FOSTER CARE ASSOCIATION. IF YOU HAVE QUESTIONS, PLEASE CONTACT ANY BOARD MEMBER.

The Dream Project

The D.R.E.A.M. Project was founded by The Kitsap Foster Care Association (KFCA) and it's purpose is to grant "dreams" to our children in foster and kinship care in Kitsap County. Each child in care is entitled to one request per year.

These requests come from the child themselves, and can be for items such as: Athletics, sports equipment, specialty classes and school memories (such as prom and graduation items). Dreams are granted for the actual cost of the item requested, not to exceed \$50.

The request form can be down loaded from the KFCA website at <http://www.kitsapfostercare.org/>

After the form is completed, have the child's social worker sign it and forward it to:

The Dream Committee @ KFCA
PO Box 4542
Bremerton, WA 98312

Dear Friend...

I just read the message from the Children's Alliance and wanted to share it with you. You can also sign up for the Children's Action Network, and quickly and easily offer your opinion to decision makers on key issues.

Follow this link to sign up:
<http://www.childrenshub.org/calliance/join.html?r=g7S3NsE1eXvK>

Kitsap Foster Care Association's Annual Mariner's Event

Friday, June 2, 2006 @ 7:05pm

The association has purchased 200 tickets and will have two buses available for transportation. Tickets may be reserved for active foster parents, relative care givers, and the children in their homes. This event is to support foster and relative placements, please do not invite friends, relatives, or have your children invite friends. Reserve your tickets and bus seats now!

To reserve your tickets and space on the bus now,

Call Luanne Vail @ 876-5207

Please join us for this fun, family event!

Thank you for all that you do!

Some children move you in remarkable ways. They can get into your heart, amuse you and cause you to care more deeply than you expected. Annie is such a child. She is creative, friendly, and ever cheerful, yet struggles with a condition that can create problems with social interactions. Her challenges range from difficulty with friendships and relating to others. She has a rich fantasy life where there is an often thin line between the real and the pretend. Annie obsesses on a topic, such as dinosaur facts or math computations while being unable to track on everyday activities. Annie lived in a chaotic and neglectful environment for her first few years of life. Annie came to ICS a virtual orphan, her father was absent and her mother suffering with her own mental health problems. Following several regular foster home placements and a failed adoption, Annie at age 10, came to Intensive Children's Services to receive treatment. ICS foster parents provided a competent and fearless structure that she so desperately needed to make sense of her world and the human touch of caring and committed hearts. Soon Annie was so much a part of this extraordinary family that they made plans to adopt her. Now Annie who has struggled so much with belonging has a community, a family where she will always have a place to call home. Simone Weil said "To be Rooted is perhaps the most important and least recognized need of the human Soul." Annie now has roots from which to grow. These children come to us with behaviors that have helped them cope maybe even survive their home situation. Their behaviors are the manifestation of their trauma. The ICS program exists to help these children heal- treatment foster care- regular foster care children vs profiles for our kids.

In our care they receive- therapy, case management, case aid time, respite- a break' 24-hour crisis and live in homes with trained treatment foster parents. Foster parents are trained to help children heal through **SUPPORT**, care for them as an individual, a **CARING STRUCTURE** that can handle their behavior- can caringly contain them, and the **TEACHING** of new behavior to replace old and unhealthy behavior. The process of becoming a Foster Parent includes: interview, criminal background check, training, 30 hours, safety inspection and thorough assessment of the family structure dynamics and skills for the purpose of match. Then we can make the best possible match of a child and family. With the help of ICS, Treatment foster parents and supportive members of the community like you- these children can for the first time, become rooted and from those roots can grow.

FOR MORE INFORMATION ABOUT BECOMING A FOSTER PARENT PLEASE CALL KRISTINE AT 360-479-4994
THANK YOU FOR CONSIDERING HOW YOU CAN MAKE A DIFFERENCE IN THE LIFE OF A CHILD.

From the President... Hello Everyone! It is I, Rick Williams, back in the saddle again! Yes, it's true, I am once again your President. No booing please. Ron and Tracy Piper have resigned due to health concerns that have become priority rightly so. It isn't my place to say what but suffice to say that their decision was a wise one. We owe them our prayers and gratitude for the work they have done for Kitsap Foster Care. They have left a good record of accomplishments and we thank them and wish them the best. Thank you so very much!

As for a bit of humor, here is how I came back. The Vice Presidency had not been filled since I left office. On the night that I was "inducted" back into position, I was at my motorcycle chapter meeting. I belong to the Gold Wing Road Rider's Association. I might add that we are all nice, responsible bikers! I was addressing the chapter, renewing my vows to get more involved as the Special Events Coordinator when John Vail calls my cell phone. He says that I have been appointed to the Vice Presidency. I protest saying that I am not even there! He says (guys note) "Sharon said that it was okay!" Then he informs me that Ron has resigned and I am now the President... Will I accept? With only Sharon and John on the executive board, we would be illegal unless I accepted. Now there's a loaded gun to your head! Of course I will accept.

They say that you can run but you can't hide so here we are!

I have had a nice break and now I have a lot of catching up to do. I want to thank the remaining members for hanging in there and for all the years of great work done for each of our members. Sharon is your hard working Treasurer, John Vail is your not so sexy Secretary, Luanne Vail is our "Vanna" resource girl (okay, Lady), Henry Castanares is incredible and is our Historian and all around do it all guy. His wife Dianna, is a honey as well as a darn hard worker both with Child Care and working the kitchen. Jennifer Martin kicks butt and is a great newsletter editor. Then the crew that jumps in every month to feed us all are our most special people. There is Maydeana Pattison (probably spelled wrong and I'm sorry) Laura Marshall, Karen Randleman, Dianna Castanares, Sharon Williams and a few others from time to time. They feed you so always be nice.

We couldn't function without these giving people and I am so very thankful for each of you for your unselfish help. No one gets paid. All work is from the heart and we are all the better for what you do for us! Without missing a beat, we also have a newcomer that has offered much needed help to maintain our web site. He is Chuck Converse, a member with one of those kind of brains that integrate with computers and all that stuff that we mortals only cuss at. Thanks so very much Chuck and welcome! Karen Randleman has also requested to get more involved and you won't hear me say NO! Thanks very much, Karen. There you have it! The brawn and brains behind KFCA. As for me, I am the mouth, the rest get it done! Thank you all for coming to the meetings. Your support and attendance is crucial. Without you we would dry up and blow away! Read the newsletter! I love you all...

Rick Williams, your president

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P.O. Box 4542
Bremerton, WA 98312

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