

Save the Date

December 8, 2010

CFSF will hold it's annual Christmas Party for the Region 5 foster parents, bio children and foster children on Wednesday 12/8/10.

The event will be catered and Santa and his gifts will arrive during the party. A reminder/RSVP will be sent in October or November.

CFSF and State Holidays:

New Year's Day	January 1st
MLK Jr's Birthday	Third Monday in January
President's Day	Third Monday in February
Memorial Day	Last Monday in May
**Independence Day	July 4
Labor Day	First Monday in September
Veteran's Day	November 11
Thanksgiving Day	Fourth Thursday in November
Day-after-Thanksgiving	Fourth Friday in November
**Christmas Day	December 25

**If the holiday falls on Saturday, observance is on the Friday before. If the holiday is on a Sunday, the observance is on the following Monday.

Kitsap Live Steamers, Inc.

Kitsap Live Steamers, Inc. offers a unique recreational opportunity that is not available anywhere else in the State. The members of Kitsap Live Steamers, Inc. are outdoor railroad enthusiasts dedicated to railroading on 7-1/2 inch gauge track. They have constructed 5000 feet of track with over 4000 feet of mainline in a wooded area of Kitsap Community Park where 1-1/2 to 3-3/4 inch scale trains run. Kitsap Live Steamers, Inc. is a nonprofit organization. Rides are given on a donation basis. It is only through the support of the public and their members that this railroad will survive and continue to grow. Their purpose is to maintain and improve their railroad so that everyone can enjoy and experience trains. Their goal is to educate the public regarding trains and railroad safety.

Kitsap Live Steamers, Inc. is a 501 C3 Organization

Website: www.kitsaplivesteamers.org

Phone: 360-871-6414

Answers to Page 3 Word Scramble:

- | | |
|--------------|------------|
| 1. Cashier | 2. Aquatic |
| 3. Begin | 4. Daring |
| 5. Expensive | 6. False |
| 7. Greet | 8. Happen |

Kids Clothing SWAP:

Jenn Abell, a licensed foster parent with CFSF has started a kids clothing swap. Jenn, husband Chris and 5 children live in Gig Harbor. The swap will be open one day a week and 2 weekends a month. Please check out Jenn's blog at <http://kidsclosetswap.blogspot.com>.

CFSF Family Connection



Dear Foster Parents,

As we wind down another summer I want to thank you all for working so very hard to give children a memorable summer. It is truly remarkable the time and effort you all put into the children God has placed in your homes. As we transition back to school and the new challenges associated with education, I want to encourage you to take advantage of your children's education and jump into your own training requirements. There are a variety of ways you can achieve your training whether online or in person. I realize this can be an added burden to an already busy schedule, but let's jump on this while the kids are headed back to school. If you have ANY questions about:

- Training opportunities
- Training methods
- Training times and locations
- Your annual training expectations (differences exist between regular care and BRS)

Please contact your CFSF licensor with questions. Thanks and again congrats on another summer well done.

Sincerely, Mark Fullington

Info for all foster parents that provide respite for children placed outside of CFSF:

1. If a CFSF foster parent is approached by the State or another private agency to provide respite, and if the foster parent is interested in providing the respite, the foster parent needs to have the respite requestor contact CFSF's respite coordinator.
2. Since our foster parents are with a private agency, the state can no longer pay the foster parent directly. The state will pay CFSF but only the allotted amount for the level of that child. Payments from the state are: Level I and II, \$22.44 per child. Level III and IV, \$38.76, and BRS will be determined as child specific.
3. CFSF will reimburse the foster parent the amount we receive from the state. If you have any questions, please contact Karen at: respite@cfsf.net or phone 360-275-9255 ext. 301.

Please notify your respite coordinator before any scheduled respite to prevent licensing concerns.

Sept. 10, 2010

Washington State Patrol Clearinghouse for Missing Children
1-800-543-5678

Training Website
<http://www1.dshs.wa.gov/ca/fosterparents/ongoingvid.asp>

www.independence.wa.gov
Info and programs available for youth (13-21) in out-of-home care.

CPR/1st Aid/BBP
www.keepthebeat.net
or call
1-888-704-6074

Adoption Referral & Information Service
www.adoptionreferralservice.com

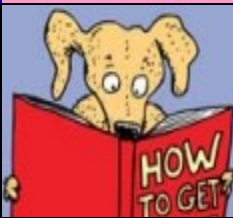
September means back to school and with that is the cold and flu season. Below are a few tips to help ease the symptoms:

Smooth, healthy, comforting—no wonder lots of sick people crave hot cereal or cool yogurt. Your body knows what it's doing. Oatmeal (like other whole grain cereals) delivers three nutrients known to support your immune system: selenium, zinc, and beta-glucan. Yogurt with active cultures (aka probiotics or live healthy bacteria) help fend off colds in the first place. One, *Lactobacillus reuteri* (found in Stonyfield Farm yogurt), seems to be especially protective.

Top your oatmeal or yogurt with strawberries, nuts, and seeds. You'll get a vitamin C boost from the berries and immunity-enhancement from the vitamin E, zinc, and selenium in the nuts and seeds. Extra selenium may be important if you have the flu, since it seems to ward off lung inflammation.

Alternatively, stir lots of cinnamon into oatmeal or yogurt— it smells and tastes wonderful, and it can help reduce fever, relieve pain, and kill germs. If nausea is adding to your misery, add a little ginger, fresh or powdered. It's a proven tummy tamer and may take antibacterial action against any bad bugs in your respiratory tract.

Once your cold or flu is over (whew), try keeping up some of these habits, especially drinking plenty of antioxidant-packed tea. Experts say drinking black tea with dark honey helps with inflammation, soothes sore throats and loosens clogged nasal passages. The honey has protective antioxidants and the tea helps produce more interferon, a protein that helps fight viruses. Not only could it help prevent another bout, but getting the right amount of antioxidants can make you look and feel younger.



Training

The CFSF office in Port Orchard offers monthly training classes for both staff and foster parents. The classes are held the first Thursday of every month in the conference room. Times are:

10:00am-12:00pm
or
6:00pm- 8:00pm

Reminder

All foster parents need a minimum of 36 hours of training during their licensing period or 12 hours a year. BRS parents need a minimum of 30 hours a year or 90 hours for the licensing period.

Word Search: Find the items associated with children: school, milk, tantrum, candy, giggles, burgers, friends, pizza, ice cream, tears, toys and fries.

F	B	U	R	G	E	R	S	Z	Z	M
R	V	W	S	E	L	G	G	I	G	U
I	C	E	C	R	E	A	M	B	F	M
E	X	X	K	A	Z	Z	I	P	R	U
N	P	Y	L	R	T	P	L	I	I	R
D	H	T	E	A	R	S	K	W	E	T
S	C	H	O	O	L	H	Z	A	S	N
O	Q	M	H	Y	D	N	A	C	C	A
V	Y	C	Q	F	S	J	J	S	B	T

- September 12th, 2010 - Grandparents Day.
- October 16th, 2010—National Boss's Day
- October 31th, 2010—Halloween
- November 11th, 2010—Veterans' Day
- November 7th, 2010—Daylight Saving time ends
- November 25th, 2010—Thanksgiving Day

Word Scramble

Meaning:

- | | |
|----------------|--------------------------|
| 1. Cash Keeper | <u>r s c h a e i</u> |
| 2. Near water | <u>t i q u a c</u> |
| 3. Start | <u>g e b n i</u> |
| 4. Bold | <u>r a d n i g</u> |
| 5. Costly | <u>p e s x e n v e i</u> |
| 6. Untrue | <u>s a l f e</u> |
| 7. Welcome | <u>t e g e r</u> |
| 8. Occur | <u>p a p n e h</u> |



September 28, 2010
Ask a stupid question day
(Usually observed by teachers and students)

Mark Twain Quotes

"October. This is one of the peculiarly dangerous months to speculate in stocks. The others are July, January, September, April, November, May, March, June, December, August and February."

"It ain't what you don't know that gets you in trouble. It's what you know for sure that just ain't so."

"Get your facts first then you can distort them as you please."

"I was seldom able to see an opportunity until it had ceased to be one."

"It's not the size of the dog in the fight, it's the size of the fight in the dog."

