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October



October's the month when the smallest breeze gives us a shower of autumn leaves.

Bonfires and pumpkins, leaves sailing down, October is red and golden and brown.

October leaves are lovely, they rustle when I run, sometimes I make a heap and jump in them for fun.

Autumn leaves float quietly down and form a carpet on the ground but when those leaves are stepped upon, listen for the crackling sound.



Author Unknown



REMEMBRANCE DAY
Lest We Forget



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Lori Hudson (Vice Chair)
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See back cover for a listing of Local Associations throughout the province.

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Gambo

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Greetings from Board Chair



Happy Autumn Everyone!

With children going back to school and all their extra curriculum activities starting up again, it always feels like this should be the beginning of a New Year-at least for me anyway. Such an exciting and energetic time of year!

For the Association, launching not just a week to celebrate foster families but an entire month has given us a terrific foray into a new year of possibilities. This year we held proclamation signing with Minister Dempster at the office; this location allowed the media to come and get their sound bites for the news and the opportunity for a few interviews. It was terrific to have the proclamation signing supported by foster parents, the Department of Children, Seniors and Social Development staff, and the media.

On October 5, foster families gathered to celebrate at Corpus Christi Parish Centre in St. John's. We were all welcomed to a well organized and attended event with lots for the children and Foster Parents alike to participate in. Many thanks to Martin Gaulton for once again donating his time and catering services for this event. Appreciation is also expressed to Susan Walsh, Deputy Minister of CSSD for bringing greetings on behalf of the Department. Thank you so much to Diane, Amy & Lori for a great afternoon!

Diane and I travelled to Ottawa on Sunday, October 20 to attend meetings with the Child Welfare League of Canada. I was very pleased represent the Association at the Learning Community on Reconciliation. It was an amazing two days.

The Board of Directors will be travelling to Clarendville the weekend of November 15-17 for an in-person Board meeting and training day. We look forward to seeing many of our foster parents and social workers from the area at this professional development opportunity. I am also looking forward to meeting our newest Director on the Board, Edward Nuna from Sheshatshiu. During the weekend, we will also be having a Board Development session. I believe it is always important to keep learning and developing our skills.

Wishing you all a Happy/Spooky Halloween and a Fall full of fun and adventure with the children you so lovingly care for!

Edie Newton, Chair

Educational resources on Reconciliation that you may be interested in reviewing.

Calls to Action - Truth and Reconciliation Commission of Canada

http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf

Calls for Justice -MMIWG

https://www.mmiwg-ffada.ca/wp-content/uploads/2019/06/Calls_for_Justice.pdf

The Caring Society - Spirit bear plan

<https://fncaringsociaty.com/spirit-bear-plan>

The Sunday Edition for October 6, 2019; What are we really talking about when we talk about Reconciliation?

<https://www.cbc.ca/radio/thesundayedition/the-sunday-edition-for-october-6-20195308786/what-are-we-really-talking-about-when-we-talk-about-reconciliation-1.5308795>

Executive Director's Report

As I write this report, Foster Families Month is coming to a close. My wish for all our foster families is that you always recognize the gift you are to the children/youth who come into your home. I hope you all took some time to celebrate and think about the contribution you are making to the well being of our province. The difference you make today in the lives of children/youth and families is far-reaching and you are to be commended for your dedication and commitment. Thank You!

Summer passed by so quickly and we are now into our normal Fall routines but I would like to share one of our Summer highlights. In July, we participated in the Pride Parade for the first time. We had twenty-three people walk with us and carry our banner. It was great to be a part of this event which brings so many individuals together to celebrate inclusion and diversity. This will now be an annual event for the Association and we encourage all of you to consider joining us next year or joining a Pride walk in your community.

Since September, we have travelled to Deer Lake, the Northern Peninsula, Sheshatshiu and the North Coast. We were fortunate that the weather cooperated and we were able to get into all four communities we had scheduled; Natuashish, Nain, Hopedale and for the first time Rigolet. We will be returning to the North Coast in March to meet with families in Makkovik and Postville. It is always so great to get out to meet with our foster parents to hear about their experiences and to provide information on the work we are doing. We also have the opportunity to meet with CSSD staff and offer our Different Kinds of Families Presentation to students. In November we are travelling to the Central and Eastern regions. We will also be offering a Training Day for foster parents and social workers in the Clarenville on November 16.

Throughout October we used our facebook page to share video clips from foster parents about their fostering journey. This generated a very positive response and many people had the opportunity to get an inside glimpse into the life of a foster family. When we put out the call for video clips, we were pleasantly surprised by the number of responses we received; so many in fact that we were not able to use them all during the month. We will be continuing to post into November. I would encourage everyone to visit our Facebook page and hear these stories. I want to thank Stephanie Lowe, Melony O'Neil and Kim Cooper, Vicki McCarthy, Edie Newton and Eugene Organ, Maxine Rogers, Sophie Morris, Lisa Hall and Debbie O'Neil for your support with this initiative. I also want to thank the Department of Children, Seniors and Social Development for their leadership and efforts to ensure foster families are recognized for the valuable role they play in the child protection system in our province. Special thank to Minister Lisa Dempster who participated in the proclamation signing and to Deputy Minister Susan Walsh who brought greetings at the Kick-off.

Last week, Edie and I travelled to Ottawa to participate in a Learning Community on Reconciliation. This event was organized by the Child Welfare League of Canada to support organizations who want to move forward with the Calls to Action from the Truth and Reconciliation Hearings. In Ottawa, we joined twenty other organizations and government bodies to talk about the important work of Reconciliation and started developing our own ReconciliACTION Plans. This work was led by Elder Albert Dumont and a group of Youth Mentors who shared their personal stories. It was a very powerful experience and I am grateful to our Board for recognizing the importance of our participation.

We are now in the process of implementing a new data management system for the Association. As we move forward we will be communicating with our foster parents to provide more details related to our information collection. There is a lot of work involved in this process but we but we are looking forward to having a more effective system in place.

Wishing you all a wonderful Fall.

Diane



MESSAGE FROM THE MINISTER

As the Minister of Children, Seniors and Social Development, it is my pleasure to recognize foster families throughout Newfoundland and Labrador and offer my sincere thanks for your vital and inspiring contributions to the children and youth - the very future - of our province.

Foster Families Month is a special opportunity to express our heartfelt appreciation and respect for a group of people who care deeply about the safety and well-being of children and youth in our province all year round.

Every child and every youth deserves to feel protected, safe and secure. When foster families open their hearts and homes to children and youth in need of comfort, safety and security, they create endless opportunities for them to thrive and succeed.

We also have a deep appreciation for the staff of the Foster Families Association, board members, social workers, and many others who contribute to the culture of caring that forms the foundation of the foster care community, which includes approximately 585 foster families.

Thank you again for your tremendous contributions to the children and youth of our province. I wish you continued success in the coming year.

A handwritten signature in black ink, appearing to read "Lisa Dempster".

Hon. Lisa Dempster
Minister of Children, Seniors and Social Development

VOCM Cares/Newfoundland and Labrador Foster Families Association Bursary

2019 Winner: Julia Patten

The VOCI Cares/ Newfoundland and Labrador Foster Families Association Bursary is awarded each year to a foster parent's birth or adopted child who is completing post-secondary education. The bursary recognizes the support these young people provide to the children/youth who are placed in their homes.

We are pleased to announce that the bursary winner for 2019 is Julia Patten from Kippens. Julia is the daughter of foster parents Dave Patten and Debbie Brake-Patten. She is a second year student in the Bachelor of Philosophy in Interdisciplinary Leadership at the University of New Brunswick.

Julia was in grade eleven when her family started fostering and she readily took on the role of big sister to the children placed in her home. In her application Julia said "I have a goal to make every child feel as at home, safe and loved as I am in the house". She achieves this goal by getting to know the children and building strong connections. She does lots of activities with them; helping with homework, baking, having dance parties, carving pumpkins, etc. Julia strives to be a positive role model and lets the children know that she is there for them. She considers all the children placed in her home to be family and takes great pride in her role within the family.



Debbie O'Neil (center) presents Julia's award to her parents Dave and Debbie at the Foster Families Month celebration in Stephenville.

Darryl MacNeil, one of Julia's teachers described her as "well rounded, community involved and family oriented." He said he has seen Julia in the community with children in her home and she is very caring, attentive and bonded with them. He believes Julia goes above and beyond in her role as a foster sibling.

The following quote from Social Worker, Kim Delaney demonstrates the role Julia plays in her families fostering journey. "Julia does not hesitate to go the extra mile in order to make children feel comfortable, loved and cared for. Whether it is getting up early every morning so a five year old female child can have a french braid in her hair for school or allowing a ten year old boy to lay at the foot of her bed because he is scared... Julia is a very personable, compassionate person who has had a positive impact on all of the children who have been placed with her family."

This is the kind of support we want all children in care to find in their homes, their schools and their community. This bursary is to say thanks to Julia for her support of children in care and her contribution to the foster care program. We wish her well in her studies and all her future endeavors.

**I expect to pass through this world but once; any good thing therefore that I can do,
or any kindness that I can show to any fellow creature, let me do it now;
let me not defer or neglect it, for I shall not pass this way again.**

Stephan Grellet

Regional Reports

Central Region

Exploits Central Foster Families Association

Hope you all had a great healthy Summer and are enjoying our beautiful Fall. Happy Foster Families Month to all our Foster Families.

We express appreciation to CSSD Springdale / Baie Verte office for hosting a pizza party celebration at Smith's Harbour on October 11 and to Grand Falls/Windsor office for hosting a Halloween Party on October 30 to celebrate Foster Families Month. Thanks to all CSSD staff for organizing these appreciation events.

Special thanks to Marcia Drover for representing our region on the Foster Families Association Board for the last two years. Marcia had to resign her position recently as her family has moved to another province. Wishing you and your family all the best Marcia. We now need another foster parent from our area to fill the vacant position left by Marcia. Please consider putting yourself in this seat! You will not be disappointed. I have been a Director on the Board in the past and it is an excellent experience. Why not give our friendly Diane Molloy a call today? 1-877-754-0218.

Please mark your calendars ... Executive Director Diane Molloy and Social Worker Lori Petersen from our Provincial Association will be meeting with our Local on November 24 at 2pm in Springdale. Please make a special effort to attend. This is a great opportunity to talk about your fostering experience, hear about the work of the Association, ask questions etc. I believe you will take away useful information that will be beneficial to you. I strongly encourage all foster parents to attend this meeting. Take my word, its unreal the information you get from Local meetings.

We are looking for some foster parent volunteers to help strengthen our Local. We would love to have you join our team to help organize activities, brainstorm ideas and build our Local. Please consider this request.

Happy Foster Families Month to all Foster Families - be reminded of the wonderful investment you are putting into the beautiful children and youth of our province. Thanks foster parents :). You are valued so much!

Coralee Roberts, Chair

Kittiwake Central Foster Families Association

We had a Local meeting in October and although we did not have many people in attendance (4), we are looking forward to starting up again for the Fall and are hoping to get more people out next time.

On November 23 we are going to have a little outing for our kids and their siblings. We will be going swimming in Gander and then having something to eat at Pizza Delight.

We are also planning some guest speakers for our meetings ths year. We are going to try and book the Fire Chief, Bonavista Search and Rescue and our liaison social worker Dana Rowe will do a session on grief and loss. At our next meeting, we will be talking about other possible presenters.

We are looking forward to a great year with our Local.

Laurie Wicks, Chair

Eastern Region

Bonavista Foster Families Association

Happy Foster Families Month to all other Local's and foster families!

Our Local didn't meet over the summer months and we are actually holding our first meeting for the Fall on October 22. We hope to set a regular schedule for meetings throughout the rest of the Fall and into Winter in an effort to encourage more foster parents to participate. Local meetings provide an opportunity for foster parents to discuss issues that may be of concern to them and also an opportunity to socialize and learn from each other. We hope to arrange some presentations on local issues and matters, however those activities/events can only work and be successful when we have involvement and interest. We encourage those in our area to reach out to us and let us know what you would like to see offered by your Local.

We are also looking forward to our annual visit from Diane and Lori from the Foster Families Association Provincial office on November 13 as well as the Training Day being offered in Clarendville on November 16. The topic for training is "Trauma Informed Care and Dealing with Challenging Behaviours." Further details will be forthcoming on location, time and how to register. We encourage all foster families in the region to take advantage of this opportunity in our area.

Thank you, as always, to our CSSD office in Bonavista for their support and Social Worker, Laurie Anne Connors for her support to our Local.

Jim Miller, Chair

Bay Roberts/Harbour Grace Foster Families Association

I hope everyone had a wonderful summer and are enjoying a beautiful Autumn in our province. Happy Foster Families Month from our Local. We had a lovely get together with the CSSD staff at the Harbour Grace office to recognize the contributions foster families and social workers play in the lives of our children in care. We had a great time and it was a wonderful opportunity to network with everyone in attendance. Thank you to the Harbour Grace CSSD staff for the invitation!

We will be having a meeting of our Local Association on November 19 at 7 PM at the Taylor Building in Harbour Grace. Diane and Lori from our Provincial office will be in attendance. We encourage everyone to make an effort to attend.

If you have any questions, please contact either Debbie Sellars, Anne Marie Tilley or myself. I can be reached by email at kimnewman@hotmail.ca or by phone at 589-8686.

Kim Newman, Chair

The most important part of vehicle maintenance is clean windows - so if you are broken down, you can still enjoy the beauty of the view.

Dan Eldon, 1970-1993

***Destiny is not a matter of chance. It is a matter of choice:
it is not to be waited for, it is a thing to be achieved.***

William Jennings Bryant

Western Region

Deer Lake-Pasadena Foster Families Association

Well, it certainly seems like our summers are getting shorter and shorter! However, we are now into one of my favorite seasons; Fall. With Fall, comes the changing colors of the leaves. I love the red, yellow and orange that we see around the valley. The scenery around the west coast, this time of year, is simply amazing!

I am happy to take on the Chair position for our Local this year, with Della Pearce as Vice Chair and Treasurer. We would like to thank Vickie McCarthy, who stepped down as Chair. Her dedication and endless hours that she put into our Local for the past few years have not gone unnoticed. We also would like to thank Ken McCarthy for his role as Treasurer.

We were once again, delighted to see Diane and Lori out on September 16. We are very fortunate to have them so early every year as it seems to be the "kickoff "we need for our monthly meetings. We always seem to have the best discussions and we learn so much from them. On October 16, we had our second Local meeting. It was a very productive meeting with discussions around our Facebook page, Christmas Party ideas, ideas for training sessions, the Annual Symposium and Mental health, as well as other topics. We made our own stress balls, which was quite fun!

Our Local is looking forward to getting together with the foster families from Corner Brook for our Foster Family Appreciation Party on the 24th of October, which is being held at the Hub in Pasadena. Our next meeting is scheduled for November 19, whereby we have a presentation about Teens and Drugs.

Lana Brennan, Chair

Corner Brook-Bay of Islands Foster Families Association

Happy Fall! Happy Halloween! Our Local has recently restarted our meetings after having a short break. We began with a fun rock painting night. It was a lovely evening with some fantastic ladies! We have some other fun nights planned. For example, we will be having a scrap booking night in the near future and a movie night. It is so great to get out with other foster parents!

Thank you to CSSD for a lovely evening to celebrate Foster Families Month. Foster families in our area were treated to an evening out at The Hub and were served supper and cake by the social workers and managers in our area. There were lots of prize draws and everyone had a great time!

We also have some training events planned. If there is a topic that you would like to see covered, please let me or your social worker know.

Looking forward to seeing you at our meetings!

Stephanie Lowe, Chair

Stephenville Foster Families Association

Hope everyone had a great summer! And all the kids are settled back in school.

Our Local is back in full swing after a two month break for the summer. We had our first meeting on September 24 with 11 foster parents in attendance. Developmental Psychologist, Krystal Parady did a presentation on Autism which everyone enjoyed.

We celebrated Foster Families Month on October 19 with a swimming/pizza party. We had 45 in attendance and lots of fun was had by all. At this event, I has the privilege of presenting the VOCCM Cares/NLFFA Bursary. Julia Patten was the winner this year but was unable to make the event because she is attending university in New Brunswick but her parents Dave and Debbie were there to accept it on her behalf, congratulations again Julia. On behalf of our foster families, I want to thank CSSD staff for organizing this event which was enjoyed by everyone.

Our second Local meeting was on October 29 and again we had great attendance. We brought Krystal back to do a presentation on developmental delays. She provided some great information that will be very helpful for our foster parents. Krystal is awesome and we really appreciate her doing these presentations for our Local. Everyone in attendance really enjoyed these educational opportunities.

We have set a date for our Christmas party which will take place on Dec 1. Invitations will be in the mail next week. Our next Local meeting is scheduled for Nov 27. Hope to see you all there!. If you have any questions or concerns you can reach me at debbieoneil@hotmail.com

Debbie O'Neil, Director

Labrador Region

Hopedale Foster Families Association

Greetings from the North Coast of Labrador! It seems as though time has flown by- with another school year in full swing and a chill in the air. As I write this, my thoughts are still lingering on the recent Thanksgiving weekend, and especially all the blessings of family, fellowship, and good food of course!

Just last week we welcomed Diane and Lori to our beautiful community of Hopedale (and were particularly thankful that the weather cooperated for their travels)! Here they met with local foster parents on Wednesday, October 9th for an evening of information and support. Though our group was small, it was particularly encouraging to see some of our younger foster parents attend the meeting. I can never stress enough how much it is appreciated for Diane and Lori to visit us on the North Coast of Labrador- though we may be relatively far away, it helps us to feel connected and supported! I am looking forward to meeting with Board members and other foster parents at our upcoming meeting in Clarenville in November.

As my term is soon drawing to a close, I would greatly encourage other foster parents from the Labrador region to consider serving as a representative on the Provincial Board. The information and support that I have received throughout this time- as well as the friendships that I have developed- will last a lifetime!

Take Care,

Nicole Shuglo, Co-Chair

Grenfell Region

Grenfell Foster Families Association

As I look outside and see the Fall settling in with all the beautiful colours all around us, I'm sending a big Hello from the Grenfell Region.

In June, I attended the Annual Symposium in St. John's and it was great, as always. There were three awesome workshops; Triple P Positive Parenting, Restorative Self-Care, and the Blanket Exercise. It was great to connect with foster parents from all around the Province. In July, our Local had a picnic with 65 people in attendance. It was a great evening with lots of food and games. The children were very excited about the candy toss.

As Fall began, we had the privilege of having Diane Molloy and Lori Petersen attend our Local meeting. It was a great evening of discussion with an awesome turnout of 24 people. On October 10, we had a great evening with a fire where we roasted marshmallows and weiners. There were 37 people in attendances and the children really enjoyed it. We hope you all have a Great Fall and Happy Foster Families Month.

Shirley Fowler, Director

St. John's Region

St. John's/CBS Foster Families Association

Summer is behind us and our Local is having our first fall meeting on October 17! We have a jam packed agenda and some new faces joining us. We are looking forward to digging in and achieving some of the goals we have set out earlier in the year. Our Facebook group is hands down the best way to stay in the loop. Text or call Daphne @ 7640525 if you need to be added.

Daphne Richards, Chair

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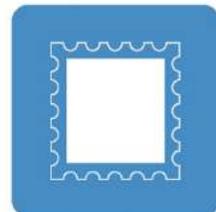
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Foster Parents Share Experiences

Foster Parents Share Experiences is a regular feature in our newsletter. It would be great if Foster Parents would write a story of their experiences providing care for children and forward it to the office. We want to have a ready supply of stories for future newsletters. While not everyone is comfortable writing about themselves; everyone has a story to tell. If you would like to share your experiences but need help putting it on paper, you can call the office and we will give you a hand.

Support connections for children especially with their biological families.

I have been a significant other foster parent since the Fall of 2018. It has been a wonderful opportunity to care for and help my grandchildren. Even though I am their grandparent, I have now also taken on the roles of parent, supporter and advocate in this process.

The children have had many good days and some challenging ones too. It is important to listen and help them however I can. I also need support at times and use other family members, friends, the Waypoints Family Support Program and the NLFFA. Parenting today is different than when I raised my own children and you need to be able to have someone there to vent with and ask advice. Don't be afraid to reach out to others or even to advocate for things you believe the children need in their lives.

A few messages I would give to others:

Support connections for children especially with their biological families. No matter if they will be returning home or not, these connections are helping the children feel grounded in their daily lives and gives them a sense of belonging. Even if this appears difficult, it is important to try to keep the connections alive. As children age, these connections help them to continue to know who their families are and they know where they came from as history is important for them to cope and learn to be successful in their future.

Transitions for children are difficult. It is sad that some children have more change than others in their lives. It is key that everyone including the children are involved in this process so that all are informed of what is happening and the children are aware in advance what changes will occur. When we work together, children can discuss their feelings in advance and be more prepared for any changes that may happen.

This is such a rewarding experience to be able to help my grandchildren through their teenage years. It is an experience like no other.

GC

**Thank you GC for sharing your story.
Your message about maintaining family connections is so important.**

STONE SOUP

BY JAN ELIOT



Voices of Youth

Voices of Youth is a regular feature. This space will be available for the printing of poetry, drawings, short stories, or life experiences of young people. If submitting a drawing, please ensure you use a dark pencil. For reasons of confidentiality, the full names of those who submit will not be printed unless the individual is over 16 and has provided their consent.



AK, age 14

**"Everyone has happiness, Everyone has pain, but
you cant have a rainbow without a little rain."**

Thank you AK for your beautiful artwork!

Teen Corner

Up all night? Get a better sleep with these tips.

Sleep is a key part of your mental and physical health, but many teens aren't getting enough of it. Sleep is important for your overall health, but busy schedules, stress and health problems can all get in the way of a good night's rest. Life can sometimes hinder sleep, whether it's school, sports or friends. But it's important that you take care of yourself. When things get busy, it's OK for your sleep to fluctuate, as long as you're not constantly depriving yourself of a good night's rest.

What are the benefits of sleep? Getting the right amount of sleep is important for staying healthy. It gives your body time to process toxins and release important hormones to keep you balanced. With sleep, your body also:

- heals more quickly from injury and illness
- develops and grows at a faster rate
- regulates your appetite and metabolism
- repairs and enhances memory
- stabilizes mood and decreases anxiety

I can't sleep! Some teens have a hard time falling asleep while others wake up in the middle of the night. Here are some things that can impact sleep:

- stress
- a busy schedule
- conflict with friends or family
- watching TV or playing video games too close to bedtime
- pain
- certain medications
- nightmares
- mental health disorders
- drug or alcohol use
- illness
- drinking caffeinated beverages too close to bedtime



Everyone has trouble sleeping from time to time, but if you find that sleep problems are affecting your life, you may want to see your doctor. Sleep problems are treatable.

How can I get a better sleep? It's natural to sometimes have a hard time getting enough sleep. There are things you can do to help yourself have a better rest, like:

- **Stick to a schedule:** go to bed and get up at around the same time every day, even on weekends.
- **Work out:** exercise helps, but try to finish your workout a few hours before bedtime so your body has enough time to wind down.
- **Avoid caffeine:** pop, coffee, tea and energy drinks in the afternoon can affect sleep.
- **Relax:** take a warm bath or listen to calming music to help you relax before bed. You could also try meditating, yoga or stretching to help turn off your mind and minimize stress.
- **Resist the urge to nap:** napping during the day can make it harder to fall asleep at night.
- **Get up:** if you can't fall asleep after 20 minutes or so, get up and do something that will help you relax. Go back to bed when you feel sleepy again.
- **Write in a sleep diary:** many teens keep sleep diaries. These can help you track what's on your mind. If your mind is racing, try writing down the things that you're worried about.

- **Switch off:** watching TV, playing video games, using your tablet or texting before bed can contribute to sleep problems. While it may seem like you're relaxing, these activities actually stimulate your mind, making it harder to get to sleep.
- **Avoid liquids:** refrain from drinking too much before bed so you won't have to get up to the bathroom.

What is a positive sleep environment? A good sleep environment is quiet, comfortable, the right temperature, dark and safe. It creates a feeling of relaxation and calm. Having pictures of your loved ones on your night stand can also help, as this keeps the things special to you in mind.

If you would like to know more about this topic, you can connect with a Kids Help Phone counsellor by phone or Live Chat. www.kidshelpphone.ca

Arguing with a friend? Here's how to fight fair

Being friends doesn't mean you'll never argue. Disagreeing can be a sign of a healthy relationship, especially if it's done respectfully. It's important to fight fair and to make up after an argument. In good, productive arguments, both people get to say what's on their mind without feeling judged, mocked or insulted.

How to fight fair

- Don't make accusations. Say, "I felt 'X' when 'Y' happened," instead of "I can't believe you did that to me."
- Never call your friend names or use physical threats or violence.
- Don't broadcast your argument to other people. That means not writing about it on social media or telling other friends about your fight.
- Stay calm. If you find yourself getting upset, take time out. Agree to talk again once you've had time to cool off.
- Don't bring up old grudges. Discuss the conflict you're dealing with now, not one that you had six months ago.

Making up: Try not to stay mad for long. Take a step back and think about whether the argument is worth losing the friendship over. If it isn't, here are some ways to make up:

- Apologize.
- Try to explain where you were coming from.
- Make plans to see each other soon.
- Do something fun and try to put the argument aside.
- If there's more to say, meet somewhere neutral and try to talk about it calmly.
- Try to forgive and move on.
- Agree to disagree. Try to move on even if you don't come up with a solution to your argument.



Jealousy: Jealousy is an emotion that is typically experienced when you compare yourself to someone else, or want something that someone else has. It's common to compare yourself to friends, and sometimes this can cause jealousy. You may feel jealous about your friend's:

- dating relationships
- popularity
- grades
- family
- athletic ability or other talents
- clothing
- physical appearance

It's pretty common for friends to be jealous of each other, and it's not always obvious when someone is jealous. Feeling jealous is OK — what matters is how you deal with this challenging emotion.

Try not to compare yourself to others. Often, jealousy is a result of not feeling good enough. When you compare yourself to someone else, it can make you feel even more insecure. Remember that everyone has different strengths, including you.

Focus on what you have, not what you don't. Concentrating on your strengths and the things you're grateful for can help you feel happier with yourself.

Talk about your feelings with someone you trust. They may be able to point out some of the strengths you don't see in yourself, which could help to change your perspective.

Spend time with people who help you feel good about yourself. Hanging out with friends and family who appreciate and accept you for who you are can boost your confidence.

Feeling excluded in a friendship

Sometimes friends can feel unhappy in a friendship. This can happen for different reasons, but jealousy and feeling like someone else (another friend or a dating partner) is coming between you and your friend are both common. Working through these challenging feelings is an important part of having healthy friendships.

If you're worried that you may be losing a close friend, or that someone or something is coming between you, you may feel; jealous, hurt, angry, sad, lonely, embarrassed or worried. These feelings can be really strong and they can negatively affect your life. If you're feeling like this, here are some ways you can cope:

Talk about it: consider sharing how you feel. It's important that you don't blame your friend for how you're feeling. Instead, tell them what's upsetting you about the situation. You may also share that you're working on feeling better about the friendship.

Change your expectations: if you tend to have one or two close friends at a time, you're more likely to feel jealous of things that could come between you. What do you need from your friend? Look at how other people in your life could fulfil those needs. For example, if you need your friend to be fun and caring, think about who else you can turn to when they're not available.

Express your feelings in healthy ways: try to avoid expressing your feelings by sulking or threats of ending the friendship. Try not to make the other person feel guilty or give them the silent treatment. These things are unhelpful and hurtful to both of you.

Work on your self-esteem: when you don't feel good about yourself, you can feel betrayed very easily, even if no harm was intended. You may feel hurt, for example, if your friend sits with someone else at an event. Try to focus on the things you like about yourself, and be kind to yourself about the things that you don't like as much.

Make new friends: this will take your focus away from feeling left out. It'll also help you feel better about yourself and more included. Is there someone you'd like to become better friends with? Often, when we grow apart from one friend in our social circle, we grow closer to another.

If you would like more support with feeling excluded, you can call a Kids Help Phone counselor at 1-800-668-6868 or chat online www.kidshelpphone.ca

"Let your dreams be bigger than your fears and your actions be louder than your words"

Children's Pages

How to Make Owl S'mores

Ingredients: graham crackers, marshmallows, chocolate chips, yellow candy melts, candy corn.

Directions:

- Cut one marshmallow in half and place both pieces on a large graham cracker (2 stuck together).
- Put a candy melt on top of the marshmallows.
- Heat in the microwave for about 2-5 seconds, just enough to make the marshmallows puff up, but not get too hot. (Time depends on your microwave – make sure to do a few test runs.)
- Take out of microwave and add a chocolate chip on the yellow candy melt and the candy corn beak while the marshmallows and candy are still warm. Everything should stick together nicely.
- Let cool and serve!.



Leaf Suncatcher

What you need: two paper plates, craft glue, wax paper, craft paint, leaves

Instructions:

- Cut the center out of two paper plates.
- Cut out two circles from the waxed paper a little larger than the size of your hole in the plates
- Arrange your leaves and flower petals and glue them on to one of your wax paper circles
- Take another circle spread some glue on it and place it sticky side down on top of the first circle so that the leaves are sandwiched between the two circles.
- Apply glue to the edge of the paper plate, place your flower circle over the hole and then glue the second plate on top, creating a frame around the leaves
- Paint the top of the paper plate with craft paint. Set aside to dry.
- Once completely dry, punch a hole in the paper plate and attach a string to hang it.
- Hang from a window and watch the light shine through the colorful leaves.



Riddles

Q: What has hands but can't clap?
A: A clock.

Q: What is at the end of a rainbow?
A: The letter W.

Q: What gets wetter and wetter the more it dries?
A: A towel.

Q: Which letter of the alphabet has the most water?
A: C.

Q: What goes up but never goes down?
A: Your age.

Q: What lets you look right through a wall?
A: A window

Would you like to win a prize? Color this page to enter our Fall Coloring Contest. Four prizes will be awarded. Send your picture to Suite 105, 21 Pippy Place, St. John's, NL, A1B 3X2 before November 30, 2019. Copy the page and share it with a friend!



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Educational Section

How To Talk To Your Kids About Traumatic Events



It used to be a rare occasion that I would be called upon to offer an opinion or advice on how to talk to kids about a traumatic event. Unfortunately, the calls are no longer so rare, as our normally safe world is threatened by people determined to scare, hurt—even kill—those around us. Our little ones are not immune to the fear.

In an attempt to prepare for heinous acts or even benign threats, the very places that children see as safe havens away from home, have implemented drills to prepare students and staff in the event that they need to react quickly. Lockdown drills are common in schools, for example. If a crime is in progress in the neighbourhood, students are locked in their classrooms and told to stay away from the door.

Even though preparation is important, it can also engender fear and panic in young minds. Today, unlike the way that most of us grew up, little children feel a greater need for vigilance. And beyond this, catastrophic events—being reported in a much more pervasive way than 20 years ago—highlight the belief that the world is not entirely safe. Even young children are exposed to this news via social media, or as a result of hearing it from an older sibling. This has resulted in more children manifesting anxiety at an even younger age than years ago.

Despite our awareness that the world does not feel quite as safe as it did when many of us were children (maybe we were simply less aware of bad news without the constant hum of newsfeeds and social media), there are still ways for us to help our children feel protected and safe.

Note When People Help Others During Difficult Times: This helps illustrate that there are many more good people to balance, or even outweigh, the bad.

Note That Calm Usually Outweighs Chaos: As frightening as the event is, remind kids that there are still more calm days than chaotic ones. Remind your child that this type of event hardly ever happens (even though you might worry that it's happening more often than before). Young kids don't need to know the whole truth, especially when it's so important for them to feel safe and secure.

Let Kids Know Adults Have a Plan: Even though we prepare kids to know what to do in an emergency, we can remind them that adults will lead the way and that they can rest assured that they will not have to be in charge.

Expand Kids' Circle of Trusted Adults: Kids feel safer knowing that we are not the only adults who can help them. So, when you don't arrive on time to pick your child up after school he doesn't panic. He knows he can ask the teacher/ principal for help. He knows he can call a neighbour, a family member or a friend. Knowing that there are several reliable and accessible adults can help create a wider safety net and make your child feel more secure.

Turn Off the News: It is our job to cut the news feed after a short while when our children are with us, especially if the crisis is ongoing. We need to be aware of how we talk about the event when our children are present, and how they are taking in the information.

Through The Ages

Preschoolers: Very young children, especially those with younger or similar aged siblings, are more protected from the wildfire nature of bad news spreading across a school playground, for example. This, along with your conscious awareness of when and how to talk about any traumatic event, will protect very young children from worrying about them.

School Aged: Once children begin attending school, they will start to hear about news and current events before you can tell them. In addition, some teachers may bring news events into the classroom with the best of intentions. Some children may respond to these events more emotionally than others. Watch for any change in your child's moods and keep up on what is going on around them when they are not in your care. Then, try to deescalate the situation by helping your child feel that the world is mostly a safe place.

Teens: It's virtually impossible (pun intended) to keep your older child away from social media. So, don't be surprised if he or she brings recent news events to your attention. Rather than having to wait for the next newscast or newspaper to be printed, we now get second by second broadcasts as they happen. This has many advantages but can also create a greater need for hyper vigilance and anxiety as your teen experiences and tries to process the news. Try to be aware of social media apps so that you keep up with your older child's world.

Source: Sara Dimerman is a psychologist, author and parenting expert in the Greater Toronto Area. Originally published in Parents Canada magazine, February/March 2016.

When Your Child Doesn't Make the Team

The beginning of the new school year means that school sports tryouts are just around the corner. And for those interested in acting in the school play or performing with an advanced musical ensemble, there's this in common with the athletes: some will make the cut, and many will not.

At any level, being cut from a team or group of selected individuals hurts. Being young doesn't prevent kids from feeling a pretty sharp sting of rejection if they don't make the team, especially if it's in a sport or activity that they've done well at and really enjoy doing. And sometimes parents can make the process even harder.

Parents ultimately can't control whether their child makes a team or not, but if he or she doesn't, it's up to the parents to try and soften the blow. Parents can yield a lot of influence at this vulnerable point, for better or for worse. They can discourage the young athlete or performer from any further attempts, or they can help them learn to deal with rejection as a part of life that everyone experiences sometimes, and help them bounce back with grace and renewed energy to the next endeavor.

So how can you help your child deal with the rejection of getting cut? Joel H. Fish, PhD, Director at the Center for Sport Psychology, and author of *101 Ways to be a Terrific Sport Parent*, offers this helpful advice on how parents can help support and encourage the young athletes in their home.

Be self-aware parents. Parents need to be aware of their own attitudes towards making the team, and towards winning and losing because inevitably these attitudes will be picked up by their children. Fish cautions, "I believe parents are extremely well intentioned, but parents often have an emotional response to their child not making the team." Parents who display anger or immediately want to challenge the coach's decision are adding an extra dimension to their child's burden. Charles Kuntzleman, author of over fifty books on fitness and health, says that "The most powerful thing is to not display, when they get home, displeasure with what the coach did. Parents have to learn to bite their tongue; it's demoralizing to the team, and a great disservice to the child."

Give your child a chance to feel. Parents can help their child cope by giving him or her 'permission' to have a normal response. Fish says, "There's a tendency for parents to rush in there and say 'it's ok' – sometimes we need to say to our kids 'that must hurt,' or give them a hug, or not say anything." Parents who respond to their child not making the team by saying "Well, soccer is a stupid sport anyways!" invalidate the hurt their child is feeling as well as dismissing something that may well be very important to him or her.

Help your child see the big picture. There's much more to being successful in life than simply making a sports team, however important it may seem at the time, and parents can help their children realize this. Fish suggests that, before a tryout, parents make a list together with their child of multiple goals which reflect what the tryout is

really about. One of those goals can be making the team, but include others as well, such as having fun, trying your best, being good team mate, and learning something. Says Fish, "When not all the eggs are in the outcome basket, that can be really helpful for a child who doesn't make the team, because he's going in with multiple definitions of what it means to be successful."

Parents can also help kids realize that even though they didn't make it on the team they were hoping for, they have other options. Community or church leagues may offer opportunities to get involved, or maybe a different sport or activity altogether would provide a fun and exciting challenge. Some kids who have been cut from one team have gone on to be very successful in a totally different area. Others who were at one time cut from their high school teams, like basketball great Michael Jordan, have gone on to become outstanding athletes.

Every young athlete or performer who is making the effort to succeed will eventually encounter some stiff obstacles and competition. Parents can help their kids to not only handle these setbacks graciously, but to actually grow from them!

Source: www.education.com

How to Help Children When They Fall Out with Friends

When your child cries their tears or stamps their foot at the injustice and heartbreak of falling out with friends, your heart breaks a little too.

Friendship problems in primary school are the first real issues where our children are standing on alien turf without us fighting by their side. We can feel paralyzed by not knowing what to do, or even if we should do anything. We can feel confused as we aren't there, we don't know the full story. So when friendship issues make their way on to your agenda, what can you do to help?

Friendships Matter

The topics of conversation may be trading cards, the inflamed situation may be minuscule by adult standards, but this is raw emotion for primary-aged children. Their friendships matter.

To them, the school day is a long one. Their friends are the all-important comrades-in-arms experiencing the same daily life as them. They are there to make them feel supported, less alone, and to ensure each day has a smattering of fun. These peer relationships are hugely important. Friendships at this age are also vital for building lifelong social and communication skills. If we are to help our children overcome falling out with a friend, we need to first value their relationships.

Should You Intervene?

Before considering how to intervene, you first need to consider whether you should. We don't advocate leaving your little one flailing about, bewildered and unsupported. However, there are times when you are needed at the sidelines and in the support squad, not heading up the attack.

Friendship issues will happen at various points during your child's childhood. Giving them the skills and resources to handle these themselves (with your loving support in the background) should always be your first port of call. If this fails, or the situation is serious, repeated, or has involved violence, then you will need to take a more pro-active role.



It's also important that as parents we recognise the Mama Bear scenario. When someone hurts our cub, our instinct is to step in, shielding them from further harm, often with claws up! However, this instinct can also blind us to the full facts of the situation (for example, whether our little cub hasn't been so kind themselves). It also blinds us to allowing our child to stand on their own two feet and gain independence.

The Steps to Helping with Friendship Problems in Primary School

1. Listen

When little hearts pound with indignant righteousness and tears stream, your number one role is to listen. By actively listening to your child as they communicate their feelings about the falling out with a friend, you can help diffuse the strength of their emotions. Big emotions in little people can be scary. Let them know that they are allowed to feel as they do. Give them the tools to act on them appropriately.

Practice active listening so that you can get to the bottom of the issue in between all the tangents and the 'he said, she said' report. An excellent book for teaching active listening for parents is *How to talk so kids will listen and listen so kids will talk* by Faber and Mazlish.

Give hugs, give them time to talk, and show them that you value them sharing their problem with you.

2. Take an adult view

Don't act immediately. Charging in like a rhino is likely to backfire and ensure your child doesn't come to you about future problems. Furthermore, you may find that over the course of a few hours or days that more of the facts come to light.

Take your time to think about the situation. Think about what else you need to find out. Think about the resources your child has and needs to handle this situation. Do they need you to act? Do they need your guidance? Do they simply need some time to pass?

3. Remember the transitory nature of children

Whilst you're working yourself into a stew about what happened, you may find your child has moved on, and the friendship is back on track. Friendship problems in primary school can be short-lived flashes in the pan, over as quickly as they started. It will not help your child if you harbour a grudge or keep coming back to the original problem.

4. Give them the confidence to act

Your role is crucial for giving them the confidence to work out for themselves how to deal with friendship issues. Allowing them this opportunity will build their self-esteem. Praise them for their efforts.

Different children, and different situations will require different levels of input at this stage. Some children will benefit from a simple chat where they explain what they feel and are encouraged to 'walk in the shoes' of the other child. Some may benefit from role-playing situations. Some will benefit from guidance on how to assert themselves or use words instead of hands, or how to branch out to other friendships.

5. Act appropriately when needed

The general rule should be that if it has happened in school, it stays in school. Therefore, even if you are best friends with the parent of the child your child has fallen out with, you should never approach them directly. It's a tough situation but neither of you were there. Different dynamics come into play in the playground and classroom. Therefore, if you need to step in, you need to do so via the class teacher. Go in with an open mind led by a desire

to find out more and seek reassurance. Listen to the teacher's take on things and consider how this fits with your child's report to you. Work together with the teacher to decide on a plan of action.

6. Follow-up where necessary

If the discussion with the class teacher involved taking certain steps, ensure these are followed through. If you still don't feel the situation is improving and is escalating to bullying, you should return to the class teacher. If at this stage, you are not satisfied with the response, then it may be time to talk to the guidance counselor or principal.

The Role of Parents in Childhood Friendships

Friendships in primary school are the first real peer relationships that a child has without the direct input of a parent. Making your own friends, keeping them, and weathering the storms of disagreement, involve complex skills. Some children are more naturally skilled at social interactions than others, in the same way that some are sportier, mathematically minded, or learn their spellings more easily.

However, the upset of falling out with friends is very real and can affect a child's self-esteem and their ability to focus on other aspects of the school day. Therefore, some children require more help in formulating and sustaining friendships. There are a number of ways that parents can provide this help and support:

Let them have friends: It is tempting to encourage our child to pull back when a friendship isn't as balanced as we would like. Instead, discuss what a healthy friendship looks like and how they can assert themselves. Facilitate friendships by inviting other children over after school – shared endeavours often help to cement friendships.

Let them suggest their own solutions: Children often have great ideas if we'd just listen. By all means guide and inform, but also ask them what they think would be a good solution.

Keep your own worries under control: Our children experiencing their school days can bring back uncomfortable memories for us, as well as a fierce parental instinct to protect our children. However, try to keep your own concerns and worries away from influencing your response. Instead, use your own friends and family for support so that you can support your child. If you let your child see that you are really worried about their friendship issues, they may become more anxious too.

Accept friendships come and go: Some children have a best friend for life. However, in reality, the majority have relationships that come and go over time. Sometimes they are better in a group, sometimes they do better one-on-one.

Tips to Share with Your Child

At times we may need to share pearls of wisdom with our primary-aged children about what makes them a good friend, and what they can expect from a healthy friendship. These tips include:

Friendships are two-way: Encourage your child to be a good listener and to ask their friend questions. Ask them if they would like to choose the game, for example.

Friendships require sharing: Children find it notoriously difficult to share! Friendships are most at ease when there is a sharing nature between the different parties.

No one owns anyone else: Children are individuals and have the right to develop relationships as they wish. Therefore, no child should be overly controlling or unkind if their friend also wants to play with others.

Loyalty is important: A good friend will be kind about their friend 'behind their back'.

Accept differences: You can still be amazing friends yet feel differently about something.

Friendship problems in primary school tend to come and go. With good home support, a child can usually come through unscathed and with friendships intact. If, however, the situation becomes more serious or becomes bullying, it's time to follow the school's policies and step in to get your child help.

adapted article. Source: www.sitters.co.uk

How To Handle Those Dreaded Temper Tantrums

Temper tantrums come in different shapes and sizes. From a quick foot stomping to a major meltdown, and everything in between. We've all witnessed them and most of us have experienced them ourselves—even as adults. I've seen plenty of grownups having epic meltdowns while waiting in a long line-up or in heavy traffic. We may not define an adult tantrum as such, but when you pull the behaviour apart, that's exactly what it is.

Is it any wonder then that children, with less control over their emotions and less coping strategies than adults, express themselves in cringe-worthy when angry or frustrated? I'm not saying that they are modelling their parent's behaviour (although in some cases, this may be so), but rather that as little human beings, their over the top reaction to heightened emotion is to be expected at times. Your child's emotional response to you or others may seem a little exaggerated, especially when your child is overtired, hungry or uncomfortably warm.



So, at the first sign of a temper tantrum, and especially one that appears over-the-top, it's important to ask yourself, "is this behaviour strictly as a result of something going on around us right now or are there other factors making it worse?"

For example, it's completely normal that your three year-old might have a tantrum on the floor of the mall after spending two hours going from store to store. In this case, comforting your child by acknowledging that he or she may have had enough of being in the mall and letting her know when you are going to leave may help reduce the intensity of the tantrum. A note of caution here: Assess the situation carefully and unless necessary, don't always give your child an out after a tantrum. This may perpetuate your child having tantrums when reacting to any situation that they perceive as less than pleasant.

Other than being tired, hungry or hot, a child may have a tantrum after hearing the word "no". This is not uncommon. It's normal that any child (or adult) would like what they want and now! As adults, we learn how to delay gratification but children have a more difficult time being told "put that on your wish list and we can save towards it" or "we're not leaving yet, I still have more shopping to do."

When these types of instances lead to a tantrum, it's an indication that your child is accustomed to getting what he wants. He knows that when he doesn't, throwing a tantrum usually helps him get his way.

Some parents try to placate their children by giving in—anything so that the tantrum will stop, especially if you're in public—but this unfortunately leads to bigger and more frequent similar behaviours.

As your child grows, keep boundaries for acceptable behaviour in place. Teach ways to vent negative emotions in a safe and respectful manner and develop coping strategies with his or her emotions. This will help children be more capable of expressing their displeasure effectively. If this doesn't happen over time, then getting professional help for anger management, either one-on-one or in a group setting, can help.

Tantrums Through the Ages

Toddler

We typically associate toddlers and tantrums because this is when we usually see children begin to assert their individual needs and make their frustration or anger known. This is a time during which parents set the stage for future behaviour. If a parent acknowledges why his child is behaving badly, but resists giving in to placate the child, the tantrums should decrease.

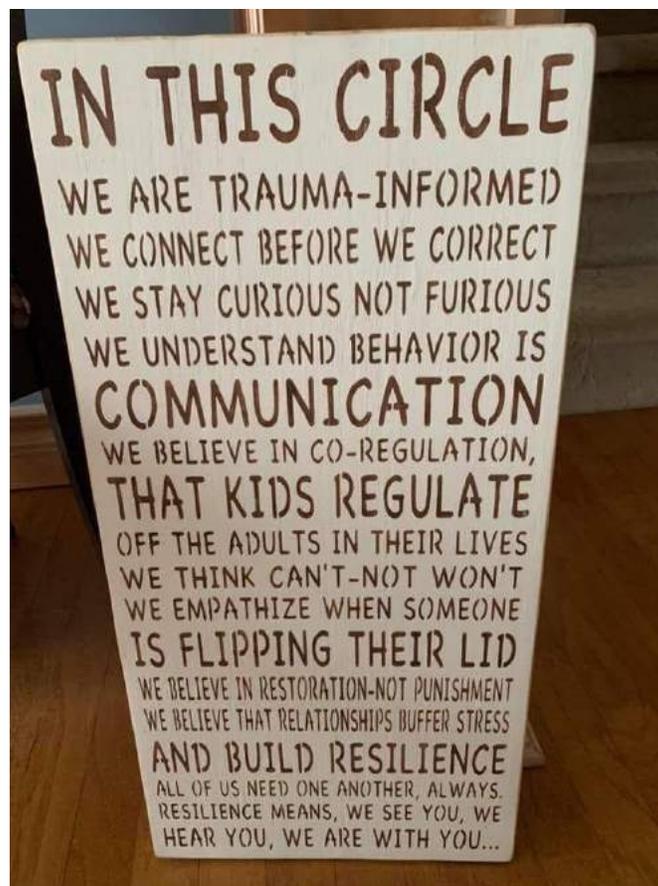
School-Aged

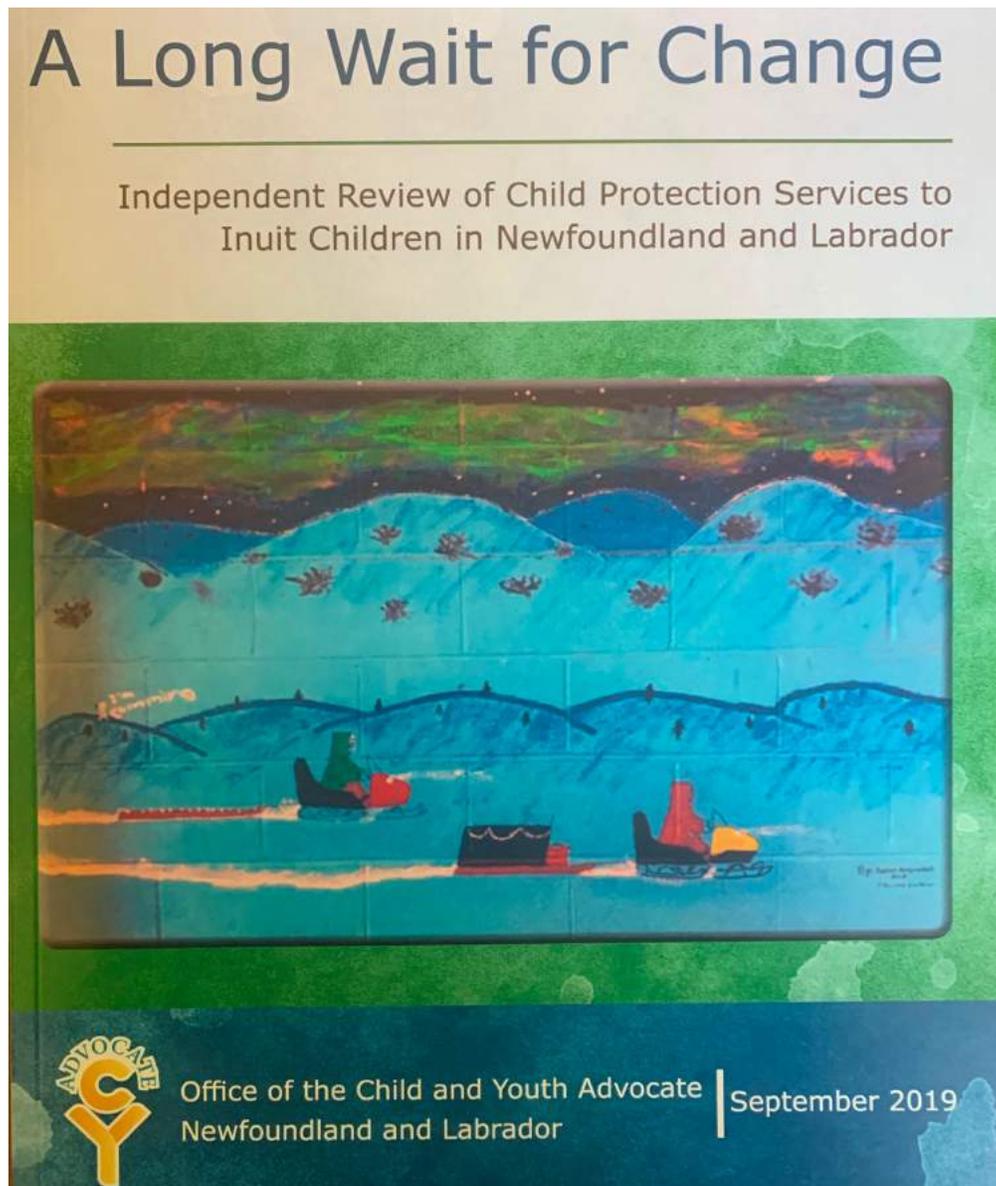
As children grow, we anticipate that temper tantrums will lessen. This may not always happen. School-aged children might not lie on the floor pounding their fists and feet, but they may throw things or scream. It's important to set boundaries. Say "It's OK to feel upset or angry, but it's not OK to hurt people or throw things. I can work with you if you let me know what is upsetting you."

Teen Years

Yes, even older children can throw a tantrum. An adolescent may tear out of the house, for example, slamming the front door. She may scream and shout about you being the worst parent in the world. Once you have established acceptable boundaries, disengage. If you stay around and retaliate, the tantrum will escalate. Rather, discuss what has transpired at a later time when your teen has calmed down.

Source: Originally published in ParentsCanada magazine, December 2014.





This review was recently released by the Office of the Child and Youth Advocate. It is a comprehensive document that looks at the experiences of Inuit children in the Child Protection System in our province. We believe that this is important information and encourage all our foster parents to take the time to read it. If you cannot read it all, we would encourage you to read the What we Heard and Observed and the recommendations sections.

If you want a copy of this document, you can request it by calling 1-877-753-3888 or by email at office@ocya.nl.ca.

You can access digital at <https://www.childandyouthadvocate.nl.ca>.

The chief beauty about time is that you cannot waste it in advance. The next year, the next day, the next hour are lying ready for you, as perfect, as unspoiled, as if you had never wasted or misapplied a single moment in all your life. You can turn over a new leaf every hour if you choose.

Arnold Bennett

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