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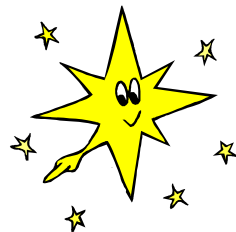
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- Angie Cardinal** - Administration Assistant
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- Jeanne Ring** - Family Support Consultant
- Gina Olfson** - Alcohol Drug Awareness Coordinator
- Jaimie Witmack** - Mothers-to-be Mentor



* ... A place called the Magic Kingdom where the mice are as tall as refrigerators?! ... Honestly, George, don't you think it's about time your father lay off the catnip?*

This Issue's Local Star is...

Our local Star is Tracy Knowlton of Cold Lake who along with her Personal Best classmates raised \$1400.00 for the Centre to use towards educational materials.



From all of us here at the Centre we would like to say a very big Thank You to Tracy.

THANK YOU !!

Does your organization need FASD Training or to develop a policy to meet FASD best practices. Call us and we can help (780) 594-9905 or toll free at 1-877-594-5454.



Lakeland Centre for Fetal Alcohol Spectrum Disorder

Mark your Calendars Because September 9th is FASD Day

Mark September 09, 2004 on your calendar because it is the sixth annual International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. Unfortunately FASD remains the leading cause of developmental disabilities in Canada and the industrialized nations of the world. This information reinforces the importance and need to promote the awareness of FASD.

The reason that September 09 (09/09) was chosen for International FASD Awareness Day is because it represents the nine months that a woman is pregnant. The purpose of the International FASD Awareness Day is firstly to raise the awareness about the risks of drinking alcohol during pregnancy so that we can reduce the number of babies being born with FASD in the future. The other reason for promoting the awareness of FASD is to ensure that

more members of our communities have a better understanding of this permanent disability and can better support the individuals that are affected.

The Lakeland has always been a leader in coordinating activities promoting International FASD Awareness Day. This year is no exception as the staff at the Lakeland Centre for FASD are busy organizing and coordinating activities for this year's campaign. There will be information displays at the public libraries in Cold Lake, Bonnyville, St. Paul, Lac La Biche, Elk Point and Smoky Lake. The Churches throughout the service area have been asked to ring their bells at 9:09 am on September 09 as part of the FASD Bell Concordance. This "moment of reflection" reminds everyone of the nine months of pregnancy when the unborn child should be protected from the adverse

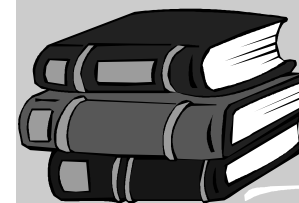
effects of alcohol exposure. Other activities that are being organized include: letters to all the community leaders asking them to Proclaim International FASD Awareness Day in their communities, schools are being asked to include information about FASD in their first newsletter of the year, prevention message information are being distributed to all the liquor stores for use on September 09, and the media is being provided with news releases for September 09 that will help to increase awareness about FASD.

Remember we all have a part in the prevention of FASD. Anyone with ideas for FASD Awareness Day or that wants to support the activities in their community please contact the Lakeland Centre for Fetal Alcohol Spectrum Disorder at (780) 594-9905.

We are located:
Box 479
202, 4807-51 Street
Cold Lake, AB
T9M 1P1

Phone: 780-594-9905
Fax: 780-594-9907
Toll Free: 1-877-594-5454

Feel Free to come in and browse our wide selection of resources including: CD's, video's, cassettes and much more on Fetal Alcohol Spectrum Disorder.



Our Vision

We envision a region with no new FASD births & where currently affected individuals are well supported.

Mission Statement

To establish & ensure that information about FASD, prevention, diagnosis & support services are available in the region.



Services Available

- Information Clearinghouse
- Diagnostic & Support Services for Children
- Diagnostic Services for Adults
- Mothers-to-be Mentorship Program
- Training and Education

Check out our totally redesigned website

We're on the Web!
www.lakelandfas.com

How do Children with FASD Learn?

Dorothy Schwab a Community Liaison Worker for children who are alcohol and Drug exposed asked the children she works with how they learn. All of the children were able to give strategies that worked best for them. Listed below are their responses to the question.

- Write it down if

- you want me to remember.
- Give me time to think.
- Focus on the positives.
- Looking and doing help me learn
- Reduce the writing. I get tired.
- Smaller steps helps me remember and learn
- Clear and Concrete is good for me
- Cue me so I

know it's important

- I'm not deaf, so talking louder does not help me.

Many children with FASD are able to give you strategies for what will work best for them to help them learn. We just have to remember to ask.

Joanne Ring
FASD Support
Consultant

A new edition to our new letter!!! Please forward your questions to Joanne at pw.fascen@telusplanet.net or by mail and we will do our best to add them to our new letter

Resources Available in the Centre

Books to Buy:

- ≡ Simon Says
- ≡ Polly Anna
- ≡ Rainey & Red
- ≡ Employabilities

The cost for each of the above books is \$7.00. The following books can also be found on the FAS Bookshelf at www.fasbookshelf.com

- ≡ The Broken Cord \$18.00
- ≡ Fantastic Antone Succeeds: Experiences in Educating Children with Fetal Alcohol Syndrome \$28.00
- ≡ Fantastic Antone Grows up: Adolescents and Adults with Fetal Alcohol Syn-

- ≡ drome \$28.00
- ≡ Recognizing & Managing Children with FAS/E: A Guidebook \$16.95
- ≡ Fetal Alcohol Syndrome: A Guide for Families and Communities \$34.00
- ≡ Living and working with FAS/E \$20.00
- ≡ Letters to Our Children, Letters from our Children: Living with FAS/FAE \$20.00
- ≡ The challenge of FAS: Overcoming secondary disabilities \$23.00
- ≡ FAS and the Criminal Justice System \$49.95
- ≡ FAS, Strategies for Professionals \$7.50

We also have an assortment of Videos which can also be purchased through the FAS Bookshelf or borrowed through us.

- ≡ David with FAS: A story of FAS \$40.00
- ≡ Helping Families, Helping Children Part 1 \$35.00 Part 2 \$30.00
- ≡ Precious Gift \$15.00
- ≡ One Drink Won't Hurt my Baby, Will it?
- ≡ FAS Forward. A Fresh Look at FAS \$17.25

To receive an order form either call us, fax us or email us at pwfascen@telusplanet.net



**NOTICE TO FAMILIES
** RESPIRE SERVICES NOW AVAILABLE ****

FOCUS: Family and Children Support Services Staff can coordinate Host Families for you to provide respite services. FOCUS host families are carefully

screened and have passed Criminal Record checks, Child Welfare checks, reference checks and home checks. For more information

or to apply for services please contact:

FOCUS Lbydmister
(306) 825-7366
focuslb@sasktelnet



6-24
"I'll never forget what happened today ... or no, I think it was yesterday."

Region 7 FASD Committee

The huge region of Aspen (or North Central) started a regional FASD Committee which developed into a FASD strategic planning committee. The priority of this committee is to develop FASD Di-

agnostic Services across the region. This is a massive task to bring all the partnering decision makers on stream a Region 7 FASD Action Summit is being developed for September 9, 2004 (International FASD

Awareness Day). The Summit will be located in Westlock and invitations have been sent out. Please feel free to contact Audrey McFarlane, LCFASD, for further information.

"Taking even one drink is like playing Russian Roulette with your baby's health."

Research

The LCFASD will be participating in a research project with the University of Lethbridge Neurosciences Department to:

- > 1. Measure the effectiveness of the prevention program through collecting relevant information and

- establishing a continuing FASD Database.
- > 2. To collaborate in a comparative study on measuring three prevention programs - Blood Tribe - Lethbridge-First Steps

- Cold Lake - Mothers-to-be Mentorship Program
- > 3. To evaluate neuropsychological functioning in high risk women, especially in relation to the criteria for the categories of FASD.



"My report card isn't bad if you consider the genes I have to work with."