



# October 2011 Newsletter



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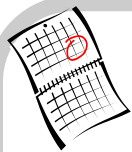
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## MEET AND EAT OVERVIEW By Jonathan Toste

Attachment Rules: The Wisdom and Science Behind Successful Parenting. Rule number one: Don't miss a training by this fun, knowledgeable speaker, Todd Sarner! Treated with a roasted chicken dinner, foster parents, CFS personnel and others attentively listened as Mr. Sarner wholeheartedly spoke and encouraged lively discussion that went into overtime. Mr. Sarner explained and defined attachment from both a practical and a scientific perspective. Starting with Sir John Bowlby's early 20<sup>th</sup> century observations and including Mary Ainsworth's deeper attachment work, he spoke of three basic forms of attachment: Secure Attachment, Insecure Attachment and Defensive Attachment. According to Mr. Sarner, when some-

thing works with kids, it's because you have the context of connection; when you don't have the connection, NOTHING works! He insists you need to wait for that "green light" to come on. When it comes to foster parenting, it is much better to spend your time getting that green light, than to make demands and institute reward and punishment. He further said "the foundation of relationship is signal and response." Pay attention to getting that response whether it is talking with kids about things they love or people they respect or whatever it takes to get them on board, then instill getting them on your team while that green light is on. The deeper the roots of connection are grown, the more intense the blossoming.

It is important to remember that parent/child attachment IS hierarchical. The parent is alpha and therefore it is a polarized situation. This is a healthy relationship. Todd says "the unspoken rule is the parent is taking care of the child, and the child is receiving the message - I am being taken care of." We must be careful not to relinquish this to the child's peers. Finally, learn to stretch that bond beyond the physical. Tell your child they are always with you in your heart. You can kiss a small child's hand and remind them that when they are worried (and away from you), they can touch the spot you kissed and receive your help/love/etc. An older child can carry a token - be creative and develop in them the thought that your love and help is there even when you are not.



## Upcoming Events

- © **October 25:** Examining the Cycle of Domestic Violence, San Rafael, 1-2:30 pm
- © **October 28:** Soup Group, San Rafael, 12-2:30 pm
- © **October 30:** Harvest Festival, Bay Marin Community Church, San Rafael, 2-5 pm (Free games, music, inexpensive food)
- © **October 31:** Blue Ribbon Commission meeting, San Rafael, 12:15
- © **November 1:** "The Dynamics of Healthy Breathing," San Rafael, 5:30—7:00 pm
- © **November 3:** MFPA Board meeting, San Rafael 9:30—11:00 am
- © **November 8:** MFPA Meet and Eat, San Rafael, 6:30—8:30 pm
- © **November 8:** Parenting Children with Trauma, San Rafael, 6:30—8:30 pm
- © **November 14:** Quarterly Policy Meeting, San Rafael, 10-11 am
- © **December 7:** Annual CASA Holiday Party, Sausalito, 6-8 pm

## The MFPA Board Needs YOU! By Linda Gregory

Join the MFPA Board of Directors and be more involved in the foster care community! Time commitment is as little as 3 hours monthly, and we take a summer recess. Members choose what other duties or projects they want to help with depending on their time and personal interests. In December, we hold elections for all officers. President and Treasurer will be elected for 1 year terms, and Vice-President and Secretary for 2 year terms. This will bring our chapter into compliance with the California State Foster Parent Association by-laws which specify 2 year terms for officers, with President and Treasurer elected in even numbered years, and VP and Secretary in odd years. You must have a current foster care license to be an officer. Your ballot will be mailed in early December with your 2012 membership form. Call or email any board member if you'd like to find out more. MFPA board meetings are held the first Thursday morning of the month. Please come and join us!

# Licensing Corner

By Laura Estrada



## Planning for Holiday Travels

Since the holidays are around the corner, all of us in the Licensing Unit want to remind you to plan ahead if you're going to travel. Licensing regulations require the caregiver to provide a verbal or written notification to the social worker or probation officer for a "child" prior to the caregiver's absence from the home.

**Under the Title 22, Division 6, Chapter 9.5 # 89378 RESPONSIBILITY FOR PROVIDING CARE AND SUPERVISION sections: 5a,b,c & 6 it states:**

This notification shall include:

- a. The dates the caregiver plans to be absent from the home.
- b. The name of the alternative caregiver (**with criminal record clearances**)

c. An emergency number where the caregiver may be reached in their absence.

The caregiver shall receive prior approval from the social worker or probation officer for a "child" for any absence that exceeds 72 hours.

Happy Holidays!

## Noteworthy



**Nutcracker Tickets Available** — Through Friends of Marin Center, we are able to offer free admission to a special performance of the Stapleton Ballet Nutcracker on Friday, December 2nd at 12:30 p.m. at the Marin Civic Center. If you and your family would like to attend, please email [marinfosterparentassociation@yahoo.com](mailto:marinfosterparentassociation@yahoo.com) or call (415) 507-0557 with the number of people who will be attending.



**Job Opportunity:**

Applications are being accepted from former (or current) foster youth who can assist us with some of the following tasks: (1) manage and coordinate our monthly trainings, (2) assist with the coordination and production of our monthly newsletters, (3) assist with membership management, (4) update our website monthly, (5) assist with planning and organizing annual events, such as our picnic and holiday party, (6) coordinate fundraisers, and (7) assist with obtaining grants. This could be an ongoing, part-time position or a short-term position to work on one or two of the areas listed. If you or someone you know who has been through the foster care system has skills that could be put to use in any or all of these items (we may hire more than one person to work in his/her area of expertise), please contact us at

[marinfosterparentassociation@yahoo.com](mailto:marinfosterparentassociation@yahoo.com) or (415) 507-0557.

**Holiday Event Host Needed:** In the past, the MFPA has hosted an annual holiday event for foster families such as a "Cookie and Caroling Party" or a "Potluck Party." Do you have space to host approximately 20-50 people? Would your neighbors enjoy listening to families sing carols? We'll provide the supplies! If interested, please contact Linda Gregory at 415-479-8702.



**Annual CASA Holiday Party Volunteers Needed:** We will be serving popcorn at this year's annual CASA Holiday Party on December 7th. We need volunteers to help in 30 minute shifts. If you can help, please call us at 415-507-0557 or email [marinfosterparentassociation@yahoo.com](mailto:marinfosterparentassociation@yahoo.com).

**First Book Partnership:** The Marin Foster Parent Association is now partnered with First Book. First Book is a national organization that is dedicated to providing quality books to low income children in an effort to foster the love of reading. One of the biggest services they offer is a marketplace with books at least 60% below retail cost. If you have been eyeing some special books or thinking

about holiday gifts, email the book titles to Annette Venables ([aagativen@sbcglobal.net](mailto:aagativen@sbcglobal.net)), and she will let you know if we can order them for you at a discount.

**Membership Update:**

2011 was a record membership year for the MFPA! We have a current membership of 66. You should receive a membership application/renewal some time in December for next year. Thanks to all of those who have supported us through membership.

**Phone Tree Help Needed:**



We need someone who enjoys talking on the phone and has a couple of hours a month to help with the phone tree. These calls are to remind foster parents of upcoming events being offered. They also offer a time to provide outreach and communication. If you would like to help out with this monthly task, please contact Jonathan Toste at 258-9459.

**Donation Update:** Sleep Train has just delivered new donations of shoes, clothing and school supplies! If you have a foster child who could use any of these items, please contact Carol Ihlenburg at [cihlenburg@comcast.net](mailto:cihlenburg@comcast.net).

## Chronicles of Adoption By Jonathan Toste

*Interviewee: Nancy Schoenkinder*

### What history do you know about your biological family?

In California, if birth parents choose, they can "seal" birth records which is what my birth parents had done, meaning I was denied access to my birth records. My longing to uncover the secrecy of my birth grew fierce in my late 20's and, after taking a class with other adopted adults, I searched the Internet for private investigators. I found exorbitant fee schedules, in the tens of thousands, and no promises. I finally got lucky and found a consultant who had broken the code and could retrieve information others could not for a reasonable fee – and, it only took 4 days. My biological mother was 16 when I was born, and my father was 28. To my severe disappointment, they both refused contact. My birth mother actually wrote back only these words: "Don't ever contact me again." My birth father signed the special delivery letter I sent but never responded.

My biggest surprise was that my biological grandfather was a famous baseball player who had played in the major leagues for many years.

I discovered I have uncles, aunts, step-brothers and sisters. My biological mom is actually accessible on Facebook. Even my request to obtain medical histories was refused. I found out this information almost 10 years ago, and, so far, I have decided not to pursue any of my other biological relatives. It is often hard to face the pain of a whole group of people looking just like me – that mostly don't even know I exist.

**At what age and for how long were you in adoption or foster care?**

I do not have any knowledge of the first 8 months of my life. This has been the subject of some of the psychological torment I have experienced as an adopted child. I was told I was transferred from foster care with hardly any clothing and some basic notes on my eating, sleeping and bathing habits. No contact names, photos or other information one mother would normally transfer to another was provided.

### What was the most comforting thing your guardians or other adults in your life did for you regarding the issue of adoption?

My grandparents on both sides were very loving, and treated me the same as their other grandkids. This was a saving grace from my heartless mom and her comments throughout my life that I was a horrible adopted child and her verbally disowning me hundreds of times. She was never-ending in blaming me for anything that went wrong in her life – from her not being able to get dates after her divorce to telling me she didn't take me on a recent Paris trip she gifted my brother with because I didn't answer my phone calls promptly enough.

After my mom's divorce, I spent 6 weeks each summer with my dad and stepmom in New York. Dad barely tolerated kids – enough so that I hadn't contacted him the last 10 years of his life. His wife made my life wonderful. She was totally awesome and made me feel more loved, wanted and special than I have ever felt in my life. That ended after about 6 years when they got divorced and she needed to discontinue contact for her own personal reasons.

**What kind of "fantasy option" (not totally unrealistic) did you wish was available to you to solve the big issues you faced growing up?**

I lived out the life I imagined I deserved by babysitting and showering hundreds of kids with the love, care and understanding that I was not getting at home. My mom would leave me a note with \$20 and tell me she would be gone to Las Vegas or Palm Springs for three or four days. I would cherish the time without her pounding me with guilt for being a horrible child. I was quite well known as the neighborhood babysitter and was lavished with gifts, attention and appreciation from parents and kids as well. After receiving my college degree in psychology, I have continued to work with kids throughout my life. I'm in my 40's now and have worked in group homes, childcare facilities, after school programs and various public and private agencies overseeing various aspects of childhood development.

### What ability of yours best helped you to achieve the success you have found in your adulthood?

I would say that I have a lot of patience and tolerance. I learned at a young age that it was better to tolerate stupidity, denial or anger than to fight it. It lasted a shorter duration and the time away from it came quicker if you just accept the person's maladjustments and concentrated on ways to simply stay away from them.

*The above story is true; names may have been changed to protect identities. We are looking for other, over 30 year-old, fostered or adopted adults to participate in telephone interviews.*

*Please write:  
jjtoste@gmail.com.*



## Update on Developing a Distribution Center for Foster Children

This year, MFPA volunteers have been focusing efforts on establishing a Distribution Center for Foster Children. Thanks to many organizations who provide ongoing donations including Sleep Train, The Pajama Program, and K.I.D.S. (Kids in Distressed Situations), we have more than 2 storage units full of items for foster children including pajamas, coats, toys, clothing, and school supplies. The biggest dilemma we have is getting these items to children when they need them. Our dream is to locate and rent a small space (500–800 sq. ft.) to organize and distribute the donations. It would allow us to accept and distribute more items and items that are larger such as furniture, baby equipment and suitcases. It would also give us a physical presence for community members to find out more about being a foster parent and what they can do to contribute to helping children in need. Lastly, it would provide a place to distribute resources to those caring for children in the dependency system. We have received a small grant from Union Bank and have raised money throughout the year but are still in need of funding. It often comes down to networking, so if you are aware of a location that is available for this purpose or know of a business, perhaps, that would like to "share" a space for this endeavor, please contact one of our board members. Help make our dream a reality!

## My Experience in the Foster Care System By R. Wright

When I was fifteen I was placed in foster care with my brother and sister at a home in West Marin; I stayed there for a year. It seemed to be the longest and most surreal year of my life, a year in which I not only lost my siblings and way of living up to that point, but also my mother eight months later. I felt as if I were living a dream, or better yet a nightmare, that I could not escape. This tumultuous year would prove to be the beginning of a new way of life for me. I entered into a world where I had no control over anything and everything was foreign, where social workers and CASA workers and foster parents were assigned at random to monitor and enforce rules and organize meetings between family members. Nothing felt tangible or real, and I felt that I was sleepwalking for a majority of the year, especially as I began negotiating the already difficult arena of high school personal politics. After a year, my brother, my sister and I moved to Las Vegas where we lived with my paternal uncle and his wife, my aunt. After living with them for a year, I was completely surprised when they announced in a family therapy session that they were sending me back to California. When I came back to California, I was placed back in the previous foster home in West Marin. At this time, the aforementioned foster mother now had another girl in foster care at the home. I soon realized that the house was not a

home for me anymore. Unfortunately I felt that no one cared about me; I had just been kicked out of my uncle's house in Las Vegas and now I was completely alone in a house where the foster mother did not seem to care if I ditched class four out of five days a week, or if the other girl came home drunk and high regularly. At some point I realized that I did not want to live somewhere where I may be in danger or a precarious situation with no one to get me or care about my welfare. I soon asked to be allowed to live at the home where one of my little brothers resided in foster care. I moved in with my little brother and his foster mother in Central Marin, and for the third time in three years, started my life anew. In 2005, three short and hectic years after being placed in foster care, I graduated from Madrone High School. I was now emancipated from the foster care system and enrolled at College of Marin to begin my degree towards a teaching credential. After three years at College of Marin, and at the encouragement of my English professor and mentor, I applied to, and was accepted at UC Berkeley! Although I still wanted to be a teacher, I decided to major in English Literature, something that had always been a passion of mine. During this whole time, after being emancipated from foster care, I maintained contact with my former foster mother who had now adopted my little brother, as well as taken in my other little brother from Las Ve-

gas. Her house remained a place of comfort for me and I would regularly stop by for dinner or go to my brothers' basketball and football games together with the family.

While at College of Marin, and after living with a boyfriend in a very unhealthy situation, I moved into a cottage on the property of a foster mother who now had my little sister who had returned from her previous placement. This move, out of all of the transitions in my life, had probably the most profound impact on me. I now lived in a place where I had my own independence, and at the same time, could regularly interact with my little sisters- watching "The Hills" together, or recounting the day's adventures. This foster mother, although I was never formally placed under her care, provided the most support to me as I navigated the transition into adulthood, the job market, UC Berkeley and beyond. Not only did she provide guidance and support as a mother would, she also provided a place where I could come without fear of judgment.

After graduating from UC Berkeley in 2010, I lived in Madrid, Spain for a year, taking classes, teaching English part-time and improving my Spanish speaking skills. I am now studying to apply to graduate school to obtain my M.A. in Education, as well as applying to Teach for America.

## Welcome Back Foster Family! By Cindy Wasserman

Marin County Children and Family Services would like to welcome Barbara and Tom Sabido back to the agency. Having been previously licensed for four years, and having raised their own family (two of their sons are still living at home and look forward to being foster siblings again), the Sabidos are currently licensed for three children, ages 0-10 years. We at CFS are very pleased to be working with the Sabidos again and are grateful for their experience and on-going commitment.

## Social Worker Profile By Annette Venables



Social Worker Profiles is featured to help familiarize foster parents with the social workers they have or may work with. Anyone with a suggestion of a social worker to be interviewed can contact Annette Venables at [aagativen@sbcglobal.net](mailto:aagativen@sbcglobal.net).

**Social Worker:** Nita Lagleva Gibson  
**Position:** Senior Public Health Nurse, Marin County Health Care Program for Children in Foster Care (HCPFC)

### Why did you choose to work in the field of nursing?

I wish I could say I knew that I wanted to be a nurse since I was little, or that I've always wanted to be the next Florence Nightingale. I think nursing chose me. I went to college thinking of majoring in French Literature. But I grew up in a culture where French is not really considered a major –just not practical. *C'est la vie, n'est ce pas?* After 2 years of being an undeclared major, my counselor thought it would be a good idea not to be a professional student, so I chose nursing as a major. I enjoyed all of my classes, made good friends along the way, and found that I enjoyed caring for others. I never regretted the decision. Sometimes someone has better plans for you, so I tend to take the opportunity and just run with it.

### What is your background and history as a nurse? How long have you been doing this work?

I have been a nurse for 21 years. I graduated from San Francisco State University with a Bachelor Degree and from UCSF

with a Master's Degree, specializing in Critical Care/Trauma. I started out working as a bedside nurse at Queen of the Valley Hospital in Napa on the telemetry unit. Then I worked in the Intensive Care Units at Kaiser Vallejo, Novato Community Hospital, and Doctor's Hospitals in Pinole and San Pablo. I've been a nursing clinical instructor with Dominican University, and I worked as a nurse officer with the US Navy Reserve for 14 years, wearing different hats, but mostly in critical care.

In 2001, I got hired by County of Marin as a Senior Registered Nurse as lead in the Immunization Clinic. I've been working in foster care since 2003, working with Children & Family Services and Juvenile Probation. I still work as a bedside nurse at Kaiser Vallejo.

### What is the most rewarding and most challenging part of your work?

The most rewarding part of my job as a nurse is making a difference in the lives of my patients and clients. It's an honor to earn the trust of families who allow me to work with them, especially when they are at their most vulnerable state. I enjoy connecting with our community in Marin, and knowing that I somehow make a difference in the community where I grew up. Most of the work that I do for Children & Family Services is "behind the scene". I feel good when I hear that the lives of the children and their families, the foster parents, and the social workers were made easier that day by our nursing service. There are already enough difficult roads in foster care, so whatever service I can provide, I'm happy to do.

The most challenging part of my work is when

the situation hits close to home, considering I have kids of my own. Many unfortunate cases that we have in foster care are not a slam dunk when it comes to making decisions or predicting outcomes. Trying to focus on and work with the strengths of families without losing sight of the child's safety is not an easy task. I have great respect for our social workers because I see how torn they are at times with difficult decisions they have to make on behalf of the child. I have to remind myself that my job at Social Services is to support and ensure the health and well-being of the child.

### Is there anything in particular you would like to share with foster parents?

I've also been a foster parent. After having held many jobs as a nurse, I feel that the most challenging job I ever had was being a foster parent. I can empathize with the heartbreaks once the child leaves your home, the worrying, the juggling of lives between your own family and your foster family, the challenge of making decisions for a child whose life has been entrusted in you, and working with multiple agencies who also care and have concerns about the child. I learned a lot from the experience and took away with me lessons that I would apply to my job now as nurse in foster care.

I salute you, foster parents! You have the toughest, yet rewarding, job in this field. As a slogan says, "It's not just a job, it's an adventure".



## Funding Available For Enrichment

Thanks to a grant from the Marin Charitable Association, the Marin Foster Parent Association was awarded \$3,500 in funding to assist foster children between the ages of 11 and 18 with the cost of valuable after school enrichment. If you are currently caring for a child in this age range, who is part of the dependency system, PLEASE APPLY FOR THIS FUNDING! There is a cap of \$500 per family, per year. If, at the end of the year, there is still funding remaining, families may reapply. The goal of this funding is to provide foster children with the extra assistance or enrichment they need to be successful in school and in life. Funding will be distributed to foster families through an application process on a first come/first served basis with a combined monthly maximum amount of \$400, to be distributed amongst all approved applicants. Once approval is obtained, receipts or an invoice for the cost of services must be submitted within one month of application approval. If you are interested in applying for this funding, contact Carol Ihlenburg at 507-1822 or via email at [marinfosterparentassociation@yahoo.com](mailto:marinfosterparentassociation@yahoo.com). We are excited to offer this assistance to our foster families!



## MISSION STATEMENT AND GOALS

The mission of the Marin Foster Parent Association is to achieve consistent, safe, quality care for the well being of all foster children by providing support services and advocacy to Foster and Adoptive Families, Relative and Non-relative caregivers.

The Marin Foster Parent Association is a nonprofit, volunteer run organization. We provide educational trainings, distribute monthly newsletters and host events to bring foster parents and their families together to provide support and exchange information. We work and communicate directly with the Department of Health and Human Services, Children and Family Services division and in partnership with the entire community we serve. We actively advocate for foster children and their caregivers. We obtain and distribute donations and necessities for foster children.

Our primary objectives and purposes are as follows:

To establish a local chapter of the California State Foster Parent Association bringing together all foster parents, agency personnel and interested community citizens who wish to work together for the same purposes set forth below.

To promote the general welfare of children and youth that need protective care (out of home placement) everywhere: at home, in the communities, in institutions and in public, private and religious schools.

To promote cooperation, communication and understanding between those providing care for children and the general public and all organizations/agencies involved in the lives of children in the dependency system by encouraging and maintaining communications, and the interchange of ideas and cooperation between the caregivers, county agencies and communities.

To cooperate, advocate and take actions necessary to improve foster care services.

To encourage community involvement and offer training and education of those who provide care to children in the dependency system.

To inform the foster care community of the current information pertaining to the welfare of children.

Notwithstanding the above statements, the chapter shall not, except for insubstantial degree, engage in any activities or exercise any powers that are not in furtherance of the primary purpose.



## Quarterly Policy Meeting Notes

By Linda Gregory

At the August quarterly meeting between foster parents and CFS staff, the following three questions were addressed:

1. If a family is not reunified, do parents receive any therapy to deal with their loss following termination of services/termination of parental rights? The answer is no. Therapy services are received only during the re-unification process. However, if parents were to ask, CFS could provide

referrals so that they might receive services through another agency.

2. How long can a family let their foster license lapse before they have to reapply? The short answer is 'don't let your license lapse' because you will have to complete the entire licensing process over again.

3. How long can you remain licensed without a placement? A family can be licensed, without taking a placement as long as they

wish. However, it takes a significant investment of time for foster families to maintain CPR/First Aid certificates and continuing education credits to maintain licensure. CFS hopes that families who have not had a placement in a number of years and do not intend to take a placement again will relinquish their license thus saving CFS time and money conducting annual reviews.

## Officers

### Linda Gregory, President

Tel: 479-8702

Email: Grey\_gregory@att.net

### Jonathan Toste, Vice President

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Email: jjtoste@gmail.com

### Annette Venables, Secretary

Tel: 272-5187

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### Carol Ihlenburg, Treasurer

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## Members At Large

### Mimi Katz

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### Kathryn Jordan-Whittley

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## Newsletter Crew

Carol Ihlenburg  
Barbara Sabido  
Paula Starrett

Special thanks to College of Marin's Foster and Kinship Education Program and the Department of Health and Human Services Children and Family Services for making the printing and distribution of this newsletter possible.



The Marin Foster Parent Association in collaboration with College of Marin's Foster and Kinship Care Education Program offers:



## **"MRSA 101 – Transmission and Tips on Prevention"**

PRESENTED BY

Nita Lagleva Gibson, RN, PHN, MS, Senior Public Health Nurse,  
County of Marin Health Care Program for Children in Foster Care (HCPCFC) and  
Lacey Valenza and Cynthia Franck, SF State Senior Nursing Students

What is MRSA (Methicillin-resistant Staphylococcus aureus)?  
How can you protect your family?  
What are good practices for preventing the spread of all infectious diseases?

**PLUS**

## **"Highlights from the California State Foster Parent Association Annual Training Conference"**

PRESENTED BY

Diane Oser, foster parent

### **WHEN**

**TUESDAY, NOVEMBER 8, 2011  
6:30 – 8:30 pm\***

**\*A social/dinner time will be hosted from 6:00 – 6:30 pm. To insure there is enough food and drink available, please RSVP to 479-8702 by NOVEMBER 5, 2011 if you are interested in attending this portion of the meeting.**

### **WHERE**

**The Connection Center on the Health and Wellness Campus  
3240 Kerner Boulevard, San Rafael  
(at the corner of Kerner and Bellam Blvds)**

### **QUESTIONS & RSVP**

**Call Linda Gregory at 479-8702**

Childcare is available during the meeting (6:30-8:30 PM). Those using the childcare will be responsible for paying the provider, completing a reimbursement form and getting reimbursed by DHHS. The cost of childcare is \$5.00/hour per child with a cap of \$10.00/hour – i.e. the most you will need to pay is \$10.00/hour regardless of number of children. **Please RSVP to 415 479-8702 if you will need childcare with the number and ages of the children you will be bringing. If the childcare is full, and you did not RSVP, your child/ren may be turned away. You MUST RSVP by Monday, November 7th; if there are no RSVPs by this time, the childcare provider WILL BE CANCELLED.**

This meeting qualifies for required annual training hours for DHHS



## MFPA Membership Application

Name: \_\_\_\_\_

Complete Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Membership Fees:       \$ 35.00 for individual membership; \$ 50.00 for family membership

\*Please mail completed form with membership fee to:

Marin Foster Parent Association, Attn. Treasurer, P.O. Box 6726, San Rafael, CA 94903

If you do not wish to receive this newsletter , or would like to save postage and a tree or two, call (415) 507-0557 or email us at [marinfoosterparentassociation@yahoo.com](mailto:marinfoosterparentassociation@yahoo.com) to be removed from our mailing list.  
You can also request an ecopy of the newsletter!