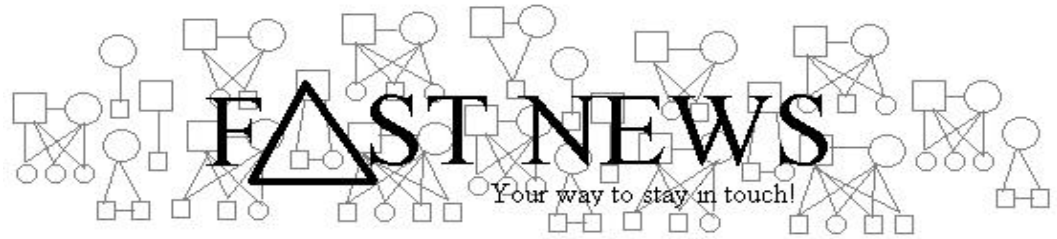


“We can grow helping each other, cooperating side by side. Families and Schools together, reaching for the skies...” - FAST Song



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FAST News

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Special thanks to Bill and Insty Prints in Monona, WI and the staff and workers at Chrysalis in Madison, WI for their help in producing this newsletter.

Latino FAST Dissemination

Last year was a rewarding year for FAST National in many ways and we celebrate every one of them. This issue is dedicated to the contract awarded by Samhsa, through the Center for Mental Health Services (CMHS) to build capacity and improve the delivery of FAST within the Latino community.

Since 1990 FAST implementations have been done in Spanish, in such places as northern and southern CA, Chicago, San Antonio, Miami, Phoenix, and Milwaukee, yet there has never been a convening of the Hispanic FAST participants, facilitators, or Certified FAST Trainers. The materials for training and informative videotapes had not been translated, nor had existing FAST materials in Spanish been assembled. We had work to do!

In addition to support from SAMHSA, FAST was identified in 1998, by the American Institutes of Research as a culturally sensitive program, and the latest research on FAST

with families from the Hispanic community, funded by the National Institutes of Drug Abuse (NIDA), demonstrated positive outcomes. Thanks to the generosity of SAMHSA, Fast National was able to start building a national community of Latino FAST friends.

The following goals were met in 2002:

-Standard materials and program manuals in Spanish-language were developed

-Evaluation instruments were translated into Spanish.

-Focus groups were conducted across the US and drew upon existing resources

-Coordinated a network of Hispanic FAST families, team members and trainers to obtain feedback on FAST and adaptations needed for Latino implementation and review of translated materials to ensure suitability within their communities.

-Held several FAST seminars through out the year with Hispanic parents, team mem-

bers, trainers and leaders, for the purpose of facilitating the networking process described above, and to promote the success of the Latino FAST program, which promoted a positive, research-based model of community development

We hope that these past accomplishments can pave the way for the future.

Thanks to the generosity and heartwarming partnership from our FAST friends from across the United States and credit also goes to the following agencies that were catalysts to help these accomplishments become a reality:

Family Counseling Agency of Tucson, AZ; Communities in Schools of Broward County, FL and Aurora, IL; New Horizons Community Mental Health Center of Miami, FL; Family Service Association of San Antonio, TX; Milwaukee Public Schools and United Community Center of Milwaukee, WI; Family & Children Services of Campbell, CA.

Satellite Downlink !

“FASTWORKS – Strengthening the Impact of FAST on Families” will be aired on April 30. This videoconference for FAST Parents, Trainers, Teams and other people interested in FAST is produced with the support of the Bureau of Justice

Grant. This satellite uplink will feature unique and successful FASTWORKS activities and will feature parent graduates and members of the FAST/WORKS Parent Leadership Network Council; Tom Jenkins-SC, Laverna O’Neil-IA, and Sharon Lee-WI. The downlink will also pro-

vide the latest changes in the FAST model, new partnerships, and recent research. Dr. McDonald and Derek Clark- IA will also be part of this project. For more information on how to participate in the downlink contact Robin Macdonald at :

remacdonald@wisc.edu

FAST/WORKS in Ottawa

The following article was submitted by Jackie Scheffel. Jackie is the Parent Partner at the Connaught Public School in Ottawa, Ontario, Canada. Thanks Jackie!

—Our first Elementary F&ST cycle successfully graduated 8 Connaught Public School families this past May. Now we're on to F&STWORKS!

As parent partner, it was up to me to get that first F&STWORKS event going. What to do before the two month summer break? Families were still looking to our team leader and myself to coordinate. We

wanted to set the stage and keep it simple. The team was tired; the families were energized. Then an idea presented itself!

The school's annual June BBQ always needed parents to help run various activities. The F&ST families could take turns managing the bake table. A perfect way to network with others in the Connaught community!

In the end, only three F&ST families came out to help, but it was a start. After our summer break, five of our families met in a local park in September to work on ideas for future F&STWORKS events. This

generated many ideas - pumpkin carving, bicycle safety course, trip to a museum, t-shirt painting, and an English grammar course, to name a few.

As a group, we have decided to try to continue Parent Group and Kids' Time every other activity. We met at our school in October for a pizza supper, with the kids enjoying some free gym time!

A toboggan/hot chocolate party was arranged by a F&ST parent and myself in early December at another park.

The key to F&ST/WORKS ?

Keep it simple!

FAST News: Your way to stay in touch

If you are reading this then you might be interested in receiving FAST News, the FAST newsletter. FAST News is mailed out every other month and is published by the FAST National Training & Evaluation Center in Madison, WI. The newsletter is used to send program information to parents, team members, team trainers and friends of the FAST/WORKS program. But it is also used to share stories and photos of FAST/WORKS activities and keep people up to date on the news from FAST National. Every issue also has at least one recipe for a craft project or a FAST/WORKS meal.

Anyone interested in the FAST/WORKS program is encouraged to get on the mailing list! Simply send an email to FASTNews@tds.net with your name and mailing address and we will be happy to add you to

our mailing list. Currently there is no cost to receive the newsletter, however donations are always welcome.

You are also encouraged to consider contributing to FAST News. Sometimes it seems like a big step to write about your FAST/WORKS experience, but every voice is valued here and if you are nervous about how to share what you have to say, then e-mail Cathy Couture at FASTNews@tds.net and discuss ways to work with that. Everyone has an important story to tell and we would like to tell yours.

If you have any suggestions for stories or articles, or ideas on how we can make FAST News better, please send Cathy an Email.

FAST News is published every two months and the deadlines are:

March/April	Feb 28
May/June	April 30
July/Aug	June 25
Sept/Oct	Aug 26
Nov/Dec	Oct 21

Please send your story or article to FASTNews@tds.net It is appreciated if you can type the story in the email and not send it as an attachment.

Articles should not be longer than one page in length and there is no minimum size.

All articles and stories will be edited for spelling, grammar and space and become the property of FAST National. Originals will not be returned unless specifically requested at the time of submission.

We look forward to hearing from you!

Updates...

CANADA

Ever wonder why in Canada FAST is F&ST? Well the reason is simple. The Acronym "FAST" was already being used by a Canadian organization, so they did what any FAST program would do, they adapted and use the symbol for "and," the ampersand, instead of the letter A.

The Canadian Association of Principals is endorsing the F&ST program in their country. This is exciting news! We all know how much hard work goes into creating a program that gets an endorsement like this. Congratulations!

It's a cold and dreary January, at least where this newsletter is published! So what better than a reminder of a summer F&ST/WORKS activity from Calgary, AB. The following was submitted to F&ST Forward the Canadian FAST electronic newsletter.

-What a kick off to the summer and the end to another school year for our over-worked children and worn out parents. Who says the summer vacation is for children? Anticipation and excitement were in full gear with about 300 parents and children in attendance of our first F&STWORKS picnic. Smiles on painted faces after an event or station was completed were reward in itself for our volunteers and staff. Donated raffle prizes and freebies were an extra bonus before we said goodbye. The circle of rain was a masterpiece in the making with real rain as a completion. If that's a sign of a job well done, wait till next year!

~ Submitted by Kathy Dielsneider,
F&ST Parent, Calgary, AB

November 14, 2002 – cnn.com – Dr. Stanley Greenspan, a child development researcher at George Washington University medical school argues that a baby's future is not written in his/her DNA. In fact, emotional development plays a big role in the intellectual development of kids. There are many ways to increase a baby's brain power, including breast feeding and listening to music, but that parent-child interaction is key to healthy development. He states, "If you do a little bit of looking at books with your children and inspire them to be curious about the pictures...and you also interact emotionally and have fun with pretend play...then you have the best of both worlds." <http://www.cnn.com/2002/HEALTH/parenting/11/14/smart.babies/index.html>

MADISON, WI

- The Wisconsin Charter Schools Conference will be held in Madison, WI this March 17 & 18. Sponsored by the Wisconsin Charter Schools Association (WCSA), the conference will offer opportunities to meet school officials, educators, parents, legislators, entrepreneurs in education and others.

Sessions will include topics such as accountability for student learning, planning and implementing new-start charter schools, the role of school boards, legal issues, innovations in charter schools, and finances and budget issues.

For more information, a list of invited speakers and registration information contact:

Senn Brown, Secretary, WCSA, PO Box 628243, Middleton, WI 53562

Tel: 608-238-7491 Email: sennb@chorus.net

CHARTER HIGH SCHOOLS PROJECT --- Jake Blasczyk, UW-Madison Center on Education and Work, is directing a national project on employer-linked charter high schools that use the real world as a context for learning. To learn more about the project, go to: <http://www.cew.wisc.edu/charterschools/forums.asp> or <http://www.hfacademy.org>

EdVISIONS COOP -- Established in 1994, this teacher-owned cooperative is responsible, by contract, for providing the student-centered, project-based educational program at MN New Country (Charter) School. <http://www.edvisions.coop> and MNCS – <http://www.mncs.k12.mn.us>

WISCONSIN CHARTER SCHOOLS ASSOCIATION -- The WCSA is a leader in fostering community choices in public education through charter schools. WCSA Directors Tom Scullen & Carol Goelzer comment on "Revitalizing Public Education with Charter Schools" in the "Wisconsin School News." -- <http://www.wasb.org/bookstore/schoolnews/charterschools1102.html> . www.wicharterschools.org

What
have you been
doing in
YOUR
FAST/WORKS
Program?

NEW
FASTWORKS web page

<http://www.wcer.wisc.edu/fast/FASTWORKS/index1.htm>

FAST/WORKS on Parade

Fun was afoot in Canada when five F&ST/WORKS groups decided to combine their efforts, and funding, and participate in the local Santa Claus Parade! This meant working together and building a float as well as a joint holiday party.

According to Liz Moore, who sent us the pictures from the Sarnia Ontario event, the activity was “lots of work and lots of fun!”

Moore adds that “The theme for the parade was Christmas Memories and by doing this the families created a wonderful memory for themselves.”

Thanks for sharing the photos Liz, it sure looks fun!



The parade takes place after dark and the floats are decorated with lights



The children are seated on benches that look like a sleigh and are decorated with snowflakes.



The float, built on a flat bed semi trailer, had a large snowman, sleigh, bales of hay, a Christmas tree, school house and plenty of seating!

Want to be in a parade?

- Contact the parade organizers well ahead of time and find out if they charge a fee to be in the parade, what requirements they have for floats or marching groups and if they have any other rules.
- Try to wear matching T-shirts or similar colors to identify your selves as a group. Make a FAST/WORKS banner to carry or put on your float.
- See if you can get donations to buy candy or FAST brochures for the children to pass out .
- Have Fun!



A close up of the back end of the float and some of the FAST/WORKS participants. Getting ready to roll.

Hawaii FAST/WORKS: Jingle all the way!

by Kalen Kitagawa, FAST Program Coordinator

-Mililani Middle FASTWORKS took part in one of Hawaii's popular holiday events, *The Honolulu Ad-*



The group, wearing their colorful T-shirts, practice hitting their notes before the event. Congratulations on taking first prize!

vertiser Jingle Bell Run. Although it is less than two miles from start to finish, it's a great walk with family and friends to enjoy the sights and sounds of the Honolulu City Lights. Proceeds from the event go to the Special Olympics Hawaii.

Sporting a new FAST t-shirt that Ashley Fronda (youth) designed, the six families from Mililani FASTWORKS sang their way to first place in the Singing Team Contest. Accompanied by FASTWORKS parents (Cal Vonada on the trumpet and Barb Vonada on

the tuba), the FAST Families enchanted judges with their jolly 'ole rendition of "Up on the Housetop."

FAST Families walked away with lavish prizes ranging from ice cream certificates to tickets to the 2003 Sony Open. Santa was definitely caught on the treetops of Honolulu this Christmas.

Thanks to the families that participated in the Jingle Bell Run: The Fronda's, Israel's, Lee's, Tottori's, Vonada's, and Woods' families. Team members were: Kalen Kitagawa, Lorri Sonan, June Fujitani (FAST Friend), and Sharon Nakagawa (Safe Schools/Healthy Students Project Director).

For information on the T-shirt design please contact: Kalen Kitagawa, FAST Program Coordinator, E-mail: Kalen_Kitagawa/WAIALUAE/HIDOE@notes.K12.hi.us

"Change is disturbing when it is done to us, exhilarating when it is done by us."

This quote by Rosabeth Moss Kanter explains the change that occurs within families as they go through the FAST/WORKS experience. The shift in power occurs when families become their own agents of change and see their power at work creating changes.

FAST National is also in a process of change and as we define our direction and goals we need input from parents, families and team members, so we can avoid the *doing to* of pseudo-empowerment programming and instead use a *do with* empowerment model.

Our commitment is to ensure that all the goals we identify honor the mission and vision of the agency, which are currently being updated. This means we have to ensure that we have a shared meaning of several critical words and phrases.

To that end, our first task is to define EMPOWERMENT. What does empowerment mean to collaborative and parent partners, parent graduates and program founder?

Between now and March 31 I am requesting that parent graduates, team members, and others involved in any way with FAST answer the following questions and send them in to FAST National.

- 1) How do you know that your organization is practicing EMPOWERMENT? Give specific examples.
- 2) What is your recommended definition of EMPOWERMENT as it relates to FAST and FASTWORKS?
- 3) What is your role or job title in FAST/WORKS?

We hope to share these empowerment examples, and recommended definitions in a future newsletter and on the FAST/WORKS website.

We plan to follow the same process with the term "pseudo empowerment" and both terms will be discussed during the April 30 satellite downlink.

Please send your definitions and the answers to the above questions to:

Tammy Conrad

Phone message: 608-663-2382 ext 302

Email: tammysaysfastworks@tds.net

Mail: FAST National Atten: Tammy Conrad

2801 International Lane Suite 105
Madison, WI 53704

Web site: <http://www.wcer.wisc.edu/fast/FASTWORKS/index1.htm>

Website instructions: Scroll down to the FASTWORKS bulletin board, write down the ID and password, then click on the bulletin board and enter the user name and id. Go to the topic "What does empowerment mean to you?"

If you want to remain anonymous and still share your definition and examples, please be sure to tell me.

Resources

Need Homework Help?

Check out these web sites, provided by Library KidsPage a publication of the South Central Wisconsin Library system...

Ask An Expert

www.askanexpert.com

A searchable collection of over 300 links where you can send questions.

Awesome Library

www.neat-schoolhouse.org/student.html#home

This comprehensive database of educational materials includes more than 14,000 sites which have been reviewed and judged to be of high quality.

KidsClick!

<http://sunsite.berkeley.edu/KidsClick/>

Search or browse through more than 5000 Web resources of use to kids, parents and teachers. Each item includes a brief annotation, the number of illustrations and reading level.

Math and Science

www.yc.cornell.edu/Edu/MathSciGateway/

From Cornell, categorized and annotated guide to resources in mathematics and science for educators and students in grades 9-12.

Math Forum

<http://forum.swarthmore.edu>

Information of interest to mathematicians, math teachers, parents, and students, broken down by grade level and type of math.

Pinchbeck's Homework Helper

<http://school.discovery.com/homeworkhelp/bjpinchbeck/>

An impressive list of more than 400

recommended sources for learning started by a 10 year old and his dad.

Social Science and the Arts

www.tccornell.edu/Edu/ArtSocGateway

The Cornell Gateway provides links to resources in social sciences and the arts for K-12 educators and students.

CAN THE BENEFITS OF A SMILE BE MEASURED IN FAST?

Team members are critical in making a successful FAST program. Their warmth, respect, and commitment to parent empowerment are at the heart of a successful program.

Based on reports of Latino/a parent focus groups, the warmth and welcoming of the team was a major factor. It made the parents want to return to the next FAST session.

But how can a smile or an offer to assist be measured? Increasingly, those who fund the FAST program are very curious about this question. They want to know how the quality of implementation will impact the results. They want to know how much the relationships between team members and parents matter.

To address this, two new measures will be included in the team packet for evaluation of a cycle. One will ask the team for their feedback on quality of implementation. The other will ask the team about their opinion of the observable benefits to the families.

Both of these measures will help to show the link between implementation quality and parent empowerment, as well as other FAST goals.

Recipe Corner

After the holidays the last thing most of us want is a heavy meal! So, how about a salad/sandwich bar for the FAST dinner?

A big bowl of greens and smaller bowls of raw vegetables, grated cheese. A sandwich bar could have bread, spreads like mustard and mayonnaise and luncheon meat.

Yes it can be lots of work, but there are some shortcuts that can make it easier...

If the budget allows, buy prepared or pre cut lettuce, spinach and other greens. Also many vegetables can be cut up a day ahead and stored in a container in the fridge until FAST night. Buy grated cheese.

If you have older children they could help with the preparation.

Another idea is to create a platter of salad and sandwich fixings for each family table and provide support for the parents as they supervise the creation of the individual sandwiches and salads at their table. Samples or travel sized condiments could be used and it could take on a picnic theme.

If you feel really adventurous add a big pot of soup!

Here is a test to see if anyone ever reads to the end of the recipe column...

I am looking for some regional or ethnic recipes to print here so that readers can see the diversity in our FAST/WORKS populations. Please help by asking parents to send in the recipe IF you liked the

FAST & Stress Relief

Children love to play and, to children, play is also hard work. When play and work result in learning how to be healthier and happier together with the whole family, than fantastic things start happening! That is what goes on when families do yoga together...and FAST families are doing yoga!

In fall of 2001, I joined Shorewood Hills FAST to do yoga with children and families and will continue with Shorewood Hills FAST Works. It is adding a new form of health prevention to FAST and it is a lot of fun, too. Children did yoga each week during peer time using poses and stories to develop strong, limber bodies, increase focus and attention span and learn how to relax. Families also learned about being practical skills in dealing with stress.

As I continue to work with FAST Works families, we will begin to do yoga as a family, involving persons of every age in the yoga process. Yoga will be taught as a way for families to spend time together, in their own homes, to continue the same benefits listed above as well as creating a time to relate to each other in positive, creative ways by celebrating their family as a group and each person's individuality.

There are many ways that you can get started doing yoga as a family. Begin by purchasing books that are available. One helpful book is Children's Book of Yoga by Thia Luby. Play with the poses in the book and create new ones. Add songs that your family loves. Begin each yoga time together by lighting a candle to honor the light that makes up each of us and is seen in

our expressions of life. Turn on some quiet music, get a blanket and buy or make eye pillows to encourage a short resting time.

We are interested in hearing your suggestions for an optional curriculum for family yoga at FAST Works. We would very much appreciate your thoughts or suggestions. You can contact Tammy Conrad at FAST National office, or me directly at (608)246-8515. My email address is jgarber@terracom.net.

Additional resources

"Fly Like a Bird: Yoga for Children" by Shakta Kaur Khalsa. Published by Rudra Press, 1998.

"Imagine That! A Child's Guide to Yoga" by Kenneth K. Cohen. Published by Intergal Yoga.

"Yoga for Children" by Mary Stewart and Kathy Phillips. Published by Fireside Books, 1992.

"A Child's Garden of Yoga" by Baba Hari Dass. Published by Shree Ram Publishing, 1980.

"Children's Book of Yoga: Games & Exercises that Mimic Plants, Animals and Objects" by Thia Luby. Published by Clear Light.

It is easier to build a
child than to repair
an adult

-anonymous

Letter to the Editor...

The following article is unedited because no matter how I tried not to, in the editing process I changed what Maria was saying.

Hi! My name is Maria G. Sierra. I am very happy because I received your FAST News Volume 3 Issue 4. FAST program is an incredible good program.

I have been in different programs like; Padres y Progreso, it was in 1994-1995. Luise Gwosdz was the Project Even Start Supervisor. Other program is P. A. N. D. A. (Parents and Neighborhoods Defense Alliance) a program of the Community Outreach Division. Mamie Garcia is the Coordinator (713) 308-91-08.

My family graduated in FAST program in 4 April, 2002. In Felix Tijerina Elementary (713) 924-17-90. Principal: Lourdes Gaona. More new families are waiting for FAST program. Hector Morales is the new social worker in Felix Tijerina Elementary and his phone number is: (713) 926-87-15.

I am a parent, I have one boy and a girl and a wonderful husband. I am a student in San Jacinto College. SENDING THIS LETTER I hope help to each other. I speak Spanish, but I love learn English. I want be a better person with more education to help my family and other persons.

I appreciate all help from FAST program. Thank you very much to all persons who support FAST program.

Aha: Maria G. Sierra
Address withheld

Pre-Certification Seminar

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Upcoming events...

June 23 - June 27, 2003 in
Madison, WI

Secondary Certification

June 23 – June 27, 2003 in
Madison, WI

Administrator's Training

June 23-24, 2003 in Madi-
son, WI.

Satellite Downlink

April 30, 2003 see inside
for details!

Trainings are presented by:

FAST National Training &
Evaluation Center

An affiliate of:

Edgewood College
Graduate Program In Family
Therapy
and

University of Wisconsin-
Madison: Wisconsin Center for
Education
Research

Instructed By:

Dr. Lynn McDonald – Program
Founder
Pat Davenport - FAST CEO

**Your event could be
here!**

**If you have any FAST or
FAST-WORKS related
events that you would like
people to know about,
please let us know!**

**We will print them as
space allows.**