

*“A Communication
Link with
Foster Families
Across the
Province”*

INSIDE THIS ISSUE...

Contact Info
Page 2

Acting ED Report
Page 3

Recipe
Page 4

Board Member
Report
Page 5

Letter from
a Child
Page 6

How Glooskap
Found the Summer
Page 7

Blocked Care
Page 8

Federation of Foster
Families of NS
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Fostering Community Newsletter

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About Us:

The Federation of Foster Families of Nova Scotia is a charitable organization funded by the Nova Scotia Department of Opportunities and Social Development and governed by a board of directors who are foster caregivers.

Mission Statement:

A collective voice supporting diverse foster families.

Values:

Commitment - We value integrity, respect, and humility in our relationships with families, foster caregivers, and community partners.

Inclusion and Diversity - We pursue equity in all aspects of our work. We act with courage in supporting the best interests of children in care.

Stewardship - We strive for excellence and are accountable and transparent in being the collective voice for foster caregivers in Nova Scotia.



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Acting Executive Director Report

Greetings foster caregivers!

As the school year wraps up and we head into summer, I hope you have opportunities to rest and recharge and enjoy some fun with your crew, whoever that may be.

As many may already know, our executive director Susan Pace retired in early April so I have been covering as acting E.D. since that time. Spring is always busy leading up the AGM and this year was no exception! A huge thank you to the AGM organizing committee as well as workshop presenters Kathleen Murphy and Dr. Kristen McLeod for making the weekend memorable and informative.

This year has been challenging as the Federation's budget was reduced significantly this Spring. While things may look differently moving forward, our commitment to being a collective voice supporting diverse foster families remains the same.

Thanks for all you do, every day, to provide safe and loving homes to children and youth throughout Nova Scotia. The impact you have is significant and immeasurable!

Warmest regards,



Jill Martin, MSW, RSW



Salt Codfish and Potatoes

Salt Codfish and Potatoes was and still is a famous African Nova Scotian dish prepared on Good Friday.

Ingredients:

3 lbs salt codfish

1 package of pork rinds

3 medium potatoes

2 large onions

Soak codfish overnight to decrease salt content. In the morning, take codfish out of the water and set aside.

Boil potatoes in separate pot. Once cooked, cut potatoes in half and set aside.

Cut onions and pork rinds into small pieces, then fry together in a skillet. Cook until onions are clear and pork rinds are crispy.

Add potatoes and codfish to the skillet and simmer 5-10 minutes.

Once finished, the aroma is soothing to the soul and the taste is phenomenal.

Serve and eat.

Submitted by Patricia Cain



Board Member Report

Introduction for a new Board Member for the Northern Region

Greetings to everyone. I'm so proud to be nominated to the FFFNS Board to represent the hard-working Foster Parents across the Province. I have been a Foster Parent for the last 26 years, sharing the journey with my wife Mary Ann Burke. We have 3 daughters and currently one placement, but over our time helped support over 40 kids in our home. For the last 3 years, we have had the pleasure of being the hub-home for the Antigonish/Guysborough Constellation and have seen so many changes in fostering over the last 26 years.

My immediate coverage area includes Pictou, Antigonish and Guysborough Counties, and I look forward to be working with everyone to help support a collective voice for Foster Parent needs. I have further accepted the nomination of Treasure to the FFFNS Board, which is a role that I hold with much comfort, from my work and former volunteer experiences.

I am currently Branch Manager of the Scotiabank Antigonish Branch, for which I held for the last 15 years, with a total of over 32 years of experience in the banking industry. I have also spent extensive time with other Non-profit organizations, working in various roles including Treasurer and VP Finance. My first 10 years with the Bank, working in Commercial/Business Banking, had me working closely with many non-profits, helping guide them in their journeys of fiscal management.

In relation to my formal education, I have a Bachelor of Commerce and Master of Business Administration from Dalhousie University, a Certificate in Leadership Development from the Atlantic Leadership Development Institute and I'm a Registered Personal Financial Planner through the Canadian Securities Institute.

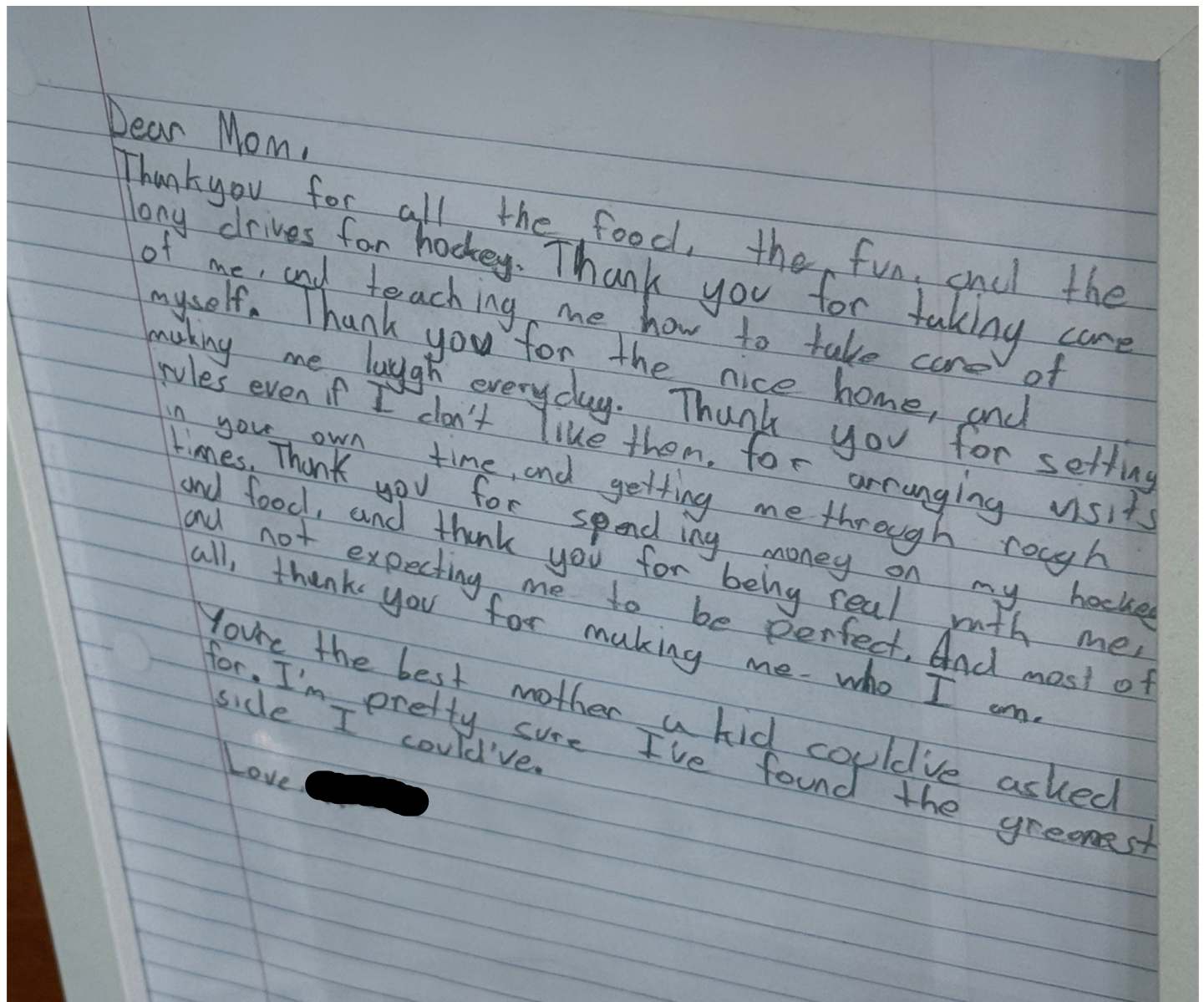
Feel free to contact me to help support any of your fostering needs!

Jim Burke,
Northern Region FFFNS Board Member



Letter from a Child-in-Care

Submitted by: Cheryl Little



How Glooskap found the Summer

In the long ago time when people lived always in the early red morning, before sunrise, before the *Squid to neck* was peopled as today, Glooskap went very far north, where all was ice.

He came to a wigwam. Therein he found a giant, a great giant, for he was Winter. Glooskap, entered; he sat down. Then Winter gave him a pipe; he smoked, and the giant told tales of the old times.

The charm was on him; it was the Frost. The giant talked on and froze, and Glooskap, fell asleep. He slept for six months, like a toad. Then the charm fled, and he awoke. He went his way home; he went to the south, and at every step it grew warmer, and the flowers began to come up and talk to him.

He came to where there were many little ones dancing in the forest; their queen was Summer. I am singing the truth: it was Summer, the most beautiful one ever born. He caught her up; he kept her by a crafty trick. The Master cut a moose-hide into a long cord; as he ran away with Summer he let the end trail behind him.

They, the fairies of Light, pulled at the cord, but as Glooskap ran, the cord ran out, and though they pulled he left them far away. So he came to the lodge of Winter, but now he had Summer in his bosom; and Winter welcomed him, for he hoped to freeze him again to sleep. I am singing the song of Summer.

But this time the Master did the talking. This time his *m'téoulin* was the strongest. And ere long the sweat ran down Winter's face, and then he melted more and quite away, as did the wigwam. Then every thing awoke; the grass grew, the fairies came out, and the snow ran down the rivers, carrying away the dead leaves. Then Glooskap left Summer with them, and went home.

Submitted by:

Regina (Jeannie) Toney-Newcombe





A Little About Blocked Care

IN FOSTER PARENTING



Blocked care is when a caregiver's emotional system becomes overwhelmed, leading to feelings of disconnection or shut down. It is a **protective response**, not a lack of love.

WHAT IT CAN FEEL LIKE



Feeling emotionally numb or detached



Finding it harder to feel patience or empathy



Going through the motions of parenting



Easily irritated or feeling "done"



Emotional exhaustion or burnout

WHY IT HAPPENS



Caring for a child with a history of trauma and loss can be deeply rewarding—and incredibly demanding. Over time, stress can exceed our capacity.

WHAT CAN HELP

- ✓ Reduce stress and get support
- ✓ Take breaks when you can
- ✓ Talk it out with someone safe
- ✓ Reconnect in small moments
- ✓ Remember: this is common



Experiencing blocked care doesn't mean you're not a good foster parent. You don't have to carry it all alone. *Support can help you reconnect.*

