

Families are PRIMARY

Volume 1 Issue 2

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New Hampshire
Children's Trust Fund

Keeping children safe
and families strong

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Letter from the editor:

New Hampshire weather can not slow us down. Kudos to all that attended the Un-sung Hero Award at the State House on February 13th during one of the messiest storms this winter. The excitement inside the State House could have melted all the snow outside.

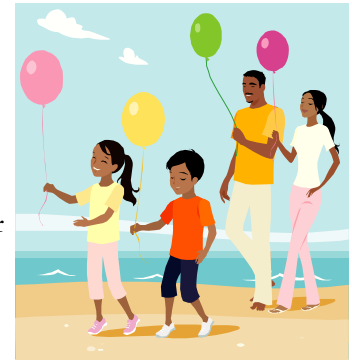
Spring is in the Air. It is so nice to look up and see the sun and blue sky. I think this winter has taken a real toll on us all. Soon the trees will be budding and flowers will be sprouting. I was surprised by

my draw to the spring flowers that were in the stores this weekend. I think it was a reminder that this long winter will soon be on its way out.

Spring is a time to enjoy your family in the outdoors with walks, bike rides, planting flowers and vegetables ...

Get out there and discover the many possibilities.

Make sure that you take a moment to read through this edition of Families are Primary and see all the new and exciting things going on at



the New Hampshire Children's Trust Fund and around the State.

Thanks,
Julie Day

Un-sung HEROES—Parents recognizing Parents

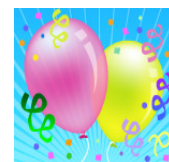
It was great to see all the parents with their families and their own cheering section on February 13th at the 1st Annual Un-sung Hero Award Ceremony. The room was bursting with people and emotions. It was great have Governor Lynch there to hand out the awards and have pictures taken with the families. At one point I looked back into the crowd and I could see how much this event meant to Parents.

Thank you to all that sent in nominations. And thank you to all parents that had nominations written about them. Unfortunately we could not chose everyone but we enjoyed reading all the wonderful things written about parents around the state. If your parent did not receive an award this year please try again next year.

We all know that parents do exceptional jobs everyday. We hope that this award cere-

mony will continue year after year so keep parents in mind throughout the year for the February 2009 awards.

For a list of award recipients please see page 4. To see pictures of the event please check out our website www.nhctf.org click on Families are PRIMARY then click on Un-sung Heroes.



Spring at the Trust Fund



The Children’s Trust Fund and Head Start are hosting our **2nd Annual Parent Advocacy Day**. The event will be held on May 13th from 9:00-12:15. The program includes Guest speaker Jack Levine “Advocacy Lessons Learned at My Grandmother’s Kitchen Table” and three break out workshops on topics such as Special Education, Making Voting a Tradition and Strategies on Using Your Voice. There will be a box lunch offered on your way out.

This program is offered free of charge because we feel it is very important for parents to be able to attend.

Last year’s Parent Advocacy Day was very successful. Some of the comments were “Great visual and audio to really hit the point home!”, “A great way to reach out to parents and let them know their voices count and are important!” and “5++++”

We also took comments like this one and planned for this

year: “Families could use more specifics on how to work with their schools; an example could be *special services*. They need strategies on how to ask for what they need without getting angry or defensive.” We listened and are having a workshop on Special Education.

If you have any questions, comments or are interested in joining on us May 13th please contact me at 224-1279 or jday@nhctf.org.

Easy to make things with your children

Cooking with Kids

I enjoy cooking with my kids and I sometimes find kid friendly recipes on www.FamilyFun.com

Here is a quick and easy meal to make with your family:

Apple Chicken Salad

- 1 Fuji or other firm apple
- 1 cup diced, cooked, boneless

- chicken
- 2 Tbsp chopped green pepper
- 2 Tbsp mayonnaise
- 1 tsp chopped pimiento
- Pinch of rosemary, crushed
- Dash of lemon pepper
- Salt
- Lettuce
- 1/2 cup alfalfa sprouts

1. Core and slice apple. Chop

about 1/2 cup and combine with remaining ingredients except lettuce and sprouts.

2. On a lettuce lined plate arrange apple slices; top with alfalfa sprouts, then chicken salad.

Makes 2 servings.
Serve with bread sticks or crackers.

7 Things You Can Do During NH Strengthening Families Month

April is Strengthening Families Month. Here are seven things you can do to help families across the state.

- 1. Volunteer your time:** Get involved with other parents in your community.
- 2. Discipline your children thoughtfully:** Never discipline your child when you are upset.
- 3. Support prevention Programs:** Greater investment is needed in programs that have

been proven to stop the abuse before it occurs...

4. Know what child abuse is and what the signs are. Go to www.childwelfare.gov/pubs/factsheets/whatiscan.cfm

5. Report abuse: If you witness a child being harmed or see evidence of abuse make a report to your state’s child protective services department or local police

6. Invest in kids: Encourage leaders in the community to be

supportive of children and families and ask employers to provide family friendly work environments.

7. Write, visit, fax, phone or email your elected officials: Request that your governor, state legislators or county officials proclaim the month of April as Strengthening Families Month.

For more detailed information check out the information on



Going Green!!!

With the white snow leaving and the green grass taking its place I thought I would take this opportunity to tell you about some things we are doing to make our office a green office. At the NHCTF we recognize that building strong families and healthy communities means caring for our earth. We know that our choices can either positively affect the environment around us. We know that every time we make a purchase we cast a vote for or against the environment. In an effort to become a more environmentally friendly office, NHCTF has begun using 100% recycled copy paper and a variety of office supplies using post-consumer

recycled content. To learn more check out our website www.nhctf.org.

As a family learn more about the “3R’s” Reuse, Reduce and Recycle. There are many things we can do everyday to make our earth a better place to live. Take a few minutes and check out www.Ecokids.ca on the internet. It is a family friendly website that you and your child can learn together about things you can do. There are interactive games that teach us all. I printed up the Earth Day Bingo game and the kids are all going to make their

own board—we can learn and play at the same time. **Enjoy!!**



Did you vote on Primary Day?

It was a record high voter turn out this year for the Primary. It seemed very electric around the State.

Now that the Primary’s are over and we are down to fewer candidates take this opportunity to research their positions on topics of interest to you.

I was given good advice that you should always check at least three resources to find the

whole truth on the issues. There is bias out there.

Some resources you could look at are the Union Leader or local newspaper, WMUR, CNN. You could google the candidates directly, check out www.projectvotesmart.org, www.everychildmatters.org, www.cnn.com (click on Politics). These are just a few resources that you could utilize.

Be prepared! The more you learn the more questions you have. If you have any information that you would like to share please email me at jday@nhctf.org. I would love to hear from you.

Be sure to vote!!! Election Day is Tuesday, November 4th

*“Voting is a gift.
And you should
vote for what is
important to you.”*

Kid’s Corner

Here is an opportunity for kids to let us know how they feel about different issues. Please let your child answer this question in his or her own words. Also give them the opportunity to come up with a question of their own for the next issues. I will post as many responses as I

can in the next issue to the following question:

“If you were the President of the United States what is the most important thing that you would do?”

Please send their responses to:

NHCTF
Attn: Julie Day
95 North State Street, #3
Concord, NH 03301
jday@nhctf.org



New Hampshire Children's Trust Fund

95 North State Street #3
Concord, NH 03301
603-224-1279



Calendar of Events:

For fun activities to do with your family here are a few fun websites to check out:

- www.parentingnh.com
- www.wzid.com
- www.wmur.com
- www.familyfun.com

Visit us on the Web at www.nhctf.org

Strong healthy families grow strong healthy communities.

April is Strengthening Families Month

April 7-June 3rd Building Blocks for Better Families. 10 week class on Monday nights 6-7:30 . Free. Childcare and meals provided. Facilitated by Kay Sidway at The Children's Place. 224-9920

April 9th-May 21st How to Talk so Your Kids will Listen. 6 week class on Wednesday nights 7-9. Free. Childcare provided. Facilitated by Kay Sidway at the Children's Place. 224-9920

April 13th Red Shoe Barn 5k Run and 2.5 k walk in Dover. Families are encouraged to participate. For more info www.redsrace.com

April 17th Legislative Luncheon hosted by Families Support New Hampshire

April 22nd Earth Day

May 13th Parent Advocacy Day

If you have an event that you would like me to add please email me at jday@nhctf.org

Unsung Hero

Here are the 1st Annual Unsung Hero Award Recipients Please take a moment to look over the names. There might be some one you recognize.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Christine McKenna Exeter	2 Heidi Stillings Littleton
3 Yesenia Otero Rivas Manchester	4 Russ Payne Concord	5 Terry Clyde Merrimack	6 Wendy Bemis Concord	7 Joyce Racicot Newmarket	8 Melissa Lebrun Seabrook	9 Gabrielle Grossman Exeter
10 Martha Cronin Concord	11 Karen Monchamp Londonderry	12 Jennifer Young Nashua	13 Dan Greeley Goffstown	14 Renee LaChance Concord	15 Kacey Marsh Littleton	16 Kathy Gaudette Groveton
17 Shannon Curran Concord	18 Joann Crudele Durham	19 Jennifer Daigle Franklin	20 Lisa Donhue Franklin	21 Laura Miller Contoocook	22 Tina Cooper Concord	23 Luz Colon E.Rochester
24 Peter Gauthier Groveton	25 Jean Rich Bow	26 Donna Knox Manchester	27 Maria Vallavazo Nashua	28 Serena Fairbanks Manchester	29 Suzanne Eastman Loudon	