



The Foundation News

A Quarterly Newsletter: Fall 2007

Executive Director's Address - Jim Rossi



Welcome to the inaugural edition of The **Foundation News**, The Foundation of Family Value's quarterly newsletter! In each edition, we'll update you on classes, events, projects, and feature short articles written by members of our organization.

Community is an important value for FOFV in so many ways. Our mission is to enhance positive core values within our community through innovative programs and by providing resources that facilitate positive parenting. But community also refers to our own FOFV collection of skilled professionals, volunteers, organizations, and students who have so graciously added their efforts to help us achieve our mission. I think of this group as the arms and heart of FOFV - and together we grow stronger daily - just like any community - and just like the families we join together to serve.

Now that we've taken our first baby steps, it's time to plan for our next stage of development. Our first focus is fund raising and we need your financial help. We are looking for items of value to offer in our first online auction, which will begin on December 1, 2007 and end on December 15. We already have lots of autographed collector's sports memorabilia, thanks to our generous friends at Sports Gallery. We have massages, hot air balloon rides, Hawaiian trips, cruises, and more. But in order to ensure success, we need a wider variety of goodies and, most importantly, bidders. Please mark your calendars and email all your friends. Encourage others to donate or bid. Visit our preliminary home page at <http://www.fofv.cmarket.com> to preview our treasures and for more info on how to help.

We are also just beginning to build our class catalog for the first quarter of 2008. If you are an educator, or have experience and would like to teach a class through FOFV, please submit a class proposal to Lisa Nichols at lisa@fofv.org by November 5th. Give us a short 1-2 paragraph description of the course along with your resume and general availability for weeknight teaching. If you want some ideas, visit our class descriptions page at www.fofv.org.

So much to say, so little room. The Kolty Chess Club. Counseling Services. Music Lessons. Grant writers needed. Silicon Valley's first ever Gaming & Internet Compulsions/Addictions Seminar for Parents and Professionals. And, mostly **Thank you!**

In This Issue

- Executive Director's Address
- Tips for Dads
- Family Meetings
- Body Presence
- Fall Classes 2007

Tips for Dads - Jay Harnden

Whenever people ask me for advice, or "tips" I can give to Dads, the first and most important one that comes to mind is "be a life-long learner". So often, men feel pressure to do things the right way, when the fact is that many of us may not have the required tools or experience to get it "right".



In the past ten years, I've been working with men, the vast majority of who only seek help when they are in crisis. A divorce or separation, problem with a child, etc., can motivate men to reach out for support and guidance. Why is it that men will invest in oil changes and tune-ups for their cars and go to the gym to work-out to take care of their bodies, but when it comes to our emotional and mental health, we wait until there's a crisis?

Becoming involved in a regular support group and talking with other men about the challenges that we face helps us to realize that we aren't alone and leads to learning new ways of dealing with old and current issues.

We need to work at keeping our relationships fresh and on track. When was the last time you put a "love note" on your lady's toothbrush? Or, when did you last take your daughter (I don't care how old or young she is) out on a "date" with you? Think I'm crazy? Well, I've learned quite a bit from the thousands of men I've worked with through the years and much of it has helped me tremendously.



James M.: Fathers' Support Group raffle winner of Sharks' tickets!

So, I encourage, no, I **Challenge** you, to become a life-long learner. The possibilities are endless, the rewards are priceless.

Jay Harnden facilitates FOFV's Fathers' Support Group which meets most Tuesday nights (where a raffle for free sports tickets is held).



The Foundation News ...continued

Fall 2007

Body Presence - Racquel Logan

Hello, my name is Racquel Logan, Certified Massage Therapist and mom of two. I am approved by the Esalen® Massage and Bodywork Association and licensed in Campbell. I have over 900 hours of bodywork training and over five years of professional experience.

Instead of looking at a person's body with a goal of moving muscles and rotating joints, I facilitate the connection between body and mind – to hold the space for someone so they can let go of their mind patterns and allow their body to release pain.

People may not be aware of how their minds may be dictating what is going on in their bodies. Sometimes they ask for very deep bodywork to get rid of pain. But, I imagine that what is really happening is that they have disconnected from their bodies and are hoping that deep bodywork will reconnect them.

Presence is the practice of being in the moment and experiencing "right now". My first step to presence is recognizing where I am in my body. Perhaps you could try it? Find some quiet space and notice what you are feeling physically. If your mind has chatter, acknowledge it and refocus on your physical sensations. How does the object you are sitting on feel? Do you feel discomfort? What is your body telling you?

This practice of getting quiet and listening to my body allows me to understand the connection between my mind and body. It can be used with motion as well but, when first learning this practice, stillness is easier. With activities like raking leaves, practice listening to your body. As you move the rake, what muscles are you using? What does the air feel like? Are you warm or cold? What do you smell? You might find that this is a very purposeful way of approaching many tasks. Good luck!



Family Meetings - Cheryl Zatkin-Steres, MFT

One method of assisting family members with developing and maintaining good communication and problem solving skills is to schedule regular family meetings. Family meetings help to establish a set of guidelines or ground rules which help keep communication open in the family and ensure that family members get heard.



Possible Guidelines for Family Meetings

The purpose of family meetings is to discuss family concerns in a clear, open, and organized fashion. Each family member's feelings and ideas can be expressed and will be listened to with respect.

Some possible guidelines include the following;

- Establish a regular time and place to meet.
- It is okay to discuss challenging topics and share feelings.
- Setting an agenda can be helpful.
- Asking questions is permitted.
- What everyone says is worthwhile, be respectful - no put downs.
- Everyone stays in the room when someone is talking.
- Stay on the subject being discussed.
- All family members should be included on an equal basis.
- Keeping minutes might be helpful.
- Focusing on goals and solutions is important.

Now that the ground rules for talking together have been established, have your family make a fun decision together. It might be something simple like what movie you'd like to rent or what family board game to play together. For the next few family meetings limit the agenda to positive topics.

Next hold family meetings to solve a problem or make a decision, and don't be afraid to add your own guidelines to this suggested list. At the end of the meetings, consider having pizza, playing a game, or going out to a family dinner.

Sometimes this process takes time before all family members realize the benefits of family meetings. They are not intended as vehicles for airing conflicts between spouses, but cooperative methods for building communication and cohesion within the whole family.

Fall 2007 Classes at FOFV

Please help support our classes by promoting them to friends and colleagues. If you'd like a promotional flyer to share or post, just let us know. Details can be found at www.fofv.org.

- **Infant Massage:** begins 11/5/07 (Instructor: Allison Freccerro)
- **Drugs & Kids** – Open Forum 11/7/07 **FREE!** (Instructor: Mark Pensler)
- **Parenting Teens:** begins 11/8/07 (Instructor: Jackie Hope Kite)
- **Health & Illness in the Family:** 11/10/07 (Instructor: Michelle Charters)
- **Gaming & Internet Compulsions/Addictions:** 12/1/07 **FREE!**
(Session 1 for Parents & Session 2 for Professionals)
(Presenters: Dr. Suzanne E. Rapley and Jonathan Shafer, MFTI)
- **Managing Parental Anger:** begins 12/6/07 (Instructor: Jackie Hope Kite)