

## What if?

“ What if  
a world full  
of FAS/E parents  
all got together  
on the  
**9<sup>th</sup> hour**  
of the  
**9<sup>th</sup> day**  
of the  
**9<sup>th</sup> month**  
of the year,  
and asked  
the world  
to remember  
that during the  
**9 months of  
pregnancy**  
a woman should not  
consume alcohol?

**What if we  
made a noise?**

**Would the  
rest of the  
world listen?”**

- Bonnie Buxton  
Toronto, Canada  
Co-founder, first FAS  
Day, 1999



Alaska Department  
of Health and Social  
Services

**Karen Perdue**  
Commissioner

**L. Diane Worley**  
FAS Program Manager

September 9<sup>th</sup>



# FAS

## International Fetal Alcohol Syndrome Awareness Day

## A RESOURCE KIT

for Alaskan parents  
and others interested in organizing  
FAS Awareness Day events  
in their communities.

# ●●● Tips on Speaking about FAS

**If you are asked to give a speech about FAS, and those butterflies are making your stomach do flip-flops, here are some tips that may help.**

Keep doing FAS awareness work long enough, and you're going to be asked to give a speech. Maybe you have butterflies, but really - it's nothing to fear!

First, some things worth remembering:

- You know your subject better than anyone else in your audience.
- Your audience wants you to succeed; they're rooting for you!
- It's normal to have butterflies when speaking; the trick is to get them to fly in formation!

Here are some insights and suggestions that will help you say what's on your mind succinctly, and with impact.

- **Don't hesitate.** If there is something you want to say about something, just do it. The words will come to you before you know it. The longer you hold back, the harder it is to speak up.
- **Nervous? That's normal.** Actually, hardly anyone else will notice and the nervous response will kick in your adrenaline, giving you strength when you need it most. Anyway, no one really cares if you are a bit nervous.
- **Be declarative.** In other words, **state what you think right up front.** Say, "FAS is the most devastating issue our society has to deal with," or "Harry has left out an important aspect of the problem." **Remember to always speak from the heart** and don't be shy to put an emotional quality into your voice. Let your energy reflect how much you care.
- **Think in threes.** Follow your opening statement with three reasons why you have taken the position you are endorsing. **Use personal examples as well as generic or statistical ones.** For example, "FAS is the single largest reason for brain damage among newborns," or, "If we continue to ignore the impact of this issue we will continue to have more homeless, more unemployables and increasing costs to society at large." Three aspects are easy for you and your audience to remember. **And three is enough.** Don't belabor the issue.
- **Link your comments to a recommendation.** Having established your stance on the subject at hand, explain what you expect to be done to support your concerns or interests. **Never be afraid to ask for support, and you're more likely to get it if you ask people to do something specific.**
- **Use personal anecdotes.** Where you have had experience with the issue, briefly outline what you have experienced, and how you feel about it.

- **Use humor.** Particularly when the joke is on you, you will endear your audiences to your cause when you reveal your own vulnerability.
- **Use your body.** Stand up and make sure that you can be seen and heard. Make gestures that emphasize the points you are making. And smile, because, even if you are disagreeing with someone or something, your voice will be warmer and friendlier, and you will attract more supporters to your position.
- **Be brief.** Everyone has other things to do or issues to raise. Don't lose their support by being long-winded and boring.
- **Be prepared.** Especially when you have reasonable notice of when you will be speaking, there's no excuse for not having all your arguments at your fingertips. **Start making notes now of ideas that come to you. Keep a notebook handy at all times (ideas do come at the oddest moments)** and don't worry about order or significance at this first stage.

After you have as many points in your list as you think are of top importance (remember you are *not* attempting to tell everyone *everything* about FAS all at once), then you can begin the process of organizing your thoughts in sequence:

- **First:** Tell them what you're going to tell them.
- **Next:** Tell them.
- **And in closing:** Tell them what you've told them.

That may sound glib, but it is the most effective way you have to get your point across.

- **Briefly open your remarks with an overview statement**, which could include some startling statistics and what you would like to see happen in your community.
- **Then go into some details** with anecdotes.
- **To conclude, summarize** what you have just told them, and **restate** your goals.

Don't read from a script, unless you absolutely have to. Instead, use a card with key points on it so that you don't leave anything out. Once you have the basic structure of your remarks in place, start practicing and practice every day. Rehearse your remarks in front of the mirror, while you're in the shower, in front of friends and family, in the car, anywhere.

**The most important thing of all: practice. Practice, practice, practice.** Then, when the time comes for your presentation, it will be just like talking to the neighbors!

—*Brian Philcox*  
*FASworld*

*Brian Philcox has kindly offered to help anyone working on FAS prevention in Alaska with any questions they may have when preparing to give a speech about FAS. Please send your questions to Brian via his e-mail address: [fasworldcanada@home.com](mailto:fasworldcanada@home.com) Brian and his wife, Bonnie Buxton, are adoptive parents of a child with FAS. They co-founded the first International FAS Day in 1999. Brian teaches business communications at a community college in Toronto, Canada.*

## Things you can order

### Beautiful new posters printed by RuralCap

Four new posters designed to educate women about the dangers of drinking during pregnancy. These posters feature beautiful full-color photographs, portraits of healthy children representing a variety of Alaska Native cultures.

To order copies of these posters, contact RuralCap at 1-800-468-7227.

### FAS Knot Gold Pins

Metal lapel pins with a white enamel knot on a gold background. Each pin is 3/4" wide. The pin is based on a stained glass hanging designed by Victoria, B.C. artist Gail McLanders, commemorating the very first International FAS Awareness Day, held on September 9, 1999.

By wearing this pin, you identify yourself as part of the worldwide community working to fight the effects of prenatal alcohol. The pin could also be sold as a fundraiser to help pay for your FAS Day expenses.

The pins are available for \$3.00 each (Canadian currency). To order, write to FASworld Canada, 1509 Danforth Ave., Toronto, ON M4J 5C3. For more information, call (416-465-7766), send an send a fax (416-465-8890), or send an e-mail: [fasworldcanada@home.com](mailto:fasworldcanada@home.com)

### "Baby in a Bottle" Pins

These enameled metal pins are 1.25" high. Available from the FAS Family Resource Institute for \$4.00 each. Send name and address, and check or money order payable to FAS•FRI Publications, PO Box 2525, Lynnwood, WA 98036. Or call (253) 531-2878

### Free Reports

A well-written report full of facts and figures about FAS/FAE, relating to the lifespan of the affected individual, is available free, and in bulk, from Correctional Service Canada. The report highlights the secondary disabilities of people with FAS which make them susceptible to getting into trouble with the law. To order a review copy of *Fetal Alcohol Syndrome: Implications for Correctional Service*, send your request to the Research Branch, Correctional Service of Canada, 340 Laurier Ave. West, Ottawa, Ontario, Canada K1A 0P9. For information about ordering in bulk, write, phone (613) 996-5222, fax (613) 996-2867 or e-mail: [reslib@magi.com](mailto:reslib@magi.com)

# ●●● Things you can make

## ● FAS Knots and Knot Cards

A sample Knot Card, with an FAS Knot inside, is included with this Resource Kit. Directions for tying the knots can be found in the first section of this Resource Kit, and on the FASworld website.

*Supplies needed:*

White rope (approximately 3/16" thick, and about 8 inches long for each knot)

Paper (preferably 60# paper or cover stock)

Small safety pins

Small adhesive labels (for sealing the the Knot Cards after folding) (optional)

You can photocopy the Knot Card designs & text provided in the back of this Resource Kit, or make your own. Several "masters" have been provided in the back pocket of this kit. Each card design is a little different. There is one that provides a space on the back of the card for pasting in text with your organization or agency's name, and one which gives the address and phone numbers for the Office of FAS.

Make two-sided copies on paper, preferably something heavier than regular copier paper. (You might want to use the same kind of paper that business cards are printed on, although this paper can cause problems with some office photocopiers. You might need to "sheet-feed" it into your copier, instead of loading it into the regular bulk paper tray.)

## ● Placemats

You can make placemats with FAS education and prevention messages to be used in cafes, restaurants, or hospitals (in the cafeteria, or on patient trays?). If you are working for a program or agency, you might be able to use your brochures (unfolded) as placemats.

## ● Stickers

Make stickers with FAS awareness and prevention messages. Perhaps there is a copy shop where you can have labels printed on colored stickers. Or simply print them on your copier, using sheets of press-apply labels made for copiers. You could even use address labels, if that's all you have available. The message will need to be very short. The type should be large enough to be easy to read at a glance.

Where can you use these stickers? Ask local businesses, clinics and doctors offices to put the stickers on the outside of any envelopes they will be mailing out the week before FAS Day. Or, pass them out to parents and children at school open houses in September.

## ● Fliers, posters, postcards, special e-mail "signatures"

## ●●● Websites for planning FAS Day

 <http://www.fasworld.com/day.ihtml>

sponsor: FASworld  
where: Toronto, Canada  
e-mail address: fasworldcanada@home.com

**FASworld is an international alliance of parents and professionals who do not want to see any more children, teenagers and adults struggle with birth defects caused when their mothers drank alcohol in pregnancy.** This site describes many activities taking place worldwide in support of FAS Day 2001. It gives helpful advice on how communities can set up their own activities, including sample letters to your mayor and church, media notes, how to do an interview, public speaking, individual message ads, the FAS Knot, and the Bells.

 <http://www.mofas.org/events/eventtoc.htm>

sponsor: FASworld/Minnesota  
where: St. Paul, Minnesota, USA  
e-mail address: joyceholl@earthlink.net

 <http://www.thearc.org/faqs/fas.html>  
<http://www.thearcpub.com/>

sponsor: The ARC (Association for Retired Citizens)  
where: Silver Spring, MD  
e-mail address: *Not available, but you can send an e-mail on their website.*

These web addresses will take you to: 1) the ARC fact sheet on FAS, and 2) the ARC publications and video resource site. The Arc national headquarters distributes other materials that could be used for FAS Awareness Day, including two FAS/ARBD prevention manuals, one designed for teachers and one designed for students. For more information, contact The ARC Publication Desk through the website, write: 3300 Pleasant Valley Lane, Suite C, Arlington, TX 76015; phone: 1-888-368-8009 (toll-free); or fax: 817-314-9432.

## ●●● Organize "A Pregnant Pause"

 [http://www.arcnj.org/html/pregnant\\_pause.html](http://www.arcnj.org/html/pregnant_pause.html)

**Pregnant Pause is a national community education campaign designed to educate the public about the dangers of drinking alcohol during pregnancy.** This site describes Pregnant Pause events that combine fun and festivity with FAS awareness messages.

## Websites for more info on FAS

 <http://www.hss.state.ak.us/fas/>

sponsor: Office of FAS, State of Alaska, DHSS  
where: P.O. Box 110609, Juneau, Alaska 99811-0609  
toll-free phone: 1-877-393-2287  
e-mail address: [fas@health.state.ak.us](mailto:fas@health.state.ak.us)  
(L. Diane Worley)

On this page of our website, we have provided links to other FAS sites which we recommend as especially good sources for information on FAS and ARBD (Alcohol-Related Birth Defects).

 <http://www.nofas.org/main/resource.htm>

sponsor: National Organization on Fetal Alcohol Syndrome  
where: Washington, DC, USA  
e-mail address: [information@nofas.org](mailto:information@nofas.org)  
postal address: 216 G Street, North East, Washington, DC 20002  
telephone: (202) 785-4585 fax: (202) 466-6456.

This webpage has a comprehensive list of major facts and statistics about FAS — each one in just a sentence or two. Each statement about FAS is documented with the name and date of the research report or other source of the information. The site also has a good list of FAS resources and materials produced and distributed by other national organizations and government agencies. Included are books, videos, a slide lecture, and newsletters. (Information for ordering these materials is provided.)

Please note: NOFAS replies to requests via e-mail when possible. However, many NOFAS materials and resources are not available electronically.

**To receive a free FAS information packet, send an e-mail to NOFAS with your name and U.S. postal address.**

## Website for how to organize events

 <http://www.earthday.net/howto/organize.stm>

Practical tips and sage advice for planning events, working successfully with volunteers, learning to delegate, chairing effective meetings, publicity, fundraising, and remembering to be appreciative, and have fun, while working together to put on an event.

# The FASDAY Mail List

**This internet mail list is for everyone interested in participating in FAS Awareness Day. There are many ideas already on the list, and those who are in the group will be more than willing to help you come up with an event or project suitable to the needs of your own community.**

## **What is a mail list?**

A mail list, or list-serve, is a site on the internet which serves as an electronic meeting place. The FASDAY mail list forwards e-mail messages between people all over the world who are working on FAS issues. Whenever someone in the group sends a message, it will come to your e-mail inbox. This mail list can be especially helpful for people who are organizing local activities for International FAS Awareness Day.

## **How can I join the FASDAY mail list?**

To be able to read messages and to send them, you must subscribe to the mail list. This simply means that you have to register to join. There is no charge for subscribing.

To subscribe, first go to the Yahoo Groups website:

**<http://groups.yahoo.com/group/FASDAY>**

Click in the box in the right hand corner of the page, where it says "Join this Group!" and follow the directions from there. After you register, you will receive an e-mail from the FASDAY mail list to confirm your subscription request.

Then you have to wait until they have actually added you to their e-mail list (this may take a little while; it is not instant). They will send you an e-mail saying "Welcome to FASDAY!" After you get this message, you will start receiving FASDAY messages and you will be able to read the archived messages (those sent earlier by members of the group). Archived messages on the Yahoo groups FASDAY website.

## **Questions or problems?**

If you need any help or advice to make this work, contact one of the moderators of the FASDAY mail list:

Bonnie Buxton, Ontario, Canada

*e-mail:* ogrady@axxent.ca

Teresa Kellerman, Arizona, USA:

*e-mail:* teresa@come-over.to

## ●●● Sound Bites & Definitions

**You may want to use some of these in your printed materials or when you are speaking about FAS.**

**Fetal Alcohol Syndrome (FAS)** is a cluster of permanent disorders, including brain damage and some characteristic facial malformations. FAS is the most common birth defect causing mental retardation in the industrialized world.

**FAS is incurable; the effects of FAS are life-long.** But FAS is 100% preventable. If a woman does not drink any alcohol at all while she is pregnant, her child will not have FAS.

**Alcohol Related Birth Defects (ARBD)** are also caused by mothers drinking during pregnancy. They are characterized by permanent organic damage to the brain, too, but mental retardation is not always present. Individuals born with ARBD may have normal intelligence, but like people born with FAS, they have other problems, such as slow growth and development, impaired learning, behavior problems, attention problems, and mental health problems.

**" FAS is a huge international problem —  
a major mental health disaster  
without borders. "**

*—FASworld Canada*



**" Fetal Alcohol Syndrome (FAS)** and **Fetal Alcohol Effects (FAE)** refer to a group of physical and mental birth defects resulting from a woman's drinking alcohol during pregnancy. FAS is the leading known cause of mental retardation. Other symptoms can include organ dysfunction, growth deficiencies before and after birth, central nervous dysfunction resulting in learning disabilities and lower IQ, and physical malformities in the face and cranial areas. In addition, children may experience behavioral and mental problems, which progress into adulthood.

**" FAE** is a lesser set of the same symptoms which make up FAS. Babies affected by alcohol can have any or all of these symptoms. FAS and FAE are widely under-diagnosed. Some experts believe that between one-third and two-thirds of all special education children have been irreversibly affected by alcohol in some way. At least 5,000 infants are born each year with FAS. Another 50,000 children show symptoms of FAE.

**" No amount of alcohol consumption during pregnancy is known to be safe."**

*— National Organization for Fetal Alcohol Syndrome (NOFAS)*

# ●●● Stories

**What would work for your community? Reading these stories will probably give you one or two good ideas.**

## **Just one mother, in her home**

*In the end, there were nine of us who met... We met at my house at 8:45 in the morning.*

*At 9:00, we started by reading some prayers and a poem that was written by a friend. At 9:09, we rang a small bell nine times and remained silent for one minute. We each spoke, then, about our lives so far living with FAS. There were three adoptive moms and one birth mom.*

*After that, we watched a video about FAS, and spoke a bit more about particular problems facing each of us and possible solutions. I handed out literature and then served refreshments — coffee, juice and doughnuts.*

*Two of the adoptive moms were referred to me through our pediatrician, and the birth mom was a woman I met at the local 7-11. When I first met her and came to learn that she had a daughter with FAS, she cried and said she thought she was the only one in Phoenix who was struggling with this problem...*

*So that was our ceremony. It was small, quiet, no news coverage, no processions... I can only hope that the “fluttering of wings” in Phoenix will become a hurricane around the world.*

—Phoenix, Arizona

## **Public gathering in a church, with speakers and music**

*People arrived at Metropolitan United Church to the music of international lullabies, arranged and played by the church’s carillonneur...*

*Our speakers included a political leader who is staking his political career on getting labelling on alcoholic beverage containers, a psychiatrist who spoke on “labelling” of kids, talking about professional ignorance of the need to diagnose....*

*Two native women, who call themselves “The Wild Strawberries,” played hand drums and sang. Beautiful, articulate R.C. spoke about her life experience growing up with undiagnosed FAE, and in less than 15 minutes, reduced the audience to tears.*

—Toronto, Ontario, Canada

## **A cold and stormy outdoor event in the Yukon**

*We had between 250 to 300 attending our event. And let me tell you something, that was excellent because the weather was horrible, raining, cold, veeeery cold. About noon my husband and I had to go hunting for a propane heater because it was too cold for the performers and their instruments. At least we had two big tents... I cannot explain how happy we were with the results...*

—Whitehorse, Yukon, Canada

# More Stories

## **Banners and bells ringing all over a big city**

*Every church with bells in the city rang them at 9:09 for more than a minute...*

*The Calgary Young Offenders center made knots and used the place mats today...*

*We had a huge basket full of knots (probably 2000 - all donated by parents) and the hand-out with the explanation... Through a number of printers and agencies, we had over 20,000 copies of the awareness place mat for local restaurants.. The A & W restaurants have put up banners with the slogan "The only SAFE beer when you're pregnant is an A&W root beer. Fetal Alcohol Awareness Day - Sept. 9th"*

—Calgary, Alberta, Canada:

## **An lakeside retreat for mothers**

*On FAS Day I joined a group of seven women and kids at Arrow Lake for a retreat for women who drank while pregnant.. We talked about our kids and our struggles and how to get support from folks that are determined to undermine and hurt us... It was great... These women will all be coming to our fall Reclaiming Event and all have begun their own healing circle."*

— West Region Child and Family, Winnipeg, Manitoba, Canada

## **Just one person "jumping in" on FAS Day can make a lot of waves**

*Being a committee of one, I chose to focus on services in our town, and to shed some awareness on FAS. I had planned my program for Friday morning because I wanted to get the working crowd and thought I would have much more success on a work day...*

*I had great response. All the "who's who" were there: the mayor, the CEO of the Health Council, superintendent of the school board, teachers, police, public health nurses...*

*Several people approached me after with requests for a repeat performance for their group:*

- *The vice-principal of the high school wants me to come into the school to do lessons on drinking and pregnancy.*
- *The director of area daycares asked if I would speak at a parents' day.*
- *A member of the city council asked me to speak to the Kiwanis Club.*
- *A social worker in charge of adoption asked if I would do presentations for families preparing to adopt.*
- *A judge asked me to bring copies of a report on FAS and the Correctional Service to the court house.*

*And here I thought that by 9:09 this morning it would be all over — instead it is just the beginning!*

—FASworld/Nelson, British Columbia, Canada

*These stories, and more, may be found on the FASworld website. Go to: <http://www.fasworld.com/day.ihtml>*

## More Stories

### **Planning a community-wide campaign**

*We succeeded in getting a civic proclamation to support FAS Day.*

*Our prenatal program participants helped tie over 300 FAS Knots. They were distributed at our local community day on September 9, 2000. We did a presentation on FAS at our prenatal program and invited a pharmacist to do a presentation on drugs and pregnancy.*

*We succeeded in finding two families willing to do a newspaper article on their experiences with children with FAS/FAE.*

*We sent public service announcements to all local media for distribution.*

*Other network members organized parenting workshops on alcohol during pregnancy and FAS, and got FAS is on the list of suggested topics for professional development day for Special Education Teachers.*

*—Our Children Our Future/Nos enfants, notre avenir, Sudbury, Ontario, Canada*

### **Children can enjoy the day, too!**

*Today there were ten adults and ten children present to hear the beautiful sound of the carillon bells ringing for FAS Day. We all then went to the belfry... and much to the delight of the children, they were allowed to make music on the practice bells.*

*Most of us then went to have coffee. In the coffee shop we found the newspaper had run an article about a recovered alcoholic and street person who now runs a home for children with FAS. In the article International FAS Day and the bell ringing was mentioned...*

*In the afternoon we attended a foster parent picnic... Now everyone has collapsed in a big heap from the excitement of the day, all very tired out.*

*—Fetal Alcohol Syndrome South Africa, Cape Town, South Africa*

*It was great seeing my Liz (FAE, age 14) going up to people and getting them to wear the knots... I think our kids need this kind of personal advocacy!*

*— Minnesota Organization for Fetal Alcohol Syndrome (MOFAS)*

### **Just one sign can say it all**

*A large banner which reads "Alcohol & Pregnancy = Brain Damaged Babies" will stretch across the main street...*

*—FANZ, Auckland, New Zealand*

*These stories, and more, may be found on the FASworld website. Go to: <http://www.fasworld.com/day.ihlml>*



## ●●● The FAS Pledge

"I am aware that drinking any alcohol at all during pregnancy may cause permanent brain damage to the baby.

"Therefore, I declare that I will support and encourage my partner, my friends and my family members to be alcohol-free during pregnancy."

## ●●● A Pregnant Pause Event

The weekend of FAS Awareness Day (September 8-9) might be a good time to hold a "Pregnant Pause" event in your community. One idea: Get a restaurant or bar to serve free pop (or other non-alcoholic beverage) to all expectant mothers. This special offer could be all day, or for a few hours only.

Add a "tag line" to all the advertising for this event to carry your FAS awareness/prevention message to the community.

Pregnant Pause is a community education campaign designed to educate the public about the dangers of drinking alcohol during pregnancy.

Communities have organized all different kinds of Pregnant Pause events. One community held a contest to choose the best non-alcoholic drinks created by local bartenders. The judges were all pregnant women, who tasted the drinks and gave them a rating. At the end, prizes were awarded to the contestants as well as to the judges.

For more information, go to the ARC (New Jersey) site on the internet:

[http://www.arcnj.org/html/pregnant\\_pause.html](http://www.arcnj.org/html/pregnant_pause.html)



# Recipes for Non-Alcoholic Drinks

## **For bartenders:**

*Recipes from Pregnant Pause (ARC/NJ).*

### **"Baby's Berry Blast"**

2 oz. Pureed Strawberries  
2 oz. Blueberries (fresh or frozen)  
1 Banana  
Splash of Pineapple Juice  
1 oz. Coconut Milk  
Crushed Ice

### **"Nacer Cantando" ("Born Singing")**

Vanilla Ice Cream  
Banana Mix  
Pina Colada Mix  
Pineapple Juice  
Whipped Cream & Cherry (on top)

### **"Baby's Paradise"**

8 oz. V-8 Tropical Splash  
2 T. Coco Lopez  
3-4 Scoops Vanilla Ice Cream

### **"Coochy Coo Colada"**

Pureed Strawberries  
Pina Colada Mix  
Vanilla Ice Cream

### **"Sunrise Smile"**

2 Scoops Orange Sherbet  
 $\frac{1}{2}$  oz. Honey  
 $\frac{1}{2}$  oz. Coco Lopez  
2 oz. Pureed Strawberries  
2 oz. Sliced Peaches with Syrup

### **"Fruity Bam-Bam"**

2 oz. Pureed Strawberries  
2 oz. Peaches with Syrup  
 $\frac{1}{2}$  Banana  
2 oz. Pineapple Juice  
1 tsp. Plain Yogurt  
Crushed Ice

## **For home:**

*Recipes from FAS Community Resource Center.*

### **"Kina Polada"**

$\frac{1}{4}$  cup pineapple chunks  
 $\frac{1}{4}$  cup pineapple juice  
 $\frac{1}{4}$  cup coconut cream  
4 ice cubes

Blend well in a blender. Pour into two large glasses. Serve with a garnish of pineapple and a cherry.

### **"Cranberry Craze"**

$\frac{1}{4}$  cup cranberry juice  
 $\frac{1}{4}$  cup apple juice  
 $\frac{1}{4}$  cup sweet & sour mix  
 $\frac{1}{4}$  cup ginger ale

Mix first three ingredients well and pour over ice into two large glasses. Add ginger ale. Serve each with a wedge of lime.

### **"Tropical Passion"**

1 — 12 oz. can Passion Fruit Nectar  
 $\frac{1}{4}$  cup coconut cream  
1 cup crushed pineapple  
4 ice cubes

Blend well in a blender. Pour into two large glasses. Serve with a garnish of pineapple slice and a cherry.

### **"Strawberry Jazz"**

4 frozen strawberries  
 $\frac{1}{4}$  cup apple juice  
 $\frac{1}{4}$  cup pineapple juice  
 $\frac{1}{2}$  cup milk

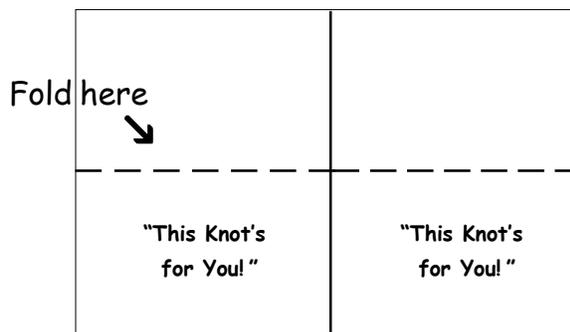
Place ingredients in blender for several seconds. Pour into two large glasses. Garnish each with a strawberry.



# Knot Cards

One idea for distributing the FAS Knots you make:

Attach them (with the safety pins) to note cards which have FAS awareness and prevention messages.



↑  
Cut here

The Knot Card copy masters in this kit have small lines printed on them to help guide folding and cutting.



You may want to seal the cards (after folding) with small press-apply stickers

You could use only the cover design of one of the Knot Card copy masters provided in this kit, and write your own FAS awareness and prevention messages inside.



~  
"To give birth to healthy babies,  
mothers-to-be should be alcohol-free."  
~

## Office of Fetal Alcohol Syndrome

State of Alaska, DHSS

P.O. Box 110609

Juneau, Alaska 99811-0609

Phone: (907) 465-3033 • Call toll free: (877) 393-2287

FAX: (907) 465-1189

<http://www.hss.state.ak.us/fas/>



### About the FAS Dream Catcher

This dream catcher was created especially for Alaska's Office of FAS by Marsha Thomason, a primary counselor at Old Minto Recovery Camp in Minto, Alaska.

The five beads in the center of the dream catcher represent the five years of the State's FAS grant from the U.S. Department of Health and Human Services. The wolf claw represents the need for tenacity and the determination to make systems change. The raven feather denotes the need for humor and cunning, and the willow branch represents the dawning of a new season.