

It's Chinese New Year time again!

Families with Children from China

Quick Hits

●FCC-CT web site has been updated! Visit:

www.fcc-ct.org

●Chinese New Year! Sunday Feb. 12th!

●FCC Yahoo Group: http://groups.yahoo.com/group/FCC-Connecticut/join



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# FCC-CT

Volume 1, Issue 1

January, 2006

## Not In the "Know"?

by Barbara Anderson  
Moderator, FCC-CT Yahoo Group

Missing out on events? Not getting answers to those questions about adoption you've asked? You might want to check the settings on your FCC-CT Yahoo Group mail delivery. As moderator, I have noticed that many, many Yahoo group members are set to "No Mail".

This may be by choice, or it could be you didn't even realize it. If you choose "no mail", you will not receive notices of upcoming events, or even just interesting news. Yes, you can go to the site and read the postings; however, I would like to suggest that you consider changing your settings to one of the

other three settings - "Individual

E-mails", "Daily Digest", or "Special Notices".

The Individual E-mail setting will send you all postings. We are a very low volume group, although I would love to see that change. Let's get a little chatter going!

Daily Digest will send a once-a-day digest of all postings in a given day. You can scan the headings and decide which postings you want to read.

Choosing the Special Notices setting will only deliver those postings the moderator deems important enough to post as special notice. This could include announcing a major event, or a cancellation of an event scheduled.

To change your setting, got to <http://groups.yahoo.com/group/FCC-Connecticut/> and click on "edit membership" at the top of the page. Scroll down to "Message Delivery", select your new setting, scroll to the bottom of the page, and click "Save Changes". This should set your delivery. A Yahoo change can sometimes take a day or two to come through.

Hope to "see" you on-line!

### FCC-CT Website Receives Much Needed Facelift

Check out the FCC-CT website at [www.fcc-ct.org](http://www.fcc-ct.org)! Many thanks to Chuck and Deb Mihalko for their efforts in providing the website with a fabulous new look!

## Thank You Sandy Miller

FCC-CT would like to thank Sandy Miller for her years of service to our organization as Secretary. She has done a fantastic job. Sandy has rendered her resignation effective the first of the year. Although we will miss her terribly, we understand her desire to become more involved with the PTSO at her

daughter's school. We are now looking for a new secretary to serve FCC-CT. This position involves attending FCC-CT Board meetings once every three months, with other meetings being called as needed. We try to meet in a central location to all Board members. You would be responsible for taking minutes,

and sending them via e-mail to all Board members within a few days after our meetings. In addition, the Secretary plays a vital part in helping to plan events, helping with the registration table, and just helping wherever needed. FCC-CT would ask for a commitment of at least one year.

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2006 is the Year of the Dog!



## Chinese Noodle Salad

by Timothy Xiao Quan Anderson, age 9 years, adopted 9/14/97, Zhaoqing, Guangdong

1 - one pound bag prepared American salad mix  
2 hard-boiled eggs, diced  
1 jar Marie's blue cheese salad dressing  
1 large can Chinese Chow Mein Noodles  
Prepare just before serving.  
Toss diced hard-boiled eggs with salad mix.

**"I invented this when I went to Hometown Buffet one night"**

Mix in enough Blue Cheese dressing to coat all. Get the chunks of blue cheese in there!

Add lots of the chow mein noodles to make it very crunchy and stir.

## Thank You

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You do not have to have your child home from China to serve on the Board! So this position is open to waiting parents also. If you would be interested in serving, please contact Barbara Anderson, Vice President FCC-CT at [banderson@fcc-ct.org](mailto:banderson@fcc-ct.org). Sandy, thank you from all us for your devotion to FCC-CT.

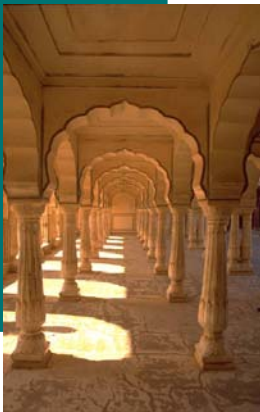
**You will be missed!**

*"As moderator, I have noticed that many, many Yahoo group members are set to "No Mail".*

*This may be by choice, or it could be you didn't even realize it."*



*"...many new questions may arise regarding who she is and where she came from, and how she came to be adopted."*



## Confused? You Don't Have to Be!

by Barbara Anderson Vice President FCC-CT Moderator FCC-CT Yahoo Group

I have recently had several people bring to my attention that there is some confusion over the FCC-CT Yahoo group, and the Connecticut Chapter of Families with Children from China (FCC-CT). I hope I can clear up some of the confusion.

FCC-CT is a state-wide chapter under the umbrella of FCC-National. This group was

formed to offer support, fellowship, cultural awareness, and other information to families who have adopted from Asian countries. While the majority of our families do have children from China, we also have members with children from Korea, Russia, Taiwan, and Vietnam, just to name a few. We also welcome and embrace the "home-grown" siblings, and the extended family, including grandparents.

FCC-CT sponsors two major events a year - a Chinese New

Year Celebration in January or February, and an Autumn Moon Festival in September or October. The Chinese New Year Celebration is the more "formal" event. The children are usually dressed in traditional clothing, Chinese food is served, Chinese dancers, musicians, or martial artists perform, and various crafts related to the specific Zodiac year are offered.

The Autumn Moon Festival is more of a family fun day. We

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## Timing Birth Country Visits

By Marie Winters  
Perhaps it's been several years since you came home from China with your precious child. In the early years, you helped her learn to walk, talk, feed herself and potty train. Then she began school and learned to read, write and make her own friends. During

these years, she learned that she was born in China, has a birth mother and father, and that her mom and dad are her forever family and love her immensely. With the adolescent years around the corner, many new questions may arise regarding who she is and where she came from, and how she came to be adopted.

To help your child through these issues, you may want

to plan a Heritage tour to China. Dr. Rebecca Nelson, PhD, a clinical child psychologist, recently wrote an article for Lotus Travel on the best time to visit your child's birth country. Dr. Nelson was adopted from South Korea at the age of 5, and has a unique appreciation for the psychological and developmental complexities that can challenge adoptees and

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## Confused? You Don't Have to Be!

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have held these events in various locations, including parks, churches, and this year, at the beach! We've had pot-lucks, and catered meals. There are games, crafts, and always, the moon bounce. It's a day of fun and fellowship.

The FCC-CT Yahoo Group is simply that—a Yahoo group. However, it's the primary means of communication for our FCC-CT Chapter. It is also a place for families in Connecticut to connect with other

families who have adopted a child from China. You must apply for membership to the Yahoo group. We ask that when you apply, you tell us your name, and a little about yourself. This is protection for all of us. There are NO dues involved in the Yahoo group. Members use the Yahoo site to post about events, announcements of referrals, looking for childcare, or just to ask advice from those who have "been there, done that". Various other groups, with the permission of the owner and moderators, post classes they offer, or services related to adoption.

To sum up, membership in the FCC-CT Yahoo group is NOT membership in the Connecticut Chapter of Families with Children from China. And vice-versa. To join Families with Children from China, go to <http://www.fcc-ct.org> and click on membership.

To join the FCC-CT Yahoo group, go to <http://groups.yahoo.com/groups/FCC-Connecticut/> and click on "Join this Group".

I hope I have helped ease some of the confusion relating to the two groups.

*"This group was formed to offer support, fellowship, cultural awareness, and other information to families who have adopted from Asian countries."*

## Timing Birth Country Visits

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their families. A portion of her article follows.

Parents often ask me when might be a good time for their child to visit her birth country. Ideally, multiple visits across the lifespan provide a wonderful way for a family to stay connected to a child's birth heritage. If only one birth country visit can be planned, the ages between 8 and 10 is most appropriate with the specific age dependent upon your child's emotional maturity. By this age, children have greater ability to think about themselves and others in a dynamic and complex way, and tend to have a keen interest in understanding how they came to be adopted. Questions about birthfamily, country of origin, and other adoption related matters are likely to be frequent. Children aged 8 to 10 are still dependent upon their parents to assist them in sorting our experiences, relationships and ideas. This makes a birth-country visit a prime opportunity to learn about themselves and further a positive adoptive identity within a guided and emotionally supportive context.

On the visit, engage in activities that celebrate her ethnic heritage and that are especially appealing for her. For instance if your child likes Chinese dresses, a dress or two bought from places of meaning, such as a specific region, facilitates positive associations. Also, providing your child with her own camera will give her a sense of empowerment as she will gain a positive sense of control with tangible pictures of what appeals to her about her country of birth. Allowing your child to create her own photo album in addition to yours will further facilitate positive memories.

Recognize your child will have thoughts and feelings about their adoption and birthcountry that may be dissimilar to yours. These differences can be sensitively addressed by actively involving your child in the planning phases and itinerary, such as places and people they would or would not want to see. Because this can be an emotion-filled trip, plan some relaxing down time. Bringing one or two emotional comfort objects from home is also recommended. This might be a

favorite blanket or stuffed animal that your child can snuggle with when feeling tired or stressed.

Generally, pre/adolescents can be reluctant to visit their birth-country due to immersion in their existing social world and increased sense of self-consciousness. Visiting a country where their families will stand out is not likely to be appealing during this stage of heightened self-consciousness. However, if a pre/adolescent show interest in visiting her birth country, then it can be a rewarding experience if planned to fit the pre/adolescent's individual interest and temperament.

Lotus Travel, a professional tour operator that has specialized in adoption travel since 1995, offers several tours for adoptive families like ours. Lotus arranges about 40% of adoption travel to China from the U.S., yet group sizes of Homeland Heritage tours are limited to no more than 25 people. For brochures on the many tours available to China, including visits to your child's orphanage, contact Marie Winters at [tmaw3@sbcglobal.net](mailto:tmaw3@sbcglobal.net) or visit [www.lotustours.net](http://www.lotustours.net).

Note: This article is the property of Lotus Travel, Inc.