

eur AuPair GAZETTE

Intercultural Child Care Programs

A Publication for EurAupair Program Participants and Friends Around the World!

Volume 77 - Published March 2021

2021 EurAupair Au Pair of the Year Winner

By Au Pair Elisa Barnardo from South Africa with the Cavar Family in Branson, MO

I feel truly honored to have been nominated for Au Pair of the Year. I am so excited to share all about how my Au Pair experience has been this far.

I not already feel at home?

The Cavar family has been a blessing in my life since the moment I met them in 2018. I could not have asked for a

opportunities for young people like me. My journey to become an Au Pair was a long and difficult one. There were many questions as to how I was going to make it happen. After a year of trying, I matched with the Cavar family after our second Skype call. I knew they were the family for me!

The Cavar children became the most precious part of my day. Charleston Grace, also known as "Charlie, Char-Char, Charlie bear, cha-cha or just princess" has filled my mornings with adorable sleepy walks to the kitchen and late-night barbie play sessions. She makes every moment an interesting one by explaining to me why Ramen noodles are actually good for you and why we should have them every day. She is such an intelligent 5-year-old, and she teaches me something new every day.

Then there are the three-year-old twins, Benjamin and Callahan. When I first arrived, the boys turned 2 and they were just learning to mumble some words. I can now say that the boys have learned to speak in full sentences and won't ever stop. That makes me so proud. Mr. Benjamin or "Benny Boo" is the charmer of the family. A day does not go by without him bribing you to get him some pink lemonade. He is so full of energy and keeps me busy by never stopping to tell Elisa a new interesting story.

Then, Mr. Callahan or "Cal-Cal" who is the sweetheart. He has such a kind little soul and gives the best little snuggles. Dinosaur growls must be exchanged every day.

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I started this Au Pair experience with several questions on how to survive as a 19-year-old in a different country far away from home. How would I adapt to living with a host family and being the best Au Pair I could possibly be to the three golden haired angels? As soon as my flight landed, I saw my host family's bright smiling faces searching for me in the crowd. Right then and there all of my questions were answered.

I will never forget driving home for the first time with my host family. They immediately made me feel welcomed and right at home. They were asking about my life back home in South Africa and telling me all about theirs here in America. We shared some laughs and exchanged some top secret parenting/Au Pair tips. Once arriving to their home, I noticed the distinctive yellow color of the walls. This reminded me of my home that shares the same yellow color. So how could

better family. Arriving during the Halloween season, I jumped right into the excitement of spending my first Halloween with the family. As a creative person by heart, I decided to be the only appropriate character I could think of, Mary Poppins. This is why I am known as Mary Poppins in my family.

My everyday routine is full of fun responsibilities. I love cooking my world-famous pancakes at 7 o'clock in the morning and making sure the troops (children) are tucked in and safe by 7pm at night.

Having to adapt to a full busy household was a bit of a challenge for me. I come from a home where I was raised by my single mom and my 74-year-old grandma. It has always just been my mom, grandma, younger sister and me. We had to make our own way and make do with what we had. I always dreamed of coming to America because it has so many possibilities and

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About Us...

EurAupair Intercultural Child Care Programs is a non-profit, public benefit organization designated by the U.S. Department of State to conduct the Au Pair cultural exchange program under the Fulbright Hays Mutual Educational and Cultural Exchange Act of 1961 and is intended "to promote mutual understanding between the people of the United States and other countries by means of educational and cultural exchanges".

If you would like to contribute to the EurAupair Gazette, please email info@euraupair.com. We would love to hear from our Host Families, Au Pairs, Community Counselors, Area Coordinators and Partners.

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EurAupair Photos

Face Mask Challenge



Au Pair Monique from South Africa with her host sister Campbell (1) in Ball Ground, GA



Au Pair Richardine from Namibia with her host siblings Caden (6) and Kaylee (4) in Bennington, NE



Au Pair Karen from Colombia with her host sisters Samantha (12), Victoria (10), Camila (8) and the family dog in Great Neck, NY



Au Pair Cynthia from Mexico with her host siblings Tommaso (8) and Olivia (5)



Au Pair Jade from South Africa with her host sister Elle (3) in Bennington, NE

EurAupair Photos

Monthly Activities



Community Counselor Deanna Cohn from Bellwood, PA met her Au Pairs at the Warriors Mark Alpacas Farm in PA. They fed the alpacas and also fed horses, pigs, ducks, a donkey, and miniature ponies.

From left to right: Au Pair Monique from South Africa, CC Deanna, Alida from South Africa, Leo from Venezuela, Andrea from Brazil, Liezel from South Africa and Yeimy from Colombia



Community Counselor Pamela Porvaznik from Wichita, KS took her Au Pair Laura from Colombia to Tanganyika Wildlife Park in Goddard, KS. Laura wants to be a veterinarian when she returns to Colombia. She got to feed the giraffes, birds and lemurs. And she got to pet the kangaroos and giant turtles.



Community Counselor Swantje Nuckols from Chicago, IL met with her group of Au Pairs at the Cloud Gate "Bean".

From left to right: Au Pairs from Turkey, Gamze Y and Gamze G, Oriana and Daniela from Venezuela and CC Swantje



Community Counselor Nicole Richardson from Yulee, FL met with her Au Pairs at St. Johns River Park in Downtown Jacksonville, FL.

From top to bottom, left to right: Au Pairs Johanna from Colombia, Abigail and Mine from South Africa, Julia from Brazil, Tayla from South Africa, Anni from Finland, Taiane from Brazil, Anelisa and Danielle from South Africa and Daniela from Colombia



Community Counselor Kira Figg from Pineville, NC met with her group of Au Pairs for an afternoon of painting.

From left to right: CC Kira, Keisha from South Africa, Tuba from Turkey, Robin, Chante and Aneri from South Africa



Community Counselor Fabienne Cavaliere (back) from Sherrills Ford, NC at the Confetti Hearts Wall in Charlotte, NC with Au Pairs Charlotte from Germany and Nil from Turkey

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There are times when I look back at the kids and I don't want them to grow up or to ever leave them one day. Then I remember that I was there to change their little lives and use that time to help them grow and develop into smart and kind little children.

It was important for me to connect with the children in every way I could. Believe me taking care of three kids under five has been the experience of a lifetime. I would not exchange those moments for anything. Building sheet forts in the playroom, having tea parties with the princess, dinosaur chases around the house and telling all about the titanic at bath time are just a few of my favorite memories. Putting on small ballet performances was a must. Convincing a 2-year-old that the spider toy is just a toy for a week straight and trying to mix those vegetables into the mac and cheese with the sneakiness of James Bond himself. These moments are small, but they will stay with me forever. That is what being an Au Pair is all about. Creating memories with the children that they will never ever forget. I have grown into a more responsible and caring person because of the experience. I will forever be thankful.

The children are the reason I came halfway across the world and they are the reason I decided to stay on as their Au Pair for a second year. I can just hear myself now saying "I will only do one year of Au Pairing." Oh Elisa, if only you knew.

As a young 20-year-old woman, I can now say that this experience has changed me for the better. My host mom and dad have taught me so many valuable life lessons that I will always carry with me. They have made me a stronger person and shown me that there is true kindness in this world. Even if you come from a strange small town on the other side of the world. They have shown me that even through the toughest of times, it is so important to be kind and loving.

Being an Au Pair in a time like 2020 has been a true journey. I can't explain how alone

it sometimes felt not being able to make new friends or go out and see the world. Despite the entire family getting COVID, my host parents stayed positive and were always there for me. Everyone wearing masks and social distancing during our quarantine was challenging, but we made it through stronger than ever. We are all very close and still share funny stories about the kids almost every day.

I must mention a special person who has helped make this experience so beautiful. Rose Backlin is my Community Counselor, and she has made this Au Pair experience so much fun. She is always giving me tips on where the latest sales are and taking me out to go get some good food with some good company. She has always been there if I needed to talk about something or just simply missed home and needed some company. I will never be able to thank her enough for all she has done for me and still will do during my second year here. I know she will always have my back. I am so happy to have a lifelong friend in Rose.

2020 has been the year I have developed with every diaper change, load of laundry, tiny tears and Lego's under my foot. I have gotten to see and experience so many new places during my time here so far. This is all thanks to the Cavar family. They will forever be my family. They have truly changed my life and being a part of their family has been the greatest honor of my life.

This Au Pair program has given me the opportunity to step out of my comfort zone and experience the world. Thank you EurAupair and the Cavar family for giving this girl the greatest adventure of her life. I will treasure it for a lifetime.

Congratulations Elisa and thank you for sharing with us your Au Pair experience!

American Football Explained by a Turkish Au Pair

by Turkish Au Pair Merve in Birmingham, AL
(pictured in the article)

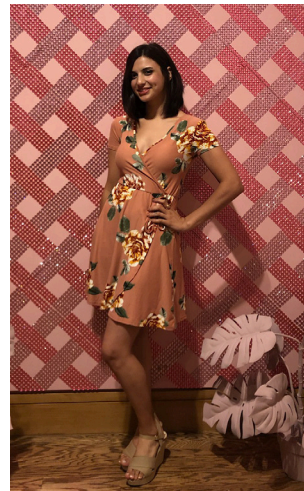
All Americans love college football, which can be hard for an international outsider to understand. Every American I have met in Alabama loves American college football. For Alabama, there are two famous and important teams people really seem to love, Auburn University and The University of Alabama. Every day you can see people wearing Alabama or Auburn t-shirts, keychains, hats, and during the Corona, masks.

American college football is a big deal. Basically, American college football works when two opposing teams with eleven players play each other on the football field. Each side lines up facing the other with the

football team is playing offense or defense. The offense side tries to score a touchdown and the defense side tries to stop them. To score a touchdown you have to either pass the ball and catch it in the end zone or run the ball into the end zone. There is also another way to score points called kicking a field goal. This is when the offensive team can kick the ball through the field posts and if it goes through they get three points.

But most of the time players do not prefer this way because they would rather get seven points from a touchdown, rather than just getting three points from the field goal. Also, after a touchdown score, the offensive team has the opportunity to get one or two more points. The offensive team can try and run with the ball again to the end zone for two points or the offensive team can try to kick the ball through the field goal for one point.

I have learned a lot about American college football in my Au Pair experience. My host family has taught me a lot of things about Auburn football and their big games, especially against Alabama. I learned how to cheer, WAR EAGLE!!!!



Thank you Merve for sharing your experience!

football in the middle and the offensive side has football. Their position depends on if the

Recipe Corner

Bacon wrapped Brussel Sprouts with Honey
from South African Au Pair Carren in Mission Viejo, CA
(pictured below)

Bacon wrapped Brussel sprouts with honey is one of my favorite side dishes. It's very easy to make.

1. Set oven on 375 F.
2. Cut Brussel sprouts in half and wrap with bacon, drizzle with honey.
3. Spread out on baking sheet and place in oven for 20 min. Turn over after first 10 minutes.
4. Enjoy!

