

# Having Our Say

*The newsletter of SaySo, Strong Able Youth Speaking Out*

Volume 12 Number 3 (5/10)

## Become a Member!

If you are interested in joining **SaySo**, let us know! E-mail or write us with the following information: your name, birth date, and address (including e-mail), region and the kind of out-of-home placement you are or have been in.

## Contact Information

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## SAYSO SURVIVOR V

*"What Resiliencies Help Me Survive"?*

On May 14-16, 2010, SaySo youth attended SaySo Survivor V at Camp Chestnut Ridge in Efland, NC. It was a wonderful weekend that kicked off with our keynote speaker, Ms. Elizabeth Sutherland. Elizabeth is an alumni of the North Carolina Foster Care System and has had her story published. The youth worked together in small groups and focused on resiliencies that help them to survive. The four resiliencies were strength, perseverance, positive defiance, and setting goals. Besides creating a beautiful poster and performing a skit, the youth enjoyed horseback riding, canoeing & kayaking in the lake, playing football, basketball, reading, and arts & crafts. We also took a hayride and had a campfire to make old-fashioned smores. A great time was had by all with no TV or computer for the entire weekend! Not only did everyone survive "Survivor", all campers thrived! We hope that you will come camping with us next year! It is a relaxing weekend with lots of good food & great friends!

## Pictures from SaySo Survivor V



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## **TOP TEN – Reminders about summertime**



10. Sunshine
9. Hot Days
8. Summer Jobs
7. Summer Camp
6. Cook-Outs
5. Pool Parties
4. Beach Trips
3. Ice Cream
2. No School
1. FUN!



**HAPPY SUMMERTIME  
FROM SAYSO!**

### **SaySo Staff:**

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Program Coordinator:

Lauren Zingraff

**SaySo Regional Assistants:**

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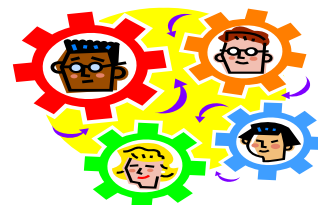
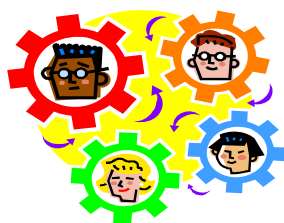
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## **Spotlight on SaySo Board of Directors**

For the next few months we will publish an article written by one of your elected 2009-2010 Board of Directors. The Board of Directors is elected every year in March at SaySo Saturday. Remember - **EVERYONE** is a valued & important member of the SaySo Family even if you are not on the Board. This month the spotlight is on Casey H. who represents Region 5. Here is her article; *"SaySo is just so amazing. This is my first year on the Board of Directors, but everyone made me feel so welcome. I have had the chance to meet so many great new people. I feel like I fit in because everyone has a similar story: they are so understanding and friendly. SaySo has given me the chance to explore many new places, esp. colleges. SaySo has really showed me that just because you're 'in the system' doesn't mean you will be another negative statistic. Thank you all so much. Love you!"*



## **SAVE THE DATE!!!**

**What: Union County Link-Up**  
**When: Wednesday, August 4, 2010**  
**Where: Location To Be Determined**

## **Registration For The Summer LINK Up Conference**

Registration forms are included in this mailing. You can fax the registration form to 919-384-0338 or email your registration form to [sayso@ilrinc.com](mailto:sayso@ilrinc.com)

- Learn about paying for college
- Learn skills to help keep yourself emotionally and physically healthy
- Learn how to stay motivated towards your life goals