

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 12 Number 4 (07/11)

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.

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This Month's Inspirational Quote: *People who say it cannot be done should not interrupt those who are doing it.*

~ Motivational saying ~

It's My Transition

The summer 2011 "It's My Transition" was hosted by SAYSO and Durham County LINKS on July 13th. The event was a great day for everyone. The focus was on employment and building your personal support network. Deshawn from Durham County LINKS spoke first. He talked about his life and the things he is involved in such as his job at the airport, taking business classes at Durham Technical Community College, and extra activities. Deshawn encouraged youth to sign the CARS agreement. During "It's My Transition", there was a workshop by Durham "Y.E.S." Youth Employed & Succeeding. This activity allowed us to see what job career would best fit our personalities and who we are. We also went over the do's and don'ts when completing a job application. Kelly Andrews from the GAL Program spoke as



CFT is all About Me!!

Have you heard of a Child and Family Team Meeting? If not, listen up. A CFT is a meeting for YOU to meet with whomever YOU call "family" and community supports to come together to create, implement, and update plans for YOUR life. This meeting is all about you... make sure you are there!

So, if you want your voice heard and you want everyone to be on the same level with your goals, ask for a CFT Meeting and advocate for your self. After all, we are Strong Able Youth Speaking Out. Right...?

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Good News!

-Roman R.,

Roman purchased his first car this month and we are very proud of him. Here's what he has to say: "It is a 1995 Buick Regal Custom, and the previous owner was a mechanic. He took great care of it, and I am really excited about having it".

-Titianna G.,

Titianna graduated from high school this year and will be attending St. Augustine College in Raleigh NC. She plans to obtain her degree in Business Administration.

-Marcella M.,

Marcella, who is now a sophomore at UNC Pembroke participated in an internship with the North Carolina Division of Social Services. The internship lasted from June 2011-August 2011.



Back To School!!!

SaySo Staff:

Executive Director: Nancy Carter

Program Coordinator: Lauren Zingraff

Assistant Program Coordinator:
Chaney Stokes

SaySo Orientation

On June 14-16, 2011, **Orientation** was held in Pinehurst, NC for the 2011-2012 Board of Directors. **Orientation** began at Sandhills Community College on Tuesday with a day filled with getting to know all about SaySo and the newly elected Board of Directors. Everyone went out to eat together at Applebee's, which is sponsored by SaySo's grandfather, Mr. Frank Phoenix. That evening the group shared stories, songs, poetry & even karate as we celebrated "Who We Are".

On Wednesday, the Board went to the Sandhills Community College Outdoor Ropes Course. The course includes the trust fall, as well as a rock wall & walking on high wires. It is a challenging and rewarding experience to overcome our fears & trust others. There are pictures below from the Ropes Course.

Orientation concluded on Thursday with the recognition of departing Board Members and the commissioning of new board members. New Board Members signed their representative pledge & received their certificates.



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- Get enough sleep
- Eat breakfast
- Be on time!
- Get a calendar
- Have an email address for school

- Make a new friend
- Join a new club
- Make time to study everyday
- Speak with respect
- Don't pick on others

Tell us what your local chapter is up to for our next edition of "Having Our Say"