

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Express Yourself! If you would like to make a submission for this section please email Melinda.medina@ilrinc.com

If There's a Dream in Your Heart... Go for It!

If you're treading new ground or fighting the same old battle,
Don't give up.
Continue to dream, plan, and do.
Try something different if you're stuck.
Do whatever your heart tells you.
Give yourself credit for all you've accomplished.
Most dreams that come true are born out of desire and fueled by preparation and action.
Don't be afraid.
You can do it.
I know you can.

Donna Fargo

Volume 6, Number 5

About SaySo, Inc.

SaySo is a statewide association of youth aged 14 to 24 who are or have been in North Carolina's out-of-home care system. This includes all types of substitute care, including foster care, group homes, and mental health placements.

Our mission is to work to improve the substitute care system by educating the community, speaking out about needed changes, and providing support to youth who are or have been in substitute care.

Become a Member!

If you are interested in joining **SaySo**, let us know! E-mail or write us with the following information: your name, age, 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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Officers

Co-chairs: Curtina K. and
Cherish C.
Secretary: Julia S.
Treasurer: Britney M.
Sergeant-at-arms: Antwan B.

SAYSO SATURDAY CONFERENCE

**JOIN ALL SAYSO MEMBERS for the
7th Annual SaySo Saturday Conference, March 5
Guilford Technical Community College, Jamestown (Greensboro)
9:30 AM - 3:30 PM**

~ ~ ~

2006 LINK-UP

**The Link-Up conference will be held on February 4 in Durham, NC.
Expect new and exciting things!**

~ ~ ~

MAKE A DIFFERENCE DAY PROJECT SUCCESS

**The 15th Make a Difference Day project was a success.
Numerous suitcases were collected from various sites around the state.**



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Committed to the Mission, Living the Life of SaySo...

“Dedicated and Determined.... The fanatical Alumni...”

Melinda Medina, is the only founding member of SAYSO that remains active with the board, its mission and purpose. She is mother of 3 beautiful girls, a full-time student at Meredith College of Raleigh, NC, and also a full time employee at Independent Living Resources, Inc. Despite the many adversities she had to overcome, Melinda always finds time to give back. Her recognition that life is a never-ending process, that can't be successfully mastered alone, is one of the most amazing dynamics of her personality. She has been truly devoted to the overall goal of giving youth a voice. Melinda recently participated in the traditional ring dinner at Meredith College, where she is a junior in the Social Worker Department.

FROM THE BOARD, WE APPRECIATE AND RECOGNIZE YOU WITH LOVE AND GRATITUDE, THE CONSISTENT NUDGES, ALL THE KIND WORDS, HAPPY SMILES, LAUGHTER AND OVERALL GENUINE SINCERITY TO THE BOARD.

YOU GO GIRL!!!
SAYSO'S MOTHER GOOSE

