

Having Our Say

The newsletter of SaySo, Strong Able Youth Speaking Out

Volume 9 Number 6

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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On the Mark, Get Set, GO!

Accepting the Challenges for Independent Living

LINK Up Conference



Saturday January 24, 2009

UNC Pembroke

9:00 am - 3:30 pm



Registration forms are provided in this newsletter

You can also go online at www.saysoinc.org to print off or email your registration form - 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

Upcoming SaySo PROGRAMS



SaySo Saturday – March 7th Alamance Community College

SaySo Page Week – March Days TBA

SaySo Survivor – May 15-17, 2009 Camp Chestnut Ridge

www.saysoinc.org

Make sure to keep checking the website for REGISTRATION FORMS and DATES

Just click on EVENTS on the Left hand Menu Bar!

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TOP TEN – Ways to say THANK YOU!



10. Thank you (English)

9. Merci (French)

8. Gracias (Spanish)

7. Vielen Dank (German)

6. Graci (Italian)

5. You Rock (Teenager)

4. High Five

3. Fist bump

2. Hug (All People)

1. Thank you NOTE!

“Speaking Out
Today, While
Making Changes for
Tomorrow!”

North Carolina’s
statewide
association made
up of youths who
are or have been in
out-of-home care.

Incorporated and
non-profit
organization since
March 2003

SaySo Road Show

SaySo is hitting the road and coming to a town near YOU!

Local County Department Social Services
Universities and Colleges
Conferences – State and National

Our Goal is to start educating the communities on Foster Care & Foster Youth!

If you would like more information
Please contact Rhiannon Galen
r.galen@ilrinc.com
1-800-820-0001



College Scholarship Corner:

<http://www.newsobserver.com/news/wake/story/1281002.html> - Article on \$\$ for youth in care in Wake County – Can receive up to \$10,000 for college!

www.princetonreview.com – great website to search for info on ALL colleges and scholarships

www.ncreach.org – learn about a FREE college education in North Carolina

Holiday Cookie Recipe

INGREDIENTS

3 3/4 cups all-purpose flour

1 teaspoon baking powder

1/2 teaspoon salt

1 cup margarine, softened

1 1/2 cups white sugar

2 eggs

2 teaspoons vanilla extract



DIRECTIONS

Sift flour, baking powder, and salt together, set aside. In a large bowl, cream together the margarine and sugar until light and fluffy. Beat in the eggs one at a time, then stir in the vanilla. Gradually blend in the sifted ingredients until fully absorbed. Cover dough, and chill for 2 hours.

Preheat oven to 400 degrees F (200 degrees C). Grease cookie sheets. On a clean floured surface, roll out small portions of chilled dough to 1/4 inch thickness. Cut out shapes using cookie cutters.

Bake 6 to 8 minutes in the preheated oven, or until edges are barely brown. Remove from cookie sheets to cool on wire racks.