

# Having Our Say

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

Volume 10 Number 5 (9/09)

## 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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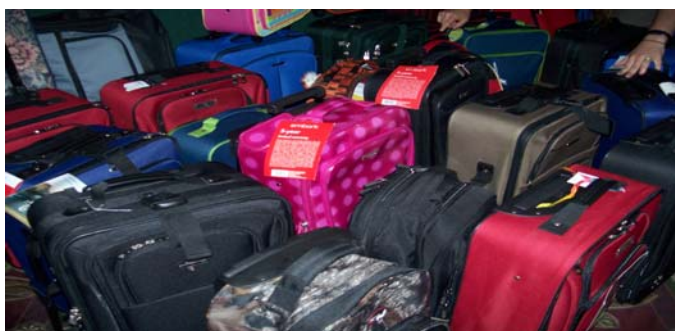
## Link-Up in Hickory, NC

On August 4<sup>th</sup> in Hickory, NC "Link-Up" was held at St. Luke's Methodist Church. Attendees learned about paying for college, skills to stay emotionally and physically healthy, and how to appreciate diversity in people using Play Doh! Everyone enjoyed our great prizes and life skills games. Thanks to everyone who came and participated. Our next Link-Up event will be held in Halifax County in late January 2010 or early February 2010. Make sure to check out our website for more information☺! Registrations will be available on-line at [www.saysoinc.org](http://www.saysoinc.org).



## Make A Difference Day 2009

**SaySo is hosting Make A Difference Day all over NC! Mark your calendars for Saturday, October 24, 2009!**



Our goal is to collect 2,500 suitcases across the state of North Carolina. Anyone who needs/wants a suitcase should email their request to [sayso@ilrinc.com](mailto:sayso@ilrinc.com) with their name, address, and phone number. If you would like to help us reach our goal, please contact Lauren Zingraff, SaySo Program Coordinator for more information at [sayso@ilrinc.com](mailto:sayso@ilrinc.com) or 1-800-820-0001. There are lots of ways to help and we need you to make this year's MADD campaign the best one ever! Thank you for your support! ☺

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## TOP TEN – Best things about back to school



10. Favorite Subject
9. Favorite Teachers
8. Exercising your brain
7. Playing in band/singing in chorus
6. Football games on Friday
5. School spirit
4. Lunch
3. Meeting new people
2. Seeing your friends
1. Going home when the last bell rings!



### SaySo Staff:

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## Meet your new Program Coordinator

Greetings SaySo Family! My name is Lauren Zingraff & I am thrilled to be your new Program Coordinator. I am so excited to be working with such an outstanding organization such as SaySo. I grew up in Raleigh, NC. I graduated from North Carolina State University and I love the Wolfpack! You'll see in the picture I enjoy friendly competition with Daniel "D-Car" as he is a true blue Tar Heel Fan. ☺ Please contact me anytime at [sayso@ilrinc.org](mailto:sayso@ilrinc.org) or 1-800-820-0001. I would love to hear from you. I look forward to meeting many of you in person as SaySo continues to grow & do great things. I am here for you & believe in the mission of SaySo. Together we can make a difference!



## NEW & IMPROVED FOR SAYSO!!!

1. SaySo Inc. has a brand new Facebook Page. You are all invited to join the page. You will know it is the OFFICIAL page when you see a picture of our Board of Directors. Everyone is invited to join the group however your settings must all be private where only your friends can see your Facebook page. If you need help with this, contact Lauren at [sayso@ilrinc.org](mailto:sayso@ilrinc.org) & she will help you with your settings. We look forward to seeing your smiling face on Facebook!
2. Make sure you check out the SaySo website at [www.saysoinc.org](http://www.saysoinc.org). There are new local chapter pages for each active chapter. If you have information about SaySo events in your area please email them to us & we will be happy to post your local chapter's information.
3. We are continuing to add more supporters to our Food Lion MVP program. It is easy to do. Each time you shop at Food Lion and use your MVP card, a portion of your total grocery purchase will be donated to SaySo. You can register MVP cards on our website under "Be Involved". The MVP Card number is 12 numbers. An example is below: MVP Card # 4-61667-56572-9.



HELP RAISE \$\$\$ FOR SAYSO!

