

# Having Our Say

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

Volume 13 Number 4 (7/10)

## 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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Email: [sayso@ilrinc.com](mailto:sayso@ilrinc.com)

## Board of Directors:

**Nicole L.** (Co-Chair) Region 4  
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**Marcella M.** (Co-Chair) Region 4  
[mmarcella22@gmail.com](mailto:mmarcella22@gmail.com)  
**Titianna G.** (Treasurer) Region 5  
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**Erica F.** Region 4 (Secretary)  
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**Shante K.** Region 3 (Secretary)  
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**Katie Q.** Region 2 (Sgt. Of Arms)  
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## 2010-2011 SAYSO Orientation

On June 22-24, 2010, Orientation was held in Pinehurst, NC for the 2010-2011 Board of Directors. Orientation began at Sandhills Community College on Tuesday with a day filled with getting to know all about SaySo and each other. 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.

It was a great event. Special thanks to all of our dedicated & wonderful adult supporters who help make this possible every year by their participation throughout Orientation.

**\*\*THANK YOU SAYSO ADULT SUPPORTERS!!! WE LOVE YOU!!!\*\***

## Pictures from Orientation & Ropes Course



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## **TOP TEN – Back to School Survival Tips**



10. Don't pick on others
9. Speak with respect
8. Make time to study everyday
7. Join a new club
6. Make a new friend
5. Get a calendar
4. Have an email address for school
3. Get enough sleep
2. Eat breakfast
1. Be on time!



**HAVE A GREAT NEW SCHOOL YEAR!**

### **SaySo Staff:**

Executive Director:  
Nancy Carter  
Program Coordinator:  
Lauren Zingraff

SaySo Regional Assistants:  
Chaney, Region 4  
[chaneyporter85@yahoo.com](mailto:chaneyporter85@yahoo.com)

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

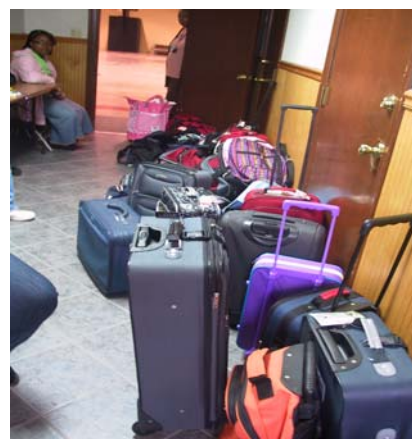
The 2010-2011 SaySo Board of Directors are as follows:

From left to right: Roman R, Shante K, Shanita D, Brittany W, Titianna G, Nicole L, Katie Q, Marcella M, Erica F, Patrick Y, Sarah H, and Donisha A.

Officers: Nicole & Marcella (Co-Chairs), Titianna (treasurer), Erica & Shante (Secretaries), & Katie (Sgt. At Arms).



**PICTURE OF NEW BOARD:**



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

**What: MAKE A DIFFERENCE DAY**  
**When: Saturday, October 23, 2010**  
**Where: Durham, NC & statewide**

SaySo is proud to participate again in "Make a Difference Day". We will be collecting duffel bags (or suitcases) for young people in foster care. We will be hosting a mentoring day of service in Durham - please contact Lauren if you plan on attending the Durham MADD event. If you would like to host your own MADD event in your county & need materials, please email us at [sayso@ilrinc.com](mailto:sayso@ilrinc.com). Thank you SaySo for giving back to others & Making A Difference!!!