

# Having Our Say

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

## *Dare To Believe*

Volume 7, Number 2

### 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.



### EVERYBODY KNOWS...

You can't be all things to all people.  
You can't do all things at once.  
You can't do all things equally well.  
You can't do all things better than everyone else.  
Your humanity is showing just like everyone else's.

### SO...

You have to find out who you are, and be that.  
You have to decide what comes first, and do that.  
You have to discover your strengths, and use them.  
You have to learn not to compete with others,  
Because no one else is in the contest of "being you."

### Then...

You will have learned to accept your uniqueness.  
You will have learned to set priorities and make decisions.  
You will have learned to live with your limitations.  
You will have learned to give yourself the respect that is due,  
And you'll be a most vital mortal.

### DARE TO BELIEVE...

That you are a wonderful, unique person.  
That you are a once-in-all-history event.  
That it's more than a right, it's your duty, to be who you are.  
That life is not a problem to solve, but a gift to cherish.  
And you'll be able to stay one up on what used to get you down.

~Author- Unknown~~



Do you have a poem or story to share?

Send them to [sayso@ilrinc.com](mailto:sayso@ilrinc.com) for publishing in the SaySo newsletter, "Having Our Say!"



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## **SAYSO SATURDAY WAS A HUGE SUCCESS!!**

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#### Region 1

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On, Saturday March 4, 2006 over 100 young people and their adult supporters came together to celebrate youth leadership, discuss issues relevant to foster teens, and celebrate SaySo's eighth birthday. A SaySo Alumni, Melinda Medina, coordinated this year's conference. SaySo hopes that this annual event will begin to attract more foster alumni, creating a reunion-like environment.

At this event SaySo also acknowledged two new local chapters **Orange County** and **Surry - Stokes**. The Surry-Stokes Chapter provided a session on how to start a new chapter. Financial awards were presented to existing chapters attending the celebration: Moore County, Cumberland County, Wake County, Onslow County, and Catawba County. SaySo currently has ten chapters overall.

SaySo also elected 16 new members to its 2006-2007 board. They will be commissioned at SaySo Orientation Weekend June 20-22, 2006. The following members will join Britney M. from Region 1 who will complete her term as treasurer and Curtina K. from region 4 who will complete her term as Co-Chair:

Region 1: Asia J., Cherish C., and Jackie S.

Region 2: Melissa R., Vanessa P., Megan D.

Region 3: Shelby E., Demetrice W., and Dennis S.

Region 4: Muhammad A., Britney C., and Peaches S.

Region 5: Lakisha T., Antwan B., and Piffanie L.

Region 6: Kandus S.

## **Congratulations and Welcome!!**

### ***SaySo Survivor Retreat***

***May 5-7, 2006 Camp Chestnut Ridge Efland, NC***

Join us for the first SaySo Survivor Retreat! No one will be "voted off the island" but we will test the limits of our resiliencies while we learn to reach out to other youths. This is FREE!! Space is still available - so sign up today!

For more information contact Nancy Carter @

1-800-820-0001 or [nancy.carter@ilrinc.com](mailto:nancy.carter@ilrinc.com)

