

JULY
2010

YLF NEWS

The Oklahoma YLF completed its seventh year on Saturday, June 19! Twenty-two high school students from across Oklahoma completed the 5-day camp, giving Oklahoma over 100 YLF Alumni!

Congratulations Graduates!



YOUTH LEADERSHIP FORUM
CAPITOL DAY 2010

LOOK

<http://okylf.pbworks.com/FrontPage>

TRAITS OF A GOOD LEADER

- **Broad-minded** - Seek out diversity.
- **Competent** - Base your actions on reason and moral principles. Do not make decisions based on emotional desires or feelings.
- **Courageous** - Have the perseverance to accomplish a goal, regardless of obstacles. Display a confident calmness when under stress.
- **Fair-minded** - Show fair treatment to **all** people. Display understanding by being sensitive to the feelings, values, interests, and well-being of others.
- **Forward-looking** - Set goals and have a vision of the future. Effective leaders envision what they want and how to get it.
- **Honest** - Be truthful, show integrity, and be open in all your actions. Misleading behavior will not inspire trust.
- **Imaginative** - Make appropriate changes in your thinking, plans, and methods as necessary. Show creativity by thinking of new and better goals, ideas, and solutions to problems. Be inventive!
- **Inspiring** - Display confidence in all that you do. Take charge when necessary.
- **Intelligent** - Read, study, and seek challenging assignments.
- **Initiative** - Taking action without being told to do so.
- **Responsible** - Do what you are supposed to do. Be accountable for your choices. Being dependable.



YLF Alumni Involvement & Achievement Cards — “BLUE CARDS”

“HEY JEN... Why should I send in “Blue Cards?”

The Developmental Disabilities Council invests a lot of money in YOU! We chose YOU and paid for you to attend because we are confident you will be leading your communities!

(1) The only way we know what you're doing is if you tell us! Be proud of your involvements! Send in your blue cards to let us know of what you're doing with your training from YLF! **This information is important to continue funding the YLF.**

(2) Many of our alumni express an interest in returning to YLF. The blue cards you send in are one indicator of your commitment to leadership development and are used to help us determine which alumni will be invited to YLF 2010! (even if you don't want to come back to YLF - We still need to know what you're doing!)

Are you unsure of what to send in on your blue card? Here are some examples of past **involvements** and **achievements** that could be sent in!

- ✦ Attending & Participating at your IEP or IHP planning meeting!
- ✦ A community-wide project!
- ✦ Speaking about your experiences at YLF to your class!
- ✦ Speaking at a conference or college!
- ✦ Hanging up a YLF poster at school or in your town (ask permission first)!
- ✦ Being on the Honor Roll!
- ✦ Writing an article for a newspaper!
- ✦ Being a student legislator for your school (high school or college)!
- ✦ Being an officer for a club/organization!
- ✦ Giving blood at a local blood drive!

These are only some examples! Get out there and get involved!!! Call me if

How do I turn in my blue cards?

1. Complete the blue cards form by hand and put them in the mail. No need to use a stamp, as we've paid the postage already!
2. Complete the blue card form **online** -
http://www.okddc.ok.gov/blue_card.html



Oklahoma House of Representatives Page Program



The Oklahoma House of Representatives is proud to host one of the finest legislative programs for young people in the United States. The program is open to young people, **age 14 through 18 in high school**. The experience of serving as a House Page is a fun and rewarding one. Many Pages value their service as one of the most positive experiences of their lives. This type of service is also a good reference item for college entrance, scholarship applications and resumes.

Each legislative week, a new group of youngsters from across Oklahoma arrives at the Capitol. Each legislator is allowed to sponsor up to four teenagers per yearly session from their respective district for Page Service. Each young person, selected by his/her legislator, serves one legislative week. A legislative service week is Monday through Thursday, from the first Monday in February through the last Friday in May. The final two weeks of Session are normally Monday through Friday.

For Pages living outside of Oklahoma County, the House of Representatives provides lodging at the Wyndham Garden Hotel. Each Page checks in at the hotel on Sunday evening, is assigned a roommate, and receives hotel rules and regulations by the Page Program Hotel Chaperones. This is a dedicated couple who has served the House of Representatives Page Program for over six years. During the legislative session, their number one priority is the safety and security of the hotel Pages. They bring them to and from the Capitol each day in a bus the House provides and are with them during evening activities as well as thru the nighttime hours.

There is a breakfast buffet at the hotel that is provided for the hotel Pages. All other meals such as lunches and snacks may be purchased by the Pages in one of the two capitol snack bars. Most lunches do not exceed \$5. In the evenings, the House transports the hotel Pages to one of the local, popular restaurants. As well as lunches and snacks, each Page is responsible for paying for his own dinner, which average \$10-15.

Local Pages who do not lodge at the hotel are to arrive daily at the Capitol at 8:00 a.m. and are released at 4:30. All Pages are closely supervised while they are at the Capitol.

Each Page will receive a small service stipend to be mailed to his/her home after their service week, this is to assist in defraying a portion of the cost incurred by serving as a House Page.

Monday morning begins with an Orientation process. This includes instruction of duties and a tour of the capitol. On Tuesday night, after dinner, the Pages return to the Capitol for a Mock Legislature. Pages are given the opportunity for various roles in the legislature on Monday. The Mock Legislature gives the Pages a fun and hands-on experience with their State government processes. Two bills are discussed, taken through the committee process, debated on the House floor and voted upon by the Pages in the Mock Legislature. Wednesday morning a continental breakfast is provided at the Capitol. This is an extra opportunity to for Pages to meet and speak with their sponsoring Representative.

During the service day, Pages run errands between the various offices of the Capitol building. Each Page takes his/her turn serving in the House Chamber, during Daily Session. All Pages are encouraged to wear **comfortable shoes** and appropriate dress.

If you would like to serve as a Page, the process begins by contacting your local Representative. If you are unsure who your House member is, call or email me - I'll help!

For other questions, please feel free to contact Ashley Schubert —Page Program Secretary at 405-557-7307 or Representative Don Armes — Page Program Director.

NOW IS THE TIME FOR YOU TO START THE PROCESS OF APPLYING IF YOU ARE INTERESTED! IF YOU NEED A RECOMMENDATION, LET ME KNOW!!! I HOPE THAT THOSE WHO ARE ELIGIBLE WILL APPLY!!!

-Jen

YOU SAY IT'S YOUR BIRTHDAY?!

July Birthdays

Bijan Ghassemi—YLF'10

Chase Miller—YLF'10

Patrick Lueker—YLF'10

Sheyenne Nicholas — YLF '09

Joey Keller - YLF '08

Rosy McCann - YLF '07

Heather McCracken - YLF '06

Derrick Gant - YLF '06

Lauren Allison - YLF '05

Brittany Elrod - YLF '05

Jennifer Baker - YLF '04

Amanda Yuen - staff

Martin Kennedy - staff

August Birthdays

Hubie Graham—YLF'10

Sarah Murrell-YLF'10

Kara Patterson-YLF'10

Andria Lewis-YLF'10

Aaron Bullock-YLF'10

Justin Goldsberry - YLF '09

Lauren Morrison - YLF '09

Rachael Crist - YLF '08

Tiffany Roe - YLF '07

Kay Heffron - YLF '07

Michelle Oakley - YLF '06

Billie Schoonover - YLF '04

Chad Beery - staff

Kethzia Martinez - staff

September Birthdays

Jamie Woolman—YLF'10

Duane Stephens—YLF'10

Nikolas Mihelic - YLF '09

Jacob Lindsey - YLF '08

Anthony Taylor - YLF '08

Sarah Martin - YLF '07

Justin Freeze - YLF '05

Brian Smith - YLF '04

Ann Trudgeon - staff

Jennifer Kauder - staff

Brad Mays - staff

Chelita DuBois - staff

Blake Evans - staff

NEWSLETTER CONTEST!!!!!!!!!!

Can YOU find them all? Better yet... Can you name 7 people in the collage on page 8? Send me your answers by U.S. Mail, E-mail, or phone!

Americans with Disabilities Act

20th Anniversary - 1990-2010



The Americans with Disabilities Act (ADA) was signed into law July 26, 1990. This law is designed to protect people with physical or mental disabilities from discrimination in employment, housing, education, and all other public services. Under the ADA, a disability is characterized as being "a physical or mental impairment that substantially limits a major life activity."

In honor of the 20th Anniversary, why not call the White House? A phone call is one way to voice your concerns to the President. **Tell the President to keep supporting the Americans with Disabilities Act.**

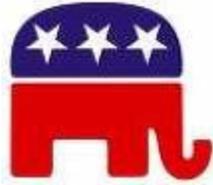
Seriously — this is so easy!

Pick up your cell phones and call!

Dial (202) 456-1111 (TTY/TDD 202-456-6213) to reach the White House comment line. When you call, it is important to be clear, concise and direct. Here's a sample script for you.

"My name is _____ and I live in _____. I am calling to ask for your continued support of the Americans with Disabilities Act. As a person with a disability, the ADA is important to me and my future. Thank you.





~ Voting Time ~



As many of you know it's the State and Local Legislators that make the greatest impact on the citizens of Oklahoma and the programs and services that affect those with disabilities. With the **Primary Elections coming on July 27th 2010** the Oklahoma Developmental Disabilities Council would like to share with you our "Voting Guide for Citizens with Disabilities" and remind you how important it is to have your voice heard. You'll find this guide enclosed with your newsletter.

During this time of state budget shortfalls, it is more important than ever to learn as much as possible about your candidates and their opinions on the issues that are most important to you. We encourage you to research or contact your candidates so you can make the most informed decisions possible.

If you would like more information contact your local Election Board or the Oklahoma State Board of Election.

PRIMARY ELECTION — July 27

Last day to register to vote: July 2

Last time to request absentee ballot

Wednesday, July 21, 5 PM

Early voting

Friday, July 23, 8 AM - 6 PM

Saturday, July 24, 8 AM - 1 PM

Monday, July 26, 8 AM - 6 PM

RUNOFF PRIMARY ELECTION — August 24

Last day to register to vote

Friday, July 30

Last time to request absentee ballot

Wednesday, August 18, 5 PM

Early voting

Friday, August 20, 8 AM - 6 PM

Saturday, August 21, 8 AM - 1 PM

Monday, August 23, 8 AM - 6 PM

Friday, October 29, 8 AM - 6 PM

Saturday, October 30, 8 AM - 1 PM

Monday, November 1, 8 AM - 6 PM



YLF ONLINE CHAT

GROUP

THURSDAYS - 6:30-7:30pm

(On Facebook)

To help us keep in touch and discuss issues that may come up through the year, a chat room has been created temporarily on facebook. A few alumni helped me try it out last night and it was rather fun talking with them.

Just as there is etiquette at camp for our dinner, there is also chat room etiquette. Please keep these in mind when we're chatting...and HAVE FUN!

CHAT ROOM ETIQUETTE

Just as in real life, there are some things that you do and some things that you don't do in chatting. If you are relatively new to chatting, reading the following will help you understand the unwritten rules or "etiquette" of chat and help you to communicate with others.

Don't talk in CAPITAL LETTERS

In a chat room, using a lot of CAPITALS or UPPER CASE is seen as shouting. Many people find it annoying when a user types entirely in capitals.

Don't join a chat room and then leave without saying something

While you may not know some of the people in the chat room, they're all Oklahoma Alumni! Introduce yourself and what year you went! It is considered impolite to enter a chat room and then leave without saying something.

Don't idle or lurk in a chat room

When you are in a chat room, do take part in the conversation. If you are going to be away from your computer for a short time, tell the other users. If you are a beginner, be polite and say something like, "I am new to chatting. Can I watch quietly for a few minutes?"

Be patient

Try to be patient and wait if a user is slow to respond to you during a conversation. Remember that this is a person and they may have other things to do at the same time.

Be friendly. Be polite. Be considerate

Remember that these are real people you are chatting with. They may have different opinions to you. Treat them properly and respect their opinions, and they will treat you the same. Also, watch your language while in the chat room! Thanks!



Building Foundations for Advocacy Conference

September 10, 2010

Name _____

Address _____

City, State, Zip _____

Phone _____

Cell Phone _____

Occupation _____

Employment _____

E-Mail Address _____

(registration confirmation will be made through email)

Accessibility:

- Braille
- Standard Print
- Assisted Listening Device
- Other: _____
- Large Print
- CD
- Interpreter

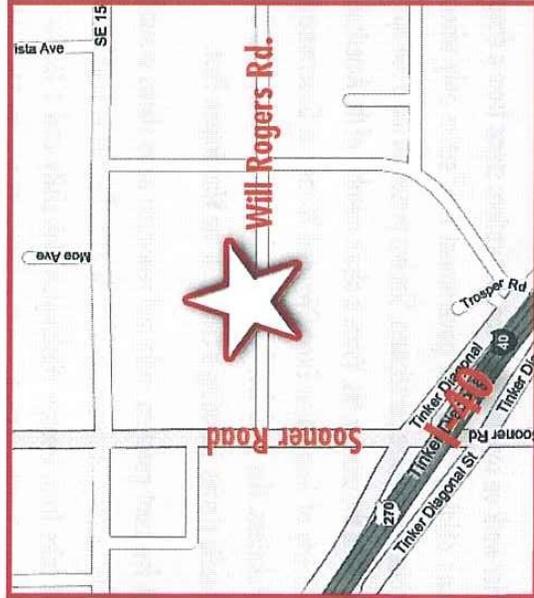
A Box lunch will be served.

The alternate meal for dietary issues is a salad.

- Salad Meal

- I am willing to provide a ride from my area.
- I am willing to accept a ride from my area.

Sheraton Reed Conference Center
 5800 Will Rogers Road
 Midwest City, Oklahoma



Directions:

- Off I-40 in Midwest City
- Exit Sooner Road
- Turn north onto Sooner Road
- Turn Right on Will Rogers Road
- Turn Right into parking lot

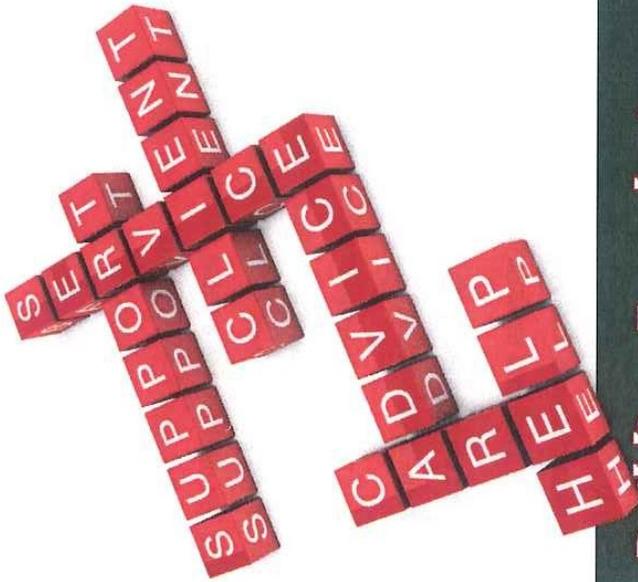
For More Information:

please call (405) 951-3579 or 800-569-7974.



**OKLAHOMA
 REHABILITATION
 COUNCIL**

3535 NW 58th St Suite 500
 Oklahoma City, OK 73112 - 4802



Building Foundations for Advocacy Conference

September 10, 2010

Sheraton Reed Conference Center
 5800 Will Rogers Road
 Midwest City, Oklahoma

Conference Hosted by:



**OKLAHOMA
 REHABILITATION
 COUNCIL**

Executive Sponsorships:



The **YLF News** and **YLF Wiki** is **YOUR** connection to leadership, one another, and the YLF! We want to hear from you! Send your comments, photos, articles, recipes, drawings, cartoon, etc! When you do so, don't forget to send in a "Blue Card!" I'll sign it for you!

Send in your contributions to:

ODDC

Jenifer Randle

2401 NW 23rd Street, Suite 74

Oklahoma City, OK 73107

E-mail: jenifer.randle@okdhs.org

Call: 521-4964 OR 800-836-4470



YLF CHAT GROUP

THURSDAYS - 6:30-7:30pm

Go to the YLF Facebook fan page or look for the smiley icon on your wall! (Same smiley as shown here)

(those of you not on facebook, I am looking for another chat for our wiki page)

YLF ALUMNI INVOLVEMENT & ACHIEVEMENT CARDS "BLUE CARDS"

Congratulations to all the Alumni who sent in one or many "BLUE CARDS" last year! It's important for you to remember to fill these out and mail in! It helps us know what you are doing with the training you received during YLF. We also use the number of blue cards as one of the determiners in choosing our YLF Alumni Mentors!

Since we have a new class of YLF graduates, every class restarts at 0 blue cards every June. You guys better watch out though...Class of 2010 is already on the ball!

YLF 2004: **0** blue card

YLF 2005: **3** blue card

YLF 2006: **0** blue card

YLF 2007: **1** blue card

YLF 2008: **0** blue card

YLF 2009: **3** blue card

YLF 2010: **8** blue card

***Remember: If you need more blue cards, write us a letter, e-mail me, call me! We'll send them to you!**

Jenifer.randle@okdhs.org

521-4964

1-800-836-4470 (outside OKC metro)