

# YLF NEWS

## **ATTENTION: YLF 2009 TO HAVE THE FIRST-EVER YLF ALUMNI ACADEMY!**

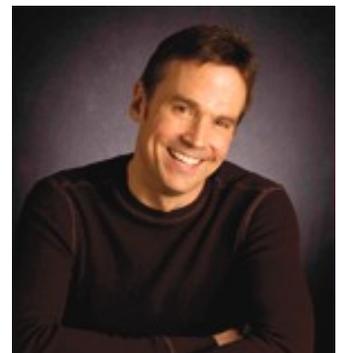
YLF will host the first-ever Alumni Academy on June 12, 2009! After alumni check-in, you will attend a Futures Planning Session with Patrick Schwarz, learning the MAPS process. MAPS is a planning process that helps us get to know a person and dream with them and then begin a plan to move in the direction of their dreams.

Alumni will attend this session with interested adults from around the state. Afterwards, Alumni will join the Delegates in learning more about disability history and culture with Michael Beers and play a game of Disability History Jeopardy! We'll then learn more about organizing your thoughts and experiences into a story, so that you can "Tell Your Story" to others. After the last session, everyone will clean up for the formal dinner and dance!

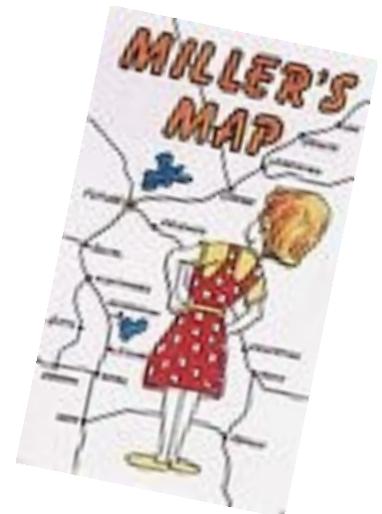
This is sure to be a ton of fun, remembering old times, getting reacquainted with friends, and learning new things to help us in pursuing our goals. You don't want to miss it!

**Please call JEN today to reserve your spot!**

**1-405-521-4964 or 1-800-836-4470!**



Patrick Schwarz



**LOOK!**

**VISIT: <http://okylf.pbwiki.com/FrontPage>**



People First is a statewide self-advocacy group run by and for people with disabilities. There are 13 chapters within the state of Oklahoma.

This is a great place for you to get involved and learn more about self-advocacy, leadership, and educating communities.

Cody, 2007 YLF Alumni, is the historian for the People First Chapter in Miami, Oklahoma. **CONGRATULATIONS CODY!**

### OKLAHOMA PEOPLE FIRST, INC CHAPTERS

#### ***ADA PEOPLE FIRST***

Natasha Perkins, Advisor  
19940 CR 1543  
Ada, OK 74820

#### ***ALTUS PEOPLE FIRST***

Henry Love, Advisor  
201 S. Main St.  
Altus, OK 73521

#### ***ANADARKO PEOPLE FIRST***

Linda Halsey, Advisor  
PO Box 804  
Anadarko, OK 83005

#### ***BROKEN ARROW PEOPLE FIRST***

Brooke Andrews, Advisor  
1507 E. 16th st., #16  
Tulsa, OK 74120

**I'd love to see everyone join a chapter. If there is not a chapter near you, then call me. HOW COOL WOULD IT BE FOR YOU TO START ONE?!**

#### **EL RENO PEOPLE FIRST**

Wilma Goodman  
1207 W. Pine St.  
El Reno, OK 73036

#### **GREEN COUNTRY PEOPLE FIRST**

Leanne Hill, Advisor  
501 S. Elliot  
Pryor, OK 74361

#### **LAWTON PEOPLE FIRST**

Jeryldine Edgar, Advisor  
312 NE Wichita Meadows Lane  
Fletcher, OK 73541

#### **OKLAHOMA CITY METRO PEOPLE FIRST**

Stephanie Lackas, Advisor  
2337 SW 42nd  
Oklahoma City, OK 73119

#### **PEOPLE FIRST OF SHAWNEE**

Carolyn Jenks, Advisor  
16107 Econtucka Rd  
Earlsboro, OK 74840

#### **TULSA PEOPLE FIRST**

Amie Farinella, Advisor  
16 E. 16th St., Suite 405  
Tulsa, OK 74104

#### **BARTLESVILLE PEOPLE FIRST**

Gretchen Moser, Advisor  
918-338-4363

# VOLUNTEERING!

Joyce Montgomery (YLF Speaker in 2008 and 2009), sent these guidelines for you to remember when you volunteer. It was adapted from 1998 Campus Outreach Opportunity League (COOL) Student Conference.

\* Every volunteer accepts an obligation to:

1. **Be Sure.** Look into your heart and know that you really want to help people.
2. **Be Convinced.** Don't offer your service unless you believe in the value of what you are doing.
3. **Be True to Yourself.** Seek work opportunities appropriate to your skills, interests, and aspirations.
4. **Be Loyal.** Offer suggestions, but don't criticize.
5. **Accept The Rules.** Don't criticize what you don't understand. Ask for clarification so that your morals will not be affected by any frustrations.
6. **Be Willing To Learn.** Training is essential to any job well done.
7. **Keep Learning.** Know all that you can about your organization and your job.
8. **Welcome Supervision.** You will do a better job and enjoy it more if you are doing what is expected of you.
9. **Be Committed.** Be willing to provide the highest quality of service you can provide.
10. **Be Dependable.** Do what you have agreed to do both responsibly and ethically. Don't make promises that you can't keep.
11. **Be A Team Player.** Find a place for yourself on the team. Take pride in your team; by pulling together you can do a better job.

## Places to Volunteer

Habitat for Humanity — [www.volunteermatch.org/search](http://www.volunteermatch.org/search) — YMCA/YWCA

[www.teens.tulsa.library.org/local/volunteer.htm](http://www.teens.tulsa.library.org/local/volunteer.htm) — [www.learnandserve.org](http://www.learnandserve.org)

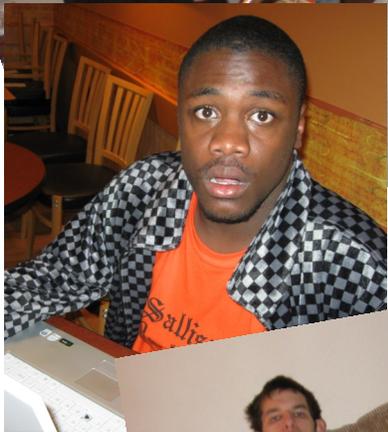
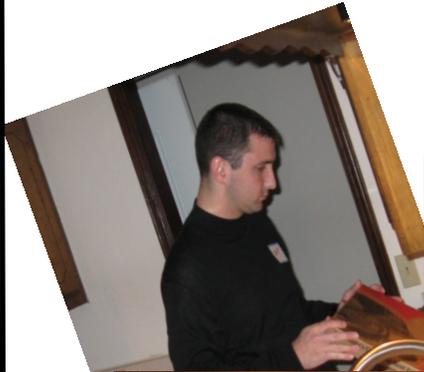
Oklahoma Community Health Services — [www.ou.edu/volunteer/involved.htm](http://www.ou.edu/volunteer/involved.htm)

American Red Cross — Boys & Girls Clubs — Big Brothers & Sisters

## YLF ALUMNI MEETINGS!

Several YLF Graduates got together in February. We had two meetings, one in Tulsa and one in Yukon. We had a lot of fun. Some signed up for their own e-mail account and some talked about what they could change in this world. We ate pizza, had sodas, and had a great time!

Special thanks go out to David Blöse, who hosted our meeting in Yukon! Thanks David!



ARTWORK BY 2008 YLF ALUMNI JOEY KELLER





# YOU SAY IT'S YOUR BIRTHDAY?!



## April Birthdays

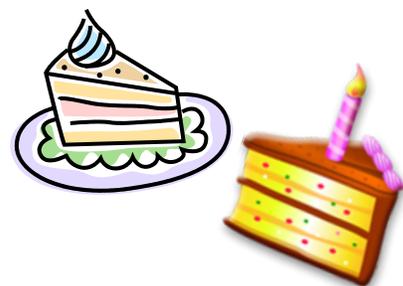
David Blose —YLF 07  
 Ben McFarland—YLF 07  
 Jack Minor -YLF 07  
 Laura Bogle—YLF 06  
 Jamie Bugg —YLF 06  
 Angela Cantu—YLF 05  
 Julia Brown — YLF 04  
 Whitney Reid —YLF 04  
 Glen Adamson—Staff

## May Birthdays

'Shay' Adams—YLF 08  
 Cody Sword—YLF 07  
 Kimberly Peter—YLF 06  
 Kalei Kirkendall—YLF 06  
 Cory Higgins—YLF 05  
 Brooke Kerr — YLF 05  
 Betty Ramirez—YLF 05  
 Destiny Sheridan—YLF 05  
 Dustin Edwards—YLF 04  
 Jesse Marquez—YLF 04  
 Hillary Allen—Staff  
 Kiley Smith—Staff

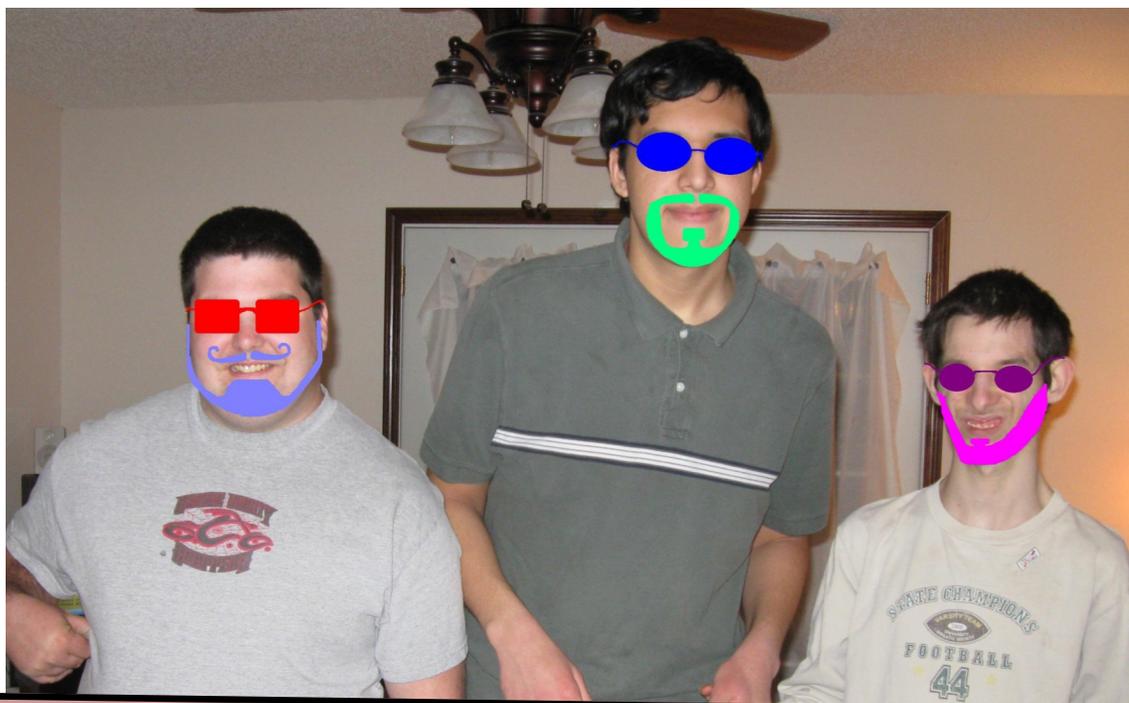
## June Birthdays

Andrew Webb—YLF 08  
 Ty Loftis—YLF 07  
 Jeri Hubble—YLF 05  
 Candice Russell—YLF 05  
 John Barton—YLF 04  
 Sharon King—YLF 04  
 Melissa Langley—YLF 04



## GUESS WHO!

Several alumni and staff called in the correct answer from the January newsletter. If you were stumped, it was 2005 YLF Graduate Brett Cunningham! Good job everyone...but I think I can stump you this time!



## YLF ALUMNI INVOLVEMENT & ACHIEVEMENT CARDS "BLUE CARDS"

Congratulations to those Alumni who have sent in one or many "BLUE CARDS"! Since the latest reminder, the number of blue cards increased by leaps and bounds... You guys are doing AMAZING stuff in your communities! Continue to share! Here are our blue cards turned in by YLF Alumni, as of June '08 (NOTE: Those alumni who mailed in surveys were given a blue card for each survey mailed in):

YLF 2004: **7** blue cards

YLF 2005: **37** blue cards

YLF 2006: **16** blue cards

YLF 2007: **29** blue cards

YLF 2008: **81** blue cards



Here's what some of your fellow alumni have been doing. Help me in giving them a Pat on the Back!

**Anthony** ('08) Earned his Green Belt!

**David** ('07) Recipient of the "Yes! I Can Award!"

**Lauren** ('05) Created a power point and presents to specialists!

**Cody** ('07) Serves as Historian for the Miami People First Chapter!

**Joey** ('08) Spoke at OU about transition to college students!

**Jesse** ('04) Plays the guitar for his Church!

**Rikney** ('06) Speaks to people about the obstacles he has overcome!

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

### HOME-MADE GIRL SCOUT THIN MINTS

Craving Girl Scout thin mint cookies? Try making your own!

#### INGREDIENTS:

*Chocolate wafer cookies*

*3-12 ounce bags semisweet chocolate chips*

*3/4 teaspoon peppermint extract*

*6 tablespoons shortening*

In a large glass microwaveable bowl, mix the chocolate chips, peppermint extract, and shortening and melt in a microwave. Make sure you stir every 45 to 60 seconds. Continue to zap in the microwave until the mixture is smooth.

Once done, dip a cookie in the melted chocolate (be careful, it's hot!), and place cookies on a wax paper-lined baking sheet. Refrigerate until they are firm. This recipe makes about 108 cookies!