SUFU's Newsletter: The Connector is Back!

After almost a 2-year break, SUFU's newsletter, The Connector is back and running! The Connector will come out once a month and is for YOU, the SUFU members!

What can YOU do to help make The Connector great?

- You can write an article about a SUFU event or activity.
- You can write a poem, story, or artwork, for the newsletter.
- You can send in pictures of yourself doing something you love, like a sport, or a hobby, or giving a speech, or going on a great vacation.
- You can ask for advice if you have a question, or a problem.
- If your birthday’s coming up, or you are getting married, or something else exciting, let us know & we’ll post it in the newsletter.

The point is, we just want to make The Connector a newsletter that YOU enjoy!

If you would like to send something to The Connector - Email Avery at aolmstead@sufumaine.org.

If you don’t have a way to email Avery, you can call Avery at 827-1047.

Enjoy the first issue!

Brewer SUFU Roundup: An Introduction to Local Government

By Avery Olmstead / SUFU Media & PR Associate

On Tuesday, April 6, there was a SUFU Roundup in Brewer. At the Roundup, we learned about our local governments & how we can reach out for help, if we have problems.

Janet May, from the Center for Community Inclusion and Disability Studies, started us off by doing a presentation on local governments. For example, we learned that a “Town Council” is a group of people who are voted in by the people living in a town, who help solve problems in that town.

We also learned that there are different positions in local governments that deal with different things. For example, if you want to put a stop sign on your street, you might talk to one person, but if you need your sidewalk shoveled, you might need to talk to a different person.

If you have a problem in your town, and aren’t sure who to talk to about it, you can always contact any of the SUFU Staff, and we can help you find out.

In the afternoon, Monique did a great activity that taught us: Sometimes, in order to solve problems, it’s ok to ask for help.

Monique split us up into 4 groups and gave each group a jigsaw puzzle. What she didn’t say was that she had mixed all the puzzles together, so each group had pieces of everyone’s puzzle! Monique said, “If you have any questions, let me know.” For a long time, nobody said anything but once we figured out that we needed to get pieces from each other, we started communicating, asking for help, to put the puzzles together, to finish the puzzles. We had fun, it was great and Monique taught us something really important.

We also talked a bit about getting our dog’s vaccinations & surgery. It was an awesome Roundup!

Get to Know the SUFU Staff...

5 Questions With... Jon McGovern

What is your job at SUFU?

My job is called, SUFU Program Associate.

What do you do?

I assist Monique, the Program Director, with a lot of tasks and projects that she needs me to manage the SUFU Database. That means I’m on the computer a lot, making sure that everything is in running order. I also work on special projects, such as talking with SUFU members around the state about how businesses change in their towns or other effects that they have on families.

Why did you want to join the SUFU Staff?

I was a SUFU volunteer. I really liked it, so when I had the opportunity to apply for a job at SUFU, I did.

What do you like most about your job?

I really like working with the staff and meeting SUFU members, in the community.

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WALKING TALL

By Sarah Trites

We struggle every day,
To overcome the obstacles placed in our way.
We must be allowed to stumble and fall
So that one day we may walk tall.
If might take longer to reach the race
To win is not our goal.
All we ask is the chance to join in.

We will make a mistake, or two
Allow us to make them.
Give us a chance.
So that one day we will walk tall.

What do you like to do for fun?

I’m on a roller derby team called the “Katahdin Roller Kings.” Roller Derby is where you skate on roller skates, around a big ring. I’m on 2 bowling leagues. One is Candlepin Bowling, which are small bowling pins. The other league is regular-sized bowling pins. I also like to listen to rock, big band, and jazz vinyl records.