



# The Connector

SPEAKING UP FOR US  
OF MAINE

## SUFU's Newsletter: *The Connector* is Back!

After almost a 2-year break, SUFU'S newsletter, ***The Connector*** is back up and running! **The Connector** will come out once a month and it 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, 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, if 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](mailto: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 this 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 places 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 to get 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 talking & working together, to finish our puzzles. We had fun & Monique taught us something really important.

We also talked a lot & gave each other suggestions & advice. ***It was an awesome Roundup!***



### 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.*

*It might take us longer to finish the race  
To win is not our goal.  
All we ask is the chance to join in.*

*We must be allowed to fail,  
For it is through these failures,  
That we succeed.*

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



### 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 do. I manage the SUFU Database. That means that I'm on the computer a lot, making sure that everything is running okay. I also work on special projects, such as talking with SUFU members around the state about how businesses closing in their towns or cities affect them, and their families.*

**Why did you want to join the SUFU Staff?**  
*I was a SUFU volunteer, first. I really liked it a lot, 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.*



**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 track. 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.*

