



The Connector

SPEAKING UP FOR US
OF MAINE

In This Issue:

- Leadership Training
- Regional Round-Ups
- Jon's Corner
- Kile's Corner
- Blog

June 2022 Newsletter

Summer is here!

SUFU self-advocates and staff were able to meet for the first leadership training this month. We were also able to meet with two chapters for a picnic and look forward to continuing picnics in the coming months.

In addition our first round up happened and there was a lot of excitement from seeing so many new faces!

Leadership Training

SUFU's Leadership Training is Back. The group gathered in June in Waterville for their first training session. They worked on problem solving, and team building skills. In their smaller groups they were able to share with each other and learn together. We look forward to the next date in July!

You can see some of the pictures from their first meeting below.





Regional Round-Ups!

The SUFU Round Up's are coming back! We are planning one in Aroostook County for June 8th. July 14th we will be hosting one in the Bangor area and October 12th we will be in Southern Maine! We look forward to seeing you!

To register for the round-up closest to you please email info@sufumaine.org or click on the name of the area you want to register for below!

- [Bangor](#)

July 14th in Bangor
10 am to 1 pm
Live & In Person
Regional Round-
up

Join SUFU For a day of Team Building, Networking, and Leadership Skills.

There will be Door Prizes!

Pre-Registration is Required
To Register, Email:
info@sufumaine.org
Call FMI (207) 956-1004
Bring your own lunch!
Location will be provided when you register.



Jon's Corner

At our last SARTAC Meeting on June 23rd we talked about people with disabilities or a self-advocate who would like to run for political office. We were to hear from different people who had run for political office. People can run for Federal, State or community seats. Any one of us might be able to get the job done better than the person who is there currently.



In our Central Maine Chapter we talked about what Juneteenth and what it was

all about. We were able to understand it better and why this is an important day.

If you haven't had a chance I think you should go read Sarah Trites [blog](#) it was joyful.

I also read an interesting article from [Disability Scoop](#) on the "[Right to Repair](#)" [Law](#). There is no easy fix for wheelchair users.



Kile's Corner

Hi guys this is Kile with other Kile's Corner

June was busy and fun because we have been starting to meet face to face with some picnics and round ups in our community. I am happy to see members doing well and keeping up the speaking up.

The Presque Isle Round Up was on June 8 and we did have fun time with some team building activities while members of Aroostook County came together. We shared time with friends and had lunch and did some catching up.

The ROUND UP I attend in Aroostook County in Presque Isle, was a good turnout some groups of new people. There was one group activity that helped to make new friends and to build your old friendships.

We had one activity that we had Rubber chicken and a dice that you roll, when you roll an X you act like chicken when you roll O then you clap your hands, that was fun. Then another we stood around in a circle, threw a ball, but we had to throw it to the same person the next time and remember who we threw it to.

We had lunch, it was sandwiches, chips and salad and there was an awesome door prize table that people that can win from and if you did not come you didn't get one off it. I just want to tell you it was a fun time.

Other chapters of Maine are going to be having this event in July and October. Come to learn new things hang out with old and new friends and do some new team building activities and have good time. I know if you go you will have fun time and get a nice prize while you see new and old friends and join in on some fun activities.

The next will July 14 in the Bangor area, come see us have fun, talk to staff, and have lunch with us and talk. We are excited to see you there. To Register for the Bangor Area round up go to our [registration page](#)!



Photo from the Presque Isle Round Up.



Offices Closed

Speaking Up For Us offices will be closed July 4th through July 11th. We wish you all a safe and happy fourth of July. We look forward to seeing you when we return!

What's on the blog?

Our Blog is a space where Self-Advocates share their stories. We invite you to check them out [here](#). If you are a self-advocate that would like to submit an entry for our blog please reach out to [Laurie Coldwell](#) or [Jon McGovern](#).



Finally

We invite you to check out our [website](#) . Read our most recent [blog post](#) and subscribe to future blogs. You can also find the list of our chapter meetings, or follow us on [Facebook](#). If you are a SUFU member we want you to join our members only Facebook Group. To do that please email [Laurie Coldwell](#) or [Jon McGovern](#). We don't want you to miss anything.



Have an Idea for Something to be in The Connector?

Contact: Laurie Coldwell

Program Manager (207) 956-1004 / Ext. 4

lcoldwell@sufumaine.org

SUFU CONNECTOR
Speaking Up For Us of Maine
207-956-1004

www.sufumaine.org