



Miracle



Special points of interest:

- *Self-advocacy poem*
- *Dayne*
- *Shooting Stars of the season*
- *Roberta leg up date*
- *Judge Frank Visit*

Believe Season

Give me a chance
See what I can do.

I have a voice within me to speak out.
I have dreams just like anyone else does.
Believe in me. It may be one step forward
Three steps backwards but if you give me a chance
You will see I can do it when you believe in me.
I can do anything and I can make a difference.

Watch me soar like an eagle and fly above and
beyond what
anyone would expect me to do.



Shooting Star - Dayne N.

What's up my name is
Dayne N.

I've been at Merrick for about 12 years its been a long ride. I like my job at Otto Bock & also work on Med Tox. I like volunteering with Feed My Starving Children and Arc Value Village. What can I say I am a people person. This past summer in August I got my 10 years. Self advocacy has

changed my life .
It helps me to
speak up for
myself with more
confidence so I



Dayne hanging in commons
after work

can dance the night way
in my spare time. Also
in my spare time I love
going to the movies &
lunch outings. On a
positive note, I have
big dreams to be a rock
star or an actor in
movies. Making all
kind of friends in high
places in Hollywood.



Shooting stars Meetings



Taking a picture of Shooting Stars Group— big happy family



The Shooting Stars SA groups meet on:

- Tuesday afternoon 1:20 to 2:10pm,
 - Wednesday 8:00 am to 9:00 am, &
 - Thursday morning 8:30 to 9:30am &
- Also Katie has a J.Arthur’s Self

Advocacy off site every other Thursday afternoon from 4:00 pm to 5:30 pm and everyone is welcome, J.Arthur's coffee shop 2441 rice Roseville, MN , any questions please Contact Katie @ 651-815-2262

ARE YOU INTERESTED IN HELPING WITH THE QUARTERLY NEWSLETTER , MIRACLE ?

Roberta B. & Katie M. are looking for self-advocates who are interested in helping with editing & doing interviews , taking pictures , etc. for the Miracle news letter committee. If you are interested please contact either Katie or Roberta at the email addresses on the back page.

PLEASE LET US KNOW!!!!

We had a visitor: Honorable Judge Frank

On Wednesday the 28th of November Shooting Stars had honorable Judge Donovan Frank who is a dear friend of ours. Shooting Stars honor him with a picture book to thank him for giving us \$1,000 for anti-bullying project, from 11 a.m. -1 p.m. in afternoon. Katie and Mary helped out with all different groups of self- advocates came down to large conference room where there was an ice cream social it was a fun day, also Becky, his assistant came to visit telling good stories.



Interning for political campaigns By Roberta B., Self-Advocate Mentor

When it's an important voting year, you will notice that people who are running, including incumbents do have campaigns through the political parties going on that people, including self-advocates can intern for. In regards to interning for a political campaign, it is unpaid.

I had the honor of interning for Congressman Keith Ellison's (5th Congressional District for Minnesota) re-election campaign this fall. I got to work with the Campaign staff, including Mai Thor plus other volunteers. My first day of the internship was on September 26th and I had worked at the North Minneapolis campaign office on West Broadway and for the remainder of the internship (October 26th was my last day) I remained at the Campaign headquarters that was on East Franklin Avenue in South Minneapolis (even with my hours changing) and it's close by to Augsburg

College. I had done data entry, getting campaign literature ready for big door-knocking weekends and even some mailings. Hey, I even gotten to be filmed by the Campaign Manager along with Congressman Ellison for a little commercial (on October 24th) on the Free Our People Award from ADAPT Minnesota that he had received on the night of October 23rd at the Community Outreach event that Mai had put on with ADAPT Minnesota. I'm now looking forward to the year-end celebration that is coming up at the end of November 2012 to find out if I will be getting my dream job of along the lines of public policy/politics from this internship. Congressman Ellison did get re-elected on November 6th and is back in Washington, D.C. already.

Just remember these tips:

1. All the political parties do encourage people to intern for campaigns, including people with disabilities.
2. If there is more than one campaign office, make sure that both are in safe neighborhoods. If one is more safer than the other one, then stick with the one that is more safer.
3. They probably won't be looking for interns (which are seasonal) until it's a big election year.

There should be campaign offices for those people who are running for federal offices & for the people who are running for state offices, check to see if they have a campaign office. It does not hurt to ask.

Bullet points:

- Incumbents-people who are seeking re-election in the same office and many times they run without opposition (as in another candidate) to go against.
- Unpaid-strictly volunteer and not paid.
- Political Parties-they include the Democratic, Republican, Independence & all the other minority political parties.
- Campaign Staff-they get paid for their positions & Campaign Manager-works very closely with the candidate.
- ADAPT Minnesota-an organization that helps to protect the rights and services for people with disabilities through non-violent protests.
- Campaign Headquarters-the main office for the campaign & Campaign-for a person who is running for office, even if it's to be re-elected for the same office.
- Door-knocking: where volunteers and staff try to find out from the voters in the district how they will be voting.
- Community Outreach-events that will happen in the district about certain things. Mai Thor had put two of those events (on the same week) for the disability community.
- Campaign Literature-it speaks to the issues that the candidate is very passionate about.

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To submit an article for the Miracle newsletter please contact the Editor, Katie M. at 651-815-2262, or katiemariemcd@gmail.com or Co-Editor, Roberta B. at blomstersa@comcast.net

Shooting Stars Miracle is a newsletter written by self-advocates wanting to share their good news with everyone. It will published four times a year.

If any one is interested in writing for the Self Advocate newsletter *Miracle* please send me a sample column to my email (KatiemarieMcD@gmail.com)—deadline for the Spring issue of 2013 is Easter. Take a chance to be who you are!!!

STARS OF THE SEASON

Name: Peggy S

Nominated by: Nick

Reasons for nomination:

1. She is Kind Person
2. Cool Attitude
3. Good Friend

What do you like to do in your spare time?

I like being with my family in the summer I like planting plants go bowling, get my nails done, walking around the mall

How has self-advocacy changed your life? I can speak up for my self and my rights I made new friends

On her way to Self-Advocacy group whoop

How long have you been at Merrick I been here at Merrick for 20 years WOW long time it's a part of me like family

and what do you do here? I work on the O team at Eagan Kowalski's for about 5 years.

What are your favorite foods?

I love steak, potatoes and ribs.
Yummy



Name: James O.

Nominated. By: Abby H.

Reasons for nomination:

1. He's Nice guy
2. Kind
3. Great Advocate

What do you like to do in your spare time? I like shopping at good will buying glass and shades ,going out eat lunch-dinner and going to church

How has self-advocacy changed your life? I can speak up for my self and my rights and helping others for toy & food drive

How long have you been at Merrick and what do you do here? About 20 years I work at White Way crew about 7 1/2 years that's still al long time

What are your favorite foods?

Yummy I like KFC Chicken and some Spaghetti makes my day.



Big smile from James O.