



Self Advocates in Leadership

SAIL UPDATE

July 2014

Even with Brian being gone, Tri-Cities was successfully connected to the Sea-tac meeting. Thank you to Kathy Easton and Linda West for making it happen! It is always good when technology works!

Legislative Agenda Brainstorming



During this meeting was the first opportunity for the group to start brainstorming ideas for the 2015 Legislative Agenda. A couple of the ideas were discussed in a bit more detail. This included the ideas that we worked on last year or have specific follow up steps.

Details about each of the ideas and specific pros and cons were not discussed at this meeting. EVERYTHING was put up as an idea. Stay tuned for future meetings as the group narrows the ideas down. If you have additional ideas please bring them to the next meeting.

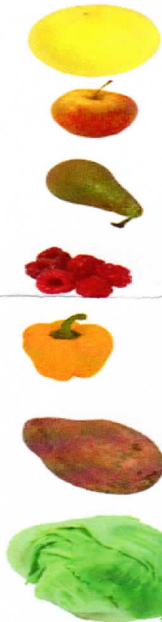


Even Though "The Vegetable Lady" was Unable to Attend the Group Talked About Health

Previously talked about health tips were flying around the room, even in the absence of "The Vegetable Lady". Here are a few:

- Drink more water, less sugar or diet sodas
- Eat more fresh vegetables, the darker the better, many different colors
- Eat less sugar
- Beans are good for you

**Everyone is getting healthier!
Way to go!
Keep it up!**



Mark Your Calendars for the Meetings Coming Up!

August 12, September 9, October 14

For more information about SAIL, contact Emily Rogers: emily@arcwa.org; 1.888.754.8798

A Note from the Chair

July 2014

Hello! It was really great that Skyping worked for our meeting! This next meeting we will be working more on the Guidelines. Also we will be working some on the Legislative Agenda.

Sincerely, Anthony Nash II, Chair of SAIL

SAIL Loses Another Advocate

Jim McNamara passed away on June 25, 2014. He loved living in the community. He worked for many years at the shipyard. He will be missed!

Changes for the Chris Purnell Advocacy Award



A couple of SAIL members have recently passed away. This prompted a discussion about if there should be changes made to the Chris Purnell Award.

A couple of things were decided:

- The name of the award is to be The Self Advocates in Leadership Memorial Award.
- There will be a page added to the SAIL website in memory of those who have passed away.

Details about who is to receive the award and how often it is to be given have yet to be decided.

Many people had positive things to say about this years Community Summit. People felt that the workshops were good, and they enjoyed catching up with friends. Next month the group needs to determine who will represent SAIL at the planning meetings for the 2015 Community Summit.

Now is the perfect time to think about meeting with your legislators. During the summer there is more time to meet with them and explain what is important to you. Invite them for coffee! That way when you come to Olympia you will have already started your relationship! **You can do it!**

Please remember since Brian will be out of town we are going to do our best with the Skyping! Thanks for your patience!