

NEBRASKA NYLC YOUTH LEADERSHIP COUNCIL



NYLC Takes Action

Bullying is an important issue of safety and security affecting students in nearly every Nebraska school and community.

Kenneth, a Central YLC member, is working to raise awareness about bullying by sponsoring a walk to "SAY NO TO BULLYING!"

BULLY WALK
Friday, October 5th
Grand Island, NE
time TBA

Say "NO" to Bullying!



3rd Annual NYLC Summer Leadership Conference

We had a GREAT time at our 3rd Annual Summer Leadership Conference at Central Community College in Hastings June 22nd – 23rd. Members participated in the first NYLC Olympics (photos on page 4) with "Minute to Win It" style games. We have a lot of very competitive and skillful council members. NYLC members took the lead with many conference activities and breakout sessions.

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Save the date ~ Fall meetings

Central YLC
October 13, 2012
Grand Island VR
203 E Stolley Park
Rd, Suite B
Grand Island, NE

East YLC
August 25, 2012
Sump Memorial
Library
222 N Jefferson
Panillion, NE

Northeast YLC
September 8, 2012
Wayne Public
Library
410 North Pearl
Wayne, NE

Spring 2012 Advisory Council Meeting

By Kasey Pestel

Our council started out reviewing three or so new applications for members wanting to join NYLC. Each member had good qualities, and we decided to allow each student to become a member of the council.

We continued the meeting by discussing several upcoming events and presentations. We marked our schedules for each event we could attend. It is quite exciting to see how many presentations are available for the council. We also worked on a PowerPoint to use for these presentations in schools and other various locations. We added our own youth perspectives to self-advocacy.

Finally, we conference called Abbey, but the connection did not allow for a long conversation. We were going to discuss events for the Northeast council, but we were unable to talk to Abbey long. Our statewide council concluded by discussing different ideas to get more members into each council. We thought of different projects, such as flyers or a walk-a-thon. We all had a great time reuniting at the meeting, and I am excited for what is to come with all of the councils.



Pictured: (above) a few State Council members at 2012 Conference, and (right) East Council members at 2012 Conference

Spring 2012 East Council Meeting

By Steffie Ingram

At the March 3rd meeting the East council talked about upcoming presentations. We also practiced presenting for some of the presentations, which I found very helpful.

All of the people that were at the meeting were Justin's, Addy, Jamie, Bruce, Kristi and I.

Justin and Jamie critiqued those of us that practiced presenting, which was very helpful because they said what we could improve on and what we needed to talk about during the actual presentation. I thought this meeting helped me a lot to prepare for some of the presentations.





3rd Annual Summer Leadership Conference

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Throughout the conference, the Central YLC led the group in an icebreaker and several team-building activities. Games included “bing-bong” and a hand clapping concentration game. Most memorably, each council worked as a team to melt a block of ice to free a t-shirt from last year’s conference. Luckily, it was a very hot day, making work a bit easier on everyone!

Saturday morning, Pat Cottingham from the ARC of Nebraska and an advocate spoke with the group about the importance and responsibility of voting. Pat shared with us the history of voting rights for people with disabilities along with ways to ensure our rights are respected when we go to vote in November.

Following lunch, council members worked on a special project led by Kenneth, a Central YLC member. Kenneth is organizing a Bully Walk in the fall. Council members helped Kenneth brainstorm ideas for slogans and ways to promote the walk. The group planned to continue to work on the project with Kenneth at an upcoming meeting later this summer.

Throughout the day, parents, guardians and family members attended a separate strand of presentations. These sessions included balancing the many demands of family and mental health awareness.

At the end of the day, everyone participated in a focus group about Nebraska VR services.

Sammy’s No Bake Bars

Sammy (center) shared her delicious dessert bars at the Central YLC meeting in May 2012

*1 c butter, melted
2 c graham cracker crumbs
(boxed or grind in food
processor for tiny granules)
2 c powdered sugar
1 c + 4 T peanut butter
1 ½ c milk chocolate chips*

Mix together the melted butter, graham cracker crumbs, confectioners’ sugar, and 1 cup peanut butter until well blended. Press evenly into the bottom of an ungreased 9×13 inch pan. In the microwave, melt the chocolate chips with remaining peanut butter, stirring every 30 seconds until melted. Spread over the peanut butter layer.



NYLC Olympics

(included are just a few of the teambuilding games)

Paper Dragon

The contestant must unroll a roll of party streamers with only one of their hands and arm. The first contestant to completely unroll the streamers wins. Congratulations to Sammy & the “Flying Unicorns!”



Bridge the Gap

In the most competitive of all our games, the team must create a bridge of playing cards that stretches 11 inches and the bridge must be able to hold the card box. Congratulations to team “Flying Unicorns!”

Ready Spaghetti

One contestant must hook an empty soda can by its upright flip-tab with a piece of uncooked spaghetti, and the other contestant must grab the other side with their mouth. They must then transport it to the other side of the room. Congratulations Sam, Bruce, and team “Green Eggs & Ham.”



Bucket Head

Played as a tie-breaking team relay, each contestant must bounce a ping-pong ball from 3 feet so it hits the wall, and then lands in a bucket attached to their head. Team “Flying Unicorns” was our Gold Medal Winner.



S U M M E R 2 0 1 2

Transition Summer Institute

For the 4th year in a row, NYLC was asked to present at the Transition Summer Institute held at UNL's Barkley Memorial Center (East Campus). NYLC members Justin and Kasey talked with educators, vocational rehabilitation staff, and other professionals about their experience transitioning from high school to adult living. Justin and Kasey also shared information about the NYLC and invited the attendees to refer more youth to the council.



NYLC

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