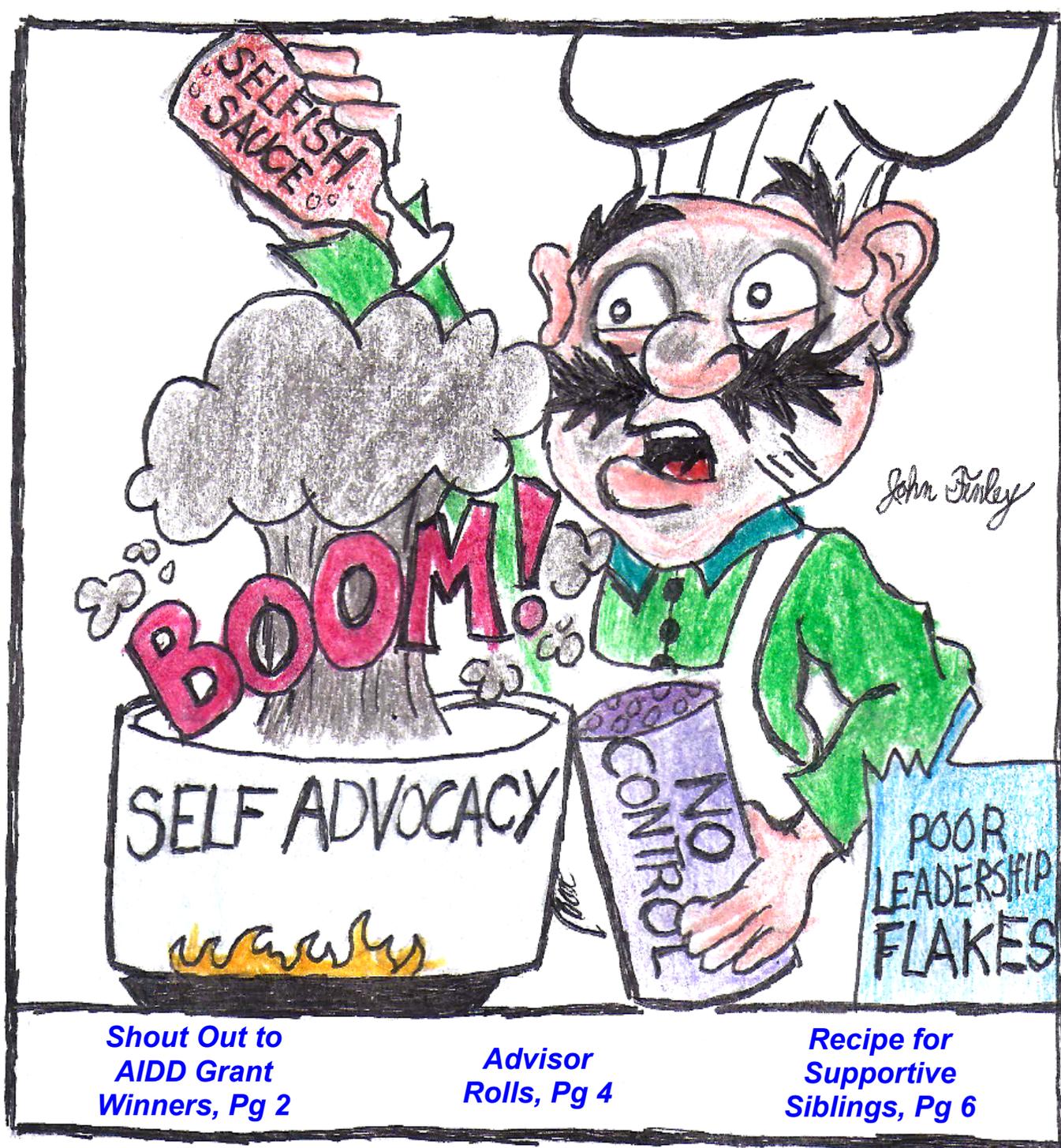




What's in YOUR Cookbook?

Tips and Tricks to Spice Up Self-Advocacy



About The Riot...

The Riot is produced by HSRI
in Tualatin, OR.

We work together with
self-advocates to develop
and write each issue.

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**Teresa's
Spotlight**

Ever heard the old saying, "Too many cooks can spoil the stew"? This Riot issue asks all of us this question and many more.

- Do we have the right ingredients for self-advocacy to be successful?
- What does it really take to make self-advocacy a powerful movement?
- Do the advisors run it all?
- Will the government recognize self-advocates and give us the money we need to teach and support self-advocacy?

- What skills do we have and what skills do we need to prove we are ready?
- Can you leave us alone in the kitchen or at least let us choose who we trust to mentor or guide us?

Some of the best dishes are made by using old recipes, figuring out what we liked about them, and using those ingredients in new dishes that we create in the future. The same can be said about self-advocacy. We can learn from our mistakes, add in new ideas, and maybe create our best dish ever! We appreciate those who taught us well and believe we're ready to take the lead on the next batch.

**SHOUT OUT! to AIDD
Grant Winners**

By Julie Petty

In 2011 and 2012, the Administration on Intellectual and Developmental Disabilities (AIDD) and allies supported 9 regional Self-Advocacy Summits.

The purpose of the summits was to gather information on the status of self-advocacy across the country, strengthen self-advocacy efforts in the states, and get input to help set national priorities.

Based on information gathered at these summits, AIDD decided to fund a series of grants to grow self-advocacy around the nation.

Congratulations to the following Self-Advocacy Organizational Development Grantees!

- **Arkansas People First** - North Little Rock, AR
- **Self-Advocates United as 1** - Greenville, PA
- **Voices of Virginia** - Richmond, VA
- **Autistic Self-Advocacy Network - Portland Chapter** - Portland, OR
- **New Mexico Allies for Advocacy** - Albuquerque, NM
- **Self-Advocates Becoming Empowered** - USA
- **Colorado Cross-Disability Coalition** - Denver, CO
- **Peer Action Disability Support** - Iowa City, IA

For more information, visit:

www.acf.hhs.gov/programs/aidd/resource/self-advocacy-summits

SPOTLIGHT STUDIOS



Alyssa Hatton - 'Bubblelugas'

Celebrating artists with intellectual and developmental disabilities!

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Back From Fishing

Hello Riot Fans,

We hope you enjoy this issue of The Riot, What's in YOUR Cookbook? It has recipes and ingredients you need for self-advocacy. We hope you will use the helpful tips and tricks from this issue and share them with others. Self-advocacy is a dish best served piping hot!

This year, some things about The Riot have changed and some things have stayed the same. One of the major changes is that the issues will come out less frequently. But never fear, we're still here! We continue to connect with the fabulous team of Riot editors from all over the country to work on each issue. And we will always do our best to cover issues that are important to self-advocates, and provide good information with a saucy Riot twist.

Sincerely,

The Riot



Advisor Rolls

Contributions by
Nancy Ward



Support is a key ingredient to a successful self-advocacy group. Like adding spice to a dish - you need just the right amount. Too little support and your group might be bland and not get things done, but too much support can be overpowering. An advisor to a self-advocacy group supports the group to reach its goals. The role of an advisor changes over time as the members begin to take the lead.

Here are some ways that advisors can best support a group.

- Use a heaping portion of helping people gain confidence and encouraging them to believe in and speak up for themselves.
- Use equal parts advisor and self-advocates because it's a two-way street. We teach them and they teach us.
- Don't sugar coat it. Let self-advocates learn from their mistakes.
- Blend information and experience and simmer as long as needed.
- Fold in all the different ways people learn.
- Mix all the member's differences together and share their combined talents with the community.
- Help the group find their missing ingredients and add in as many new members as possible.
- Don't overcook relationships. Respect personal and family time because burned out members and advisors can ruin the group.
- Celebrate the sweet accomplishments of each member, the group, advisors and allies!



Hot Sauce or Weak Sauce?

Is your advisor working for you? If they aren't providing the support you need, but they are a really nice person, do you just roll with it? Do you feel you have the power to change your supports?

Take this quiz to see how well your self-advocacy group measures up when it comes to advisors. Find out if your group is hot or not.



Quiz

1) Is there a written job description for advisors?

Yes  No  Don't know 

2) At least once a year, does your group look at how well your advisors are doing their job?

Yes  No  Don't know 

3) Overall, do self-advocates decide what advisors do?

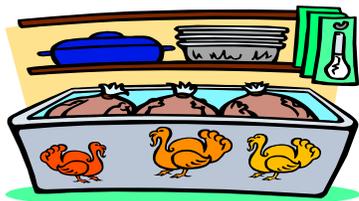
Yes  No  Don't know 

If you didn't answer "Yes" to all of these questions, you have work to do!!!

*These questions were taken from *Power Up* - an assessment tool for self-advocacy groups.

For more information on *Power Up*, visit:
www.theriotrocks.org/services/power-up

Self-Advocacy Casserole



By Monica J. Foster

Follow this recipe to make a delicious success at the advocacy table not only for yourself, but for everybody.

First, gather your facts. If you don't know something, ask for help just like you would from a friend or cookbook.



Second, know your contacts. If you don't know who can help, ask who to talk to. The wrong contacts can hold things up just like too many cooks in the kitchen can mess up a casserole.

Third, be confident. Preparing facts and support make you a confident advocate. A good casserole takes confidence to prepare. A confident self-advocate can make a real difference.

Fourth, ask for change. Explain your problem and changes needed. It's not just about you, but other people, too. A recipe can be changed if it calls for an ingredient that somebody doesn't like. If one way doesn't work, try another way.

Fifth, follow up. If you know it will take 10 days to fix your problem, don't wait to follow up. Successful advocacy, like a casserole, needs just the right amount of time to get the best results. Burn a casserole and it'll stink up the place! Never let an issue go either, or the results won't be good for anybody. You might even have to start all over.



Ricky's Sweet and Sour Recipe

Contributions by Ricky Broussard

We know there are barriers for people with disabilities getting real jobs. What about those who do get hired, only to lose the job shortly after? Sometimes they perform their job tasks well, but lose the job because they haven't had the opportunity to learn and practice what some call "on-the-job people skills."

Got a job? Sweet! Here are some tips to help you keep it.

#1 Don't be sour, take a shower.

- Make sure you shower, shave, brush your teeth, and wear nice, clean clothes.
- Get support with laundry or reminders to take a shower.



#2 Be sweet as pie and get along with co-workers.

- Always be polite when talking with your co-workers and supervisor.
- If you have a problem, talk to the person or your supervisor. Let them know you are willing to work it out together.

#3 Get supports for sweet success.

- Let your supervisor know if you need any equipment or other supports to do your job. Ask for help if you need it.
- Keep communication open. Tell your supervisor what works best for you.

#4 Believe in yourself!

- Tell yourself, "I can do this!" If you have the support you need and the right people in your corner, you can do almost anything.



Sibling Corner

Recipe for Supportive Siblings

By sisters Katie Arnold and Patrice Keiling

Our longest relationships in our lives are often with our brothers and sisters and they have a big impact on us. This is a recipe to help enhance the sibling relationship so we can be supportive of each other throughout life. This recipe will result in a rich and satisfying lifelong relationship with your brothers and sisters.

We recommend you try this recipe.

Ingredients:

- 1 cup Love
- $\frac{3}{4}$ cup Laughter
- $\frac{1}{2}$ cup Sharing
- $\frac{1}{2}$ cup Understanding
- 1 Tbs Annoyance
- 1 Tbs Resentment
- 1 Tbs Jealousy
- 1 cup Advocacy
- Dash of Fear of the Future
- $\frac{1}{4}$ cup Constant Support



For more information about the Sibling Leadership Network, visit www.siblingleadership.org

Photo: Sisters, Katie Arnold & Patrice Keiling



**SUPPORT
YOUR BROTHERS
& SISTERS!!**

Directions: In a large bowl, mix together love, laughter, sharing, and understanding. In a small bowl, combine annoyance, resentment, and jealousy and whip out all frustrations until peaks of appreciation appear. Blend together ingredients from small bowl into large bowl for the right balance of a true sibling relationship batter. Add a cup of advocacy and whisk together until mutual respect forms. Sprinkle in a dash of fear of the future and cover with constant support. Bake at 350 degrees for a lifetime.

Horoscopes

By Mike Grengs



A horoscope predicts the future based on the position of the planets and your birthday. Find the sign that fits with your birthday. Then read what's in store for you!

Capricorn (Dec 22 - Jan 19): Be a good self-advocate. Stand up for yourself and others.

Aquarius (Jan 20 - Feb 18): This month do something for your community.

Pisces (Feb 19 - Mar 20): Have a night out. Take a friend out to eat.

Aries (Mar 21 - April 19): Do something to raise money for your self-advocacy group.



Taurus (April 20 - May 20): Find the job you want. Take a tour of a company you want to work for.

Gemini (May 21 - June 20): If you are feeling down, take a chill pill and remember to relax.

Cancer (June 21 - July 22): Find a local self-advocacy meeting to go to.

Leo (July 23 - Aug 22): Get artsy! Check out an arts or music festival in your community.

Virgo (Aug 23 - Sept 22): Time to get off the couch! Get active in sports.



Libra (Sept 23 - Oct 22): Get together with friends and watch a game.

Scorpio (Oct 23 - Nov 21): Set a good example. You might just get an award.

Sagittarius (Nov 22 - Dec 21): 'Tis the season to be a jolly good self-advocate!



Need Romance Advice?...Ask Jack & Jill

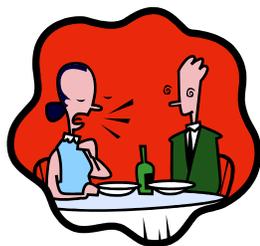
Dear Jack and Jill,

What is a recipe for a dating disaster?

Dear Reader,

NEVER do any of these things on while on a date, or it is guaranteed to be a disaster!

- 1) Burp while in public.
- 2) Flirt with other girls.
- 3) Only talk about yourself.
- 4) Wear a week old shirt and pants.
- 5) Have a bad attitude.
- 6) Do the opposite of what the girl wants.



~ Jack

Dear Reader,

My advice is **DO NOT** do any of the things below or it will definitely spell disaster for your dating life!

- 1) Flirt with other people while on a date.
- 2) Spill your drink on your date.
- 3) Leave a date early and skip out on the check.
- 4) Use bad manners.
- 5) Argue in public.



~ Jill

Have a question for Jack and Jill? Email us at theriot@hsri.org and let us know!



HEALTH ZONE: Turkey Meatloaf

By Teresa Moore

I am getting older and trying different ideas to help me feel better. I was surprised when I saw that turkey meatloaf may not be less calories than with lean ground beef, but I think it is easier to swallow and causes me less indigestion. It's also good if you are trying to have less red meat in your diet.

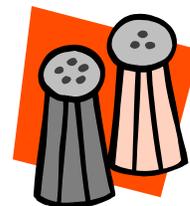
Ingredients

- 2 pounds lean ground turkey
- 1 egg, beaten
- 1 cup uncooked old fashioned rolled oats
- 1/4 cup medium sweet onion, dice really small

For this part use any three of these ingredients:

- 1 tablespoon Worcestershire sauce
- 1 tablespoon A-1 Steak sauce
- 1/4 cup ketchup

- 1 tablespoon barbeque sauce
- 1/4 cup salsa (for a taste of the southwest)
- 1 teaspoon Dijon mustard
- 1 teaspoon garlic powder
- Pinch of salt and pepper



Topping

- 2 - 4 tablespoons ketchup

Instructions

Preheat oven to 350 degrees F. Spray loaf pan with non-stick cooking spray.

In a large bowl, slowly mix all ingredients together. Place mixture in loaf pan and shape it into a loaf. Make space around edges of the pan, the fat will collect there and you won't eat it.

Cover with foil and bake for 1/2 hour. Remove from oven, take foil off and put ketchup topping on, then back into the oven. No foil this time.

Bake 1/2 hour, check to see if it done. Cut loaf in half, look at it and make sure there is no pink meat. If it is pink, put the pan in the oven for 15 minutes and check it again.

Take it out of the oven, wait 10 minutes, slice it and use a spatula to serve.

Your Recipe for Success!



Find these words.
Look up,
down, and
side to side.

Speaking Up	Decision
In Charge	Coach
Change	Goals
Support	Strength
Choices	Teach
Rights	Freedom

E	R	E	C	R	H	H	N	G	P
U	D	E	C	I	S	I	O	N	H
S	P	E	A	K	I	N	G	U	P
F	A	A	T	E	A	C	H	I	U
R	I	G	H	T	S	H	E	I	I
E	C	O	A	C	H	A	N	G	E
E	S	U	P	P	O	R	T	N	C
D	S	T	R	E	N	G	T	H	H
O	C	H	O	I	C	E	S	P	E
M	H	P	A	S	G	O	A	L	S



**Craig Says...
“Following a Recipe
Stinks!”**

My grandma was a great cook. She could make anything and didn't need a stinking cookbook! A recipe card? Nope! So, don't tell me I need to follow a recipe or write down steps for anything I do!

Sure, I forget things sometimes. We all do! So what? I helped a friend bake a cake once, but forgot the sugar. The cake tasted yucky! My friend said, “Let's write down what we need next time so we get it right.” So, maybe THAT is a good time to follow a recipe.

But I don't need a recipe all the time. People say you need to follow certain steps to have a successful relationship, be a good self-advocate, or live a healthy life. I say, “Just wing it!”

In a relationship you might want to write a girlfriend or boyfriend's birthday down to remind you. I forgot my girlfriend's birthday ONCE, but it was no big deal. I just handed her a cookie from one of those free samples at the mall. She was pretty mad at me, though.

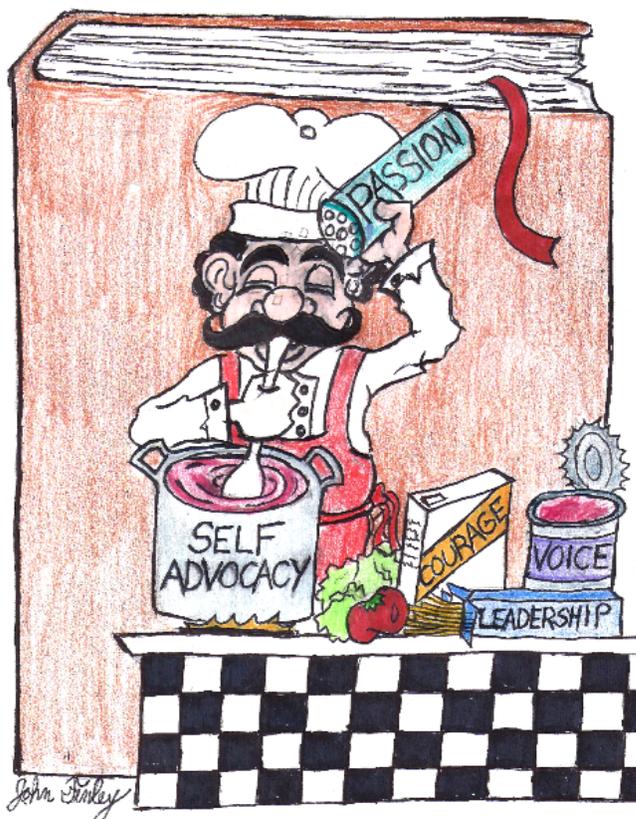


I needed a list to help me stick to my point and remember what I wanted to say at an advocacy meeting once. That can be helpful because if you don't know what you're going to say you'll go on and on and on and bore people to death or sound like you don't know what you're talking about.

I hate when I forget things. I hated that cake without the sugar in it. My girlfriend was pretty upset about her birthday. And that one guy did go on and on at that advocacy meeting. He was so not prepared. Made me mad and we looked bad!

I guess I'm all for a list of steps or a recipe, if it makes life easier!

Self-Advocacy Soup



Self-Advocates, **O**utspoken
and **U**nited in **P**ride

PUZZLE ANSWERS

E	R	E	C	R	H	H	N	G	P
U	D	E	C	I	S	I	O	N	H
S	P	E	A	K	I	N	G	U	P
F	A	A	T	E	A	C	H	I	U
R	I	G	H	T	S	H	E	I	I
E	G	O	A	C	H	A	N	G	E
E	S	U	P	P	O	R	T	N	C
D	S	T	R	E	N	G	T	H	H
O	G	H	O	I	C	E	S	P	E
M	H	P	A	S	G	O	A	L	S



Ask Bill Krebs

Bill "Trouble" Krebs is an advocate from Philadelphia who fights for the rights of people with disabilities

Dear Bill,

What happened with the United Nations (UN) Treaty on Disabilities?

Heather A., KY

Dear Heather,

Good question! To find out the answer, I talked with David Morrissey, the Executive Director of the US International Council on Disabilities (USICD). He told me that the Treaty, also known as the Convention on the Rights of Persons with Disabilities (CRPD), is for people with all kinds of disabilities across the world.

Countries that join the CRPD believe the rights and equality of people with disabilities. 154 countries have signed the CRPD, including the United States! In 2009 President Obama signed the CRPD, and in 2012 it was sent to the Senate to vote to "ratify" or approve it. It came close, but missed getting enough "yes" votes to pass by just 5 votes!

Reasons why some Senators voted no:

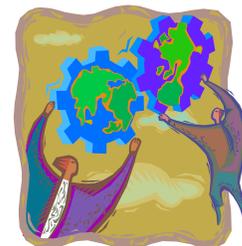
- They don't favor international treaties of any kind.
- Thought it would get in the way of parents' rights to home school their children with disabilities. It doesn't, as the fact sheets explain.
- Didn't know enough about it because they didn't hear from their local citizens.



It is important for people to know that ratifying the CRPD will not change any current US laws. In fact, we passed the Americans with Disabilities Act (ADA) over 20 years ago that protects the rights of people with disabilities.

What can you do?

- 1) Go to the website www.disabilitytreaty.org to get updates, check out the "Talking Points" document, and find your Senator and see how they voted on CRPD.
- 2) Call your Senator. If they voted yes, thank them! If they voted no, find out why. Share information and your personal stories.
- 3) Get your self-advocacy group involved with letters, emails, and phone calls to Senators. Contact USICD if you need materials to support your efforts.
- 4) Reach out to friends and neighbors. Get them involved. We have more strength together!



Don't give up the fight if you believe this Treaty should be passed. Don't let it die.



The United Nations Flag: The United Nations is an international organization formed to promote peace throughout the world and is made of members who represent different countries all over the world.

The Riot! Action Page

Self-Advocates Speak Up! and Speak Out!

Old Recipe with a New Twist

Contributions by Betty Williams

Is your self-advocacy group stuck in a rut? Need to find a way to spice things up? Getting new members can really give your group a boost; especially if your group finds people who are young and energetic. Young self-advocates will bring fresh ideas and new issues to work on. The older or "seasoned" generation can pass on the important history of the self-advocacy movement.

Interested in getting young people to join your group? Follow these steps to get them hooked.

- ✓ Generously spread sensitivity trainings to children as young as possible.
- ✓ Host a picnic and invite people to bring the whole family.

- ✓ Get a fresh basket of ideas by asking young adults with disabilities what is important to them.



- ✓ Serve up a young leadership event.

- ✓ Blend together parents, guardians and youth at a mini-conference to learn about the power of self-advocacy.

- ✓ Don't forget the secret ingredient... SUPPORT! Young people will need support to go to self-advocacy meetings.

**Talk it up...
Have yourselves a regular Riot!!!**



Self-Advocacy Man Says...



Written and drawn
by Erick Yeary

Don't worry. Now you can learn to be a strong self-advocate because I stopped Mr. Barrier.



Curse you, Self-Advocacy Man. You think you can block me from stopping people from being strong, but I have a surprise for you!

