



ILP Newsletter

SPRING IS HERE

ILP had several outings, workshop, and activities to bring in the new year! You won't want to miss what ILP has planned for spring and summer. Come by the ILP office and visit the ILP website to see what the program has to offer in 2020. Read on to catch up on all the latest ILP news!

KIND OBLIGING BLISSFUL EMPOWERING

By Tyray K., WCC Youth Advocate



I would like to honor one of the lives of those who passed on the helicopter accident on January 26, 2020, Kobe Bryant. Kobe is and was a very inspiring and motivational man on and off the court. Kobe was born in Philadelphia, Pennsylvania raised by his mom and father Pamela Cox Bryant and Joe Bryant. Kobe was influential because of his dominance on the court. He was also a great leader off the court because of his morals and his beliefs. Kobe's aura brought people together. He brought joy and unity not only to a culture, but to the love of the game. Kobe was a role model because he was not afraid to face and challenge any obstacle in his way. He represented resilience. He represented heart. He represented great parenting. He represented giving back to others. The list can go on and on. I remember throughout my childhood how often everyone around me would scream Kobe as they tried to hit fade away jump shots, whether it was with a basketball into a hoop or even just something being thrown into a garbage can. This still happens to this day. The lesson that the legend taught us all is to believe in yourself and go at everything with a mamba mentality, empower others and cherish your loved ones. I hope we all get to feed our mamba mentality.

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SPECIAL POINTS OF INTEREST

- See what incentives you can receive for participating in ILP services on page 2!
- Learn about the Princess Project on page 3.
- See page 6 for steps to preventing the spread of covid-19.
- Try to complete the crossword puzzle on page 7!

WHAT ILP OFFERS

Alameda County ILP supports youth in education, employment, health and wellness, permanent connections, housing, and money management. These topics are covered in ILP workshops which youth can earn \$25 for each session they attend. Youth can also receive one-on-one coaching with an ILP coach to assist them with creating and accomplishing individual goals! See page 4 for the activities that ILP is offering in Spring and Summer.



REGISTER FOR ILP SERVICES

Complete an intake with a Worker of the Day (WOD) at the ILP office or over the phone. The WOD or an ILP coach will call/email you regarding your eligibility. It takes around 1-2 days to process your intake. Once contacted, you will meet with an ILP Coach to discuss your needs, interests, and goals. Your coach will assist you with registering for workshops, outings, and any services that appeal to you.

INCENTIVES

The following items are what ILP eligible youth may be able to receive by participating in ILP services:

- * ILP Workshops
- * Education Program
- * ACLSA
- * Chromebooks
- * School Stipend
- * Education Testing
- * ILP Scholarship
- * Prom/Senior Portraits
- * Book Money
- * California ID Waiver
- * Driver's Training
- * Gas Reimbursements
- * Security Deposit
- * Baby Stipend



For more information, contact the ILP office:

info@alamedacountyilp.org
(510) 667-7696



SOUTH COUNTY SERVICES

Do you want to connect with your ILP coach, but you live too far away? We've got you covered! Your ILP coach can come to. ILP encourages young people in the following cities to contact their coach to schedule a meeting: Hayward, Castro Valley, San Leandro, San Lorenzo, and Fremont. If you don't have your coach's number, call the ILP office. See page 5 for the ILP office contact information. We hope to see you soon!

DISTANCE LEARNING

Check out ILP's Distance Learning! ILP staff can assist you with using the Distance Learning website or with mailing paper packets to you. Some reasons for participating in Distance Learning are as follows:

- ⇒ Extra-curricular activities that overlap with ILP workshops
- ⇒ Living too far away to attend/not having a ride to attend
- ⇒ Missing a workshop series and would like to make up the curriculum

We look forward to having you participate in our program!

STAY CONNECTED

Do you want to make sure that you don't miss any ILP workshops, outings, and activities? Want to keep up with the latest services, resources, and news for transitional aged youth? Follow ILP on Facebook, Instagram, and Twitter! See page 1 for ILP's social media links.

Are you not on social media? Visit the ILP website for the latest updates on workshops, events, and other important information regarding the program.

www.alamedacountyilp.org/

EVENTS FOR EVERYONE

Alameda County ILILP wrapped up 2019 with a trip to San Francisco for a day of ice skating! Staff and youth had a blast trying not to fall and supporting each other as they skated around the rink.



Roller skating at Golden Skate in San Ramon was a night filled with great music, putting ILP staff and young people in sync on the rink. ILP Manager, Mario Hankton, was showing off his skating skills on quad skates!



After weeks of practicing their musical talents, ILP youth took a trip to SAE Expression College. Everyone had a chance to work in a music studio and learn about the intricacies of music production.



PRINCESS PROJECT

By Laura R., WCC Youth Advocate

The Princess Project provides free prom dresses and accessories to high schoolers who cannot afford them. Their mission is to promote self-confidence and to highlight each person's individual beauty. The non-profit organization began in February 2002, when one girl needed a dress for her prom. Founders Laney Whitcanack and Kristi Smith Knutson responded to this young lady's cry for help by involving friends and family in a dress drive.

Since that time, The Princess Project has helped over 20,000 teens with the loving support and dedication of their volunteers. They were able to bring their idea to life with the start-up support of Coro Northern California and later in 2005 became the non-profit organization they are today.

I interviewed a volunteer from the Princess Project named Priya. She loves that her organization gives teens a real prom experience. They set up their locations in a store like setting, that makes teens feel like they are actually shopping for their dress just like anybody else. She also mentioned that they often partner up with other brands that provide free products for the teens. Priya also brought to light how their organization does not only help the teens, but it also helps all of their volunteers and supporters, which is the cutest thing ever!

For more information, visit their website at:

<http://www.princessprojectsf.org/>



the
princess
project™

THE IMPORTANCE OF ADVOCACY

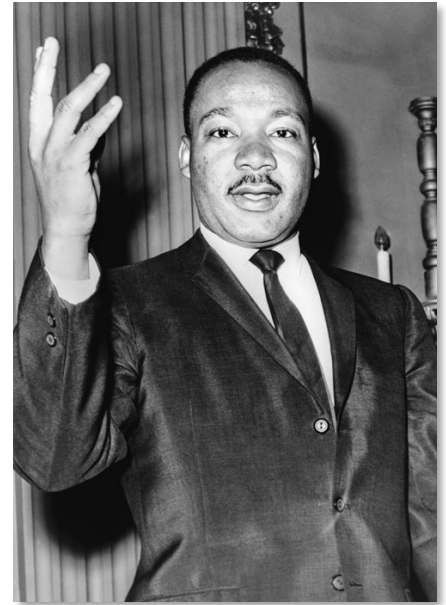
Martin Luther King Jr.

By Jazmine SC., WCC Youth Advocate

Martin Luther King Jr. (MLKJ) was a leader of the Civil Rights Movement from 1955 until he was assassinated in 1968. He is lovingly remembered for his many organizing efforts, actions, speeches and value systems including the Montgomery Bus Boycott that protested segregated public transportation in 1955, his Letter from a Birmingham Jail that spoke to the strategy of nonviolent resistance in 1963, the March on Washington to advocate for civil and economic rights in 1963 and ultimately the passage of the Civil Rights Act in 1968.

A few facts you may not know about MLKJ:

- ⇒ His birth name was Michael.
- ⇒ He received a B.A. in Sociology from Morehouse College at the age of 19.
- ⇒ He received a Ph.D. in Theology from Boston University.
- ⇒ He was awarded the Nobel Peace Prize for his commitment to standing up against racial inequity through nonviolent resistance.



“...CYC is run by youth, for the youth.”

CYC Corner

By James H., WCC Youth Advocate

What is CYC? CYC or California Youth Connection is an organization that is run by youth that want to improve policy and make changes to better support foster and probation youth. CYC has advocated for and increased access to more grants and scholarships for foster and probation youth. Currently CYC is working on getting better and more housing for youth that are in care and youth that are exiting care.

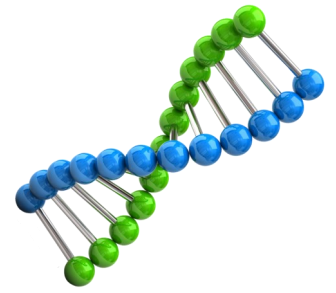
CYC meets every two weeks on every first and third Tuesday. New members are always welcome. The team often talks about empowerment for youth of color whether it be about around advocating for legislation or laws or conducting outreach and raising awareness with the public that youth of color have and deserve a voice. CYC team members host at least two conferences a year and sit on a panel every few months to talk about what can be better for youth in the system. CYC membership takes a lot of work and can be mentally draining. And sometimes making things better takes time and involves a lot of frustrating work, but that is what CYC does all the time.

We spoke to Virgile Nzali, Program Coordinator, Education & Career from B:E and he said that he wants to see CYC be able to continue to travel state wide and to become more well known in order to spread their message and receive more support. He also wants CYC members to talk to people in positions of power that can take their recommendations and put them in motion even quicker.

Remember CYC is run by youth, for the youth.



CONNECTING TO ONE'S SELF



Find Your Ethnicity (Know Who You Are)

Are you curious to know what ethnicity you are? Where did your ancestors come from? Who are your ancestors? These are questions you can find the answers to. “Your DNA may hold information to help make new discoveries about your family’s past, your cultural roots, as well as confirm information in your family tree.”

Many of our ancestors were colonized, conquered and then brought over to the Americas. For example, if you are African American it has been extremely difficult to trace your roots and know what region you are from in Africa. However, due to recent technology you can now find out which country you and your family came from. Purchasing a DNA kit from Ancestry.com can help you find family connections and also map your ethnicity over multiple generations. Exploring your identity gives you insight on where you came from and how you may identify. Trust me it works, I’ve done it!

Through my discovery, I learned that I am 86% West African, 33% is from Congo/ Cameroon, 28% from Ghana/ Ivory Coast etc. My biggest surprise was finding out I am 10% Irish. This may have been due to previous colonization of slaves being imported from West Africa to the United States or my family having an Irish slave owner. Although the DNA kit costs \$80 dollars; knowing your roots is priceless. Overall, I feel complete in knowing where my roots come from. This is something that I can share with my parents. When ILP hosts cross-cultural events, you may feel more connected and excited about attending. These events will give you another opportunity to learn more about your heritage, so that you can pass on the knowledge to your kids one day.

- GB., Youth Advocate

Creative Expression

I love to sit down with a pen and pad to ease my stress. I first started drawing when I was a little kid. My dad was artistic, so I took up a lot of his creative outlets growing up. This includes drawing, painting, singing, and trying new instruments. I had a lot of free time as a kid. I would spend all day in my room drawing my own characters with Copic markers. It gave me a way to pass the time while also keeping me from feeling lonely. I could sit there and come up with different realities where my characters would live, and what relationships they would have with each other. Sometimes I would even make a storyline by making my art into short comics. I would also draw portraits of famous people I liked with charcoal pencils. I found that drawing in grayscale creates a better opportunity to add shading and a light source to a drawing. I enjoy drawing with just a charcoal or led pencil as opposed to having to color something in. I can manipulate pencils to better portray realism.



When I was painting, I worked on realism by attempting to make portraits of my family. My favorite paintings I did were for my little sister’s room. I painted Elmo and Zoe for them because they were obsessed with Sesame Street. Being able to create something that my little sisters enjoyed made me feel like an awesome big sister. Expressing myself through my art has been very beneficial to me. It is an outlet to put my feelings into. It is helpful because it is something I can practice every day and I can be dedicated about.

- Ally S., Youth Advocate



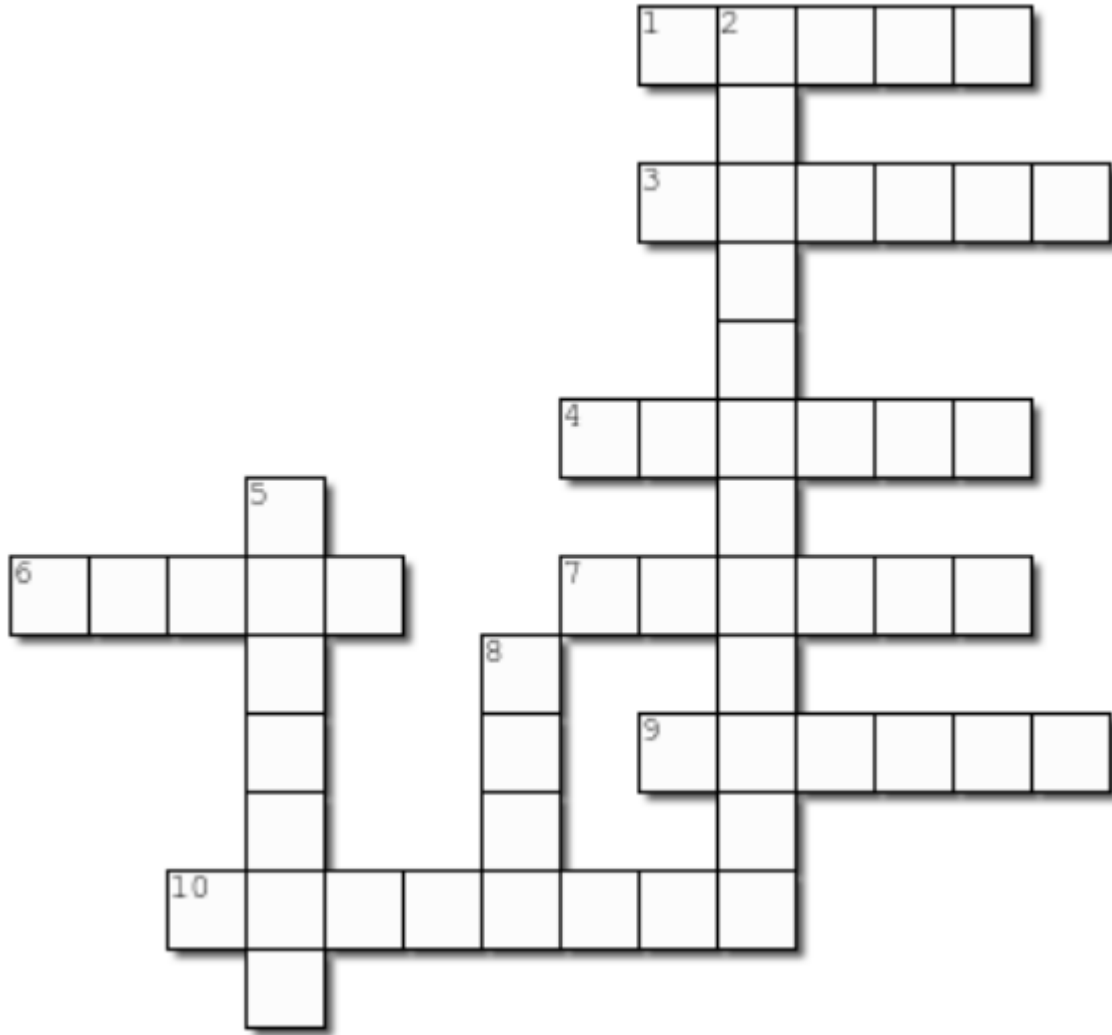
Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION

SPRING CROSSWORD PUZZLE



ACROSS

1. Color of a lot of different kinds of plants
3. An outing or occasion that involves taking a packed meal to be eaten outdoors
4. A holiday where candy eggs are hidden for kids to find
6. A rabbit, especially a young one
7. Sometimes known as a bloom or blossom, is the reproductive structure found in plants
9. A piece of grassland, sometimes is covered in flowers and other plants
10. A flower or a mass of flowers, especially on a tree or bush

DOWN

2. A shorter duration than rain. They tend to be quick and comes in bursts, usually in April
5. A living thing, can be kept as pets
8. An insect that busses and pollinates plants

Answer Key

Across: 1. green 3. picnic 4. easter 6. bunny 7. flower 9. meadow 10. blossoms
Down: 2. rain showers 5. animals 8. bees

