



Inspiring all girls to be strong, smart, and bold<sup>SM</sup>



Summer, 2009

**INSIDE THIS ISSUE:**

**UPCOMING GIRLS INC. PROGRAMS** 2

**UPCOMING SPECIAL EVENTS** 3

**SPECIAL EVENTS THANK YOU** 3

**GIRLS INC. CALENDAR & HOW YOU CAN HELP** 4

**GIRLS INCORPORATED<sup>®</sup> OF DURHAM**

**GIRLS LINK**

**FROM THE DESK OF THE EXECUTIVE DIRECTOR**

Summer is just around the corner and we are looking forward to offering once again our exciting summer camp programs in Pickering and Whitby locations.

We strive to give every girl the life skills she needs to achieve her full potential.

Our programming puts the tools for empowerment in girls' hands and encourages them to take healthy risks and master physical, intellectual and emotional challenges.

We are thrilled to have had the opportunity to work with Bolton C Falby , Glen Grove , Jack Miner , Brooklin Village and Lakeside Public Schools. In partnership with these

schools we have delivered the following skill development programs:

Allies in Action– Anti Bullying program

Will Power/ Won't Power– Preventing Adolescent Pregnancy Program

Beacon Street Girls and GirlStart Literacy programs.

We look forward to being able to offer these valuable programs in more schools in September. In order to serve more girls in the region we need you help. We hope you will consider joining us at our 9th Annual Charity Golf Tournament on June 16 at Whitevale Golf Club. All proceeds from this event goes directly to our programming.

Our Annual Girls Day Out! Event was a wonderful experience for all. These events could not run without the countless volunteers and sponsor. I sincerely thank all the staff and volunteers that donated countless hours and came together to create and run such an amazing event.

If you want to make a difference in the lives of young girls consider volunteering, we'd love to have you!

We are looking for Board Committee members who would like to share their time and expertise. Come join us at our Girls Inc 101 information sessions to find out how you can get involved.

*Yvette Nechwatal-Drew*

**Annual General Meeting**

Inspiring all girls to be strong, smart, and bold<sup>SM</sup>



**Tuesday June 9, 2009 at 7:00 pm  
Ajax Public Library, Rotary Room A  
55 Harwood Ave South, Ajax**

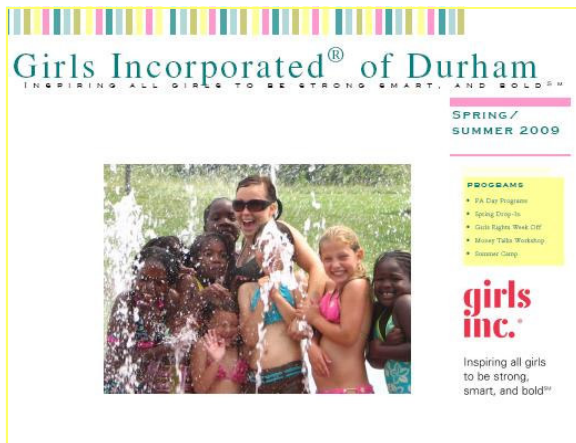
Please RSVP (905-428-8111 ext. 24) by June 1  
Girls Incorporated<sup>®</sup> of Durham  
1-398 Bayly Street West, Ajax, ON L1S 1P1  
www.girlsinc-durham.org



## UPCOMING GIRLS INC. PROGRAMS

### SUMMER CAMP PROGRAMS CHECK OUT OUR WEBSITE FOR OUR SUMMER CATALOGUE

HELD AT: 1580 KINGSTON RD. (COMMUNITY ROOM) PICKERING AND GARRARD HEIGHTS, 123 ERIC CLARKE DR. IN PICKERING  
 FROM 9:00 AM—4:00PM (EARLY DROP OFF AT 8:30 AND LATE PICK UP AT 4:30 AVAILABLE FOR AN EXTRA \$25) COST: MEMBERS \$100 / NON MEMBERS: \$125  
 PROGRAM MATERIALS AND SNACK PROVIDED, PARTICIPANTS MUST BRING THEIR OWN LUNCH



Check out our website  
[www.girlsinc-durham.org](http://www.girlsinc-durham.org)

Each day we do something new and exciting from one of our Girls Inc Programs:

#### SUMMER CAMPS

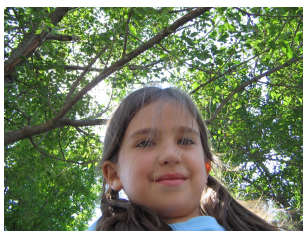
JUNE 2TH—JULY 3RD  
 JULY 6TH—JULY 10TH  
 JULY 13TH—JULY 17TH  
 JULY 20TH—JULY 24TH  
 JULY 27TH—JULY 31ST  
 AUG 10TH—AUG 14TH  
 AUG 17TH—AUG 21ST  
 AUG 24TH —AUG 28TH

OPERATION SMARTS: Having fun making gooey experiments and showing girls that science is fun and builds their confidence.

SPORTING CHANCE: playing new and innovative games, developing new skills while learning about healthy food choices to fuel your active LIFE.

MEDIA and ME: Tackling major issues and concerns about media and the influence it has on our everyday lives, from self esteem to what we purchase.

Project BOLD: Learn fun self-defence moves, build self confidence, self esteem and address topics such as bullying.



*"You don't have to worry about impressing anybody. Except yourself." - Alysia, age 10*

### GIRLSPACE!! EVERY 2<sup>ND</sup> SATURDAY RESUMES SEPT. 12

HELD AT: GIRLS INC OFFICE 1-395 BAYLY STREET WEST, AJAX  
 FROM 10:00 AM TO 12:00PM (AGES 6 TO 8) AND 1:00PM TO 3:00PM (AGES 9 TO 12)  
 COST: FREE FOR MEMBERS / \$5 NON-MEMBERS (PER SESSION)

#### ACTION FOR SAFETY

- Morning sessions for girls 6 to 8 and afternoon sessions for those 9 to 12
- A self defense and violence prevention program
- Addresses the field of gender-based violence
- Negotiation, assertiveness and self defense
- Discuss practical safety strategies
- Practice verbal responses and setting limits
- Discuss teasing, bullying, harassment, abuse, racism, etc.



*"I get to make new friends and try new things."*

### GIRLSZONE!! EVERY OTHER WEDNESDAY NIGHT

HELD AT: GIRLS INC OFFICE 1-395 BAYLY STREET WEST, AJAX FROM 7:00 PM — 9:00PM  
 COST: FREE FOR MEMBERS / \$5 NON MEMBERS (PER SESSION)

- Girls 13 and over celebrate their heritage, investigate rights and responsibilities, practice leadership skills and tackle issues of concern in the community.
- Adult women from the community are incorporated into a program where girls develop and conduct a community action project.
- Program enables girls to explore their own ability and responsibility to produce positive, long term social change.

## UPCOMING SPECIAL EVENTS

9th Annual **girls inc.**  
**CHARITY GOLF TOURNAMENT**

*A great reason to take the  
afternoon off work!*

Mark your calendar and please  
join us at the beautiful  
Whitevale Golf Club  
Let's tee-off together for Girls in  
Durham!

Tuesday June 16<sup>th</sup>, 2009  
Whitevale Golf Club  
1:00pm Shotgun Start  
[www.girlsinc-durham.org](http://www.girlsinc-durham.org)

Attention all golfers! It's almost that time of year again— you can practically smell the "birdies" in the air! We hope you can join us at Whitevale Golf Club this year as we tee-off for girls in Durham.

Register before June 1, 2009 for only \$150 each  
\$175 after

Don't know how to golf why not register for the Golf 101 clinic \$95 each (includes dinner)

Can not get away from work why not join us for  
Dinner Only @ \$60 each

Registration forms are available on our web-site:  
[www.girlsinc-durham.org](http://www.girlsinc-durham.org)

# Thank You!

With the beautiful spring weather, we had a very successful weekend at Purple Woods Conservation Area and raised \$4000 for

Girls Incorporated of Durham!

This event would not have been possible without



**girls inc.**

Inspiring all girls  
to be strong,  
smart, and bold!

the generous

support of volunteers and the following community sponsors:

Agostino & Nancy's No Frills,

Matt Fisher No Frills Whitby

Chris & Beth's No Frills,

John Elderkin- Sobey's,

Bill Potter- Food Basics Ajax and Pillars Catering

Funds raised went to support Girls Inc. educational programs.

We hope you will join us again next year!

[www.girlsinc-durham.org](http://www.girlsinc-durham.org)

## Girls Incorporated of Durham

would like to thank all of the Sponsors,  
Vendors and Silent Auction donors for your support of this event.

### Sponsors



HM MANAGEMENT PRACTICES CORP.

ONTARIO POWER  
GENERATION



### Vendors

**Soul Xpression**, Tara Bergeron ✕ **Cakes Plus by Glenys**, Glenys Davies ✕ **Natural Beauty On the Go. Mobile Hair & Spa Services**, Sonal Patel ✕ **Beauticontrol**, Linda McFarlane ✕ **Bodysculpt Bootcamp**, Richelle Morgan ✕ **Passion Parties**, Leanne McLeod ✕ **Creative Memories**, Rhonda Martin ✕ **Business and Professional Women of Durham**, Kim Beatty ✕ **Crock A Doodle Paint-it Yourself Pottery**, Diane Weeks ✕ **Pampered Chef**, Joanna Rolf ✕ **SoleExpressions**, Mary Jardine ✕ **Arbonne Canada**, Kelly Fallis ✕ **zzteez**, Siobhan Ayer ✕ **Kathy Bradford Training Solutions**, Kathy Bradford ✕ **Fifth Avenue Jewelry**, Pat Francisco ✕ **Tupperware**, Lisa Fletcher ✕ **Shauna Reay Photography**, Shauna Reay

### Silent Auction

**Colin & Justin's Home Heist** ✕ **Cheryl Torreneuva** **Endless Ideas** ✕ **Tree House** ✕ **Rona** ✕ **Cup of Tea** ✕ **Ceragem** ✕ **zzteez** ✕ **Green Diamond** ✕ **Art of Fabric**, Beth Dillinger ✕ **Soul Expression** ✕ **Cakes by Glenys** ✕ **Bodysculpt Bootcamp** ✕ **Natural Beauty on the Go** ✕ **Crock A Doodle** ✕ **Tracey McCannell** ✕ **Hazel Mealey** ✕ **Yvette Nechvatal-Drew** ✕ **Casa Loma** ✕ **Ontario Science Centre** ✕ **Lorraine Kimsa Theatre for Young People** ✕ **Class Act Dinner Theatre** ✕ **Image Matters** ✕ **Sole Expressions** ✕ **Tupperware** ✕ **Passion Parties** ✕ **Centura Brands** ✕ **Maple Leaf Sports and Entertainment** ✕ **Dr. Melissa West** ✕ **LUSH Pickering Town Centre**

**girls inc.**

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**GIRLS INCORPORATED® OF DURHAM**

1-398 Bayly Street West, Phone: 905-428-8111 Fax: 905-428-8992  
 Ajax, Ontario L1S 1P1 Email: info@durham.girls-inc.org  
 Charitable Number: BN11880 9268 RR0001

CHECK US OUT AT

WWW.GIRLSINC-DURHAM.ORG



**BOARD OF DIRECTORS**

- |                  |                |
|------------------|----------------|
| Nancy Van Rooy   | Lori Jackson   |
| Kelly Glass      | Lee-Anne Black |
| Norah Carmichael | Diana Swartz   |
| Hazel Mealey     |                |



**PROGRAM STAFF**

**Executive Director:** Yvette Nechvatal-Drew

[yndrew@durham.girls-inc.org](mailto:yndrew@durham.girls-inc.org)

**Volunteer/Program Coordinator:** Linda Curley

[lcurley@durham.girls-inc.org](mailto:lcurley@durham.girls-inc.org)

**Program Coordinator:** Tracey McCannell

[tmccannell@durham.girls-inc.org](mailto:tmccannell@durham.girls-inc.org)

**Development Coordinator:** Susan Howells

[showells@durham.girls-inc.org](mailto:showells@durham.girls-inc.org)

**Administrative Assistant:** Connie Young

[cyoung@durham.girls-inc.org](mailto:cyoung@durham.girls-inc.org)



**Vision:**

Empowered girls living in an equitable society.

**Mission:**

Girls Incorporated of Durham empowers girls to believe in themselves and reach their full potential. We inspire all girls to be Strong, Smart, and Bold through advocacy, education and programs.

**GIRLS INC. CALENDAR**

**JUNE**

- 5<sup>th</sup> - PA Day Program
- 9<sup>th</sup> - AGM Meeting
- 10<sup>th</sup> - GirlZone
- 16<sup>th</sup> - Girls Inc. Golf Tournament
- 23<sup>rd</sup> - Girls Inc. 101 Session

**JULY**

SUMMER CAMPS July 6- 31st

**AUGUST**

SUMMER CAMPS Aug 10- 28th

**SEPTEMBER**

- 12- GirlSpace
- 16- GilrZone
- 22- Girls Inc. 101 Session

**HOW CAN YOU HELP GIRLS INC?**

So much of the work we do is achieved through the kind support of our volunteers and donors. There are the many ways you can get involved!

**DONATE:**



Your financial assistance is critical to our ability to continue to offer programming to girls in Durham. Donations can be made in person, by mail or on-line through [www.canadahelps.org](http://www.canadahelps.org) — search for Girls Incorporated of Durham. Please feel free to contact Susan Howells for assistance with Canada Helps or to discuss other giving options, including sponsorship and fundraising initiatives.

**VOLUNTEER:**

Make a difference in the lives of young girls by volunteering with Girls Inc. We're always looking for board, committee, program, event and fundraising volunteers to help us continue to empower girls. Contact Linda Curley at 905-428-8111 ext. 23 or email at [lcurley@durham.girls-inc.org](mailto:lcurley@durham.girls-inc.org) to register or earn more about the many Girls Inc. volunteer opportunities available.

**MEMBERSHIP:**

Become a member today for an annual fee of \$35 and receive: Free Access to programs, scholarships, quarterly newsletter and 20% discount on extra programs (March Break, PA Days and Summer Camps)