



GIRLS INCORPORATED® OF DURHAM

GIRLS LINK

Inspiring all girls to be strong, smart, and boldSM

Spring, 2009

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FROM THE DESK OF THE EXECUTIVE DIRECTOR

Exciting things are always blooming at Girls Inc. and this Spring is no different!

We strive to give every girl the life skills she needs to achieve her full potential. To do that we want to maximize the effectiveness of our role as advocates and educators and therefore we have decided to focus more on expanding the reach of our programs throughout Durham Region.

Our programming puts the tools for empowerment in girls' hands and encourages them to take healthy risks and master physical, intellectual and emotional challenges. Our programs are held in a wide variety of settings to expand our reach throughout the community. In this newsletter you will read about

programs during PA Days, as well as our ongoing Wednesday evening and Saturday programs. Look out for our Summer Camps in our next newsletter!

This Spring brings some great events for you to enjoy. We hope to catch up with all of you at Purplewoods Conservation Area on March 21st and 22nd for the annual Maple Syrup Festival. This is sure to be a fun filled day that your whole family can enjoy. We also have our 5th Annual Girls Day Out Play Day FUNdraiser and our kick off celebration of Girls Rights Week that are both events you can't miss out on. Be sure to read on for more details!

These events are sure to be great successes and we

could not run our programming without them. I cannot thank enough the staff and volunteers that come together to create and run such amazing events.

This season I would like to specifically thank our Student Interns. Your dedication and commitment to the programs and services offered is amazing. Thank you Suzanne Cooke, Erin Hurst, Amanda Bickle, Ashley Ruth, Kayleigh Black, Kendra Oppersma, Sara Marashall and Jamie Stephenson.

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

Hope to see you all soon.

Yvette Nechvatal-Drew

GIRLS RIGHTS WEEK — MAY 4TH - MAY 8TH

Girls Bill of Rights:

- I HAVE THE RIGHT to resist gender stereotypes
- To express myself with originality and enthusiasm
- To take risks, to strive freely, and take pride in my success
- To accept and appreciate my body
- To have confidence in myself and to be safe in the world
- To prepare for interesting work and economic independence

Every girl should celebrate these rights! Do your part by participating in an afternoon of inspiration, empowerment and education to recognize Girls Rights Week. Bring all the girls in your life to a free event that includes cake, prizes and fun activities.

When: Saturday, May 2nd

Time: 1:00-2:30

Where: Ajax Public Library Rotary Room
55 Harwood Ave. S

You could also win a FREE week of Summer Camp for a girl 9 to 12!



UPCOMING GIRLS INC. PROGRAMS



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

PA DAY PROGRAMS

HELD AT: 3438 GARRARD RD (COMMUNITY ROOM) WHITBY FROM 9:00 AM—4:00PM
(EARLY DROP OFF AT 8:30 AND LATE PICK UP AT 4:30 AVAILABLE FOR AN EXTRA \$10)

COST: MEMBERS \$20 / NON MEMBERS: \$25 SNACK PROVIDED, PARTICIPANTS MUST BRING THEIR OWN LUNCH

Friday, March 13th

ACTION FOR SAFETY

- Fun, interactive program for those 9 to 12 to learn self-defense moves
- Activities build confidence, sense of personal safety and team building skills

Friday, May 15th

OPERATION SMART

- Hands-on activities allow girls to develop enthusiasm for skills in science, technology, engineering and mathematics
- By dismantling machines, observing plants and animals and building robots girls explore, ask questions and solve problems

Friday, April 24th & June 5th

MEDIA SMARTS

- Girls investigate the use of slogans, logos, merchandising and target marketing in order to critically analyze what they see and hear in the media
- Understanding various bias' and stereotypes in the media allows girls to advocate for change and create images that are more realistic

RESERVE YOUR
SPACE TODAY!

REGISTER FOR ANY
OF THESE UPCOMING
PROGRAMS BY
FILLING OUT THE
ATTACHED
REGISTRATION
FORM.

GIRLSPACE!! EVERY 2ND SATURDAY

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

5th Annual
Girls Day Out!
play day FUNdraiser
 March 28, 2009, 8:30-4pm
 A full day of fun that will challenge and inspire your mind, body and spirit!
Save the Date!
 Registration Fee: \$100 prior to March 1, 2009.
 \$125 after March 1.
 Held at Trafalgar Castle School
 401 Reynolds St. Whitby L1N 3W9

 Girls Incorporated® of Durham
 Strong, Smart, and Bold!

Come out for a day of fun with all the wonderful women in your life!

From chocolate making or martini making to belly dancing, we offer 34 classes to meet all of your interests. Try out a potential new hobby or see if you really want to learn that new skill! You will also have an amazing lunch, have fun with the silent auction, and so much more...

Give your mother, grandmother, sister, daughter, friend or yourself a special treat. All the proceeds raised from this event go directly to our Girls Inc. programs. If you can't participate this year please consider our scholarship opportunities and let a deserving young woman have a day she'll remember for years to come!

Let's make this our most successful year yet!

MARCH 21 & 22 10:00 - 2:00
MAPLE SYRUP FESTIVAL
AT
PURPLEWOODS CONSERVATION AREA



Take a wagon ride, have a taste of real maple syrup and learn how it's made; investigate the sites and sounds of a hidden gem in Durham while also helping to raise funds for Girls Inc. programming.

We'll be serving hot chocolate, coffee and pancakes!

Adults \$4:50 3 Pancakes & Drink

Children \$3:50 2 Pancakes & Drink
 (Note: no Interac available)

Park admission and wagon rides extra
 For more information go on-line to:

<http://www.cloca.com/msf/>



HOLD THE DATE!!
Thursday,
June 16,
2009
 Shotgun start
 at
1:00 PM

9TH ANNUAL **girls inc.**
CHARITY GOLF TOURNAMENT

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 May 1, 2009 and save \$100 per foursome! Registration forms are available on our web-site: www.girlsinc-durham.org

GIRLS INCORPORATED® OF DURHAM

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CHECK US OUT AT

WWW.GIRLSINC-DURHAM.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.


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-Drewyndrew@durham.girls-inc.org**Program Coordinator:** Linda Curleylcurely@durham.girls-inc.org**Program Coordinator:** Tracey McCannelltmccannell@durham.girls-inc.org**Development Coordinator:** Susan Howellsshowells@durham.girls-inc.org**Administrative Assistant:** Connie Youngcyoung@durham.girls-inc.org**GIRLS INC. CALENDAR****MARCH**13th - PA Day Program16th to 20th - March Break Programs21st to 22nd - Pancake Breakfast28th - Girls Day Out**APRIL**24th - PA Day Program**MAY**2nd - Celebrate Girls Rights Week at Ajax Library4th - 8th Girls Rights Week15th - PA Day Program**JUNE**5th - PA Day Program16th - Girls Inc. Golf Tournament**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 — 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 to learn more about the many 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)