



Inspiring all girls to be strong, smart, and boldSM



Winter 2009

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United Way Ajax-Pickering-Uxbridge Accredited Agency

GIRLS INCORPORATED® OF DURHAM

GIRLS LINK

FROM THE DESK OF THE EXECUTIVE DIRECTOR

We are excited to announce our new partnership with the Government of Ontario. Thanks to a grant from The Healthy Communities Fund girls aged 11 to 14 at five schools across Durham will gain the knowledge and skills needed to make healthy choices in avoiding the use of tobacco, alcohol, and illegal substances

Literacy is the key to opening many doors and helping girls prepare for rewarding careers and confident

adulthood. Thanks to start-up funding from United Way of Ajax, Pickering and Uxbridge and TD Bank Financial Group, we will be able implement our GirlSTART literacy and reading enrichment program. This program provides a comprehensive approach to literacy skill building and the development of healthy attitudes toward learning for girls in Grades 1 and 2. With continued support from individuals like you and community partners we hope

to be able to reach 90-120 girls during the 2009/10 school year with our GirlSTART program.

To learn more on how you can invest in a girl and help us reach our goal please contact me at 905-428-8111 ext. 24 or go to www.girlsinc-durham.org and click on the Donate Now logo to provide your support directly.

Together we can help girls reach their full potential.

Yvette Nechvatal-Drew

Thank you to our winter/spring program sponsors:



Canada Trust



Ontario



A gift that keeps giving.....

I was excited to participate in the Girl Inc. SHOPATHON. This was a great way to do my everyday shopping and help Girls Inc. raise funds at the same time. I encouraged my family and friends to buy gift cards from over 250 of their favourite retailers and they in turn would give up to 15% of the value of our purchases back to Girls Inc.

Shop & Support Girls Inc.



To order call 905-428-8111 ext. 24

Use Gift Cards like CASH!

I bought theatre gift cards (20% return), restaurant gift cards (10% return), Gas cards (5%) and Grocery gift card (3%) and help raise over \$50 for Girls Inc. by spending the same amount of money I usually do in a week. This was a great way for us to contribute to the development of healthy girls during these hard economic times. My daughter felt so great about giving back to Girls Inc. Marie

Girls Incorporated® of Durham

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www.girlsinc-durham.org

UPCOMING GIRLS INC. PROGRAMS

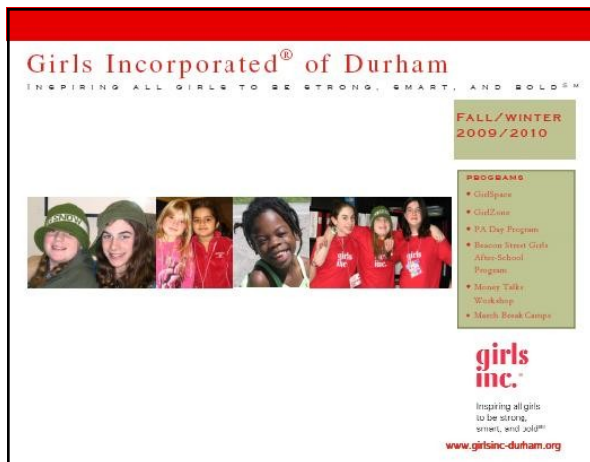
WINTER/SPRING PROGRAMS

Check out our website at www.girlsinc-durham.org for our 2010 Winter/Spring Program Catalogue

Come Join Us for a Holiday Celebration on Sat. December 12th at the Ajax Library (55 Harwood Ave S., Ajax) from 1-3 pm

Some exciting programs this winter include:

- ◆ BULLYING PREVENTION PROGRAMS
- ◆ MEDIA LITERACY PROGRAMS
- ◆ PA DAY PROGRAMS
- ◆ MARCH BREAK CAMPS



GIRL INC. SUCCESS STORIES!

Shelly Dennis-Gordon, the mother of two girls that took part in this year's summer camp program shared her enthusiasm about the program with us. It's stories like hers that continue to inspire us at Girls Inc. everyday! She writes:

"They thoroughly enjoyed themselves and were so excited everyday and are asking to come back (again)! I can already see a positive difference in my girls and hope to be able to have them more involved in your other girls-only activities during the school year and maybe even becoming camp counselors themselves in the future."



We want to hear from you! If you have a story to share how you or someone you know made a difference please forward it to us at info@durham.girls-inc.org



Hazel Mealey
President,
Board of Directors
Girls Incorporated of
Durham

VOLUNTEER FEATURE

"Equality of rights, responsibilities, and opportunities without regard to gender is essential to any functioning society. As a woman, and as a mother, I feel the contributions of girls today are essential to achieving that future. Through both programs and advocacy, Girls Inc. responds to today's drive for equity for girls of every background and description. It is for this reason that I became a volunteer."

As a member of the board of directors for the past 6 years I am proud of my contribution to the impact Girls Inc. has had in our community. I get so much more than what I give as a volunteer. I am rewarded every time I hear of the success stories of the girls we serve and watch them transform into strong, smart, and bold young women. I urge anyone who is thinking about becoming a volunteer to come out and see what Girls Inc. has to offer you. You can make a difference."

If you are interested in becoming a volunteer contact Linda Curley at 905-428-8111 ext.23 or lcurley@durham.girls-inc.org

UPCOMING SPECIAL EVENTS/FUNDRAISERS

Save the Date
For Our 6th Annual

Girls Day Out!

play day FUNdraiser

Saturday March 27, 2010
8:30 am - 4:00 pm



A full day of fun that will challenge and inspire your mind, body and spirit!

IN SUPPORT OF



Girls Incorporated® of Durham
Inspiring all girls to be strong, smart and bold™

www.girlsinc-durham.org

Our Annual Girls Day Out fundraiser is a great way to spend a day being Strong, Smart, and Bold. You'll create wonderful memories filled with fun and laughter while you learn a new skill or activity.

Some of the fun and creative classes offered this year include:

- Public Speaking
- Core Body Boot Camp
- Wine Tasting
- Silk Ribbon Embroidery
- Drumming
- Flower Arranging
- Time Management
- True Colours
- Gardening
- Salsa Dancing
- Jewelry Making
- Martini Making
- Yoga
- Tai Chi
- Meditation
- Image Consulting
- Self Defense
- Pottery

Creative vendors will be on hand to sell and display their unique wares and services, and our Silent Auction and Raffles are exceptional.

Bring your moms, daughters, sisters, and girlfriends (over 19 years of age) to come out to enjoy the day.

All proceeds raised from this event fund Girls Inc. programming for Durham girls.

DEAR WORLD

*"Dear World,
I am going to make a difference
No double standards will hold me back
Glares and stares,
I bask in the glory
Recognize who I am
Recognize my face
Remember me.
I am more than talk,
I am initiative,
Action.
Look at my face;
Study it,
Look at it,
Memorize it.
Empowered, minority, female
This is the face of the future
Me, I am the future"*



By Alyssa

GIRLS INCORPORATED® OF DURHAM

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 Charitable Number: BN11880 9268 RR0001

CHECK US OUT AT
WWW.GIRLSINC-DURHAM.ORG

BOARD OF DIRECTORS

- | | |
|------------------|-------------------|
| Hazel Mealey | Lee-Anne Black |
| Lori Jackson | Pam Little |
| Kelly Glass | Norah Carmichael |
| Diana Swartz | Lurlene Anderson |
| Sandra Pickering | Cheryle Schindler |
| Carolyn James | |

PROGRAM STAFF

- Executive Director:** Yvette Nechvatal-Drew
yndrew@durham.girls-inc.org
- Program Coordinator:** Linda Curley
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- Program Coordinator:** Tracey McCannell
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- Development Coordinator:** Susan Howells
showells@durham.girls-inc.org
- Administrative Assistant:** Connie Young
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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

- NOVEMBER**
 20 – PA Day Program
 21– Mother/Daughter Money Talks Workshop
- DECEMBER**
 4– PA Day Program
 12– Girls Inc Holiday Celebration 1-3 pm
 15– Girls Inc. 101 Session
- JANUARY**
 5– 27 GirlSpace
 19– Girls Inc 101 Session
- FEBRUARY**
 3– 14 GirlZone
 7– “The Spirit of Sisterhood Conference”
 16– Girls Inc. 101 Session
- MARCH**
 3– 31 GirlSpace
 15-19th – March Break Camp
 23– Girls Inc. 101 Session
 Maple Syrup Pancake Festival (Date to come)
 27– Girls Day Out! Fundraiser Event
- APRIL**
 7-28 GirlZone
 20– Girls Inc. 101 Session
 22– Earth Day 20 Minute Make-Over

HOW CAN YOU HELP GIRLS INC?

Our programs are made possible by the generous support of incredible friends like you. Help us continue to grow and strengthen the scope of our work, and ensure that we are reaching the girls that need us most.

You can make a difference in the life of a girl in our community. Please read further to see the many ways you can give to Girls Inc. of Durham. **THANK YOU** for your generous support!



Donations can be made in person, by mail or on-line through www.canadahelps.org — search for Girls Incorporated of Durham. You can also support our programming when you shop (Shop & Support); giving an ECHOage birthday party; or by taking part in the Support-A-Girl campaign.

PARTICIPATE IN FUNDRAISING ACTIVITIES AND EVENTS

Mark your calendars to attend and support us at our fundraising events such as Girls Day Out!, Maple Syrup Festival or Golf Tournament. Check out our website under “Special Events” at www.girlsinc-durham.org for dates and times. If you have an idea for a new fundraising activity, or if your business would like to participate in an event, please contact Susan Howells at showells@durham.girls-inc.org

VOLUNTEER

Make a difference in the lives of young girls by volunteering with Girls Inc. We’re always looking for board and committee members, program, event, and fundraising volunteers. Contact Linda Curley at lcurley@durham.girls-inc.org to learn how you can help empower girls in Durham.

MEMBERSHIP

Become a member today for an annual fee of \$35 and receive free registration to GirlSpace & GirlZone programs, scholarship opportunities, a subscription to Girls Link, and 20% discount on extra programs (March Break, PA Days and Summer Camps).