



Inspiring all girls to be strong, smart, and bold

GIRLS INCORPORATED® OF LIMESTONE, ALGONQUIN AND LAKESHORE NEWSLETTER

Fall Edition ♦ October 2008

993 Princess Street, Suite 201, Kingston, Ontario K7L 1H3 ♦ Phone: (613) 542-9202 Fax: (613) 547-9091
Email: admin@girlsinclimestone.ca Website: www.girlsinclimestone.ca

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Girls Inc. Limestone
is a United Way
Member Agency

2008 United Way Campaign

Fall is the time of the year that our community comes together in support of the United Way, who raise critical funds for more than 100 local programs. These programs will touch the lives of half of us in this community. Our Girls Inc. Girls Ed Program is only one of the programs supported by United Way funds.

Please support the United Way with your donation by payroll deduction at work, by contacting the United Way at (613) 542-2674, or by dropping off your donation at the Girls Inc. Office.

What a Team!! This year, Girls Inc. agency members spoke at the United Way Kick-off Breakfast. It was such an honour to be asked to play this important role in the breakfast celebration.

Congratulations to board member ***Christie Scales***, and our Girls Inc. girl, ***Maria***, for doing such a terrific job representing the agency to the more than 600 guests at the breakfast!

And that's not all—we have assembled a great team of girl members who are visiting organizations all over our community to speak about Girls Inc. and United Way. Many thanks to our strong, smart and bold girls—***Maria, Heidi and Reign***—for sharing the important message they wrote together. Here is what they had to say:



GIRLS INC. inspires all girls to be strong smart and bold!

GIRLS INC. has helped me to have fun even when I am facing troubles and serious issues in my life.

GIRLS INC. has helped me to learn how to treat others how you want to be treated, no matter what they look like on the outside.

GIRLS INC. accepts you for who you are and celebrates you being you.

Without GIRLS Inc. I would not have learned how to be myself and have fun with others. GIRLS Inc. taught me great activities to build my self-confidence.

GIRLS Inc. helped me get the help I needed.

Way to go girls—thank you very much for helping Girls Inc. support this year's United Way Campaign!



A warm **WELCOME** to our newest **Girls Ed** program participants!

Our “Girls In Action” Girls Group participants at the Wally Elmer Neighbourhood Centre.

Our “Allies in Action” Girls Group participants in grades 5, 6 and 7 at Holy Family School.

Our “Allies in Action” Girls Groups participants in grade 5 at Rideau School.

Our Kingston FOCUS Program participants.

Our Belleville FOCUS Program participants.

Welcome to the Girls Inc. family! We hope you enjoy receiving our newsletters, finding out more about activities and opportunities for girls in your community, and participating in Girls Inc. events.

Please join us in expressing our sincere appreciation to our program funders!

It is because of their support that Girls Inc. is able to provide a comprehensive array of programs to inspire all of our member girls to be **strong, smart and bold!**

Girls Ed Programs



FOCUS Program



Government
of Canada

Gouvernement
du Canada

Girls Inc. ONE-to-one Programs



GIRLS INC.
Art
AUCTION

Congratulations to our newest Friend for Life Pairs

We would like to welcome Harmonie & Tanis and Keasha & Melissa to the Girls Inc. Friends for Life Program. Congratulations on your match—we wish you many happy memories!

Welcome to our St. Lawrence College Placement Students!

Girls Inc. is very fortunate to have four terrific students on staff to help us run our programs and keep in touch with all of you.

Welcome to Hanna and Dineen, Child and Youth Worker students with us until April of 2009, and to Stephanie and Rachel, Social Service Worker students with us until November 2008.

Thank you to the following organizations for their recent donations in support of our programs and services:

- ~ Queen’s Women and the Law
- ~ The Quickie Community Foundation
- ~ Hot Yoga



It's sign-up time for our local Toys for Kids, Clothes for Kids, and Food Basket Programs

Although it seems like the holiday season is a long way off yet, we are now attending meetings to coordinate toys, clothes and baskets for our member families. If you feel your family would benefit from any or all of these programs, please call Tammy at our office—(613) 542-9202—right away. Please remember that the deadlines are usually in November, so call now to be sure you don't miss out.

GIRLS INC. VOLUNTEER OPPORTUNITIES

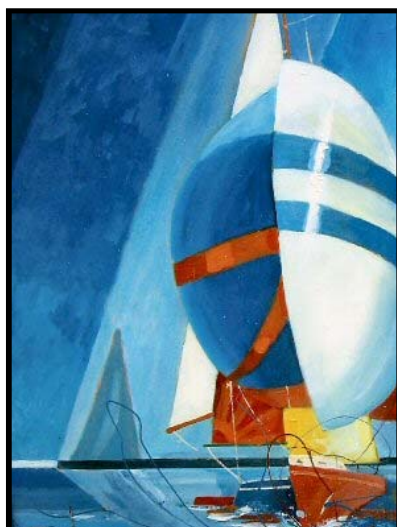
As a grass-roots service organization, we have many opportunities for volunteering, whether you are an adult interested in board or committee work, or a youth member working on your 40 hours for your O.S.S.D. The following are a few areas in which we are currently seeking volunteers.

- Friend for Life Volunteers—we are seeking mature women residing in Kingston year round who can dedicate 2 years or more to mentor a Girls Inc. girl.
- Board Members—Women or Men (including young women members) who are over 19 and interested in becoming a member of the Board of Directors.
- Art Auction Committee Members—any individual who is interested in helping coordinate our 2009 Auction.
- After School Program Volunteers—adults or youth interested in helping deliver our Girls Ed Programs after school.

Call our office at (613) 542-9202 to find out more about these and other great ways to get involved with GIRLS INC.

12th Annual Girls Inc. Art Auction a Great Success!

With over 200 guests and more than 120 items for sale, the Girls Inc. Art Auction raised \$16,000 to support Girls Inc. ONE-to-one!



Featuring "Sails", an original acrylic painting generously donated by Bob Blenderman

We would like to take this opportunity to thank each and every volunteer for their contribution to the success of the event.

Our heartfelt appreciation also goes out to Bob Blenderman, our feature artist, all of our talented contributing artists, and the many generous local businesses who provided goods and services for our silent auction packages. Without your support our auction would not be possible.

Plans are now underway for our 2009 event. If you are interested in getting involved with our dynamic Art Auction Committee, just call our office to find out more!

We sincerely appreciate the support of the following 2008 Auction Sponsors:



PEER PRESSURE

Peer pressure can be a positive thing—like when a friend convinces you to join the soccer team with her. But it can also be negative—like when you are pressured to do something that is not in your best interest.

Developing refusal skills is a way to exercise your power and make your own healthy choices. Like all skills, learning refusal skills takes practice—the more you use them, the better you will get. So, the next time someone asks you to do something risky, dangerous or unhealthy, you can use the **4Ds** to make a decision that is strong, smart, and bold!

STEP 1 DEFINE

Define what exactly you are being asked to do. Whether it's smoking, shoplifting, skipping school or any other negative behaviour, make sure you understand what is being asked of you.

STEP 2 DETERMINE

Determine the consequences. If you're being pressured to shoplift or steal, think about the consequences. Trouble with the police, loss of your parents trust, being banned from stores, or getting a criminal record.

STEP 3 DECIDE

Decide what you'll do instead. Invite your friend to do something else. Get burgers, or go to the movies, arcade or park. Inviting your friend to do a smart alternative activity might help avoid harming your friendship.

STEP 4 DO

Do the alternative activity and depart if necessary. You're not responsible for your friend's choices, only your own.

Visit the Girls Inc. National Website for interactive practice using the **4Ds**

1. Go to www.girlsinc.org
2. Click on the link **FOR GIRLS**
3. Click on the **SMART GIRLS** tab
4. Scroll down to the third selection about encountering pressures and click on **GO**.



Post-Secondary Education Plans? Girls Inc. can help!!

Congratulations to **Kristen** and **Jessica**, Girls Inc. members who have each been awarded a \$500 Girls Inc. St. Lawrence College Bursary to help with their school expenses. If you are attending St. Lawrence College next year, please make sure you visit our website or call Lindsey to learn more. The deadline for next year will be September 30, 2009.

University bound? If you are starting University next year (2009), please contact Lindsey at the office to talk about Girls Inc. National Scholarships. These scholarships are varying amounts including \$2,500 awards and \$15,000 awards! If you're interested, you need to call right away—the deadline for submissions is coming soon and there is a lot to do to prepare for your submission.



Girls Inc. Fall Activity Guide

Girls Ed at the Wally Elmer Neighbourhood Centre

Girls Inc. operates terrific programs for girls after school every Wednesday at the Wally Elmer Neighbourhood Centre until 5:30.

A signed consent form is required and can be obtained by calling the Girls Inc. office at (613) 542-9202, by downloading it from our agency website at www.girlsinclimestone.ca, or picking up a copy at the Wally Elmer Centre.

Please note that there will be no Girls Ed activities on December 24th or 31st.



*All of the crafts, games
and activities you love
- just for girls*

Girls Inc. Holiday Celebration

**Wednesday December 10, 2008
5:30 to 7:30 p.m.**



To kick off the holiday season, Girls Inc. is hosting a celebration event at the Wally Elmer Neighbourhood Centre. This event is open to all Friend for Life pairs, all girl members and their families (those receiving these newsletters), all Girls Ed program participants, and our agency Board and Committee Members. We will start the event with a free skate, followed by hot chocolate, hot-dogs, and fun activities.

Please note that you **MUST REGISTER IN ADVANCE BY DECEMBER 4TH** by calling the Girls Inc. Office at (613) 542-9202. This is important because a consent form must be signed in advance to permit any member to skate at the Centre, and we need to ensure we have enough food for everyone.

Also, should you your daughter wish to skate and does not own her own skates, please let us know, and agency staff will try to obtain skates for her use.



Make "Witch Fingers"

A fun and delicious activity for Friend for Life pairs and member families

Ingredients

- 2 tbsp unsalted butter, softened
- 2 tbsp sugar
- 2 tbsp brown sugar
- 1 egg yolk
- 1 1/3 cups flour
- 1 1/2 tbsp (or more) milk
- 1 tsp vanilla extract
- 24 JellybeansTD*
- 24 sweetened red peanuts*

*Pay particular attention to the risk of choking, as well as peanut and nut allergies.

Preparation

Line a baking sheet with parchment paper. In a bowl, with an electric mixer, beat butter with two types of sugar. Beat in egg yolk until smooth. At low speed, stir in flour, alternating with milk and vanilla. Dough will tend to be dry, but has to stick. Add milk as needed. For each cookie, form a finger with 1 tbsp of dough. Press a candy onto one end of the finger to simulate a nail and insert peanut at other extremity to simulate a creepy bone. Place on baking sheet. With butter knife, make small indentations to simulate joints. Refrigerate for 30 minutes. Place baking sheet in center of oven. Preheat oven to 375 °F. Bake for 10 to 12 minutes, or until fingers are slightly golden underneath. Let cool. Makes 20 fingers.



Fun Autumn Activities

Here are some terrific activities for our ONE-to-one pairs and member families to take advantage of the terrific fall season. Please be sure to call before you go to get directions and make sure the published information is accurate!

Corn Mazes

Mink's Corn Maze - Napanee, Ontario - (613) 354-1850

The Corn Maze on Wolfe Island - (613) 385-1998

Haggerty Family Farms Corn Maze Adventure - Stirling, Ontario - (613) 395-6376

Spooky Season Stuff

Maclachlan Woodworking Museum, Kingston - Annual Pumpkin Fest - Oct 25, 12 - 4 (The first 30 families receive a free pumpkin) - 2993 Hwy 2 East (Grass Creek Park) - (613) 542-0543

Fall and Scarecrows Storytime: Belleville Public Library and John M. Parrott Art Gallery, 254 Pinnacle Street. Saturday October 11 and 25, 2008.

Ghost Walk Belleville, Friday October 24 at 7pm in Market Square (613) 966-4632.

Traditional Halloween at Macaulay Heritage Park, Picton, Ontario, October 25 - (613) 476-3833.

Fright Night at Thompson Drill Hall, CFB Kingston, Saturday, October 25 from 10 am to 6 pm. Meet Mater the Truck, Face painting, balloons, haunted walk and costume contest, (613) 384-1223.

Other Fall Activities

Michaels Craft Store, Kingston - The Knack Saturday's - Fun seasonal craft projects - Kingston (613) 634-7688 - Belleville (613) 771-0015.

Public Skating (call for location and times) - City of Kingston Arenas (613) 544-4442 ext 1800 - City of Belleville (613) 966-4632.

Free Skating at the Wally Elmer Community Center Kingston - Monday, Wednesday and Friday - 106 Daly Street (613) 542-3817 - call for times.

Cataraqui Region Conservation Authority - Located just north of Highway 401 and Division Street in Kingston (613) 546-4228 - Oct 12 & 13 - Fall Colors Celebration - 1 - 4pm; Oct 25 - Halloween Haunted Hike - 5 - 7:30pm; Nov 2 - The Real Bat Man - 2pm.

Great Activities for Matches and Families

Fall walk and leaf collecting

Pumpkin seed roast

Create a costume - see how creative you can be....

Crafty fun & halloween baking

Scrapbooking - Document your match in a colourful scrapbook for both of you to enjoy and remember!

Let us know if you have a fun idea to share in the winter newsletter!
Send your info to Sara at (613) 542-9202 or sararyder@girlsinclimestone.ca.