



Inspiring all girls to be strong, smart, and bold

GIRLS INCORPORATED® OF LIMESTONE, ALGONQUIN AND LAKESHORE NEWSLETTER

Spring Edition ♦ May 2008 ♦ Issue 9

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*Girls Inc. Limestone
is a United Way
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NEW Girls Inc. at the Wally Elmer Neighbourhood Centre!

Starting June 11, 2008, Girls Inc. Limestone will be delivering programs for girls in grades four to eight at the **Wally Elmer Neighbourhood Centre** on the following schedule:

Wednesday June 11 - 3:30 to 5:30 p.m. - Upstairs at Wally Elmer

Get Acquainted and Registration: Bring your mom, dad or guardian along to sign up on the spot, or come to learn about the programs and take home a consent form. After this first session only girls who have brought in signed consent forms will be able to stay and participate.

Wednesday June 18 - 3:30 to 5:30 p.m. - Upstairs at Wally Elmer

Wednesday June 25 - 3:30 to 5:30 p.m. - Upstairs at Wally Elmer

Fun and informative activities just for girls. Advance registration and consent form required.

Wednesday July 2 - 9:00 a.m. to 4:00 p.m.

Wednesday July 16 - 9:00 a.m. to 4:00 p.m.

Wednesday July 23 - 9:00 a.m. to 4:00 p.m.

Wednesday July 30 - 9:00 a.m. to 4:00 p.m.

Wednesday August 6 - 9:00 a.m. to 4:00 p.m.

Wednesday August 20 - 9:00 a.m. to 4:00 p.m.

Wednesday August 27 - 9:00 a.m. to 4:00 p.m.

A full day of fun and informative activities just for girls. Girls must come for the morning - 9:00 to 12:00 noon or afternoon - 1:00 to 4:00 or for the full day. If you register for the full day, you need to bring your lunch! Registration and consent form required in advance.

Summer Daycamp

Week of July 7 to 11 - Monday to Friday - 9:00 a.m. to 4:00 p.m.

Week of August 11 to 15 - Monday to Friday - 9:00 a.m. to 4:00 p.m.

All activities above are free of charge and open to girls going into grades 4 through 8. Please remember you MUST pre-register and can do so on June 11 from 3:30 to 5:30 at the Wally Elmer Centre, or by contacting the Girls Inc. office at (613) 542-9202. Daycamp will have a participant limit and participants will be registered on a first-come-first-served basis.



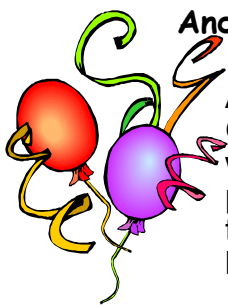
Congratulations to our Program Graduates!

It's been a very busy year for your Girls Inc. program staff, who have been delivering 10 Girls Groups to 294 participants during the 2007-2008 school year. Many thanks to The Ministry of Health Promotion Community In Action Fund, who provided the funding to make this terrific program possible!

Thanks also to our participating schools, Rideau Heights Public School, Odessa Public School, The Price Charles Public School in Napanee, Price Charles Public School in Verona, Archbishop O'Sullivan Catholic School in Kingston, Sacred Heart Catholic School in Marmora, St. Peter Catholic School in Trenton, St. Mary's Catholic School in Trenton, St. Michael Catholic School in Belleville and the Henderson Arena in Amherstview, for being such gracious hosts.

Although we will continue to connect with our participants, we miss you all!

May 31st also marked the end of our FOCUS 3 program. We sincerely appreciate the support of Service Canada who funds this unique employment program for young women. Congratulations to Alanna, Krista, Sara, Tyla, Amber, Justine, Kristin, Kelly, and Mary-Ann for working so hard during their six months with us. It has truly been a pleasure being a part of the planning for your futures!



And the Girls Group Winners are...

All 294 girls participating in our Girls Group Program this year were eligible to win some terrific prizes that will help keep them active! The following girls were our lucky winners:

Wii Game System and Sport Pack

Sydney - The Prince Charles School in Napanee

Bicycle and Safety Gear

Taylor - Henderson Arena Program

In-line Skates and Safety Gear

Olivia—Archbishop O'Sullivan Catholic School

Basketball

Kaylea - Rideau Heights Public School

Soccer Ball

Kaleigh - Prince Charles School in Verona



Girls Inc. ONE-to-one Summer BBQ

We are inviting all Friends for Life, Friends for a Day, and their matched girl members to a special barbecue this summer on Tuesday July 22nd from 5:30 to 8:00.

Come out and enjoy a barbecue dinner provided by Girls Inc., and participate in games and activities. All pairs are asked to bring along a desert to share.

We're working on an awesome location and will let you know where, when you register. Please call Tammy at the office to register for this event by **Monday July 14th**, and let her know any special nutritional requirement you may have.

GIRLS INC. ANNUAL MEETING AND OPEN HOUSE

Tuesday June 17, 2008
6:30 to 8:30 -Girls Inc. Office

We invite all members to attend our upcoming Annual Meeting and Open House. Come out to hear about our recent activities and plans for the coming year, visit our new space and meet Judi Bell, Associate Director—National Services from Girls Inc.

This event is open to everyone, but please do register in advance with the Girls Inc. office at (613) 542-9202. Note also that the Agenda and Annual Report will be posted on our website for preview at www.girlsinclimestone.ca by Tuesday June 10, 2008.

LOOKING FOR SUMMER FUN IN KINGSTON?

Sunny weather is finally here! Along with our glorious summer weather comes a great line-up of Kingston events and activities. We've listed below some local event we though you might enjoy. For more information visit the website below the event information.

The City of Kingston hosts the following events:

- ~ Kingston Dragon Boat Festival
- ~ Snowbirds Air Show
- ~ Global Fusion
- ~ FanFayre Arts & Crafts Show
- ~ Doors Open Kingston
- ~ Music in the Garden
- ~ Sky is the Limit Festival
- ~ Kingston Sheep Dog Trails
- ~ 1000 Islands Poker Run (Great boats and activities)

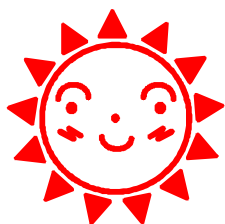
These events take place in the Kingston area between June 14th and August 8th. For a complete description of each event, visit the City of Kingston website at www.cityofkingston.ca/residents/recreation/events/index.asp.

To find great local activities this summer visit www.whatsonkingston.com where you can search by date, month, or event. Here you will find information on special events, family events, and activities that occur on a regular basis.

"UR Kingston" is a new website located at www.thewhig.com/community. Here you will find information on events, sports, community activities, yard sales, fundraisers and more.

Kids Kingston is another new local website. This site has information for kids up to 12 years of age including recipes, craft ideas, events, activities, product reviews, recalls, and much more. Visit their website at www.kidskingston.com.

The "Kingston Gets Active" website is filled with great resources and suggestions on getting active, and includes activities for the coming summer months. To visit their website go to www.kingstongetsactive.ca.



COMPUTER GIVE-AWAY

We currently have two computers that were donated to our agency by Response IT, a generous Kingston business located in our office building. These are complete systems with monitor, mouse and keyboard.

We will be donating both computers free-of-charge to member families and only ask that you arrange to come in to pick them up during our regular office hours.

If you are interested in receiving a computer, please call Tammy at (613) 542-9202. Note that the two available systems will be given away on a first-come-first-served basis, however, we will begin a list should more computers become available.

Thanks again to Response IT for their generosity to our families!

FOR GIRLS INC. ONE-TO-ONE PARTICIPANTS

We've compiled a list of interesting activities for our Friends for Life and Friends for a Day matches for the coming summer months. We hope this helps you plan a terrific summer of activities!

Canoe, Kayak and Pedal Boat Rentals

Adult: \$4.00 Child: \$2.00

Time: 08:30 AM To 04:30 PM

Explore the cool clear waters at Gould Lake

Conservation Area or the reservoir and wetlands at Little Cataraqui Creek Conservation Area.

The Ambassador Conference Resort, located at 1550 Princess Street, is a terrific place to be active and have fun. Slide down their 100 foot waterslide or visit their games room. Show your membership card and pay only \$4.00 per person.

If you have an interest in knitting or playing cards, why not share some time with the seniors at the North Kingston Community Health Centre or the Wally Elmer Neighbourhood Centre. For more information, please call Jo Willan at (613) 542-8352.

Bottle Tree Productions at the Wellington Street Theatre presents "Cinderella" and "Disney's Mulan". The cost is \$10.00 per pair. For more information, please visit www.bottletreeinc.com/cinderella.html or www.bottletreeinc.com/mulan.html.

CYBERBULLYING

Facebook, myspace, You Tube...the potential for internet bullying is unfortunately endless. Over the next while we'll be sharing some information with our members to help you navigate today's technology in a safe and meaningful way. Please learn all you can about this serious issue so that you know how to avoid being bullied, and importantly, so you don't bully others! For more information or to speak with a Girls Inc. staff member about this subject, please call our office at (613) 542-9202.

Warning Signs

By Sameer Hinduja, PH.D. and
Justin W. Patchin, Ph.D

A child may be a victim of a cyberbully if he or she...

- unexpectedly stops using the computer
- appears nervous or jumpy when an Instant Message or Email appears
- appears uneasy about going to school or outside in general
- appears to be angry, depressed, or frustrated after using the computer
- avoids discussions about what they are doing on the computer
- becomes abnormally withdrawn from usual friends and family members

A child may be cyberbullying others if he or she...

- quickly switches screens or closes programs when you walk by
- uses the computer at all hours of the night
- gets unusually upset if he or she cannot use the computer
- laughing excessively while using the computer
- avoids discussions about what they are doing on the computer
- is using multiple online accounts, or an account that is not their own

Cyberbullying Word Find

Talking to youth about Internet harassment

T H G R G R X N R E Z I M Y N O N A N E F R E N O
G N A N E M E X W E Z S V T G Q U E N I A H I T F
H N T P I T T V S N Y K Y Z T R T O R U C R U O S
Y Z T E P R U Z E F K A V E Z W H U K N E H A I G
C O K T R Y E P Z N W I D Y O P L X D L B Y M P X
B T D K X N S T M L G I G R L L T O I E O U M P R
P D I P R E E L L O C E K L Y O O O G A O B V D S
Z C G U X E T T A I C S E I M R V F I T K V Q D C
L T C Q B L C O L P F C N R Z R I J T J N E R Z Z
U Z Z T T I H L B M P G D T S F V B A W A X V W D
M I S U S D U X W Z W I D D P Y C V L Z Q W I I G
G S U P N B E M A I L X N M Y S P A C E R L G E L
W U S C R D K Q K N T M G G W J U C I H P O N Q N
Q D V E G U G I Q T J L Y K I E M M Z O L V I O I
W O B R F P K G N J U I N H X M J H C R W S M I H
N Y T Z Z R I A J W D Y R A L B K T A C S E A H A
C I S Z Y D T A Y S M R K R I S A G Q H U D L P R
D Y W Y X S O P J T G E B M F I G I M J O V F E A
F R I E N D I N G A I Y T R K R F P I A M V U Z S
N F H I V E D I M E U C Y B E R B U L L Y I N G S
V Q I C I V I S B R V P C S H A P O W Z N F Q Y M
G N I K C O L B W H J B S E L I F O R P O B E W E
R D O I A G D Q M T C I E V Y R W W A D N L J C N
N O T K D Y D P W H O T A D A Y Q H L H A Q C S T
C W J B S G D F I N N D Y B U I N Z F O N E F X S

AGGRESSION
ANONYMIZER
ANONYMOUS
BLOCKING
BLOG
BULLYING
CELLPHONE
COMPUTER
COOKIE
CYBERBULLICIDE

CYBERBULLYING
DIGITAL
EMAIL
FACEBOOK
FILTERING
FLAMING
FRIENDING
HAPPYSLAPPING
HARASSMENT
HARM

INSTANT
INTERNET
ISP
MYSPACE
NETWORK
PROFILE
REVENGE
TEXTING
THREAT
WEB