



Inspiring all girls to be strong, smart, and bold

# GIRLS INCORPORATED® OF LIMESTONE, ALGONQUIN AND LAKESHORE **NEWSLETTER**

Winter Edition ♦ February 2009

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*Girls Inc. Limestone  
is a United Way  
Member Agency*

## **GIRLS INC. SPRING OVERNIGHT TRIP TO RKY CAMP... SIGN UP NOW!**

Funded by the Ministry of Health Promotion, Girls Inc. is very excited to offer a one-night, two-day trip to RKY Camp on Eagle Lake from the morning of Thursday, May 21 to afternoon on Friday, May 22. Participation is free for all girls!

If you are 8 to 16, and receiving our newsletter you are eligible to come along!

Campers will be transported to and from the camp by bus, and will be supervised by RKY staff, agency staff and female adult volunteers. We have a few spots for mom volunteers—please let us know now if you're interested! Activities include canoeing, swimming, games, campfires, wall climbing, ropes courses, and others provided by the camp.

We have 150 spots, and will register girls on a first come first served basis as we anticipate the spots will fill up quickly. **Please call the Girls Inc. office at (613) 542-9202 to register a.s.a.p.**, and to arrange to complete the necessary information and consent forms for this excursion.

***We wish to extend our most sincere appreciation to the Ministry of Health Promotion for funding this great trip for Girls Inc. Girls as part of their Active 2010 Campaign!***



## A WARM WELCOME TO OUR NEWEST GIRLS ED PROGRAM PARTICIPANTS!

Our “Girls In Action/Project Bold” participants at the Wally Elmer Neighbourhood Centre.

Our “Allies in Action” Girls Group participants at Our Lady of Lourdes Catholic School.

Our “Allies in Action” Grades 6 and 7 Girls Group participants at Rideau Public School.

Our Bayridge Community “Girls In Action/Media Literacy” girls group.

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



### **Congratulations to our newest Friend for Life Pairs**

We would like to welcome Julie and Cheyenne to the Girls Inc. Friends for Life Program. Congratulations on your match—we wish you many happy memories!

### **Welcome to our new Placement Student!**

Girls Inc. is very fortunate to have a new St. Lawrence College Social Worker student on staff to help us run our programs and keep in touch with all of you.

Welcome to Brooke , who will be with us until April.

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

- ~ United Way serving KFL&A for their the provision of an infrastructure support grant.
- ~ The Quickie Community Foundation
- ~ The James and Grace Brown Memorial Youth Advantage Fund.



# GIRLS ED MARCH BREAK DAY CAMP FOR GIRLS!

Girls Inc. is running a March Break Day Camp for girls in grades 4 to 8 at the Wally Elmer Neighbourhood Centre.

Camp is free of charge for all participants as it has been funded your Local United Way.

Girls will participate in crafts, games, skating and many other activities to inspire them to be STRONG, SMART and BOLD! Grade 7 and 8 girls who participate will be registered as "Junior Leaders" and will participate in activities designed specifically for girls their age.

In order to sign-up, you must call the Girls Inc. office to register by Thursday, March 2, as registration and parent consent forms must be signed and on hand in advance.

***Call Girls Inc.  
at (613) 542-9202  
and sign up now!***

## GIRLS INC. 13th ANNUAL **Art** AUCTION

Our Art Auction Committee, Staff and Board are gearing up for our 13th Anniversary Art Auction which we're sure will be the best ever! As always, the auction will feature an amazing array of fine art and craft pieces donated by local and regional artisans.

This year's Art Auction will take place on **Thursday June 4, 2009**. In addition to our popular live auction, the evening will feature a silent auction of arts, crafts and special gift packages.

The auction raises almost \$20,000 for our Friend for Life and Friend For a Day Programs and we need a lot of help to put on a terrific event.

Please consider participating—we need help in the following areas:

- Volunteers to participate on the Art Committee.
- Child/adult pairs to help serve our guests at Art Auction.
- Volunteers to help with set-up on the day of the auction.
- Member artists to submit their work for the auction or to approach their artist friends on our behalf. (a submission form is located on our website at [www.girlsinclimestone.ca](http://www.girlsinclimestone.ca))

There's lots to do, so if you have some time in March, April and May please call the office to volunteer!



### Girls Inc. 2009 Annual General Meeting

Tuesday April 21, 2009 - 5:30 to 7:00 p.m. - Wally Elmer Neighbourhood Centre

All families and adult volunteers are invited to come out, meet the Board of Directors, learn more about Girls Inc., and find out how to get involved in the administration of the agency. Advance registration is required as we will be providing dinner for participants.

The meeting portion of the evening will be brief, and the agenda and annual report will be posted on our website by April 1st. Printed copies will be provided at your request. Please call the office at (613) 542-9202 to register.

# HOW STRONG, SMART AND BOLD GIRLS BEAT THE WINTER BLAHS...

Well, we're now half way through February, but we still have quite a few weeks left of cold, snowy, wet weather. It's always so great to have some fun activities to look forward to that will help keep away the BLAHs. Here are some great activities you can try.



## HOST A SLUMBER PARTY

With your family's permission and help of course, gather your BFFs and spend some quality girl time watching movies, playing games, eating snacks and maybe even crafting! Make sure you send out invitations at least a week in advance and have an adult on hand to help and supervise! You can find hundreds of ideas on the internet—just make sure you stay safe and search with a parent. Here are a couple of great activities that we found:

- Have each girl bring a pillowcase. Visit your local craft store for fabric markers to decorate them with.
- Scrapbook! You'll need markers, glue, construction paper and yarn on hand. Have the girls bring along some pictures to make memory book pages you can string together with yarn.
- Make it "THEME NIGHT" - declare a theme for the party, like "Pirates of the Caribbean" or "Favourite Celebrity" and have the girls dress up.

## NEIGHBOURHOOD WINTER GAME DAY

There's no need to get cold feet about spending a winter day outdoors. Instead, gather your friends, bundle up, head to the park and try some of these outdoor activities:

- **JUMP SNOW HURDLES**—Lightly pack a bunch of basketball-size snowballs and then use them to build a course of hurdles to jump over in a round of follow the leader.
- **FLAG IN A SNOW STACK**—Tie a white cloth to the end of a short stick or around the bowl of a wooden spoon. Then, give each child a chance to hide it by staking it anywhere within a predetermined set of boundaries. Keep track of how long it takes for the rest of the group to find it. Whoever hid the flag that takes the longest time to spot wins the game.
- **STRIKE OUT**—For this pitching contest, first mound up snow to create three bases and a pitcher's mound. They should each be about 2 feet high and 20 feet apart. Next, build a tin can pyramid on each base. The challenge is to knock down the stacks in order from first to third base by throwing snowballs from the pitcher's mound. The child who succeeds with the fewest pitches wins.
- **HAT TRICK**—Once you've built a plump, frosty snowman to stand sentry in your front yard, make a game of topping him off in style. Take turns trying to land a hat on his head by throwing it Frisbee style from 10 or so feet away.
- **GET ON A ROLL**—Pair up for a contest in which the object is to finish with the biggest snowball. The contest ends when the teams can no longer roll their entries or when you run out of snow.



## TRAIN YOUR BRAIN!

Lots of times when the weather is cold and dreary, we all choose to watch TV or play video games. This year, why not add fun activities that help "train your brain" to the mix? Some great options are crossword and pencil puzzles, quizzes, writing stories, and of course, reading great books! Here is an easy SuDoku puzzle to get you started. Just puzzle it out and make sure each square, row and column has each number from 1 to 9. You can find detailed instructions and print more great puzzles at [www.dailysudoku.co.uk](http://www.dailysudoku.co.uk). Have fun!!

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