



Inspiring all girls to be strong, smart, and bold

GIRLS INCORPORATED®
OF LIMESTONE, ALGONQUIN AND LAKESHORE

NEWSLETTER

Fall Edition ♦ September 2011

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Girls Inc. Limestone
Is a United Way Member Agency

GIRLS TAKING ACTION AGAINST VIOLENCE!

If you are interested in gaining knowledge about healthy relationships, dating violence, leadership, and communications while engaging and participating in a fun and rewarding community action project, this new program is just for you!

Girls Inc. has partnered with K3C Community Counselling Centres (www.k3c.org), and Kingston Interval House (www.kingstonintervalhouse.com) to offer three 12 week programs dedicated to Leadership, Anti-Violence and Community Action for girls ages 12 to 14.

For more information or to register visit our website at www.girlsinlimestone.ca or contact Tammy Kay, Girls Ed Coordinator at the Girls Inc. office at (613) 542-9202 or by email at tammykay@girlsinlimestone.ca.



Girls Inc. is proud to be ranked among top high-impact youth service nonprofits.

Research by Philanthropedia, a GuideStar organization:

178 organizations reviewed by
88 experts, who recommended
9 outstanding nonprofits



5 Girls Inc. ranked number five.



On behalf of the 150,000 girls we serve each year, thank you for your support. Learn more about our impact and how you can support our work at www.girlsinc.org.



HAVE AN ECHOAGE BIRTHDAY PARTY!

ECHOage is an online birthday party service where children learn the value of giving and receiving while celebrating. No matter what your child's party theme or venue, you can easily ECHOage ANY party.

Girls Inc. in Canada is a registered charity and is one of the organizations supported by ECHOage. Visit ECHOage today at www.echoage.com to find out how to get involved!

VOLUNTEER OPPORTUNITIES

We are currently looking for the following administrative volunteers and volunteers for our Girls Inc. One-to-One Program.

- ◆ Board of Directors - join our team of women and men dedicated to furthering the work of Girls Inc. in our community. For more information, contact Hanna at (613) 542-9202 or hannakitchingman@girlsinclimestone.ca.
- ◆ Friend For A Day Program - we are seeking women over 19 years of age to be a positive role model for young girls in the Kingston community.
- ◆ Friend For Life - we are seeking mature woman residing in the Kingston area year round who can dedicate 2 years or more to mentoring a Girls Inc. girl.

To become a volunteer with the One-to-One program please contact Sara Ryder at (613) 542-9202 or by email at saryrder@girlsinclimestone.ca.

UPCOMING WINTER AND HOLIDAY INFORMATION

As the cold weather approaches children will need to stay warm this winter season. The Kingston Community will be hosting it's annual Snowsuit Drive. For more information or to register for the Snowsuit Drive and/or the Salvation Army Christmas Baskets please contact Sara Ryder at the Girls Inc. office (613) 542-9202 or at saryrder@girlsinclimestone.ca

Deadlines:

Clothes 4 Kids/Snowsuit Drive - Early November 2011
Salvation Army Baskets - Early December 2011

Girl Inc. FOCUS Program

Girls Inc. Limestone would like to welcome our new FOCUS 7 participants in Kingston and Belleville!

The FOCUS program offers young woman ages 15 to 30 the opportunity to enhance employment skills and focus on achieving goals to ensure employment and financial security. FOCUS 8 will begin February 2012 for both the Kingston and Belleville sites. Applications for FOCUS 8 must be submitted to our office no later than February 1, 2012. For more information or to apply for the program visit our website at www.girlsinclimestone.ca or call Sara Ryder at (613) 542-9202.

Girls Inc. Necklaces

For a limited time only, purchase your unique one of a kind Girls Inc. necklace for \$10.00. Each necklace was created and hand-crafted by local community artist, Jacqueline Jamieson.

If you would like to purchase one of these unique treasures, please contact Hanna Kitchingman at the Girls Inc. office (613) 542-9202.

For more information about Jacqueline Jamieson and her art please visit her website at www.jacquelinejamieson.com.



Girls Inc. Limestone would like to express our Sincere appreciation to our program funders!



Gouvernement du Canada

Government of Canada



Status of Women Canada

Condition féminine Canada



Back to School Tips

Tips for Meeting New People

The first couple weeks of a new school year can be an exciting time because it's a time to make a fresh start. However it can also be an opportunity to make a good first impression on new friends, new classmates and a new teacher. Some people often think that making a good first impression is based on your looks, your clothes, your hair, etc. But were you aware that there are many other factors that contribute to first impressions? The following are a few tips to ensure you put your best foot forward these first couple weeks of school when you are looking to meet new people.

Smile! Something as simple as a smile can let new students/classmates know you would like to be friends. It can also let friends you haven't seen in a while know you're still the nice, friendly girl they remember from last year.

Hold Your Head High and Shoulders Back. Confidence can be very important - If you look confident even when you may not feel confident, others can pick up on it and feel more comfortable around you. What is good to know is that eventually, you will even begin to feel more confident !

Be Friendly to Everyone! You can never have too many friends. So even if you already have a good group of friends, challenge yourself to make new friend this year. It can be as simple as walking up to someone you don't know that well, look her in the eye and say. "It's good to see you again! How was your summer?"

Some Back to School Tips for Everyone:

Getting back into the school routine can be a hard adjustment when you have spent your summer relaxing. Here are some back to school tips to get you back into school mode and help you have a fantastic and successful year.

- ◆ **Get Enough Sleep** - Sleep is important and getting 8 to 10 hours of sleep each night can help promote a healthy lifestyle and help you retain more of the information you learn at school.
- ◆ **Eat A Healthy Breakfast** - Starting off with a good and healthy breakfast is very important. It can give you the much needed energy to get yourself through you day.
- ◆ **Try Your Best** - Use good work habits, such as writing down your assignments and turning your homework in on time. Putting in a good effort will pay off in the long run.
- ◆ **Take Your Time With School Work** - If you don't understand something, ask your teacher: it never hurts to ask and your teacher will be impressed with you for taking the time to understand your work.
- ◆ **Come Prepared And Ready To Learn** - Coming prepared for each day with your pens, pencils, books is always a smart idea and can help you learn.
- ◆ **Plan Ahead** - Don't wait for the night before to study for your test or complete you assignment. Did you know that studying for tests early and completing projects early give you better chance at getting a good mark than waiting till the last minute. Try it out!
- ◆ **Stay Focused And Avoid Stress** - Staying focused on your school work and you home life can greatly help reduce your stress. Talk to you parents, teachers or friend if you are feeling overwhelmed with school. It never hurts to ask for help.

Healthy Back-to-School Lunches and Snacks

It can be hard to think of healthy snack and lunch ideas for your children each day to enjoy during and after-school. Here are some helpful facts, tips and ideas to get your children enjoying a variety of healthy choices.

Healthy Food Facts

Did you know that chocolate milk has all the goodness of white milk . Chocolate Milk also has the same amount of sugar that a glass of unsweetened fruit juice does.

❓ Did you know that “Fruit Drink” is not the same as “Fruit Juice”. Fruit drinks are mostly water and sugar; fruit juice is derived from real fruit.

❓ Did you know that not all cereals and granola bars are the same—bars with lots of chocolate, marshmallows and/or frosting are more like chocolate bars. When picking healthy granola bars and cereals make sure you read the ingredients and choose bars that have rolled oats, fruit and nuts.

❓ Did you know that cream cheese is more like butter or margarine than cheese. Really cheese has the calcium and proteins that your child needs in order to grow up healthy and strong. Cream cheese has a fraction of the nutritional value as real cheese.

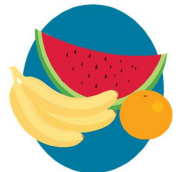
❓ Did you know that fruit rolls and gummy fruit snacks may contain fruit juices but are mostly made of sugar, water and vitamin C. It is much healthier to eat fresh fruit that contain more of the healthy vitamins and fibre your children require.

It important when creating healthy lunches for your children you incorporate the 4 food groups. Here are some suggestions to ensure healthy lunch options.

1. Start with a Meat or Alternative
2. Add a Grain Product
3. Add a Vegetable or Fruit
4. Add a Milk or Alternative
5. Finally, Add a dessert - a good option is a grain product, fruit product, milk product
6. Keep in mind that a child’s stomach is smaller than an adult and they need to eat smaller, more frequent meals/snacks - so providing children with several snack options is a great idea.

Healthy Lunch and Snack Options

- ◆ Anything rolled up in a soft tortilla (peanut butter and bananas, ham and cheese, hummus and veggies)
- ◆ Fruit cups or applesauce (be sure to check the sugar content)
- ◆ Homemade oatmeal cookies
- ◆ White or chocolate milk
- ◆ Crackers and cheese
- ◆ Rolled lean deli meats
- ◆ Veggies with ranch style dressing (or create you own low fat dip)
- ◆ Fruit juices and fruit smoothies
- ◆ Homemade pizza or pizza bun with cheese and ham filling
- ◆ Cucumber slices or mini carrots
- ◆ Apple slices with caramel dip or cinnamon and sugar
- ◆ Yogurt (cup or tube)
- ◆ Fresh fruit (apples, oranges, bananas, etc)
- ◆ Homemade trail mix (nuts, seeds, dried fruit, oats, etc)
- ◆ Rice cakes, dry cereal or plain popcorn



Girls Inc. Fall & Halloween Recipes

MINI CARAMEL APPLES



Ingredients

- 4-Inch lollipop sticks
- Melon baller
- Granny Smith apples (one apple makes about 8 mini apples)
- Butterscotch or peanut butter chips

- Chopped nuts, nonpareils, sprinkles, shredded coconut (optional)
- Small paper candy cups

Instructions

1. First, cut the lollipop sticks in half at an angle (the pointy end will go into the apple pieces easier). With the melon baller, scoop little balls out of the apple. Each ball should have a section of apple peel. Push half of a lollipop stick into the peel of each ball. Pat the apple pieces dry.

2. Melt the chips according to the package directions. Dip and swirl the mini apples in the melted chips, then roll the apples in nuts, sprinkles, nonpareils, or coconut, if desired. Place the mini apples in paper candy cups to set.



PUMPKIN PIE-SICLES

Ingredients

- 2 1/2 lbs. butternut squash
- 1/2 cup pure maple syrup
- 2/3 cup light cream
- 1/2 to 3/4 teaspoon pumpkin pie spice

Instructions

1. To make a batch, cut a butternut squash into quarters and scoop out the seeds.
2. Boil, bake, or microwave the squash until it's soft. Let the squash cool a bit before scooping its flesh into a medium-size bowl.
3. Add pure maple syrup, light cream, and pumpkin pie spice to the bowl. Use a potato masher to mash the squash and blend all of the ingredients.
4. Spoon the mixture into ice pop molds (we were able to fill 10), add sticks, and freeze for at least 6 hours before serving.



Batty Cupcakes

Ingredients

- Cupcakes (baked from your favourite recipe)
- Chocolate icing
- White frosting
- 2 M&M's Minis
- Jujube candy
- Thin Mint (we used Haviland brand)
- Andes Crème de Menthe candy



Instructions

1. Frost a cupcake (baked from your favourite recipe) with chocolate icing.
2. For the bat's face, set two M&M's Minis in place for eyes and add a jujube candy nose.
3. For the wings, cut a Thin Mint (we used Haviland brand) in two and set the halves in place as shown. Then cut an Andes Crème de Menthe candy in half diagonally and set the pieces in place for the bat's ears.
4. Finally, add a white frosting mouth, fangs, and pupils.

Sandwich Art

Ingredients

- Paper cups
- Milk
- Food coloring
- New paintbrushes
- White bread
- Toaster



Instructions

1. Fill each paper cup with two tbsps. of milk. Add a few drops of food coloring to each cup.
2. Paint pictures and designs on the bread using the colored milk and new paintbrushes.
3. Toast lightly and use the slices to make crazy sandwiches. The Scariest the Better!

How to Preserve Your Carved Pumpkin to Make It Last Longer!

Here is a simple little tip to ensure your carved pumpkins last longer this Halloween season.

What causes the pumpkin to decay?

There are several factors that can cause your pumpkin to start rotting/decaying after you carve it. The orange skin on the pumpkin protects it until it is carved.

- Once you have carved your pumpkin, various organisms (fungi, bacteria, molds, insects, etc.) can get inside and start to break the pumpkin down.
- Oxidation (Oxygen in the air) can also easily enter the pumpkin and start to decay it.
- Your pumpkin will start to dry out (dehydrate) the moment the pumpkin is carved.

How to stop pumpkin decaying/rotting:

- Sterilize the pumpkin's carved surfaces (to kill fungi, mold, bacteria, bugs)
- Seal the surfaces to prevent drying and to keep out new "little buggers" and reduce drying



Here are the simple steps:

1. Remove dirt: Wipe the exterior surfaces of the pumpkin clean using a damp cloth.
2. Make a bleach solution of 1 tablespoon of bleach per quart of water and put it in a spray bottle.
3. Spray the pumpkin inside and all cut areas of the pumpkin with the solution. This will kill much of the surface bacteria and mold that cause rotting.
4. Let it penetrate and dry for about 20 minutes
5. Next, rub all of the carved or cut surfaces with petroleum jelly. This will keep out new bacteria and molds as well as dramatically reduce the dehydration!
6. Wipe away excess with a paper towel!

IMPORTANT NOTE: Keep your pumpkin out of direct sunlight and try to keep it as cool as possible (but above freezing!) and you should get at least a week's enjoyment out of it! Happy Carving!

Website with Carving Ideas/patterns: <http://www.zombiepumpkins.com/patterns.php>



UPCOMING FALL ACTIVITIES




October 1, 2011: Chilifest: Chilifest festival is back with even more chilli and fun! Located at Confederation Park at 12pm. Visit www.chilifest.ca for details.


October 29, 2011: Pumpkinfest: Located at the MacLachlan Woodworking Museum from 12pm to 4pm. Come and enjoy games, pumpkin carving, entertainment and more. Visit www.woodworkingmuseum.ca for more details.

CORN MAZES

 **Fruition Berry Farm Corn Maze** - 3208 Hughes Road, Kingston. Corn Maze opens in **October 2011**. Phone: (613) 548-3378, Email: christine@fruition.ca, or Website: www.fruition.ca

 **Wolfe Island Corn Maze** - Wolfe Island. Corn Maze opens in **October 2011**. Phone: (613) 385-1998, Email: cornmaze@kos.net, or Website: www.wolfeisland.com/maze

PICK YOUR OWN PUMPKINS

 **Fruition Berry Farm** - 3208 Hughes Road, Kingston. Pumpkin picking begins in **October 2011**. Phone: (613) 548-3378, Email: christine@fruition.ca, or Website: www.fruition.ca

GREAT FAMILY ACTIVITIES FOR THE FALL

- Fall walk and leaf collecting
- Pumpkin seed roasting
- Create your own homemade costume
- Holiday/Halloween baking
- Pumpkin carving
- Halloween movie day/night
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