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Fall 9-1-2002

## Hardy Girls News Vol. 2, No. 1 (Fall 2002)

Hardy Girls Healthy Women Staff

*Hardy Girls Healthy Women*

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## A Word from the Co-creators

Our new resource center is ready for lending resource material and we're looking forward to seeing you at the check out desk! Thanks to grants from the Maine Women's Fund, the American Association of University Women and the Maine Community Foundation we now have space and resources to fill it.

We hope you'll join us for our Open House Friday, October 18th to celebrate the opening of the center.

In addition to the library, the center will be home to some Hardy Girl Saturday workshops and have space available for others to meet. There's been talk of a book club or two so if you're interested in developing one or participating in one, let us know.

This coming year we're also looking for a few good men! We'd love to have their help with planning some exciting new opportunities for dads and daughters to interact in fun and positive ways. We will be adding new programming focusing on dads and daughters to our existing Girls Unlimited! Conference, Women's Luncheon Lectures, Hardy Girl Saturdays and community movie series.

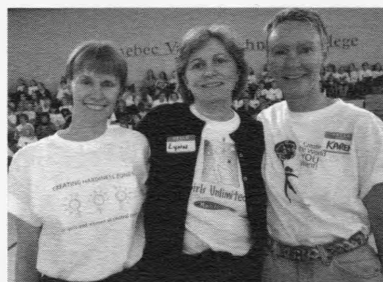
There's lots of good info documenting the correlation between success later in life and girls' healthy relationships with their fathers so we're working to develop a Dads & Daughters conference next fall. If you're a dad who's already actively involved in your daughter's life or if you're not but

you'd like to be and you are interested in helping us with ideas, we'd love to hear from you. Don't be shy! It won't take a lot of your time but it will be a rewarding experience and a great opportunity for you and your daughter(s) to have fun together so call and help us get this started.

We're off to a great start with fundraising for the project. We are working to match a family fund contribution of \$5,500 with contributions from dads in honor of their daughters. We've raised \$1,000 so far and welcome your contributions.

When we think of how far we've come in the past year, we're really excited about what we'll be able to do with the grants we've gotten to operate at a higher capacity. Beginning in October we plan to have 15 hours of staff time and we're hoping for 20 beginning in January. We have some great events lined up for this fall (see schedule) and we look forward to seeing you at some!

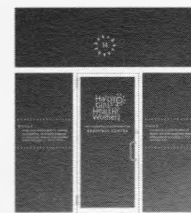
*Lyn, Lynn & Karen*



## Hardy Girls Healthy Women Resource Center is Open!

Stop in and visit us at 14 Common Street and see what we have to offer. We have a library soon to be filled with resources on raising hardy, healthy girls and boys. Films, books, magazines and articles

will be available for loan. The Center's hours are 1-4 Tuesday through Thursday and other hours by appointment, so give us a call or stop in to see what's up. And, be sure to mark your calendars for Friday, October 18<sup>th</sup>, noon til 6 for our open house!



## Girls Will Be Girls?

**Aggression, Sexuality and Body Image**

**Saturday, October 5<sup>th</sup>**

**8 a.m. - 5 p.m.**

**Presented by the**

**Women's Resource Center**

**U of Maine, Orono**

Nationally known researchers on girls' psychological development, health and education will be sharing their insights about what's going on with girls. Together we'll discuss ways to create safe spaces for girls to critique media images and myths, to work toward solidarity with other girls and to live healthier lives. Hardy Girls is a proud co-sponsor of the conference and Lyn Mikel Brown will be speaking! For more information or to register, visit the Women's Resource Center website at [www.wrc.umaine.edu](http://www.wrc.umaine.edu) or call 581-1508.

## Hardy Girls' Open House

Join us for the Open House we're holding in conjunction with Love Your Body Day, a national day of action to speak out against ads and images of women that are offensive, harmful, dangerous, and disrespectful! 80% of 4th grade girls have tried a fad diet...raise your voice in opposition to the harmful messages girls and women receive about their bodies. We'll have videos, strategies for countering the ads and images and materials you can use in the classroom. And, of course, we'll have some great food and conversation! Noon til 6:30, Friday, October 18<sup>th</sup> at 14 Common Street, Waterville.

## FALL SCHEDULE

- 10/5 Girls Will Be Girls? Conference**  
Women's Resource Center, UMO, 8am-5pm.
- 10/18 Open house – in conjunction with Love Your Body Day.** Noon- 6:30 p.m. 14 Common Street, Waterville. Free.
- 10/26 First film of the fall Saturday Community Film Series. Mickey Mouse Monopoly: Disney, Childhood and Corporate Power.** Railroad Square Cinema, 10 a.m. til noon. \$5.
- 10/26 Hardy Girl Saturday at Avena Institute,** Rockport. \$10
- 11/1 Women's Luncheon Lecture, "Turn Beauty Inside Out," Aileen M. Fortune.** The Center, Main Street, Waterville, noon – 1:30. \$35 for lunch and support of the annual Girls Unlimited! Conference.
- 11/2 Saturday Community Film Series. Slim Hopes: Advertising & the Obsession with Thinness.** Railroad Square Cinema, 10 a.m. til noon. \$5.
- 11/5 Michael Kimmel Mars and Venus, or Planet Earth? Women and Men in a New Millennium.** Co-sponsored by Colby's Department of Education and Human Development. Check our website for time and place. Free.
- 11/16 Saturday Community Film Series. Beyond Killing Us Softly: The Strength to Resist.** Railroad Square Cinema, 10 a.m. til noon. \$5.

*For more information call 861-8131*



## Movie Series Offers CEUs!

**This year the movie series is even better— you can get CEUs to attend!**

The movies will focus on images in the media and in our culture that negatively affect girls and boys. The after film discussions, led by Lyn Mikel Brown and Mark Tappan, Education and Human Development Professors at Colby, will provide opportunities for participants to discuss strategies for overcoming those images.

### **Mickey Mouse Monopoly:**

#### **Disney, Childhood and Corporate Power - 10/26**

Disney films are almost universally lauded as wholesome family entertainment, enjoying massive popularity among children and endorsement from parents and teachers. **Mickey Mouse Monopoly** takes a close and critical look at the world these films create and the stories they tell about race, gender and class.

### **Slim Hopes:**

#### **Advertising & the Obsession with Thinness - 11/2**

Jean Kilbourne's award-winning video offers an in-depth analysis of how female bodies are depicted in advertising images and the devastating effects of those images on girls' and women's health.

### **Beyond Killing Us Softly:**

#### **The Strength to Resist - 11/16**

Presenting the ideas of girls and young women as well as those of the leading authorities in the fields of psychology, **Beyond Killing Us Softly** confronts the toxic and degrading messages to girls and women that dominate the media and focuses on practical solutions and the best tactics for reclaiming our culture.

### **Fall Film Series Sponsored by Gardiner Savings Bank.**

*All films will be shown at Railroad Square Cinema in Waterville from 10 – noon. Admission is \$5.*



*Left: Colby students & Hardy Girls enjoy each others' company at a Hardy Girl Saturday on May 4th at Colby College.*

**A heartfelt thanks to all of our financial supporters this year. We couldn't do what we do without you!**

## Special Thanks

Thanks always to our **OtherMothers**, founding financial mothers who contributed \$500 or more in our first fundraising effort. Their funding underwrites all of the activities we've provided since last July.

Barbara Atkins	Pierrette Kelly
Ann Beverage	Maine Women's Fund
Diane Heck Butterfield	Joyce McPetres
Bets Brown	Laurie McReel
Lyn Mikel Brown	Lisa Miller
Lynn Cole	Cathy Morrow
Raina Cole	Martha Naber
Donna Conkling	Fran Olson
Allyson Cox	River Rock Foundation
Gina Coppens	Rebecca Ross
Joanna & Richard Dennis	Tobi Schneider
Janet Heck Doyle	Margaret & Richard Tappan
June Heck	Waterville Inner Wheel
Karen Heck	Carol Wynne
Sharon Marden Johnson	

Thanks too, to:

**Jared Cole** and **Katie Caldwell** for the terrific design for the Resource Center door **Fran Dubord** for her help in making our Resource Center look great **Greg Goulet** and Hanover Computers for hosting and his help with our website **Rebecca Lee Green** for her invaluable editing help with our publications and grant applications.

## We couldn't have done it without you!

In the past year, thanks to you all, we raised over \$25,000 from our three fundraising appeals and over \$34,000 in grants. The money has allowed us to develop programming, open the resource center and have a part time coordinator. We are looking forward this year to expanding our resource center hours and the materials we have to offer the community. We are also applying for other grants which will allow us build on last year's success. A heartfelt thanks for all our your support.

## Dads and Daughters Programming Coming Soon!

One of the most important predictors of girls' independence and involvement in healthy relationships later in life is a positive relationship with their fathers. We're excited to report that we are going to be pursuing programming for dads and daughters this year. In the meantime here are some tips from Joe Kelly, founder of Dads and Daughters, you can use to make connecting with your daughters easier!

**CARPOOL:** The more time dads spend with daughters and their friends in the car and at school, the more insight you can have into your daughter's world.

**TAKE AN INTEREST:** When fathers take an active interest in and play sports with their daughters, the girls are less likely to have unhealthy or abusive relationships later in life.

**LISTEN WITHOUT JUDGING:** Fathers sometimes want to rush in and fix problems; daughters don't always need solutions but want to air their feelings without worrying that you will freak.

**SHARE YOUR EXPERIENCES:** Girls benefit from knowing that even their dads faced adolescent uncertainty.

**SPEND ONE-ON-ONE TIME:** Biking, going out for ice cream or playing board games with younger girls; going alone with you to a favorite restaurant or having a regular date to go bowling, to the movies, etc. for older girls are great ways to get in some time together.

*Dads and Daughters is the national education and advocacy nonprofit for fathers and daughters. DADS provides tools to strengthen father-daughter relationships and transform pervasive cultural messages that value daughters more for how they look than who they are. For more information check out their website at [www.dadsanddaughters.org](http://www.dadsanddaughters.org)*



Above: Body Sculpting at the May 4th Hardy Girls Saturday.



P.O. Box 821  
Waterville, ME 04903  
Phone: 207.861.8131  
Fax: 207.873.4531  
[www.hardygirlshealthywomen.org](http://www.hardygirlshealthywomen.org)

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Augusta, ME  
Permit #182

## Creating hardiness zones for women & girls

## Board Members

Lyn Mikel Brown  
Lynn Cole  
Allyson Cox  
Karen Heck  
Roxy Hennings  
Kristin Majeska  
Joyce McPhetres  
Rebecca Ross  
Tobi Schneider  
Debbie Smith

**SAVE THE DATE!**  
**OCTOBER 18TH OPEN HOUSE!**

Sharon Barker  
Women's Resource Ctr.  
5728 Fernald Hall  
Orono, ME 04469

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Category	Sub-category	Item	Mean	SD	Alpha
Self-efficacy	General	1. I am confident that I can do this job	3.21	0.85	0.92
		2. I am confident that I can do this job	3.18	0.84	
		3. I am confident that I can do this job	3.15	0.83	
Self-efficacy	Specific	4. I am confident that I can do this job	3.12	0.82	0.91
		5. I am confident that I can do this job	3.09	0.81	
		6. I am confident that I can do this job	3.06	0.80	
Self-efficacy	Task	7. I am confident that I can do this job	3.03	0.79	0.90
		8. I am confident that I can do this job	2.99	0.78	
		9. I am confident that I can do this job	2.96	0.77	
Self-efficacy	Performance	10. I am confident that I can do this job	2.93	0.76	0.89
		11. I am confident that I can do this job	2.89	0.75	
		12. I am confident that I can do this job	2.86	0.74	
Self-efficacy	Outcome	13. I am confident that I can do this job	2.83	0.73	0.88
		14. I am confident that I can do this job	2.79	0.72	
		15. I am confident that I can do this job	2.76	0.71	
Self-efficacy	Social	16. I am confident that I can do this job	2.73	0.70	0.87
		17. I am confident that I can do this job	2.69	0.69	
		18. I am confident that I can do this job	2.66	0.68	
Self-efficacy	Personal	19. I am confident that I can do this job	2.63	0.67	0.86
		20. I am confident that I can do this job	2.59	0.66	
		21. I am confident that I can do this job	2.56	0.65	
Self-efficacy	Organizational	22. I am confident that I can do this job	2.53	0.64	0.85
		23. I am confident that I can do this job	2.49	0.63	
		24. I am confident that I can do this job	2.46	0.62	
Self-efficacy	Environmental	25. I am confident that I can do this job	2.43	0.61	0.84
		26. I am confident that I can do this job	2.39	0.60	
		27. I am confident that I can do this job	2.36	0.59	
Self-efficacy	Cultural	28. I am confident that I can do this job	2.33	0.58	0.83
		29. I am confident that I can do this job	2.29	0.57	
		30. I am confident that I can do this job	2.26	0.56	
Self-efficacy	Behavioral	31. I am confident that I can do this job	2.23	0.55	0.82
		32. I am confident that I can do this job	2.19	0.54	
		33. I am confident that I can do this job	2.16	0.53	
Self-efficacy	Attitudinal	34. I am confident that I can do this job	2.13	0.52	0.81
		35. I am confident that I can do this job	2.09	0.51	
		36. I am confident that I can do this job	2.06	0.50	
Self-efficacy	Cognitive	37. I am confident that I can do this job	2.03	0.49	0.80
		38. I am confident that I can do this job	1.99	0.48	
		39. I am confident that I can do this job	1.96	0.47	
Self-efficacy	Emotional	40. I am confident that I can do this job	1.93	0.46	0.79
		41. I am confident that I can do this job	1.89	0.45	
		42. I am confident that I can do this job	1.86	0.44	
Self-efficacy	Physical	43. I am confident that I can do this job	1.83	0.43	0.78
		44. I am confident that I can do this job	1.79	0.42	
		45. I am confident that I can do this job	1.76	0.41	
Self-efficacy	Social	46. I am confident that I can do this job	1.73	0.40	0.77
		47. I am confident that I can do this job	1.69	0.39	
		48. I am confident that I can do this job	1.66	0.38	
Self-efficacy	Personal	49. I am confident that I can do this job	1.63	0.37	0.76
		50. I am confident that I can do this job	1.59	0.36	
		51. I am confident that I can do this job	1.56	0.35	
Self-efficacy	Organizational	52. I am confident that I can do this job	1.53	0.34	0.75
		53. I am confident that I can do this job	1.49	0.33	
		54. I am confident that I can do this job	1.46	0.32	
Self-efficacy	Environmental	55. I am confident that I can do this job	1.43	0.31	0.74
		56. I am confident that I can do this job	1.39	0.30	
		57. I am confident that I can do this job	1.36	0.29	
Self-efficacy	Cultural	58. I am confident that I can do this job	1.33	0.28	0.73
		59. I am confident that I can do this job	1.29	0.27	
		60. I am confident that I can do this job	1.26	0.26	
Self-efficacy	Behavioral	61. I am confident that I can do this job	1.23	0.25	0.72
		62. I am confident that I can do this job	1.19	0.24	
		63. I am confident that I can do this job	1.16	0.23	
Self-efficacy	Attitudinal	64. I am confident that I can do this job	1.13	0.22	0.71
		65. I am confident that I can do this job	1.09	0.21	
		66. I am confident that I can do this job	1.06	0.20	
Self-efficacy	Cognitive	67. I am confident that I can do this job	1.03	0.19	0.70
		68. I am confident that I can do this job	0.99	0.18	
		69. I am confident that I can do this job	0.96	0.17	
Self-efficacy	Emotional	70. I am confident that I can do this job	0.93	0.16	0.69
		71. I am confident			

**HARDY GIRLS**  **HEALTHY WOMEN**



**Join Us for a  
Hardy Girl - Garden Girl Saturday  
October 26th, from 8 a.m. to 5:30  
For girls 12 to 17**

We'll meet in Waterville and travel to Avena Institute in Rockland, Me. for their Garden Girls' Program. Avena Institute's primary classroom is an organic medicinal herb garden featuring over 120 different herbs, trees and shrubs. We'll hike, make and eat a delicious lunch and prepare herbal lip balm and herbal tea. The cost is \$10 but scholarships are available.

Registration is limited so call soon!

**Call HGHW at 861-8131  
for more information.**

## You Can Help!

Your financial support will increase our ability to staff and stock the resource center. No matter what amount you send, we'll put it to work creating a safe space for women and girls to explore, create, learn and have fun.

All contributions are tax deductible and sure to make you feel good!

## You Can Count on Me!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

\$15      \$25      \$50      \$500 OtherMother      \$      Other

Payable to Hardy Girls, P.O. Box 821, Waterville, ME 04903