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Hardy Girls News Vol. 2, No. 2 (Winter 2003)

Hardy Girls Healthy Women Staff

Hardy Girls Healthy Women

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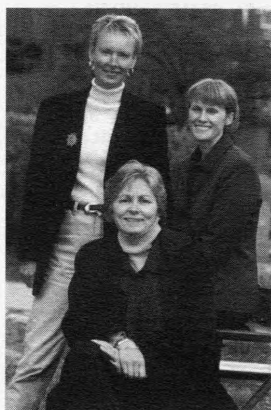
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A Word from the Co-creators

The momentum in central Maine for making a better world for our daughters is building! We have had phenomenal interest in our programs as evidenced by the requests we are getting, the financial support we're receiving and the involvement of community members in our programs. We are particularly excited about the leadership that is developing among girls who have been past participants in the Girls Unlimited! Conference and their enthusiasm for helping this year's participants as they struggle with cliques and the heartbreak they can bring.

Our schedule this spring is designed to enlighten and encourage us all to take advantage of whatever opportunities we can to change reality for our children. Beginning in March, our Saturday movie series will take on the images of men that lead boys to believe they always need to know the answers, have bodies of

steel and only solve arguments with a fight.

We can start helping kids become "media literate" by helping them deconstruct the images they are exposed to 3,000 times a day. The images they see on TV, in movies, videos and magazines are airbrushed, computer generated and totally false pictures of real men and women. How many of us knew that it wasn't always Julia Roberts' body we were seeing in *Pretty Woman*? Well, if you're a teen and no one points out to you that no one looks in real life like they do in the media, you buy into the idea that you don't measure up. You won't realize that you can never measure up and you can begin to take out your pain in a number of harmful ways. As we learn more ourselves, we can help our adolescents avoid at-risk ways of dealing with their pain.

Hardy Girls is about creating change and changing lives. Anyone who cares about making things better for the kids in our communities is welcomed to attend our events, borrow our resource materials and get involved. Hope you'll join us and bring your friends!

Lynn, Lynn & Karen

Girls Unlimited! Conference *Turn Beauty Inside Out*

Girls Unlimited! turns five this year and is celebrating with a conference created primarily by past participants! Emily Naber, Elise Rich Colton, Kerri Knights, Jackie Mannocchi and Margaret Ruder have designed and will lead the opening exercise, the morning workshops and the closing ceremony. With help from Colby students, two Americorp volunteers and Karen and Lynn, the high school girls have developed the morning workshop activities to be a chance to break down the cliques that divide girls and show them that true beauty is who they are on the inside, not in how they look on the outside.

At the end of the morning, each girl will have the opportunity to design a quilt square with information about who she is on the inside. The squares will be stitched together to create the "That's Just Me" quilt which will be part of the closing ceremony and then displayed at the Hardy Girls' Resource Center.

The energy the girls bring to the planning table is tremendous. An unexpected bonus for Karen and Lynn was to find that two of the girls actually met at the first conference and have been friends



Girls Unlimited! planning committee for 2003.

since, reaffirming our goal of using the day as an opportunity for girls to expand their horizons and their friendships. We were also delighted to hear one of the girls comment that her experience at the conference had "expanded her comfort zone" – exactly what we hope will happen again this year!

Afternoon workshops fill up fast, so get your registration in soon! You can download a brochure from our website or call 861-8131 to get one in the mail.

WINTER SCHEDULE

- 3/1** **5th Annual Girls Unlimited! Conference, *Turn Beauty Inside Out***, for girls in grades 5-8. \$10 registration, \$15 at the door and ***Dreams for Our Daughters*, women's workshop**, \$25 registration and \$30 at the door. Kennebec Valley Technical College, Fairfield, 9 a.m.-3:15 p.m.
- 3/1** ***Tough Guise: Violence, Media & the Crisis in Masculinity***. Railroad Square Cinema, 10 a.m. til noon. \$5.
- 3/15** **Hardy Girl Saturday Writing Workshop for girls**. 1-4 p.m. at the Hardy Girls Healthy Women Resource Center, \$35.
- 3/15** ***Game Over: Gender, Race & Violence in Video Games***. Railroad Square Cinema, 10 a.m. til noon. \$5.
- 4/4** **Women's Luncheon Lecture, *Creating the Life You Really Want!*** The Center, Main Street, Waterville, noon – 1:30. \$35 for lunch and support of the annual Girls Unlimited! Conference.
- 4/5** ***Wrestling With Manhood: Boys, Bullying & Battering***. Railroad Square Cinema, 10 a.m. til noon. \$5.
- 4/6** **Hardy Girls Sunday for Women**. Connect with your spirit guides to get answers for yourself. 9:30 a.m. to 4 p.m. \$100. Hardy Girls Resource Center.
- 4/12** **Hardy Girls Garden Girls Saturday at Avena Institute**. Rockport, 8:30 a.m. to 5:30 p.m. \$20.

**For more information call 861-8131
or check the website: hardygirlshealthywomen.org**

Hardy Girls Healthy Women Resource Center is Open!

Stop in and visit us at 14 Common Street and check out our lending library of books, magazines and videos. There are some great films from Women Make Movies and the Media Education Foundation designed to spark discussion among and between generations about how we can change the culture for girls' and boys' healthy development.

We've had lots of help getting the library materials ready for lending. Colby students, Serena Joseph, Laura Morrison and Megan Williams have put together an annotated bibliography of our resources and organized the books so you can find

Movie Series Offers CEUs!

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

Rethinking Gender: The Effects of Media and Pop Culture on Boys. You can't stop the exposure, but you can make a difference on its impact. Join us to find out how. Films and discussion led by Colby professor of Education and Human Development, Mark Tappan.

Saturday, March 1 - *Tough Guise: Violence, Media & the Crisis in Masculinity*

Examines the relationship between media images and the social construction of masculine identities. Anti-violence educator Jackson Katz argues that the violence in American schools needs to be understood as part of an on-going crisis in masculinity.

Saturday, March 15 - *Game Over: Gender, Race & Violence in Video Games*

Video and computer games, the fastest growing segment of the media, remains one of the least scrutinized cultural industries. This documentary examines gender and race in video games, as well as offering fresh insight about the controversial topic of video game violence.

Saturday, April 5 - *Wrestling With Manhood: Boys, Bullying & Battering*

Examines the huge popularity of professional wrestling among male youth, addresses its relationship to real-life violence and offers a new way to think about the problem of violence against women and bullying in our schools.

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



Right: Enjoying the open house.

what you're looking for. The bibliography is available on our website so, check it out then come in and check them out!

The Center is open various hours but for sure someone is here from 1-4 p.m. Tuesday through Thursday. We'd be happy to arrange another time, too, so give us a call or stop in to see what's up!

Hardy Girl Saturdays

March 8 - Hardy Girls Saturday Writing Workshop

It takes a body to hold a pen. It takes a mind to make it move. It takes a heart to make it speak. Together, we'll write, share if we want to, meditate, and stretch our body. It takes a whole girl to speak her mind!

We are thrilled that Linda Tatelbaum, professor, author and publisher is hosting this workshop. Linda homesteads with her husband and son in Maine, raising their own food and generating their own electricity. She's written and published two books, *Writer on the Rocks* or *Carrying Water as a Way of Life* and teaches English at Colby College. Ages 12-14. \$35. 1-4pm at the Hardy Girls Resource Center.

April 12 - Hardy Girls Garden Girls at Avena Institute

Avena's Garden Girls Project is sponsored in part by the Maine Women's Fund and is designed for pre-teen and teen aged girls ages 12-17. The Garden Girls Program empowers girls to become whole, fulfilled women and diversified individuals, capable of healthy lifestyles that foster a spirit of harmony with the Earth. \$10. 9-5pm.

Here's what two of the participants in the October Garden Girls Saturday had to say about their experience.

"I learned something that I never knew how to do...and I thought that the people were really nice."

Maranda, age 13



"It was fun until the end when we had to leave. That's the part I always hate."
Ashley, age 11.

Join us for two fun filled days of learning!

Attendance at Hardy Girl Saturday events is limited and pre-registration is necessary.

For more information or to register call 861-8131.

Calling Interested Guidance Counselors!

Area guidance counselors meet from 7:45 to 9 a.m. the second Thursday of every other month with Lyn Brown at the Resource Center to view videos for use in school and to develop strategies for helping at risk girls.

Join us!

DADs Fighting to Keep Title IX

Title IX is a success for daughters and sons, so let's keep it that way. In the latest grassroots action by the national nonprofit Dads and Daughters, fathers and other concerned adults are writing President Bush, US Education Secretary Dr. Rod Paige, and members of Congress in order to head off efforts to eviscerate Title IX, which requires virtually every US school to provide equitable resources to students regardless of gender.

"Sadly, many commentators continue to write falsehoods about Title IX's impact on our schools and our children – for example, the notion that Title IX forces schools to cut men's sports like wrestling," Dads and Daughters wrote in a letter to President Bush. "This is simply not true."

According to DADs Executive Director Joe Kelly: "It defies logic for people to claim that Title IX is the reason men's sports like swimming and wrestling are cut

when girls and women still get well less than half of athletic funding. So-called minor sports – which aren't 'minor' to the women and men who participate – get cut because schools are unwilling to fund them at the expense of high-budget men's sports like basketball and football.

Education Secretary Paige is to receive a report from the Commission on Opportunity in Athletics by the end of February. He has set no timetable for deciding what changes, if any, to make in enforcing the law. DADs urges every adult who cares about children to join its campaign. People can send a letter or email to their Senators, Representative, Education Secretary Paige and President Bush urging that they leave the law alone.

Excerpted from Dads and Daughters @ www.dadsanddaughters.org and salon.com



Left: Hardy Girls president Rebecca Ross signs up her family.

Late breaking news!

Abby Spector, 2001 New England Women's Golf Champion, 1998 PGA/Maine State Golf Association Player of the Year, six-time (1996-01) Women's Amateur Champion for Women's Maine State Golf Association and seven-time Women's Maine State Golf Association Junior Champion is coming to play in the Hardy Girls' Golf Tournament, June 30th!

The tournament will kick-off our Hardy Girls' father/daughter programming initiative. Research shows girls who have good relationships with their dads grow up to be more independent, self assured and less likely to engage in risky behavior. Abby and her dad will give a clinic for girls and boys and Abby and her brother Toby will be available to play with you or against you during the tournament. Save the date and call 861-8131 to be a sponsor or to register to play.



P.O. Box 821
Waterville, ME 04903
Phone: 207.861.8131
Fax: 207.861-8131
www.hardygirlshealthywomen.org

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CHECK OUT THE
EXCITING SCHEDULE
OF EVENTS!



*****3-DIGIT 044

SHARON BARKER
WOMEN'S RESOURCE CTR.
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Fundraising Fun Facts



You can donate on-line! That's a fact even *we* didn't know! Jared Cole and Katie Caldwell, our Hardy Girl designers, are always looking out for us. They discovered Network For Good and made a donation on-line. Network For Good located at www.Guidestar.org is a secure site that allows donors to make a gift and passes on 100% of the donation to Hardy Girls.



You can donate stock! Thanks to Cathy Bruce and Bro Adams, our first stock donors, we're now set up to help reduce your capital gains (if anyone is still lucky enough to worry about that!)



Your employer may match your gift! The Baltimore Sun and Universal Studios were our first two matching gifts thanks to Rebecca Corbett and Scott Levine.

While it's been a tough year for all non-profit fundraising, a hardy thanks to all of you who have so generously funded our organization this fall. Our budget is just under \$60,000 and our end of the year and spring appeal accounted for 20% of our total funding. Without your help, Hardy Girls would not have the visibility we do today. **We couldn't have done it without you!**

You Can Help!

Your financial support will increase our ability to staff and stock the resource center and create scholarships for our activities. 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!

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Address: _____

Phone: _____ Email: _____

____ \$15 Book for library

____ \$25 Magazine subscription

____ \$50 5 GU! Scholarships

____ \$500 OtherMother

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Payable to Hardy Girls
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