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Hardy Girls News Vol. 2, No. 3 (Spring 2003)

Hardy Girls Healthy Women Staff

Hardy Girls Healthy Women

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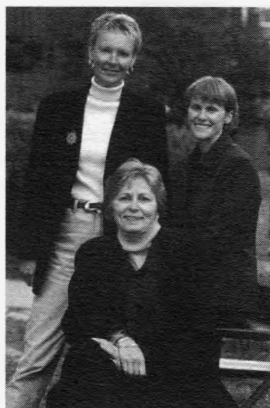
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A Word from the Co-creators

Grab your clubs and come play with us at the new Natanis Tomahawk Course, Monday, June 30th! We are *so* excited that Abby Spector and her dad Gary are helping us kick off our fathers and daughters' initiative with this tournament. There's more about the event in this issue but the important thing to know is that you don't have to play well to join us, so come have some fun!

Hardy Girls has been working hard to expand our programming this year and thanks to your help and the volunteer efforts of many, we've succeeded in doing that. Lyn started an Adventure Girls program for 7-9 year olds offering them an opportunity to expand their horizons with a variety of activities and interactions. Women in non-traditional fields such as the National Guard, mountaineering and martial arts have volunteered their time to help. We also had a writers' workshop for 12-14 year olds that grew out of Caitlin Ross' experience at the Girls Unlimited! Conference last year. We

asked girls at that conference how they wanted to change the world and Caitlin answered "by writing exciting novels for all to enjoy!" That's the kind of optimism and excitement we want to generate over and over again for girls of all ages and that's why your support is so important.

We are thrilled to report that the River Rock Foundation has been following the work that Hardy Girls is doing and has just funded a three-year project to build our organizational capacity. River Rock has been a partner from the start and we will be expanding our ability to fundraise through grants and endowment with their current support. More money means more programming and we know there's a need for that! Our website is getting attention from around the country and around the world – with our first contact from Australia coming in today! We have more requests than we can fill and lots ideas of our own and we are truly grateful for River Rock's faith in us.

Please stop in and check out the resources we have for lending. There's a sampling in this newsletter and an annotated list on our website. Creating change for the better is hard work but together we can make it happen!

Lyn, Lynn & Karen

Hardy Girls on the Course! Come Join Us!

The Hardy Girls' Golf Tournament is the kick-off of our father/daughter initiative. We are undertaking this initiative because one of the most important predictors of girls' independence, economic security & non-violent relationships later in life is a positive relationship with their fathers when they are young.

Hardy Girls' father/daughter initiative will provide challenging opportunities for fathers & daughters to interact while having fun with others. It will provide suggestions for dads on how to stay in touch during their daughters' often difficult, adolescent years. There's a great resource called Dads and Daughters that we encourage all dads to check out. It was started by a dad, Joe Kelly, and some of his tips for keeping relationships strong are detailed on page 4. Check them out and check out the Dads and Daughters website, too!

Hardy Girls' Golf Tournament Sponsor

GARDINER SAVINGS INSTITUTION, FSB



"I was happy to get the call from Karen. It's a great organization, great message, great new course, great people from Hardy Girls to the course owners, the Browne family, to the featured role models, Abby and Gary Spector. Gardiner Savings is proud to sponsor this event."

Arthur Markos, President and CEO

Girls Unlimited! Conference

Turn Beauty Inside Out

Fun Facts



111 girls from central Maine and as far away as Indian Island, Bath, Kingfield, Phillips and Portland joined 15 mothers and 25 volunteers for the 5th Annual Girls Unlimited! Conference, March 1st at KVTC in Fairfield.



Five high school girls, three Colby students and two Americorps*VISTA volunteers joined 4 community volunteers to develop the conference theme and activities.



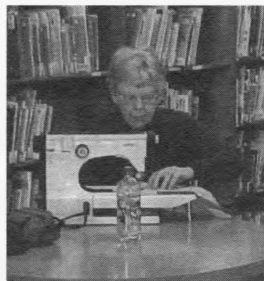
Morning activities allowed girls to get to know one another, develop skills to resist the pressure of cliques and celebrate who they are on the inside.



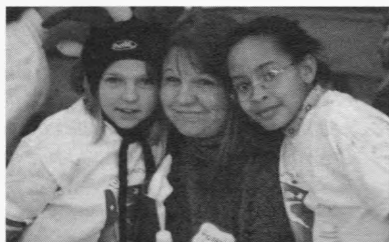
Afternoon activities allowed the girls to pursue interests ranging from self defense and wilderness survival skills to digital photography, making a birdhouse and creating their own 'zine (personal magazine.)



The *That's Just Me!* quilt contains a square designed by each of the girls at the conference and stitched together by nine quick sewing volunteers before the day was through.



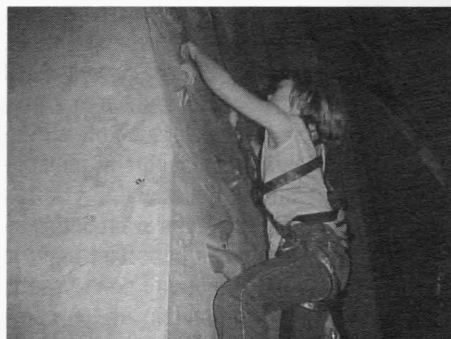
At the Dreams for Our Daughters workshop, the women created a dreamscape depicting their dreams. Both the quilt and the dreamscape were created to hang in the Hardy Girls Resource Center.



ADVENTURE GIRLS

*Give me a woman who can climb the tallest mountain
Give me a women who can swim across the widest sea
Women need women who lead lives of boldest daring
Tell me their stories, they inspire me.
Tell me your stories, you inspire me.*

Libby Roderick - Singer, songwriter



Climbing to new heights.

Lyn and U Maine doctoral student Anya Whittington have created Adventure Girls, connecting 7 to 9 year-olds to daring women who pursue their passions in spite of what society says a good girl or woman "should" do or be. In March, eighteen girls tackled the climbing wall at the Alford Youth Center with the help of women from the Colby Mountaineering Club. In April, Hardy Girls' board member Sergeant Major Allyson Cox challenged the girls to the National Guard Ropes Course. In May, Anja will teach the girls wilderness skills and in June they'll learn self-defense with black belt, Sandy Hussey.



Above: Listening for their partners: Mia and Maya join in trust-building activities as part of the National Guard ropes course.

Boys & Men Movie Series

by Mark Tappan

Colby Professor of Education and Human Development

The spring HGHW movie series, focusing on the impact of the media on boys and men, was a great success. We viewed three films, *Tough Guise*, which examines the relationship between media images, the social construction of masculine identities, and violence; *Game Over* which explores the representation of gender and race in video games, as well as the controversial topic of video game violence; and *Wrestling With Manhood*, which examines the huge popularity of professional wrestling among male youth, as well as its relationship to real-life violence against women and bullying in our schools. The films were well attended, and we had some very interesting and lively discussions after each.

Most importantly, from my point of view, the films were attended by a number of fathers and sons. They viewed the films together, talked about them afterwards, and promised to continue the conversation at home and in school. The boys acknowledged the influence of the media on their lives, and the lives of their friends, and talked about how hard it is, at times, to resist the cultural pressures they feel to be a "real man." The fathers (and mothers) also talked about how hard it is to raise boys in this culture at this time in history. We talked together about strategies that we might use to challenge these cultural pressures, and to change the messages that young boys are receiving. One idea was for local schools to initiate film series and discussions for parents and teachers. These films are all available in the HGHW resource center, and we encourage you to come by, check them out, and use them in this and other ways.

When the series ended I left feeling hopeful. If our goal is to create hardiness zones for girls and young women in central Maine, one component of this is to work with boys and men, to help them understand their role in making our community safe and healthy for girls and women. While we've heard much of late in the media about girls' aggression, it's important to keep in mind that boys are 80% of those arrested for crimes of violence in our culture. We need to join together to change the culture and to make our communities less violent and more equitable. Our daughters and granddaughters, partners, mothers, grandmothers, sisters, our female friends and colleagues, deserve no less.

Check out our Resources!

Hardy Girls' annotated bibliography of books, videos, magazines and curricular material is now available on the web. We have a tremendous amount of material available to parents, teachers, counselors and any who works with girls or boys. Topic areas include: Activism; Bodies; Beauty and Boldness; Boys & Men; Children; Girls' Voices; Feminism/Women's Studies; Women's History & Art; Parenting; Race & Ethnicity; Sexuality; Young Adult. Here's a sampling of what you'll find. Check out the website for more.

Books

Boys Will Be Men:

Raising Our Sons for Courage, Caring and Community

Pragmatic piece on how to challenge the forces that harm young men (and young women) in schools and families. Effective, down-to-earth resources that will assist students, parents, counselors, teachers, and all others concerned about our youth.

Imagine a Woman in Love with Herself

A guide to composing your own life, remaining faithful to your dreams, expressing your feelings fully and unapologetically, following your creative impulses, and appreciating your body. A journey of joyous self-affirmation, to reconnect with your inner richness, and to move from self-criticism to self-celebration.

Speak for Yourself: What Girls Say about What Girls Need

Through girls' voices and insights this book lists seven key issues that girls say make a program girl friendly and five pitfalls that adults working with girls and young women should avoid to ensure that their program provides for girls' healthy development.

Videos

Mirror, Mirror (17 Min)

Gr. 9 and up. In *Mirror, Mirror* a diverse group of women, all of varying age, size and ethnicity, share how they have overcome the pressures to achieve the perfect body and embrace their individuality. An excellent discussion starter on representations of women in the media, eating disorders, and women's health.

Speak Up! Improving the Lives of Gay, Lesbian, Bisexual and Transgendered Youth (35 Min)

Gay, lesbian, bisexual and transgender (GLBT) students and their allies face unique challenges of violence and harassment in their schools. *Speak Up!* explores what these students and their allies have done to transform their schools into safer and more welcoming environments.

Tips for Dads with Daughters

1. Listen to girls.

I focus on what is really important—what my daughter thinks, believes, feels, dreams and does—rather than how she looks. I have a profound influence on how my daughter views herself. When I value my daughter for her true self, I give her confidence to use her talents in the world.

2. Encourage my daughter's strength and celebrate her savvy.

I help her learn to recognize, resist and overcome barriers. I help her develop her strengths to achieve her goals, help other people and help herself. I help her be what Girls Incorporated calls Strong, Smart and Bold!

3. Respect her uniqueness.

Urge her to love her body and who she is. I tell and show my daughter that I love her for who she is and see her as a whole person, capable of anything. My daughter is likely to choose a life partner who acts like me and has my values. So, I treat her and those she loves with respect. Remember 1) growing girls need to eat often and healthy; 2) fad dieting doesn't work, and 3) she has her body for what it can do, not how it looks. Advertisers spend billions to convince my daughter she doesn't look "right." I won't buy into it.

4. Get her playing sports and being physically active.

Start young to play catch, tag, jump rope, basketball, Frisbee, hockey, soccer, or just take walks...you name it! I help her learn the great things her body can do. Physically active girls are less likely to get pregnant, drop out of school, or put up with abuse. The most physically active girls have fathers who are active with them!

5. Get involved in my daughter's school.

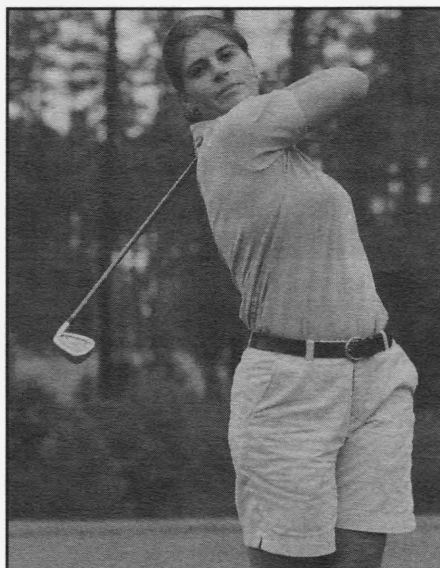
I volunteer, chaperone, read to her class. I ask questions, like: Does her school use media literacy and body image awareness programs? Does it tolerate sexual harassment of boys or girls? Do more boys take advanced math and science classes and if so, why? (California teacher Doug Kirkpatrick's girl students didn't seem interested in science, so he changed his methods and their participation soared!) Are at least half the student leaders girls?

6. Get involved in my daughter's activities.

I volunteer to drive, coach, direct a play, teach a class—anything! I demand equality. Texas mortgage officer and volunteer basketball coach Dave Chapman was so appalled by the gym his 9-year-old daughter's team had to use, he fought to open the modern boys' gym to the girls' team. He succeeded. Dads make a difference!

7. Help make the world better for girls.

This world holds dangers for our daughters. But over-protection doesn't work, and it tells my daughter that I don't trust her! Instead, I work with other parents to



"I've been fortunate that my father has taken a great interest in my life. He has helped me realize my potential in athletics and in the rest of my life. His love and support have allowed me to accomplish great things which, otherwise, would have been impossible."

Abby Spector

demand an end to violence against females, media sexualization of girls, pornography, advertisers making billions feeding on our daughters' insecurities, and all "boys are better than girls" attitudes.

8. Take my daughter to work with me.

I participate in April's Take Our Daughters & Sons to Work® Day and make sure my business participates. I show her how I pay bills and manage money. My daughter will have a job and pay rent some day, so I will introduce her to the world of work and finances!

9. Support positive alternative media for girls.

Our family watches programs family that portray smart, savvy girls. We get healthy girl-edited magazines like New Moon and visit online girl-run "zines" and websites. I won't just condemn what's bad; I'll also support and use media that support my daughter!

10. Learn from other fathers.

Together, we fathers have reams of experience, expertise and encouragement to share—so let's learn from each other. I use tools like the newsletter Daughters: For Parents of Girls (www.daughters.com). I put my influence to work—for example, Dads and Daughters protests have stopped negative ads. It works when we work together!

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HEALTHY WOMEN



HARDY GIRLS

Creating
Hardiness Zones
for Girls and Women
in Central Maine.

Join Abby Spector at the
Hardy Girls' Golf Tournament
Natanis Tomahawk Course
Monday, June 30, 2003

Entry fee includes: Lots of fun!
Greens Fees
Lunch
Hole Contests
Great Prizes &
A chance to play with Abby!

8:00 Registration & Refreshments
9:15 Scramble Shotgun Start
2:30 Father/Daughter Putting Contest
3:00 Awards Ceremony

Join 6 time New England Golf Champ Abby Spector
on the Tomahawk Course & play 9 new holes designed
by architect Dan Maples.

\$100 P/P entry fee & \$75 P/P for Father Daughter teams
To register: 861-8131 or www.hardygirlshealthywomen.org
or use the form on the back

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Janet, Karen & Diane Heck

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make a difference in girls' lives!
This is a tournament you won't want to miss!

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Don't forget to reserve a cart! (Paid separately at registration)

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Tracy Brenner
Laura Morrison
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Our sincere apologies if we've left anyone out. We are truly thankful for all of our supporters and thank you for your faith in Hardy Girls Healthy Women!



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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.

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