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Hardy Girls News Vol. 3, No. 1 (Fall 2003)

Hardy Girls Healthy Women Staff

Hardy Girls Healthy Women

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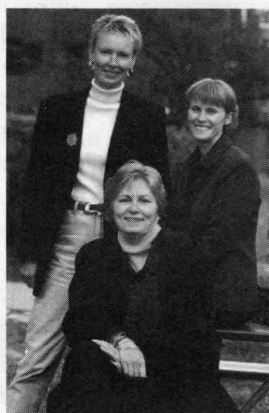
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Staff, Hardy Girls Healthy Women, "Hardy Girls News Vol. 3, No. 1 (Fall 2003)" (2003). *Maine Women's Publications - All*. 149.

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A Word from the Co-creators



The summer got off to a great start with a fabulous turnout at the Hardy Girls' golf tournament. People had a great time, the day was perfect and watching Abby and Toby Spector hit the ball gave us all something to strive for next time out. If only we had time to practice!

We've been busy putting together the fall schedule which has activities for everyone. We are especially excited about Gail

Dines' presentation on media literacy held for Lawrence junior and senior high students in September thanks to the Oak Grove School Foundation, SAD 47 and Colby's support. One of the keys to staying healthy mentally, physically and emotionally in the face of myriad media images telling you that you don't measure up, is to understand who's telling you that and what they have to gain by you believing their message. Healthy females aren't stick thin, hyper sexualized, flawless creatures. In fact, not even the models in the ads are flawless. They are air-brushed computer composites and corporations are making money selling products they say will help you reach an ideal that doesn't exist. Girls and boys need to understand what's behind the 3,000 messages they receive

each day and Gail Dines introduced them to the concept in a way that engaged them in the discussion. We are especially appreciative to Mark Tappan and his Colby students for debriefing the junior high students after the presentation while the senior high students had a chance for Q & A with Gail.

Another current topic is the issue of bullying. It's gaining attention across the nation lately and we are often called to be a part of the discussion. Lyn is in demand as one of the leading sources of information on what it's about for girls thanks to her research based on discussions with over 400 of them. Bullying occurs in different ways for girls and boys and that fact is not often taken into account in bullying programs introduced in schools. Check out her tips for building girl allies in this issue and join us for the Luncheon Lecture which will feature Lyn talking about her new book Girlfighting: Betrayal, Teasing and Rejection Among Girls.

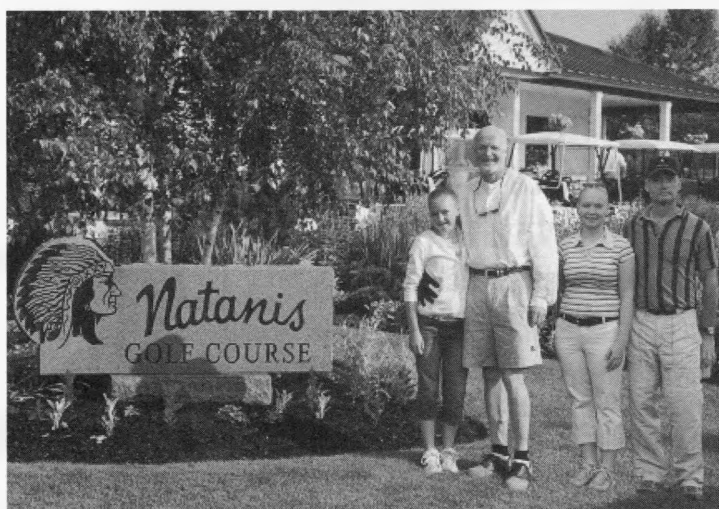
This work is so much fun which is a good thing since there's so much more to do! We've heard "do what you love and the money will follow" and we're hoping it's true. We are enormously grateful to our supporters. Thanks to all of the sponsors, players and volunteers of our first annual golf tournament and to the generosity of the River Rock Foundation, as well as our individual and corporate supporters, we are totally psyched about the upcoming year and hope you'll join us at one or more of the events we're hosting.

Lyn, Lynn & Karen

Hardy Girls Golf Tournament Huge Success

Congratulations to the winners of the Hardy Girls' Father Daughter Putting Contest Meryl and Buster McClellan and Megan and Doug Williams, and to overall winners of the tournament Don Joseph, Julie Treadwell, Ken Lindlof and David Cowen.

Many thanks to the 18 teams, 7 father/daughter pairs, 35 hole sponsors, 27 in-kind contributors, 3 major sponsors, Abby and Toby Spector, Natanis and Gardiner Savings Institution, the tournament sponsor, for making the tournament a huge success. We have great ideas for expanding the tournament next year, including a clinic and 9 hole tournament for younger players so save the date – Monday, June 29th and plan to join us for another fun day.



Putting contest winners: Meryl and Buster McClellan and Megan and Doug Williams, lucky winners of a lesson with Abby.

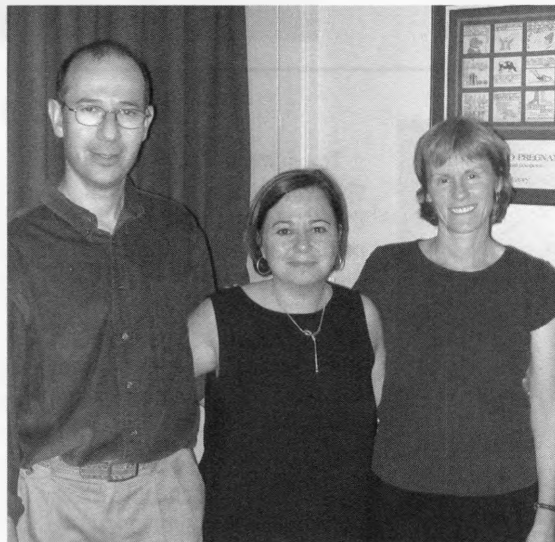
FALL SCHEDULE

- 9/17 Gail Dines Media Literacy Event**
Lecture for Lawrence junior and senior high students. See related story at right.
- 10/15 Open House at the Hardy Girls' Resource Center**
Noon-6 p.m. Drop in anytime for healthy snacks, great company and a chance to check out some terrific resources.
- 11/1 Playing (Un)Fair: The Media Image of the Female Athlete** Movie and discussion on post-Title IX media representation of female athletes. Railroad Square Cinema, 10 a.m. til Noon, \$5. CUEs available for series.
- 11/15 Beyond Killing Us Softly: The Strength to Resist** Movie and discussion on reducing the impact of media images on girls' healthy development. Railroad Square Cinema, 10 a.m. til Noon, \$5. CUEs available for series.
- 11/22 Mickey Mouse Monopoly** Movie and discussion on strategies for combating the racist, sexist, homophobic stereotypes in Disney films. Railroad Square Cinema, 10 a.m. til Noon, \$5. CUEs available for series.
- 12/12 Women's Luncheon Lecture Girlfighting: Rejection and Betrayal Among Girls**
Lyn Mikel Brown
To benefit the Girls Unlimited! Conference.
Noon to 1:30 at the Center, Main St. Waterville.
\$35 includes lunch and discussion. Call 861.8131 for reservations.

**For more information call 861.8131
or check the website: hardygirlshealthywomen.org**

Gail Dines talks to area students about "reading the media"

Professor of Sociology and Women's Studies at Wheelock College in Boston, Gail Dines has made it her mission to educate young people about the impact of media images on their sense of



Gail Dines, her husband David and Lyn Mikel Brown at the Hardy Girls Resource Center

themselves and each other. Dines brought her powerful slide show, "Images of Men and Women in the Media" to the Williamson Center in Fairfield on Wednesday Sept. 17th. Speaking to 700 Lawrence junior and senior high

school students, Professor Dines provided a thought-provoking look at how the media desensitizes us to violence and distorts our understandings of gender. She encouraged all of us to be critical consumers of advertising and to think for ourselves. Students had a pre-lecture exercise in their classrooms to introduce the topic. After the presentation junior high students were debriefed by Colby students of Professor Mark Tappan while senior high students remained in the Center for a Q & A session. Bringing Dr. Dines to this area was a collaborative effort of Hardy Girls, the Oak Grove School Foundation, SAD 49 and Colby College. We are grateful to Dr. Dines for the in-kind donation of her time at Lawrence.

**Come Celebrate
Love Your Body Day
with us!**

**Wednesday, October 15
Noon to 6 p.m.**

Stop in anytime to check out the Center. We have a lending library filled with over 160 books, 30 videos, magazines and curricular material. All of our materials are for loan and there are resources for females and males of all ages. Come for snacks and network with other great people who share our vision of equality, independence and safety for girls and women in their everyday lives.

Snacks, door prizes and more!



Check this out!

For a mere \$5 you'll get 31 chances to win during a month when we could all use some relief from winter.

Every day during the month of January, we'll be drawing the name of some lucky winner. Prizes include gift certificates to restaurants, movies, shops and more.

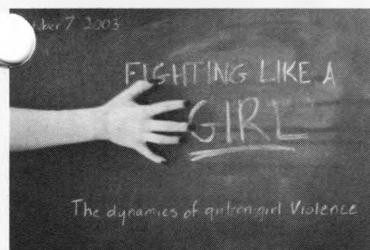
You can purchase the ticket by downloading it at

www.hardygirlshealthywomen.org

or by calling 861.8131 or picking one up at the Resource Center. They make great stocking stuffers, hostess, thank you or anytime gifts and they're so cheap you can get a couple for yourself!

Hardy Girls Out & About

In addition to our movie series and luncheon lectures, check out the other ways Hardy Girls is working to raise community awareness concerning issues affecting girls' healthy development!



October 7th

Girl gangs, powder puff hazings, girl bullies, and gun-toting glamour gals

Moderator: Liz Walker, WBZ-TV, Boston

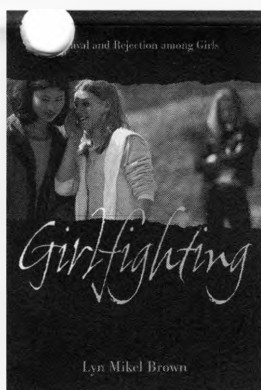
Keynote: Lyn Mikel Brown, Ph.D., author, GIRLFIGHTING

What are the roots of the current wave of girl violence? Recent studies and the media have demonstrated an increase in the incidence of girl-on-girl violence among adolescents. Are girls adapting to a violent society, acting out the violence in their personal lives, adjusting to modern-day gender roles, or redefining femininity?

The Fairmont Copley Plaza, Boston

Tickets \$10.00 Oct. 7th, 8:30 am – 11:30 am Conference

For more information: 617.368.1714



**December 12th
Book Signing & Luncheon
Lecture**

Girlfighting

by Lyn Mikel Brown

**Betrayal and Rejection among Girls
(due out in December 2003)**

For some time, reality TV, talk shows, soap-operas, and sitcoms have turned their spotlights on women and girls who thrive on competition and nastiness. And recently, popular books and magazines have turned their gaze away from ways of positively influencing girls' independence and self-esteem and towards the topic of girls' meanness to other girls. What does this say about the way our culture views girlhood? How much do these portrayals affect the way girls view themselves?

Join us at the December 12th luncheon lecture to hear more! Call 861-8131 for reservations.

'04 SCHOOL YEAR

Anti-bullying effort

Lyn and four Colby seniors, Megan Williams, Jackie Dupont, Karima Ummah, and Amanda Baer have been meeting weekly at the Resource Center to plan a curriculum for discussion groups they'll facilitate with Waterville Jr. High and Winslow Jr. High girls, part of an on-going anti-bullying effort in the schools. The groups will talk about girls' friendships, how the media represents girls, experiences of unfairness and being hurt or betrayed by other girls, cliques and popularity, and most important, how girls can support each other. The ultimate goal is to appreciate how much can be accomplished by crossing divisions and working together.

School counselors' meetings

Lyn and area school counselors gather once a month at the Resource Center to talk about issues important to girls in schools. To accommodate busy and varied schedules, meeting times alternate between the 2nd Thursday of the month at 3pm and the 2nd Friday at 8am. This is a fluid and ever-changing group, so feel free to join at any time! The next meeting is 8am Friday, October 10th. Contact Lyn at lmbrown@colby.edu for more information.



June 25-26

Jackie Mannocchi goes to Washington

Jackie Mannocchi, a planner of this year's Girls Unlimited! Conference, was one of 15 girls from across the nation chosen to go to D.C. to participate in a Dept. of Health and Human Services' focus group on girls' health. The Office on Women's Health pulled together a small working group of young women from around the US, ages 12-15 to give them feedback on young women's health needs and projects and materials that the office is developing. Hardy Girls was asked to submit names for consideration and is proud that one of the girls we suggested was picked! According to Jackie, the information gathered will be used to develop a web page and information for conferences for girls' health. You go girls!

"I liked meeting new girls from around the country, speaking our minds, getting to know who we really are and answering the question 'what do we think being healthy means'. A few things we said were 'going to the gym, running, eating right and feeling good about yourself.' Things like that!"

- Jackie Mannocchi

September 7th 10th Annual Adults and Juvenile Female Offenders Conference in Portland

Lyn joined Meda Chesney Lind from the University of Hawaii, Susan Levine and Darren Cook from Maine's Youth Alternatives/Heritage House to present an intensive afternoon workshop for the 10th Annual Adults and Juvenile Female Offenders Conference in Portland on September 7th. Over 220 people attended the workshop entitled: *Girlfighting: Developmental Aspects of Girls' Aggression—Perspectives from the Research and the Field.*

12 WAYS TO PREVENT GIRLFIGHTING AND BUILD GIRL ALLIES

1. DO YOUR OWN WORK

Explore the roots of your own anger, disappointment, jealousies; refuse to engage in slander and gossip, confront the fears and anxieties that standing up for ourselves, speaking truth to power, or feeling excluded or talked about invoke.

2. READ THE SCHOOL CULTURE CRITICALLY

Help girls read the school culture and the messages it conveys about power and privilege (who's important and who isn't) that can give them some critical distance and explanatory power so that they don't take sexist messages personally.

3. ENCOURAGE DISCRIMINATING TASTES IN FRIENDSHIPS

We need to rid ourselves of the fiction that girls should like and be friends with everyone. Encourage girls to choose people as friends who are affirming, who listen to them and treat them fairly.

4. ADDRESS GIRLFIGHTING WHEN YOU SEE IT

Talk with girls about relational and physical violence. Relational aggression has very real consequences and often precedes physical aggression.

5. ENGAGE GIRLS' ANGER AND HONE A SENSE OF FAIRNESS AND JUSTICE

Girls need guidance about how to stay clear and centered in their disagreements. They need support to stick to their convictions and to not maintain a false relational harmony.

6. FOSTER SOLIDARITY BETWEEN GIRLS, BETWEEN WOMEN, BETWEEN WOMEN AND GIRLS

Affirm girls' relational strengths and the potential for collective action and help girls identify things that they can change to make their environments better places. Model healthy, honest, committed relationships with women.

7. DEVELOP "HARDINESS ZONES" AND SAFE SPACES FOR GIRLS

Offer girls opportunities to develop ideas, to take action on issues that really matter to them, to experience the challenge of changing their schools and communities for the better.

8. QUESTION THE TRADITIONAL ROMANCE STORY

Question double standards about sexual activity and prevailing assumptions that boys only want sex and girls only want relationships, or that boys are ruled by their hormones and so it's up to girls to control them. Talk with girls about what they want.

9. DEVELOP MEDIA LITERACY

Provide girls with the language and tools to be critical of the things they watch and read and hear. Practice the four-step model proposed by Dr. Janie Ward in her book The Skin We're In:

- Read it
- Name it
- Oppose it
- Replace it

Encourage her to take a stand for fairness and justice, reinforce personal integrity and the power of acting on her beliefs.

10. ENCOURAGE HER TO PLAY SPORTS AND BUILD PHYSICAL STRENGTH

Awareness of and comfort with our bodies centers us, connects mind and body. Fully inhabiting our bodies as subjects rather than objects radically alters our relationship to the public world.

11. PRACTICE VOICE, ENCOURAGE ACTIVISM

Provide girls with different venues and opportunities to voice their thoughts and feelings: drama, debate clubs, discussion groups, book clubs, mentoring programs. Girls who appreciate that the world is bigger than the social dynamics of their school are less likely to be devastated by peer rejection.

12. TELL THE TRUTH

The truth is that there are consequences – real dangers – to taking yourself seriously and challenging the status quo. Telling girls the truth about our lives, choices, and actions helps them understand their choices, prepares them for the consequences of their actions, and reminds them that conflict and disagreement are not only inevitable but important.

For a more elaborate version of this list—20 ways!—, check out hardygirlshealthywomen.org

Sign up now! Adventure Girls between the ages of 8 and 10 (2nd-4th grade) will meet one Saturday a month for 2-3 hours of fun, adventurous and educational activities. \$100 for the series; scholarships are available. Registration limited. For more information email Lyn at imbrown@colby.edu.



Annual Report

July 1, 2002 - June 30, 2003

Operations

Income

Funders:	\$ 24,720
American Association of University Women	
Dept. of Transportation	
Mid StateMachine	
Maine Community Foundation	
Maine Women's Fund	
River Rock Foundation	
Unity Foundation	
Individual Contributors	\$ 14,350
Interest	\$ 307
Program Revenue:	\$ 11,373
Adventure Girls	
Girls Unlimited!	
Golf Tournament	
Hardy Girl Saturdays	
Luncheon Lectures	
Movie Series	
Miscellaneous	\$ 1,272
Restricted	\$ 5,748
Total revenue	\$57,770

Expenses

Staff time	\$ 25,245
Resource library materials	\$ 6,700
Space	\$ 6,600
Postage, printing, supplies	\$ 3,272
Fundraising	\$ 2,627
Programs	\$ 8,811
Equipment	\$ 1,190
Telephone & utilities	\$ 740
Internet connection & web	\$ 380
Insurance	\$ 950
Miscellaneous	\$ 1,255
Total expenses	\$57,770

Unaudited

Programs

Adventure Girls

Adventures with daring women for girls 7-9 years of age.

Girls Unlimited! Conference

Turn Beauty Inside Out! Held March 1st at Kennebec Valley Community College for girls in the fifth to eighth grades. Planned and led by Girls Unlimited! graduates.

Guidance Counselor Get-togethers

Facilitated by Lyn Mikel Brown every other month for interested guidance counselors.

Hardy Girl Saturdays

Writers Workshop with Linda Tatelbaum for girls 12-14
Garden Girls Saturday, November and March at Avena Institute
Psychic Awareness for Women

Luncheon Lecture Series

Turn Beauty Inside Out, Aileen Fortune
Creating the Life You Really Want (and Deserve!), Lynn Cole

Movie Series

Fall: *Mickey Mouse Monopoly: Disney, Childhood & Corporate Power*;
Slim Hopes: Advertising & the Obsession with Thinness; *Beyond Killing*
Us Softly: The Strength to Resist.
Spring: *Tough Guise: Violence, Media & the Crisis in Masculinity*; *Game*
Over: Gender, Race & Violence in Video Games; *Wrestling with*
Manhood: Boys, Bullying & Battering

Newsletter

Fall, winter & spring

Golf Tournament

To kick off father/daughter programming.

Co-sponsorships:

Women's Resource Center at the University of Maine & AAUW
Girls Will Be Girls? Aggression, Sexuality & Body Image
Colby College *Mars and Venus or Planet Earth? Women & Men in a*
New Millenium, Michael Kimmel

For an annual report with a complete list of contributors, give us a call.



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Fundraising Fun Facts



This year the Girls Unlimited! Conference will cost about \$10,000 not counting 250 hours of volunteer time.



Attendance at the Luncheon Lectures not only provides you with great information but also provides \$2,000 for the Girls Unlimited! Conference.



The golf tournament grossed \$12,000 and netted \$9,023. Next year we hope to double that net.



A \$6470 AAUW grant has resulted in the purchase of 166 books, 30 videos and 8 magazine subscriptions all available for lending.



We can't do this work without YOUR financial support!

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.

Name: _____

Address: _____

Phone: _____ Email: _____

____ \$15 Book for library

____ \$25 Magazine subscription

____ \$50 5 GU! Scholarships

____ \$100 5 Adventure Girl Scholarships

____ \$500 OtherMother

\$____ Other

This gift in honor of _____

Send acknowledgement to _____

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