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## Mainely Girls vol. 1, no. 13 (Winter 2004)

Mainely Girls Staff

*Mainely Girls*

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# MAINELY GIRLS

*The Source of Information For and About Maine Girls!*

## MISSION

*Mainely Girls, a state-wide, non-profit organization, was founded in 1996 with a two-part mission: to work with rural communities to assist them in focusing on girls' needs in a preventative, proactive & positive manner and to work on the state level to bring about positive change for girls.*

Mainely Girls  
Editorial Board

Mary Orear  
Theresa Rowe  
Sarah Szwajkos

*Mainely Girls is grateful for the support of Bonnie Rukin Miller which makes this newsletter possible.*

## THE 11TH ANNUAL CAMDEN GIRLS' CONFERENCE: **ONE INCREDIBLE DAY!**

*at the Penobscot Bay YMCA*

This year Mainely Girls is very pleased to partner with the Penobscot YMCA in presenting this conference in their beautiful new facility. It's a day for girls grades 6 - 12 focused on health, fitness and fun! A day for girls to start working on something positive for themselves, a day for girls to learn about physical and emotional health issues they face, and a day to try something new!

Mark your calendars and save the date: **Friday, March 12th** - a teacher workshop day in many districts, or call it a health field trip if school is in session.

As this goes to press, the details have not yet been finalized, but we'll make full use of the pool, gym, track and weightroom to offer a variety of ways to get and keep fit. The girls who are planning this also want dance, rock climbing and we're even looking into fencing! In addition, we'll offer methods to reduce stress, safe and healthy ways to lose or gain weight if you need to, fitness evaluations, fast food choices that are good for you, a question and answer session with a young woman doctor, and a discussion about eating disorders, among other things. We also hope to provide each attendee with her own pedometer, so she can gauge each day how close she comes to taking those 10,000 recommended steps to keep fit!

Not a star athlete? Most of us aren't. This isn't a competition. Wear your sweats; bring your bathing suit! The boys aren't looking — let's go for it!

You probably won't want to leave when the day is over, so the "Y" has invited the attendees to stay as long as you want.

More information will be sent to mid-coast schools in February and will also be on our web site. Space is limited to 250 girls this year, so early registration is suggested. See ya' there!!

## SPECIAL FOCUS: **EATING DISORDERS**

**Workshop:**  
*Basics & Beyond*  
*Team Treatment of Eating Disorders*

Mainely Girls' one and a half day workshop, focused on improving clinical skills in the diagnosis and treatment of eating disorders, brought together 93 Maine physicians, nurses, clinical social workers, psychologists, nutritionists, and dentists in mid-October at Pineland Farms.

A multi-disciplinary team of nationally known experts experienced at working with eating disordered patients provided training to professionals from all the disciplines necessary to create treatment teams in Maine.

Four of the workshop presenters were from The Eating Disorders Treatment Center at River Oaks Hospital in New Orleans, Louisiana and affiliated with the Tulane University School of Medicine: Susan Willard, LCSW, BCD; Catherine Varino, LCSW; Jan Johnson, RD, LDN; and Mark Roloff, LCSW, BCD. Presenters Glenn Jamison, MD, (via video), and Ida O'Donnell, LCSW, are affiliated with the New England Eating Disorders Program at Mercy Hospital in Portland, Maine. And Daniel Wyatt, MD, joined us from Klarman Eating Disorders Center at McLean Hospital in Belmont, MA.

The workshop was excellent and well received by those in attendance. Several colleges, state agencies, and private companies sent teams of people, indicating that eating disorders is not a problem that just stops when young people leave high school. In fact, several of the colleges stated that treating the number of students with eating disorders at their schools was putting an enormous strain on their health clinics.

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MARY OREAR

A list of attendees passionate about working on the prevention and early treatment of eating disorders was established, and that group will be meeting in the early winter.

This conference was made possible in part by the generous support of the Bingham Fund, the Point Harbor Fund of the Maine Community Foundation and the Maine Health Access Foundation, Inc. In addition, we owe a very special thanks to the presenters who all volunteered their time to present at this workshop.

Due to its overwhelming success and the need in our state for more clinical training about eating disorders, Mainely Girls hopes to offer it again next October at Pineland Farms. Information about this will be on our web site and in our spring newsletter.

**Book:*****When Dieting Becomes Dangerous***

Susan G. Willard and Deborah M. Michel, PhD's book, *When Dieting Becomes Dangerous*, (2003) remains the best book on eating disorders we've found. Written so simply and clearly that high school girls can understand it, yet comprehensive enough for both parents and care giving team members, it's the book we recommend to everyone who needs to know more about the topic. It defines the diseases, discusses underlying causes, and guides the reader through what is necessary for effective treatment.

Most people at the "Basics and Beyond" workshop bought one, and Mainely Girls has additional copies available for \$14 plus \$3 shipping. Let us know if you'd like one. It would be an excellent book to give to your school's guidance department and put in the school library as well. Every town's public library also should have it on the shelf.

**Yes! To Youth TV:*****Eating Disorders Television Programs***

Thanks to a collaboration among the presenters at the October "Basics and Beyond" workshop, Yes! to Youth TV, and Mainely Girls, there will soon be a series of three videos about eating disorders to be shown on Maine television and available for use in schools across the state.

The project began with some intensive learning about eating disorders by three Mainely Girls Executive Board members: Allyson Ettinger, Megan Kennedy, and Jessica McMahon. After reading books, viewing videos, and discussing the subject with others, the girls wrote the questions that Yes! to Youth would ask when interviewing experts at the October conference.

In November, the girls traveled to Portland to tape all three shows in a studio run

for and by students. Lights, camera, action, and interviews were all done by students — with Dudley Davis keeping things running smoothly.

The result: three kid-focused, kid-friendly videos that talk about eating disorders in a way kids can understand, interspersed with statements by experts gifted in the treatment of those suffering from these diseases.

Yes! TV airs in Maine on Saturdays and has an average audience of 8,000 middle and high school students. (Check your local cable television guides for channels and times.) Mainely Girls will have additional information about accessing these videos in our next newsletter.

**Talking with Students  
*About Eating Disorders***

In November Mainely Girls traveled to the "Maine Youth Making Waves! 20th Annual Peer Leadership Conference" in Bar Harbor to talk with student activists about eating disorders and what they can do to address this issue in their schools.

During the discussion it became clear that some girls felt caught in a double bind: they really were ten, twenty, thirty or more pounds overweight but were now told not to diet as it could lead to an eating disorder. What to do?

In addition to increasing their amount of exercise to the 30 minutes or so recommended daily, I suggested that they join a program such as Weight Watchers which teaches people what they need to eat to be healthy, about portion control, and how to establish healthy eating habits for life.

Congratulations to the Maine Youth Action Network for organizing such an outstanding activist-producing event! The enthusiasm and good will of all those involved was heart-warming, and the topics covered of vital importance. If your school or organization didn't send students last year, make certain to do so next November!

**Still Talking...**

Mainely Girls also spent a day on Islesboro, talking to 8th graders about eating disorders prevention, leading a discussion with 9-12th graders about the video, "What a Girl Wants," and leading a discussion of both topics with parents that evening.

Additionally, we have been invited to speak about eating disorders with sophomores at Morse High School in Bath this March.

Through talking to student groups, we've learned that there is little clear understanding of

the complexity of eating disorders. As 90% of the cases of these diseases start during the middle and high school years, it is imperative that we increase prevention education and increase the ability of schools and parents to recognize the early signs and move immediately to get appropriate treatment.

## Damariscotta World Premier:

### The Girls' Project Video

On Sunday, November 23rd Atlanta filmmaker, Linda Bair, met with girls and women at the Skidompha Library in Damariscotta to view her reality-based, educational video.

Over the past year, five teenage girls from Atlanta have interviewed high-profile dancers, playwrights, musicians and painters in Atlanta and New York whose works deal with issues affecting girls and women. The girls talked openly with the artists about messages in their art, and topics included standards of beauty in the media, eating disorders, the expression of anger, the power of following one's instincts, and personal choice.

The production uses three-cameras, one which was operated by the girls as they recorded their experiences. "At first the girls were afraid to be themselves in front of the camera. Giving them a camera and making them part of the process made all the difference in the authenticity of the program." In a nod to reality-TV, an extra camera kept rolling to record the girls' reactions to the interviews, long after the interviews were over.

"By looking closely at the messages in the art, the girls learned about socio-cultural standards that have shaped how they feel about who they are. We are challenging girls who watch this program to look critically at these factors in our society."

The audience was captivated by the video, and inspired by both the process and the product.

Linda is now back home in Atlanta, working on lesson plan guides to be used with girls' groups and in school settings. She can be contacted at (404) 733-6100.

The video premier was one of several events for and about girls that has been organized or promoted by a group of Damariscotta women — Nancy Ault, Mary Auslander, Lane Kalloch and Maryrae Means — in conjunction with Mainely Girls.

This work is supported through a grant from The Bingham Fund. We also thank Linda Bair who volunteered her time and flew up to participate!

## Remembering... A GIRL'S FRIEND

by Mary Orear

It is with sadness that I write of the passing in late November of Jane Johannson. Many newsletter readers will remember her as the visionary who started Oystercatcher because she had a dream to provide young Maine women who had lost or never been given any reason to believe in themselves an opportunity to discover their potential through going on safari in Africa. Jane's wish was to "show these girls that, indeed, the world is their oyster."

When Jane first shared this dream with me, I nearly tried to dissuade her from what seemed to me an almost impossible undertaking. But Jane's passion for this project and her commitment to girls made me stifle my protests and instead cautiously advise that it would be an enormous amount of work and ask what I could do to help. Jane got busy.

A Mainely Girls' newsletter celebrated Jane's incredible success in the cover story in the summer of 2001, complete with a photo of some of the few remaining African Bushmen and another of a lion. That spring Jane and her husband, Eric, had led a two-week expedition to Africa with eight girls from Madison, Maine, and six adults. Of that trip Jane wrote, "...I knew I was doing the right thing. I was in the right place and so were the girls." and "Each day...we fully loved our lives. They became my girls and I finally, after almost forty years, learned unconditional love."

Jane and Eric later led a second group of girls to Africa to work with Habitat for Humanity.

Reflecting on the first trip, Jane wrote, it "was a gift given to each of us for a lifetime." Though Jane is no longer here with us, the girls and women who traveled to Africa with her are carrying Jane's gift with them into the world. They are the Oystercatchers — they know the world is their oyster, and they will have Jane's legacy with them throughout their lives. We hope they will use their legacy from Jane and pass it onto other girls.

I greatly admired Jane — her vision, focus, determination, selflessness, and vulnerability. She taught me many lessons about dreaming big, and then dreaming even bigger. About learning to ask not only for what we need, but for what we want. I miss Jane both as a colleague and as a kindred soul.

We offer our condolences to Jane's family and many friends. We are grateful for the donations made to Mainely Girls in her honor and memory.

## SEVEN SISTERS DOWNEAST

A cold day in November found Mainely Girls Board co-chair and Vassar graduate, Ellen Wells, and Mary Orear in Orono, talking with members of Seven Sisters Downeast about Mainely Girls' advocacy, education and programming for and about girls in rural Maine. At their semi-annual meeting, this group of exceptional women welcomed the information and offered support for our organization. We are grateful to Smith graduate, Sarah Szwajkos, who contacted the Seven Sisters group, and Judy Beebe who invited us to the event.

## 3RD CANOE EXPEDITION

For 10 Maine Girls ages 14 to 17

June 25 - July 17, 2004

*Scholarships Available*

The Chewonki Foundation is offering a three-week canoe expedition for adolescent Maine girls. The program aims to increase girls' self-confidence and leadership skills, while deepening their knowledge of Maine's cultural history and ecology. The ten participants first gather on a spring weekend to make their own wooden canoe paddles in Chewonki's woodshop.

In June they begin their adventure down 150 miles of northern lakes and rivers and 500 years of Maine history. Native American portage trails, remnants of logging camps, and 19th century farms are brought to life by story-telling residents. Women foresters and biologists meet with the group to talk about the magnificent, ever-changing ecology of the region.

Throughout the expedition, there is time for personal reflection and group discussions. Leadership skills are practiced in the context of a supportive community and each participant has the opportunity to become a competent woodswoman by the time the canoes come ashore in Allagash Village.

The expedition ends with a Final Celebration where family and friends congratulate the voyageurs and listen to their stories.

Before the trip begins, each girl is paired with a woman mentor from her home community, and they meet regularly throughout the following school year. With this long-term support the girls reflect on their summer experience and contemplate important life decisions.

In the fall the girls reunite to give a public slide presentation about their journey.

Wilderness camping and canoeing experience is not a prerequisite. The most important criterion for acceptance is the girl's desire to participate fully in the program - to challenge herself physically, mentally, and socially. Substantial scholarships are available - last year all scholarship needs were met. Financial aid may be requested using the application materials which can be downloaded from: [www.chewonki.org/Pages/Chewonki\\_Camp/woodcove](http://www.chewonki.org/Pages/Chewonki_Camp/woodcove). Applications are reviewed on a rolling basis from December 1, 2003 until spaces are filled. Though applications are encouraged to be sent by **February 1st**, there may be spaces available after that date. For more information, contact Kirstin George ([kgeorge@chewonki.org](mailto:kgeorge@chewonki.org)), or Phoebe Hazard ([phoebehazard@yahoo.com](mailto:phoebehazard@yahoo.com)), Project Coordinators and Expedition Leaders or Camp Registrar, Ginny Freeman, at 207-882-7323 x11.

## 8TH ANNUAL GIRLS DAY AT THE STATE HOUSE

The Maine Women's Policy Center is hosting its *8th Annual Girls Day at the State House* on Thursday, **March 18, 2004**. *Girls Day at the State House* is an opportunity for seventh and eighth grade girls from across the state to learn first-hand how our state government works, the important role that women play, and how young women can have a voice on issues they care about. They are looking for men, women and girls of all ages to become a part of Girls Day and are particularly interested in elementary and high school volunteers to help plan this year's event. Call 622-0851 if you would like to become involved. If you know of a girl who would like to attend the Day, please contact your local school's guidance counselor.

## KIEVE OCEAN TERM

### SEMESTER PROGRAM FOR SOPHOMORE GIRLS

Kieve Affective Education (a nonprofit educational corporation in Nobleboro, Maine), is now accepting applications for *Kieve Ocean Term*, a semester school that will serve 32 sophomore high school girls offering them a curriculum focused on marine science and technology. The program will be located at The University of Maine's marine research facility, the Darling Marine Center in Walpole, 15 miles from Kieve. The first class will be the fall of 2004.

*Ocean Term's* mission is to provide young women an inspirational experiential learning experience that engages them in scientific inquiry, leadership, critical thinking, problem solving, and environmental stewardship, and encourages them to continue in science, math and technology as they frame their educational and career aspirations for the future.

This translates into a seven day schooner experience along the Maine coast, a mentoring program connecting college-aged women with *Kieve Ocean Term* girls, and participating with science researchers in the state on hands-on projects that are real, feasible and on-going. In addition, some dynamite scientists will be brought in as part of the "Scholars in Residence" program, and other wonderful role models as part of the "Guest Lecture Series." (Every time we get a mailing about this program, we get more excited about it!)

Kieve is **accepting applications now** for the first semester of *Ocean Term*, beginning in the fall of 2004. Girls from public and independent schools are encouraged to apply, and schools interested in sending students are encouraged to contact Kieve. For more information, visit the web site at [www.kieve.org](http://www.kieve.org) or call (207) 563-5172.

## OPPORTUNITY FARM FOR GIRLS!

Opportunity Farm, long an option for at-risk boys who would benefit from a home away from home, now has a wonderful new home for girls, and they are accepting referrals. If you know of a girl who would benefit from this residential program, please contact the organization at 926-4532 or visit their web site at [www.opportunityfarm.org](http://www.opportunityfarm.org).



## MAINE YOUTH SPEAK OUT AGAINST BULLYING

At a recent Maine Youth Action Network conference, Lelia DeAndrade was the conference keynote speaker, helping attendees see the devastating impacts of bullying. Leila is with The Center for the Prevention of Hate Violence (CPHV) which presents all across Maine, working to create safe environments in which all people are treated with dignity and respect. They are another available source of information for those addressing bullying in Maine schools. They can be contacted at [cphv@usm.maine.edu](mailto:cphv@usm.maine.edu).

### *New Moon Publishing & GLSEN Announce* **NO NAME-CALLING WEEK**

New Moon Publishing and the Gay, Lesbian and Straight Education Network (GLSEN) in conjunction with Simon & Schuster Children's Publishing and over thirty other partners, are pleased to announce a new initiative called "No Name-Calling Week." During the week of March 1 - 5, 2004, schools serving grades five through eight across the nation will be asked to take part in a week of education activities aimed at stopping name-calling and verbal bullying of all kinds. Former NFL player and activist Esera Tuaolo has been tapped to be the official spokesperson for this week-long event.

"No Name-Calling Week" seeks to focus national attention on the problem of name-calling in schools and to provide students and educators with the tools and inspiration to launch an on-going dialogue about ways to eliminate name-calling in their communities. A resource guide with lesson plans, a video for classroom use and other promotional materials will be available for educators to assist in facilitating the week's activities. Although the project is targeted at grades five through eight - years when the problem of name-calling is particularly acute - the concept can be easily adapted by students and educators at other grades. For more information on this week-long event, visit [www.NoNameCallingWeek.org](http://www.NoNameCallingWeek.org).

The "No Name-Calling Week" project was inspired by *The Misfits*, a novel written by popular author James Howe and published by Simon & Schuster Children's Publishing. The novel tells the story of a group of seventh grade friends that, after repeated taunting based on weight, height, intelligence and sexual orientation/gender expression, decide to run for student council on a platform aimed at wiping out name-calling of all kinds. Although they lose the election, the message wins out and the principal backs their call for a "No Name-Calling Day" at school.

About New Moon Publishing: *New Moon: The Magazine for Girls and Their Dreams* is the winner of six prestigious Parent's Choice Foundation Gold Awards for "Best Children's Magazine." This imaginative, intelligent, and girl-created publication brings girls' voices into the public arena. The Girls Editorial Board, comprised of 15 girls ages 8-14, chooses the topics, themes, stories, features and interview subjects for New Moon Magazine departments. New Moon is a registered trademark of New Moon Publishing. Their web site: [www.newmoon.org](http://www.newmoon.org)

### **NATIONAL SPOTLIGHT ON EMERGENCY CONTRACEPTION**

*From Maine Women Online, a publication of the Maine Women's Policy Center & Maine Women's Lobby.*

Access to Emergency Contraception (EC), often referred to incorrectly as "the morning-after pill", is being decided at both the national and state level in the next few weeks.

On the national level, the Food and Drug Administration will decide probably in February whether to make Plan B, a type of emergency contraception pill, available without a prescription. Advocates for increased access to this method of pregnancy prevention say it is safe and effective

At the state-level, the *Act to Authorize Collaborative Practice for Emergency Contraception* (LD 1152) has passed out of committee 9 - 4 and will go to the House and Senate for a vote in late January or February. This bill allows pharmacists to both prescribe and dispense emergency contraception.

Because EC is most effective in the first twelve hours, increased access is critical to preventing unintended pregnancy and the need for abortion. Five states currently allow pharmacists to dispense EC without physician contact. Health experts estimate that more than half of the 3 million unintended pregnancies that occur annually could be prevented by the use of emergency contraception (EC). It can be assumed that many of these pregnancies happen to girls.

If you are interested in helping Maine girls and women access EC, email [MWomenL@aol.com](mailto:MWomenL@aol.com).

### **TITLE IX: UNCHANGED!**

In our last newsletter, we urged you to contact several politicians to stress that we wanted Title IX to remain as it has for decades — banning sex discrimination and maintaining girls' and women's athletic opportunities.

The Bush Administration's Title IX decision left the law as it has always been!

Thank you to everyone who called or wrote, and especially to those who helped girls do so.

## THE GIRLS ACTION GROUP

In December five members of The Girls Action Group met with a dozen Longcreek Youth Development Center administrators and staff for a preliminary discussion about how to establish separate educational classes for girls at what was formerly the Maine Youth Center. This goal has long been recognized as being in the best interest of both girls and boys.

Though accomplishing that ultimate goal will take time, several immediate actions resulted from the meeting. New GAG member, Karen Saum, has contacted the Literacy Volunteers of Maine to establish a reading program at Longcreek. She has also written a grant requesting funding for a very successful gender-specific program for girls which stopped being offered when Lauren Webster, the program's director, completed her internship. GAG has also submitted a grant to fund a trauma release program for girls at Longcreek.

### CONFERENCE RESCHEDULED:

### UNLOCKING THE CLUBHOUSE

### *Bridging the Gender Gap for Girls and Women in Computing*

Friday, May 7, 2004



If this headline looks somewhat familiar, it should. This conference, formerly scheduled for last October, has been rescheduled for May. By shifting the conference to the spring, in addition to reaching middle school educators, we hope to involve high school teachers who will be welcoming those tech savvy laptop students to their schools next fall.

As Maine enters the third year of "the laptop initiative," it is imperative that educators at middle and high school levels learn how to engage girls fully, deeply and effectively in technology. Thanks to the visionary Maine Learning Technology Initiative, the computers are available. Now Maine needs to learn how to level the technological playing field. We believe Maine educators at all levels are ready and see the need to understand how they can empower the girls.

"Though today women are surfing the web in equal proportions to men, and women make up a majority of Internet consumers, few women are learning how to invent, create, and design computer technology. In the nation's research departments of computer science, fewer than 20% of the graduates are female. Fewer still enroll in high school programming or advanced computer science classes. Despite the relative youth of the computer industry,...women have lost ground in the world of computing." Unlocking the Clubhouse: Women in Computing (MIT Press 2002)

Now is the time to face the challenge of reducing the gender gap in computer technology. Maine CAN become a community with an equal number of women and men offering their perspectives and priorities to inform the development of computing innovations and their use, and reaping a fair share of the financial rewards.

The dynamic team of keynote speakers at this educational conference will be Jane Margolis, a social scientist, and Allan Fisher, a computer scientist and educator, the authors of Unlocking The Clubhouse: Women in Computing, quoted above. Jane and Allan will address a state-wide audience of educators – faculty members, curriculum coordinators, guidance counselors, technology coordinators, technology integrators, media specialists, administrators, and others interested in computers and related to technology — middle school through graduate school — who are in positions and have the desire to act as agents of change in Maine schools, colleges, and universities.

Attendees will hear about Jane and Allan's research at Carnegie Mellon School of Computer, between 1995 and 1999 when they studied how the technology gender gap develops; and then enacted educational reforms which made a dramatic difference. (The percentage of women entering the School of Computer Science rose from 7% in 1995 to 42% in 2000.) In addition, they will discuss the Carnegie Mellon Summer Institute for Advanced Placement Computer Science Teachers, which provided gender-equity instruction that resulted in increased numbers of girls taking high school computer science courses.

In the afternoon, Laura Allen, CEO and President of Vision Education in New York City, and Gabrielle Gallucci, national coordinator of the YWCA TechGYRLS program and after school clubs, will discuss differences in the ways girls and boys learn, absorb and engage with technology, and how to structure work with girls and young women so it's effective and meaningful.

The third session is Tech Industry Leaders: Swimming Upstream — a panel discussion by women who have made it in technology, moderated by Elizabeth Reuthe.

The conference will be in Portland, and registration forms will be available at our web site in February. Space is limited, so if you know that you wish to attend, please e-mail us **immediately** so we can reserve a space for you. As always, we encourage people from the same school to attend in pairs or as a team.

This conference is made possible in part by the sponsorship of the Maine Department of Transportation, the Maine Women's Fund, and the U.S. Department of Labor Women's Bureau.

## CONTRIBUTORS

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Corallie H. Murray  
Bridget Paddock  
Susan Peabody Love  
Julianna Pfeiffer  
Judy Powers  
Michael Pribyl  
Cathy Plourde/ ADD VERB Productions  
Peter and Ricardo Quesada/ Fore River Foundation  
Vicki Norton Remsen  
Eve Richardson  
Lisa Rideout  
Marilyn Moss Rockefeller  
Michael and Dianne Rowe  
Lisa Satchfield  
Karen Saum  
Diane Schetty  
Elaine Seckas  
Kim Simons  
Jennifer Southard and Ed Suslovic  
Meema Spadola  
Brenda and Jory Squibb  
Sarah and Robert Stein  
Catherine Steiner-Adair  
Lindsay Stewart  
Ann and David Swanson  
Sarah Sz wajkos  
Angela B. Thibodeau  
Yvonne Thomas  
Joan Tilney  
Nikita I. Treichler  
Cynthia Vohringer  
Peggy Watson  
Sheryl and David Whittier  
Lucy Williams  
Alexandra Wolf Fogel  
Edward Zanca  
Lucinda Ziesing  
Georgia and Bill Zwartjes

*We wish we may, we wish we might, have the wish we wish tonight...*

- 1) A digital camera to take photos for our newsletter.
- 2) Someone to help with grantwriting - either authoring or editing grant proposals.
- 3) Someone who is on Midcoast Internet and can manage our web site.
- 4) A second Mac computer for our office.

## HEARTS & SOUL TO BENEFIT MAINELY GIRLS & OTHER YOUTH PROGRAMS

*Chase away what's left of winter with an evening of traditional Celtic entertainment at the Camden Opera House on Saturday March 6th! The evening will feature storytelling, music by The Rocky Bay Pipe and Drum Band, and the dance group, The Highland Soles. The groups include many young people from Maine and is great entertainment for the whole family. Tickets are \$20, or \$25 at the door, if any are still available. They can be purchased from Harbor Audio-Video in Camden, The Second Read in Rockland, the Green Store in Belfast and Village Soup. Doors open at 6:30 and the fun starts at 7:00. Proceeds will benefit local organizations that provide kids with hand-on learning experiences such as the Audubon Expeditionary Institute, Mainely Girls and Youth Links.*

## DO YOU WISH YOU COULD DO MORE?

We're all aware that donations to non-profit organizations have been down these past few years. While many people wish they could do more to financially support their favorite organizations, they simply cannot. While Mainely Girls continues to welcome financial contributions, we also recognize that there are many other ways to contribute. Perhaps you love to throw parties? Consider putting together a benefit bash in your community to support the many projects of Mainely Girls. Do you have a special skill or talent others would like to learn? Consider teaching a class and donating the proceeds to Mainely Girls. Have an idea for a speaker and luncheon and are willing to help make it happen? Give us a call. How about hosting a house party to tell others about the organization? You're not limited by your checkbook. Use your imagination! We have a special event we may be pursuing in the next few months. If you are interested in contributing in any of the above ways, contact Mainely Girls at [megirls@midcoast.com](mailto:megirls@midcoast.com) or 230-0170 to volunteer today.



## Membership Form

Yes, I would like to support Maine girls, the women they will become and the families many will raise by becoming a member of Mainely Girls! Members will receive the Mainely Girls newsletter which comes out three time a year.

\$10 (girls)    \$20    \$35    \$50    \$100  
                  \$250    \$500    \$1000    \$5000

Please make your tax-deductible contribution payable to Mainely Girls and return it with this form to :

**Mainely Girls, 69 Elm Street, Camden, ME 04843**

**For our records, please fill out the following:**

Name.....

Address.....

City.....State.....Zip.....

**Please send my friends the Mainely Girls newsletter:**

Name.....

Address.....

City.....State.....Zip.....

## mainely girls board news

As autumn turned to winter, Sarah Sz wajkos realized that juggling **THREE** part-time jobs and serving on the board for Smith College in Maine was just too much! Sarah made some major changes and one result is that she is now working in the office on a voluntary basis.

Sarah provided us with some much-needed and complementary skills that will be greatly missed. As part-time Assistant Director of Mainely Girls, Sarah possessed technical design expertise that allowed us to produce more sophisticated brochures, mailings, and the newsletter, which we were able to print for the first time in house because of Sarah. During her time with us, Sarah also designed and implemented the Girls' Night Out Program that was so well received by incoming 9th grade girls and their mothers. In addition, she helped organize three conferences as well as raise funds for a variety of projects. (And remember, Sarah did all this in only six months, working part-time, while carrying two other jobs!)

We are very grateful for your help, Sarah, and will take you up on your offer to continue helping out in the upcoming months!

Mainely Girls' Board Members Casey Heard and Lindsay Stewart both announced their engagements in the past few months. Best wishes to you both!

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 wish to receive  
 this newsletter,  
 please e-mail us  
 to let us know.  
 .....

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