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Spring 4-1-2005

## Mainely Girls vol. 1, no. 16 (Spring 2005)

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 and positive manner and to work on the state level to bring about positive change for girls.*

## "IN HER OWN IMAGE" – An Art Auction Benefit

From July 15th through July 23rd, the walls of the elegant Wellness Center at 69 Elm Street in Camden will be covered with the artwork of some of Maine's leading artists.

Yes, it's that time of year again: time for our 2nd Annual Art Auction! Proceeds will help raise the necessary capital to fund the organization's many projects, all designed to help girls grow into strong and confident women.

The auction is not only a useful fundraising tool, but also a project in its own right. Last year, we encouraged artists to donate art that presented alternatives to the limited, sexualized images of girls and women so prevalent in our culture.

The result? A vibrant, diverse celebration of girls and women in all their complexity and fullness. We hope to recreate that celebration this summer.

While we will be featuring works that reflect the lives of girls and women, other subject matter is most welcome and will be widely represented. The members of this year's Art Auction Organizing Committee, Hilary Harwood, Jennifer McIntosh, Kelly Jackson, and Lolly Mitchell, are knowledgeable, talented women, well-versed in Maine art, and they have assembled a collection as diverse as Maine girls. The art includes framed works on paper, sculpture, pottery, blown glass, fabric, and multi-media pieces. We are very grateful to those whom we possessively think of as "ours," artists who participated last year and are donating their work again. And we welcome many others who are "new" to our auction but well-known to art enthusiasts throughout the state and country.



Image: Nikki Shumann

## What About the Girls?

This year's Organizing Committee is also committed to displaying the works of a few exceptional young female artists from our area...the up- and-coming "next generation."

## Peruse the Art

We invite you to attend our Preview Party on Friday, July 15th, from 5 to 7 PM at the Wellness Center. The art will be left on display through July 22nd, from 10 AM to 4 PM, and absentee bid cards will be available. We hope that you'll find time to stop by, say hello, and peruse the artwork.

## Have Fun

## Support Girls

## Take Home an Art Treasure

Three good reasons you'll want to return to the Wellness Center on July 23rd for the reception and silent auction, from 5:30-6:30 PM, and the live auction, from 6:30 to 8, presided over by the bodacious Kaja Veilleux. Back by popular demand are some wonderful girls from our area who will be holding the art at the live auction.

\$15.00 per person includes hors d'oeuvres, drinks, and a bidding card for some exciting and exceptional art.

Mainely Girls is beginning its tenth year of pioneering efforts on behalf of Maine girls. We are looking forward to continuing many exciting projects, including organizing the 13th Camden Girls' Conference, co-chairing the Eating Disorders Work Group to improve the prevention and treatment of eating disorders in Maine, and championing gender-specific programming for girls at the Long Creek Youth Development Center. Please support this important work by joining us at our 2nd Annual Art Auction!

## IN THIS ISSUE

AUCTION INFO CAMDEN GIRLS' FESTIVAL FULL OF OURSELVES PROGRAM FOR GIRLS GIRL TO GIRL  
A GIRLS' POINT OF VIEW DOES CHOCOLATE EATING DISORDERS LONG CREEK NEWSLETTER POLICY

## MAINELY GIRLS

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Here's a partial listing of the many outstanding artists who have already donated!

Angela Adams

Lois Anne

Melonie Bennett

Gideon Bok

Meghan Brady

Kalla Buchholz

Paul Caponigro

Jennifer Chiarell

Cindy Cross Alvin

Squidge Davis

Christina DeHoff

Kate Fitzgerald

Kate Fraser

Vicki Fraser

Rebecca Goodale

Marji Greenhut

Brent Hamilton

Jennifer Hughes

Monica Kelly

Tim Lawson

Noah Magro

Jim Mitchell

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Elizabeth O'Haverty

Patty Olds

Danica Phelps

Alison Rector

Sylvia Reed

Liv Kirstin Robinson

Susan Sanders

Patricia Shea

Kitty Smith

James Strickland

Barbara Sullivan

Sarah Szwajkos

Nellie Taft

Lynn Travis

Susan VanCampen

Amy Wilton

Deb Winship

Dudley Zopp

In addition, signed, limited edition prints of Nikki Schumann's wonderful collage, which Bill Royall generously made available to us for our poster, will again be available for purchase.

### How Stella Got Her Groove Back

By Megan Kennedy

So, how *did* Stella get her groove back? More than likely, she recovered it at yet another Incredible Day at the Penobscot Bay YMCA!

On March 18th, the 12th Annual Camden Girls' Festival was *the* place to be for 204 girls from thirty schools around Maine. On the morning of the 18th, Jess McMahon, Allyson Ettinger, some other volunteers and I found ourselves pouring juice for all 204 of those girls. Once they'd arranged themselves at tables or in clusters on the floor, we volunteers had a chance to talk amongst ourselves and watch the goings-on.

The gym was full of laughing, smiling girls, all enjoying delicious bagels from *The Bagel Café*. However, two forlorn faces stood out in the crowded gym: two girls, sitting at a table by themselves, picked at their bagels and stared at the wall. We all noticed them, but Jess was the first to say something. "Hey, see those two girls over there? They don't look very happy. One of us

should go mingle." Allyson and I agreed. Jess shrugged and promptly left the juice table to "mingle."

Allyson and I watched the scene as surreptitiously as we could. Jess walked over, sat right down, and started talking. From what we could see, the girls said two words for every fourteen of Jess's, but she kept on smiling and asking questions.

When Jess came back, Allyson and I asked her how it went. "I don't know," she said. "They didn't say much. Oh well."

"Yeah," I said, "at least you tried." We had to smile as we watched at least two adult volunteers casually walk over and start talking to them; it seemed as if everyone had noticed these two! Soon, however, we lost sight of them in the crowd of girls shuffling and skipping down the halls to the Community Room to hear Mary speak.

After I helped clean up, I went to my only session of the day: belly dancing with Patti Luchetti. To my surprise, one of the girls was in my session! I made a mental note to watch this girl: maybe the lively Middle Eastern drumbeats would enliven her.



Allyson Ettinger, Jess McMahon, Megan Kennedy

Well, this isn't a movie: the session didn't end with the girl dancing wildly in the center of a circle of a dozen girls clapping to the beat. I did notice, however, that she wasn't any less hesitant than the rest of us. And was that a pleased, cautious smile on her face as she chose a skirt, red sparkles in one hand and purple satin in the other?

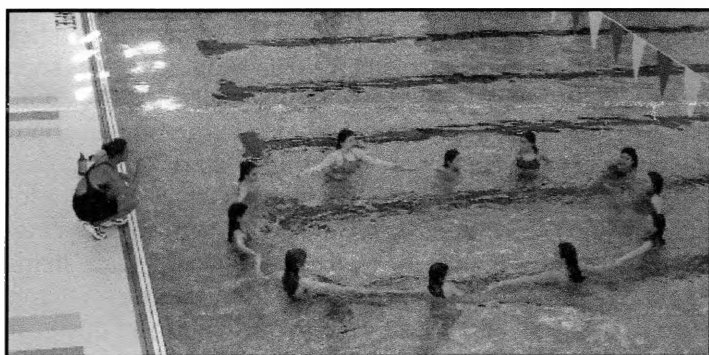
I left the session curious as to where the girl would go next. However, I had volunteer duties to attend to, and in the whirl of setting up, handing out and cleaning up, I forgot about the girl and her friend—until the end of the day, that is, when a good number of girls were hanging out at tables in the gym. Allyson, Jess and I spotted the two of them at the same table they had been sitting at that morning. They were staring at the wall and not talking, the same as before. Jess was about to cross the room to ask them about their day, but another volunteer got there first.

We watched as the two girls smiled shyly in response to the woman's questions. They held up their registration brochures and pointed at the names of the workshops they attended. They started talking, and soon they were gesturing, laughing and interrupting each other, telling stories about the day. Jess, Allyson and I looked at each other in disbelief. Were these really the scared, nervous girls from this morning?

Watching these girls talk loudly and confidently was especially exciting, since the theme of the conference this year was self-esteem: what it is, how to get it, and how to keep it. For me, this year's theme was a kind of celebration of all twelve of our past conferences, because every one of them was about self-esteem in some way. Expressing yourself through the arts, learning how to take care of your body, respecting yourself in relationships: if you have a strong, healthy sense of self, every aspect of life is enriched. Every year, girls have written comments like these in their evaluations:

*It really helped me feel better about myself!  
I had the best time of my life. I can't wait to come back!  
I haven't felt this good about myself in a long time.  
This experience was worth a lifetime.*

Of course, without our sponsors, the 12th Annual Incredible Day would not have been possible. We would like to thank Knox County Coalition Against Tobacco, United Midcoast Charities, The Excellence in Education Committee of the MBNA Foundation, Planet, The Bagel Café, and the generous financial donations of many community members, as well as volunteers. We would also like to thank all the conference presenters for sharing their time and expertise with us. And a big thank you to the Penobscot Bay YMCA for the use of their beautiful facility. Thank you all for your dedication to Maine girls!



### Full of Ourselves

#### Advancing Girl Power, Health and Leadership

On the same day of the girls' conference, thirty-eight women gathered at the Rockport Opera House to be trained in the program *Full of Ourselves: Advancing Girl Power, Health and Leadership*. The goal of *Full of Ourselves*, a program designed by Catherine Steiner-Adair, Ed.D and Lisa Sjostrom, Ed.M, is to sustain girls in their mental, physical and social health. Lisa Sjostrom led the training, summarizing the curriculum and offering tips on how the women could start *Full of Ourselves* groups in their schools and communities. The women, hailing from twenty-four different towns and twenty-seven schools and organizations, left excited and inspired to start using their newfound expertise. Here are some of their thoughts about the day:

*The content was phenomenal!  
Very appropriate and user-friendly.  
I can't wait to start a group!*

*The Full of Ourselves program is terrific and looks to be the perfect project for our girls.*

*The whole presentation of the curriculum was great.*

The eight-unit curriculum contains core and supplemental activities that give girls a framework for discussion and reflection. The adult leader acts as a guide as the girls make meaning from the topics presented.

**Unit One, *Full of Ourselves***, introduces girls to the core ideas of the program. In our society, a woman who is "full of herself" is considered stuck-up and haughty. Girls reinvent the phrase so that "full of yourself" means that you know and value who you are.

In **Unit Two, *Claiming our Strengths***, girls recognize valuable qualities in themselves and others. The girls construct a "tree of strength" where they write down the names of five women they admire and the traits that make them unique and powerful. Then girls add their own names to the tree of strength, along with talents and qualities they value in themselves.

**Unit Three, *Body Politics***, considers the ways girls' bodies change in adolescence, identifies "weightism" as a form of prejudice, and dispels common myths about body fat. By the end of the unit, girls are asked to become "social scientists," and to be on the lookout for weightism and myths about fat and weight in the world around them.

In **Unit Four, *Standing Our Ground***, girls take the social awareness gained in unit three one step further by learning how to intervene on someone else's behalf through fun and realistic skits and role-playing. Girls get the chance to think about how they would react if they saw someone being harassed or excluded because of their weight.

The goals of **Unit Five, *Countering The Media Culture***, are to identify unrealistic and unhealthy messages about "beauty" in the media and to give the girls the opportunity to redefine "beauty" for themselves.

In **Unit Six, *Nourishing Our Bodies***, girls learn how to make healthy, nutritious choices on their own behalf, and how to distinguish between "dieting" and having a healthy diet.

**Unit Seven, *Feeding Our Many Appetites***, explores all the many "hungers" we feel in addition to hunger for food. These include emotional, intellectual, and spiritual hunger. Girls learn how to determine which "hunger" they are feeling at any particular moment and to share ideas about how to satisfy different kinds of appetites.

In **Unit Eight, *The Power of Healthy Relationships***, girls talk about how the healthy connections in their lives, with themselves and others, are rejuvenating and indispensable aspects of overall well-being. They also analyze how "popularity" affects relationships, and they practice conflict resolution. Since Unit Eight is the last unit, girls pledge to apply the *Full of Ourselves* principles in daily life and also revisit session highlights.

This summary is just scratching the surface! The *Full of Ourselves* curriculum is full to bursting with fun and interactive exercises to do with the girls, helpful tips, and real-life quotes and stories from women who have already led the program. The curriculum is well organized and easy to read. We encourage any woman who is interested in starting a *Full of Ourselves* group in her community to order a copy. The curriculum will be published by Teachers College Press at Columbia University and is coming out in late October 2005.

Mainely Girls is very grateful to the MBNA Excellence in Education Foundation for the financial support which allowed us to provide this training. In addition, we are grateful to the Knox County Fund of the Maine Community Foundation for a grant which will allow Mainely Girls to provide ongoing support to the communities that are offering the *Full of Ourselves Program* in the coming year. If you'd like more information, please contact Mainely Girls.

### The Belfast Girl-to-Girl Mentoring Program

*Girl-to-Girl* started in 1997 at the Troy Howard Middle School in Belfast, and has just completed its 8th year! Its premise is that all girls should be recognized, listened to and valued for who they are. Unfortunately, when girls do not express their individuality in obvious ways, i.e. achievement in sports or academics, they can become invisible.

The *Girl-to-Girl Mentoring Program* pulls girls out of the shadows, and in a supportive, fun environment, provides middle school girls with the opportunity to try new and challenging activities that will widen their horizons and give them newfound confidence.

This past year, there were fifteen girls and eight women in the program. Several of the women were professional artists, and the program made the most of this by offering activities that allowed the girls to explore their hearts and minds through artistic expression. Creating art on their own or working with talented, creative women in the community, they:

Made cornhusk dolls in the fall

Explored holiday crafts

Hosted Beverly Mann, a performance artist/mask maker

Sang with Jennifer Armstrong, a musician and storyteller

Danced to African drums with Lisa Newcomb at the Belfast

Dance Studio

Here's what one girl who participated had to say about the program:

*"Here at Girl-to-Girl, middle school girls are allowed to be able to express themselves. While you are at Girl-to-Girl, you can have so much fun by doing arts and crafts and you can grab a bite to eat. After Girl-to-Girl we close with a Goodbye Song! I would suggest you go."*

And a past mentor shares her experience:

*"The girls told me it was fun, made them feel special, and they are already asking when we'll be doing it again. Several parents told me that it really meant a lot to their girls. It's amazing what an hour or two can do to support these future women of our community! I think some students will continue remembering this time long after we have probably forgotten it."*

I

If you'd like to join the program next year as a mentor, or you know a girl whom you'd like to encourage to attend, please contact Mainely Girls.

*Girl-to-Girl* has been funded primarily through a grant from United Midcoast Charities and a few smaller efforts. The program has never been funded at the level that would allow participants to do all they could and would like to. Mainely Girls wants to help *Girl-to-Girl* triple their funding for next year. If you wish to support this Belfast girls program, please use the membership form in this newsletter

and indicate on the form, "*For the Girl-to-Girl Program.*" We need to raise an additional \$1000 to give the girls and this program the funding they need and deserve.

We hope that *Girl-to-Girl* will keep bringing girls out of the shadows and into the sunshine for many years to come!

### A Girl's Point of View Does Chocolate

By Susan Dempster

*Susan came up with an ingenious idea for raising money.*

*Here's how they do it on the island!*

"What can I get for these award-winning cinnamon brownies? Do I hear \$5, \$7, \$10? Sold - for \$15 to the young woman in the front row!" This was the chant of the evening at "Death by Chocolate" on Vinalhaven last August. "Death by Chocolate" is a fundraiser sponsored by *A Girl's Point of View*, the Vinalhaven girls book club. "Death by Chocolate" is a chocolate tasting and auction event. Chocolate goodies are donated by bakers on the island, tasters pay \$5 to sample five of these goodies, and then the goodies are auctioned off. Items are also judged by volunteers who step in to do a job that only a true "chocoholic" can dream of. At last year's event the girls raised over \$1200 between the tasting and the auction to help pay for sets of books.

"Death by Chocolate" has been a great fundraiser for the book club on Vinalhaven. Each girl and adult in the club is expected to ask at least five family members or friends to donate two identical chocolate goodies—one for tasting and one for auctioning off. On the day of the event, the goodies are dropped off and organized into different categories such as bars and cookies, pies, cakes and cupcakes.

The judges, who are community members, come in about an hour before the event begins and start tasting. Last August we had over 60 items for them to taste—it was a lot of work! As they taste, they take notes for the various categories; sometimes they have to go back and taste items again. We provide the Pepto Bismal! They choose a winner in each category and a Best in Show. The winners this year won gift certificates to Annabelle's, one of the local ice cream shops on the island.

The tasters arrive at 7:00 PM sharp with their \$5. They each get a plate and are told that they may choose five items to taste. Each taster has a different method for finding the chocolate he or she will want to sample. Some take the first five they find, and others walk around the sample table a few times before they make their choices. Coffee, tea, water and milk are provided by one of our local coffee shops.

When the tasting is just about done, the auction starts. Last year, our auctioneer was our school's drama teacher, who also is one of the adult facilitators in our book club. She put on a great show for everyone and had people bidding up to \$50 for one cake!

While the auction is going on, the girls make up sample plates of what's left at the tasting table. These plates sell for \$5 after the auction. If there are items left, they get sold at a bake sale the following morning. We usually sell out by 10AM.

All of the girls are expected to help out at this event—from setting up, to cleaning, to selling the leftovers the following morning. They also get a few free samples along the way to

keep their energy up! Many of them bake more than one item for the event. This year we had girls who baked a mocha cake, fudge brownies, whoopee pies, and a chocolate mousse. They were all wonderful!

We count on volunteers for this event—judges, organizers, the auctioneer—and we couldn't do it without them. We have been fortunate to have so many people that believe in the book club and want the best for our girls on Vinalhaven. Many people tell us how much they enjoy supporting our book club—and eating chocolate!

#### Eating Disorders Update

The Eating Disorders Work Group has established the Prevention and the Education/Research Sub-Committees.

The Treatment Sub-Committee will meet on June 14th to begin work which will result in a report to the legislature on a current list of Maine eating disorders treatment resources. The report is due November 2, 2005. The Sub-Committee will draft and conduct a survey for:

- 1) all Maine hospital and medical center in-patient and out-patient eating disorders programs.
- 2) Maine non-hospital or medical center based private practice therapists, nutritionists, dentists, primary care physicians and other health care providers who care for those with eating disorders.

In addition, the Treatment Sub-Committee will assist with planning and advertising the *Team Treatment of Eating Disorders Conference, October 14 - 15, 2005 in Portland.*

The Education and Resources Sub-Committee will meet on June 2nd to identify current materials and resources that are available, to review current Department of Education recommendations for school curricula for nutrition, healthy weight, body image, eating disorders, etc., and to review training possibilities for educators.

Either, or both, committees would be grateful for your participation. For more information, please contact Mainely Girls.

#### Long Creek Youth Development Center Update

The Girls' Action Group (GAG) hosted a meeting at Long Creek on March 3, 2005. Twenty-two people were present including four GAG members, two members of the Department of Corrections Juvenile Justice Division, five adults and four girls from Long Creek, representatives of four gender specific programs being offered to the girls, and a member of the Board of Visitors.

The meeting's purpose was to examine the current gender specific programs, and to ascertain their value for girls so we could begin work to incorporate those identified as important into Long Creek's next budget cycle. (Our concern is that the gender-specific programs have relied on private funding and were cut when the funding ran out. These programs are crucial to meet girls' special needs and shouldn't be relying on external funding.)

The representatives described their programs and the girls spoke positively about their importance.

The following long-term goal was decided:

- 1) GAG will work together with Rod Boufard and Barry Stoodley to develop a strategic approach looking toward

the future two-year funding cycle.

Meanwhile, for the short term, including the rest of this year and next year:

- 1) If we want to provide Brady Nickerson, the art teacher, with an occasional day doing art with the girls, which Brady and the girls would like, we will have to find the funding.
- 2) Barry Stoodley will look into the funding for the trauma program.
- 3) The school principal will get funding for the girls' book-club. The school librarian could be approached to run it.
- 4) Mary will look for additional money to fund half the 2nd year of the Multi-Media program. (There is discussion going on with USM's Women's Studies Department about having a student participate in facilitating this program each year—so the program would be ongoing, and USM would be funding it.)
- 5) PERC, the parent training program, is funded and can start right away.
- 6) The Hate/Bias Peer Leadership Program lost their JJAG funding and are looking for more.
- 7) Project Adventure will be examined to see if it meets the criteria of best practices.
- 8) The Leg Up program continues to be funded by The Salvation Army, and Kevin Bickford does an outstanding job with it.

Two attendees agreed to submit a grant proposal to the Juvenile Justice Advisory Group for program funding in this summer's grant cycle.

The Girls' Action Group returned to Long Creek on May 12th and met with four girls and the head of the girls' unit. We are pleased to see that this summer the girls have a completely fenced in enclosure so they will be able to enjoy more time outdoors. A basketball hoop has been ordered for them, chairs will be provided, and people have brought in container gardens of vegetables and flowers for the girls' outdoor space.

Issues we discussed were the inconvenient scheduling of their gym time and the carb-heavy food.

Brady Nickerson, the art teacher, is working with the girls on mural painting and received money from the Friends of the Maine Youth Center to buy the paint. She is planning an art auction for June 17th—a silent auction with some art for sale. (Please call for more information.)

There is money for a girls' book club, and Mary will get a list of titles, authors and descriptions of books from the Vinalhaven Girls' Point of View Book Club for consideration.

Next year's Multi-Media program received full funding from the *Maine Women's Fund* for this past year and is half-funded for this upcoming year. GAG needs to find additional monies for this.

GAG will look into meeting with The Children's Cabinet to talk about the girls' programs and funding needs.

#### Teen Voices Online: A Review

Fed up with websites that make it seem like a teenage girl's only interests are pop culture, fashion and boys? If so, [www.teenvoices.com](http://www.teenvoices.com) might be for you. "*Teen Voices Online:*



*Because you're more than just a pretty face*" is written by, for and about teenage girls and young adult women. The teen volunteers writing for *Teen Voices Online* look for stories that are relevant to girl's lives. This month's special feature, *"Crimes of Fashion or Freedom: Are You Oppressed By How You Have to Dress?"* uses the stories of real-life girls to make the issues of uniforms, conformity, and free speech interesting and accessible. With every feature, there's a *"Speak Out"* section where girls can post about the topic and how it relates to their lives.

When they're not reading the monthly features, girls can send in poems, short stories, and artwork, read reviews of the latest CDs, get activism tips, read the advice column "Dear D," and even check their horoscopes. For girls looking for information about a specific topic, check out the "Info Sites" section: you'll find great links on everything from the environment to teen pregnancy.

Mainely Girls highly recommends New Moon Magazine for girls grades 3 - 5, and this website for any girl from 5th or 6th grade on. So, if you or a girl you know is looking for a website about the whole girl, go to [www.teenvoices.com](http://www.teenvoices.com)!

#### QuoteWatch

"If I were to wish for anything, I should not wish for wealth and power, but for the passionate sense of the potential, for the eye which, ever young and ardent, sees the possible."

—Soren Kierkegaard

"So, why should I donate, anyway?"

Ask Marcia Jo!

Dear Mary,

I had wanted to donate for a long time, but timing never seemed to be on my side. This year we are getting a nice tax return, so I thought it would be a great time. I wish I could send more to your cause because I believe in your mission, and *I want all young women to be happy, healthy and excited about life.*

Best of luck to Mainely Girls in the future.

Sincerely,

Marcia Jo Larrabee Kay

(Editor's note: Marcia Jo is one of the first "Mainely Girls" from Camden Rockport High School who worked for years making the Camden Girls' Festival a reality for fellow students. She attended college in Boston, married, and moved to Hawaii, where the first thing she did was start a program for girls! She now is raising a daughter and a son.)

#### Change in Newsletter Policy

Beginning in July Mainely Girls will send its newsletter to those individuals, businesses, or foundations who are indicating their support of the organization and/or those who indicate to us that they wish to receive the newsletter. Please be sure to check Page 7 for your name, business, or organization. If you are listed, you will be receiving the newsletter for the next year. If you are not and wish to receive it, please send us an email or a note indicating so. We want everyone who wishes to receive a newsletter to have one!

### 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 times a year.

\$10 (girls)

\$20

\$35

\$50

\$100

\$250

Check: Enclosed is my tax-deductible contribution of \$\_\_\_\_\_ to Mainely Girls.

Credit card: Charge a tax-deductible donation of \$\_\_\_\_\_ to my credit card.

Name on card \_\_\_\_\_ Type of card (e.g. Visa, Mastercard) \_\_\_\_\_

Card number \_\_\_\_\_ Expiration date \_\_\_\_\_

Return to : **Mainely Girls**  
69 Elm Street, Suite 204  
Camden, Maine 04843

Please send my friends the Mainely Girls newsletter:

Name.....

Address.....

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

For additional names, attach separate list.

For our records, please fill out the following:

Name.....

Address.....

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

**Contributors****Fiscal Year 2004 -2005**

Mainly Girls is grateful for the generous support of so many.

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Dead River Company  
Elmina B. Sewell Foundation  
Fore River Foundation  
Maine Community Foundation  
- Lake Fund  
-Knox County Fund  
Maine Women's Fund  
  
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Lily Hill  
Grace Hinrichs  
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Scott Horthy  
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Peter Jacques, Jr.  
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Anna Leeson  
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Leslie Merrill  
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Melody Smith  
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Lindsay Stewart  
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Gabrielle Wellman and  
Caren McCourtney  
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Patricia Welsh  
Patti Westphal  
George and Mary Wheelwright  
Daria White  
Sheryl & Dave Whittier  
Lucy Williams

**Belfast Girl-to-Girl**

Andree Bella  
Rilla Bray  
Sea Chauvin

**Inkind donations:**

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Annie Appleton  
Carrie Armbrecht  
Deb Arter  
Lori Austill  
Melonie Bennett  
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## IN HER OWN IMAGE

AN ART AUCTION TO BENEFIT MAINELY GIRLS

ON SATURDAY, JULY 23RD, FROM 5:30 TO 8:00 PM...  
...head on over to the Wellness Center!

For only \$15.00 per person, you'll...

- snack on delicious hors d'oeuvres
- watch dynamic auctioneer Kaja Veilleux in action
- enjoy works from Maine's most outstanding artists, and
- help support the health and happiness of Maine girls!

SILENT AUCTION: 5:30 TO 6:30 PM — LIVE AUCTION: 6:30 TO 8:00 PM

PREVIEW PARTY: FRIDAY, JULY 15TH, 5:00 TO 7:00 PM,  
AT THE WELLNESS CENTER, 69 ELM STREET, CAMDEN

Peruse the Art: Art works will be on display throughout the Wellness Center  
from July 15th-July 22nd, 10:00 AM to 4:00 PM  
Absentee bids will be available

For more information, please call 207-230-0170 or email us at [megirls@midcoast.com](mailto:megirls@midcoast.com)

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