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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.

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

Since its inception, Mainely Girls has involved itself with finding ways to educate communities about anorexia and bulimia, and to connect girls to treatment and support opportunities. We know that these diseases have a high fatality rate, and there is no specific cure. Thankfully, the percentage of girls involved is relatively small.

Far more Maine girls struggle with overweight and obesity, and they are not alone. Throughout the county children are weighing more than they should. Since 1980, overweight among adolescents has tripled. According to David Satcher, U.S. Surgeon General, in 1999, an estimated 13% of children and adolescents were overweight.

Why all the concern? The fear is that these overweight and obese children will experience serious health problems at much younger ages. Already, these trends are associated with dramatic increases in conditions such as asthma and Type 2 diabetes among children.

The reality is that approximately 300,000 U.S. deaths a year are currently associated with obesity and overweight (compared to more than 400,000 deaths a year associated with cigarette smoking).

Satcher recommends strategies to address overweight and obesity among school aged children, and he insists that making certain these strategies are carried out is the community's responsibility:

- Require daily, quality physical education for all school grades.
- Provide more food options that are low in fat and calories, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy

products, in school lunchrooms and at school events.

- Enforce existing U.S. Department of Agriculture regulations that prohibit serving foods, including food in vending machines, of minimal nutritional value during mealtimes in schools.
- Reduce time spent watching television and using computers. Nationally, 43% of high-school students report watching two hours of TV or more a day, and when combining watching TV and videos, playing video games or using a computer, children ages 2-18 spend an average of over 4 hours a day.
- Change the perception of obesity so that health becomes the chief concern, not personal appearance.

Where does the soda pop come in? In early December the Maine Center For Public Health teamed up with the

Maine-Harvard Prevention Research Center to offer an excellent workshop titled: "Preventing Childhood Obesity: The Skinny On Soda and T.V."

Dora Mills, Director of the Maine Bureau of Health, introduced the day and called childhood obesity in Maine an epidemic. She cited two causes: physical inactivity and poor nutrition. She provided the following facts:

- There has been a 100% increase in overweight Maine youth in the last 20 years – 60% in the last ten years.
- 1/3 of all Maine youth ages 6 – 17 are overweight.
- Older adults in Maine are actually eating more fruits and vegetables than younger people.

(continued on next page)

THE Skinny ON SODA & T.V.

In This Issue...

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& T.V.

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It's A Question of
Justice

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Elmina Sewell
Foundation
United Way

THE "SKINNY" *(continued from previous page)*

- ple. Only 1 in 6 Maine young adults 18-25 eat 5 servings of fruit and vegetables a day.
- 38 % of all Maine high school students do not exercise regularly – at least three times per week.
 - Fewer than 50% of Maine high school students are enrolled in daily PE. Maine ranks last of all states for participation by high school students in daily PE.

The role of soda consumption in the diets of young people yielded some interesting statistics:

- Soft drink consumption has more than doubled among adolescents in the last 31 years.
- 74% of boys and 65% of girls consume soft drinks daily.
- Over 80% of soft drinks consumed are sugar-sweetened, not diet.
- Soft drinks constitute the major source of added sugar in children's diets.
- **The recommended maximum amount of sugar consumption is 12 teaspoons per day, but teen girls average 26 teaspoons, and teen boys 35.**

These facts prompt the following health concerns:

- Dental cavities
- Offset consumption of other healthy foods such as milk and fruit
- Bone health*
- Potential role in obesity and energy imbalance

Though it's still only a hypothesis that sugar-sweetened soft drink consumption promotes weight gain in children, the facts suggest that children and adolescents should limit their soda consumption for a variety of health reasons.

The TV and obesity workshop showed us that reducing TV time reduces childhood obesity. Four concrete actions that can make a difference are:

- 1) Don't have a TV in the room where a child sleeps. (60% of 11 year olds have one in their bedrooms.)
- 2) Reduce the # of TVs in a house to 1. (The Boston area averages 4 per house.)
- 3) Set limits on when and how much TV children can watch. (Half of all children have no limits.)
- 4) Eat meals together without watching TV.

To sum up, what message should Maine's overweight and obese girls be hearing from us?

- 1) choose foods with high nutritional value
- 2) eat a little less
- 3) exercise a little more
- 4) focus more on your health than your appearance
- 5) and all the while remember, "Don't weigh your self esteem—it's what's inside that counts."

Reaching and maintaining a healthy weight is a life-long effort for most of us, one we need to model, and one we need to help young people understand and start making today.

(Due to an overwhelming response, this workshop may be offered again. For information call the Maine Center for Public Health at 207 - 629-9272)

***Powerful Bones, Powerful Girls**

At the workshop we learned that a lack of calcium consumption is already resulting in a high rate of bone fracture among high school female athletes. To address this, The National Bone Health Campaign is targeting 9- to 12-year-old girls to help them establish lifelong healthy habits, especially increased calcium consumption and physical activity, for optimal bone health. The Powerful Bones Web site contains age-appropriate information, games, quizzes and Web links. Go to <http://www.cdc.gov/powerfulbones>

Girls' Health: An Action Plan for Maine

Last June over one-hundred Maine health-care professionals and advocates for girls attended a day-long summit sponsored by the Maine Women's Health Campaign in conjunction with the State Bureau of Health. Health was broadly defined in terms of girls being hardy and thriving physically, mentally, emotionally and spiritually as they grow into womanhood. The resulting report, an action plan to improve the health of Maine girls, was recently completed by Medical Care Development. The report identifies eight goals in four major areas. This document can be downloaded from the Mainely Girls' website, or you may contact Patricia Buck-Welton at Medical Care Development, 207-622-7566 ext. 256 or fax requests to 207-622-3616 or e-mail your request to pciab@mcd.org

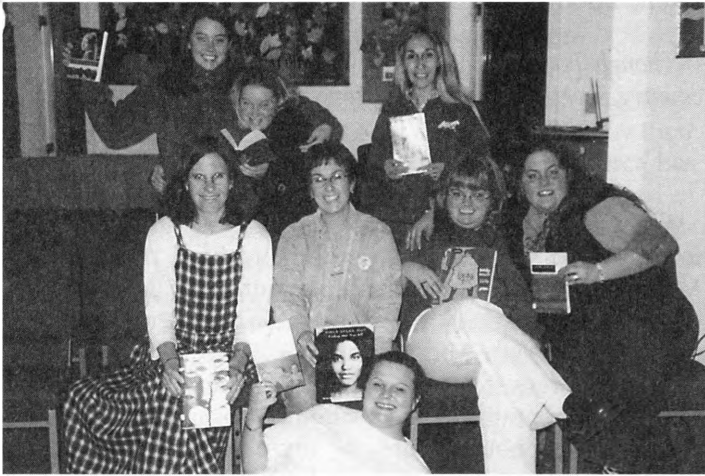
The GoGirlGo Project

The Women's Sports Foundation has launched The GoGirlGo Project, a new \$1 million educational grant program for girls aged 10 – 14 designed to educate girls about health risk behaviors. The GoGirlGo program delivers an upbeat message, using champion female athletes and four terrific teen characters. It can be easily administered by coaches or any other interested adults in a sports environment.

GoGirlGo Kits are available at no charge to any girls' sports programs that are interested in educating girls about health risk behaviors. For more information or to obtain a GoGirlGo Kit, go to their website www.WomensSports-Foundation.org or call 1-800-227-3988.

SPECIAL FOCUS: TWO MAINELY GIRLS PROGRAMS

A Girl's Point of View



Girls are talking at Vinalhaven High School—talking about books that is! November 14th was the first meeting of our high school girls' book club. Eight girls and five women met for dinner and talked about books: why we read what we do, what we've read, and what we want to read next.

The Girls Book Club is a project of Mainely Girls and the Vinalhaven School Library with funding help provided by the Island Institute. The women involved include the school librarian, guidance counselor, and several English teachers.

The goal is to get girls reading and talking about what they're reading in an environment where they feel comfortable expressing their thoughts and feelings. Exploring new ideas and issues specific to teenage girls will aid in promoting self-esteem, raising aspirations, widening horizons, developing leadership skills and strengthening girls' sense of pride around being female.

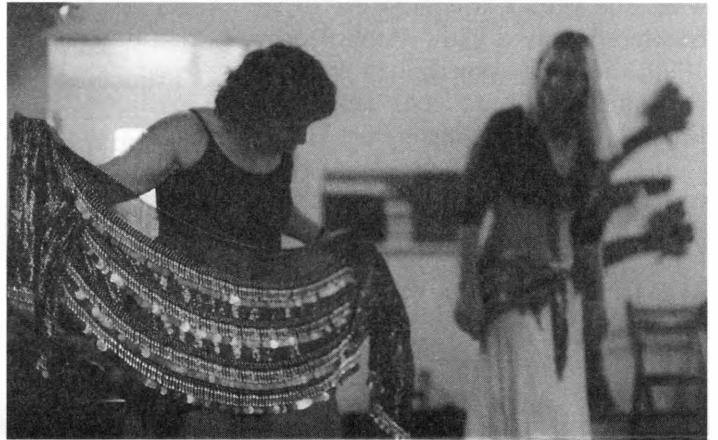
At the first meeting librarian Susan Dempster gave a book talk on five books. The girls chose two: *Speak* by Laurie Halse Anderson and *Deal With It! A Whole New Approach to your Body, Brain, and Life as a Girl* by Esther Drill, Heather McDonald and Rebecca Odes. One of the girls had discovered this book on Amazon, read the reviews and said we absolutely had to have it! The girls went crazy over the sample copy, and we decided to use it as a resource book as we read the novels.

More and more girls are joining; of the 25 high school girls, we now have 12 girls in our group! The girls like coming to the club because, "It's fun," "You get your own books," and "It's a more relaxing way to talk about books to other girls and teachers-out of school". Girls bring new titles to every meeting, and they are talking about books everywhere-in the halls, the gym, and downtown.

Now for the Librarian's Point-of-View: I have to tell that you that right now there are four girls sitting quietly in the library reading!!! First time in three years! Of course, *Deal With It* came in, and two are totally into that. One is reading *Local Girls* and the other is reading something else. This is so thrilling to me. They are reading! Also, three more girls asked about the book club and want to join. This is sooooo cool!

Belfast Girls' Mentoring Program: Girl to Girl

The crisp afternoon shadows of autumn surround a group of girls and women outdoors on a lawn in Belfast. Falling leaves are in the air, and the smell of apples. These girls and women have gathered to share in a program called Girl to Girl. This October day, we are pressing cider from apples we picked at a local orchard, and cooking up a big pot of warm apple sauce. The girls and women clump into small groups, talking, laughing, working together to chop apples, turning the big crank on the old cider press and watching the golden juice flow into a jug. The meeting ends with singing, plates full of warm apple crisp and freshly whipped cream.



The Girl to Girl mentoring program has brought middle school girls and local women together in Belfast for the past five years. Mainely Girls sponsored the program for the first three years; last year we mentors took charge and, to our delight, we've continued to enjoy success. Ten mentors participate regularly as do an equal number of girls from the 6th, 7th, and 8th grades. We meet nine times on our once-a-month schedule during the school year, engaging in activities as varied as painting silk scarves, belly-dancing and career charades. We also organize outside adventures: trips to the Maine Center for the Arts at Orono, a visit to the Farnsworth Art Museum and a day of play in the snow. A mid-year conversation about female qualities and images culminated at the end of the year in the girls painting a Girlpower Bear for the Belfast Bearfest.

One 8th grader says, "Girl to Girl is fun, and you learn new things, how to get along with others and how to grow up good. Girl to Girl means caring. I'm going to miss it when I go into ninth grade." Another girl comments, "I like the time we spend with each other, understanding each other. We learn how to cooperate with each other." The adults benefit too. One adult mentor reflects, "The girls of today have a lot more to be aware of and cope with than when I was a girl." Another woman says, "Girl to Girl is an opportunity to be with and to get to know girls. To figure out how to support and encourage them in being themselves, and so, being more myself. From the girls, I learn to have fun and not be so serious."

For more information about Girl to Girl, call Alison Rector at 525-3104 or Susan Wolford at 382-6127.

RESOURCES

Book Reviews

The Basic Eight by Daniel Handler is a quick read. The 329 pages fly by, introducing new plot twists almost every other page! And the end is incredible—there's no way you could suspect what comes to light after the Event. The main character, Flannery Culp, is re-writing her journal roughly two years after the events took place that changed her life forever. As a senior in high school, her life was normal, filled with college applications and spending time with friends. When her friends and she became 'the basic eight,' it certainly wasn't her idea. As October 31st and the basic eights' garden party approach, Flannery, through her journal, keeps track of what is going through her mind and what she thinks in retrospect of the whole drama she becomes involved with. Published by St. Martin's Press in 1999, this dark comedy had me (and my roommate who recommended it to me) laughing out loud. *Michaela Doughty, a college freshman from Vinalhaven.*



Things I Have To Tell You: Poems and Writing by Teenage Girls, edited by Betsy Franco, with photographs by Nina Nickles, and published by Candlewick Press, is a book to slowly savor. At last: words by and pictures of real girls today, capturing them being who they actually are, in all their complexity. As candid in their poses as in their prose, the girls say what's really on their minds, what they really want to say, sometimes with words, sometimes through their images. Their depth of feeling, their ability to express it, and the issues they choose to write about brings everyone who spends time with this book closer to the essence of what it means to be an adolescent girl in our

country today. This collection belongs in school libraries, public libraries and on girls' shelves everywhere.

(Though poems and photos were collected from around the country, several of the photographs are of rural Maine girls.)

Movie Source

When Mainely Girls began organizing our first girls' film festival three years ago, we quickly realized that **Women Make Movies** was an invaluable resource. Following 9-11, this wonderful group provided FREE rentals of a selected group of titles on Middle East and Arab cultures. Using their resources to humanize the Arab-American and Muslim communities in an attempt to avoid prejudicial attacks and denouncements of any one ethnic group further earned our respect and admiration. We encourage you to spend some time looking at the WMM website, where their entire catalog is online. It's an amazing collection of films that you often can't find anywhere else. Contact information:

462 Broadway, Suite 500G
New York, NY 10013
P/212.925.0606 x360, F/925.2052
www.wmm.com

Website Addresses

Thanks to **New Moon** (www.newmoon.org) for the following information:

The new youth website '**Like it is**' (www.likeitis.org.uk), aimed at 11-15 year olds, enables girls to access non-judgmental sexual health information. Everything from handling peer pressure and changes at puberty to sexually transmitted diseases (or 'love bugs' as they are referred to in the site) is covered.

The site was developed by Marie Stopes International (MSI) in consultation with young people in an effort to help reduce the UK's rates of teenage pregnancy and sexually transmitted infection; MSI is committed to achieving the UK Government's aim of halving teenage pregnancy by 2010.

The Real Women Project is a multimedia workshop using poetry, music, and storytelling to jump-start dialogue about self-acceptance and body image. There's lots more information on their website at www.realwomenproject.com, including information that their touring exhibition will be at the Boston Science Museum February 1st – April 30th. Check to see if it would be appropriate for girls; also sounds like a possible model for a project girls could create.

SUPPORT GROUPS, CONFERENCE, WORKSHOPS OPPORTUNITIES AND EVENTS

Circle of Strength: Damariscotta Area

A group of committed women have been meeting since July in Damariscotta to bring about changes in the way their community addresses eating disorders. The task force has identified issues and set goals, and the implementation of plans is underway. In October Mainely Girls gave a presentation about eating disorders to teens at Lincoln Academy's Student Wellness Day. The task force's **support group for high school girls with disordered eating concerns will begin meeting in February.** Girls from Damariscotta and the surrounding areas are welcome. For more information about joining the task force or the support group, please contact Mainely Girls. *We are grateful to the Mental Health Funding Collaborative for supporting this effort.*



Circle of Strength - Camden Area

The orientation meeting for Camden area Circle of Strength support group for girls will be **Monday, January 7th** in Camden at the Wellness Center, 69 Elm Street, Room 204 from 7:00 – 8:30. For more information or if you missed the first meeting but want to join, please contact Dr. Robin Cubberly (338-4514) or Mary Beth Leone (236-8400). *Financial support for this group is provided by the Knox Coalition Against Tobacco.*

Planned Parenthood of Northern New England

Attend a PPNNE professional training, where discussing healthy sexuality is our specialty: for social service agencies, teachers, non-profits and others who work with young people. For more information call Sarah Standiford (800) 854-9762. To register call 1 (800) 488-9638 or e-mail education@ppnne.org.

- **Children Who Act Out Their Pain: Treatment of Sexual Behavior Problems**
Facilitator: Linda Sanford; January 28th, Portland, ME
- **A Healthy Start: Young Children and Sexual Development**
Facilitator: Katherine McLaughlin; March 7th; Portland, ME
- **The Ethics of Touch**
Facilitator: David Hingsburger; March 13th; Portland, ME
- **Foundations for Healthy Sexuality: Fostering Communication Skills & Self-Esteem**
Facilitator: Hilary Bandtlow; March 21st; Manchester, NH
- **Birth Control & STI Update**
Facilitators: Roxanne Karter & Katherine McLaughlin
April 3rd; Portsmouth, NH
- **Train the Trainer II: Advanced Training Skills**
Facilitators: Judy Cyprian & Catriona McHardy
April 9 & 10; Manchester, NH

Maine Women In Science (MWIS) Events

- January 30th: *Aquaculture Round Table @ SMTC*
- February 27th: *Katherine Gensheimer - ME State Epidemiologist @ SMTC*
- March Weekend: *NEW (National Engineers Week) Science Day*
- March 27th: *Changing Career Paths - Panel Discussion @ MMCRI*
- April 24th: *Crime Lab Presentation*
- May: *Careers Picnic for High School Students at SMTC*

THE 9TH ANNUAL CAMDEN GIRLS' FESTIVAL!

One Incredible Day will be on **Friday, March 8th**, and once again girls grades 6-12 will use discussions, workshops, videos, and theatre to explore their issues and look at possibilities for their future.

In keeping with this year's theme, *Speaking Our Minds and Our Hearts Through the Arts*, four high school artists will discuss major pieces of art they have created. Bay

Chamber Concerts is also treating us to a special Arts Break by bringing to the conference The Ensemble Galilei – a Washington D.C. based women's storytelling, music and singing group.

The registration brochure will be sent to midcoast area schools in early February, and we will also put it on our website. Some sessions fill up fast, so please register early.

It's A Question of Justice

Mainely Girls' involvement with girls in the juvenile justice system began nearly three years ago when we received a grant from the Juvenile Justice Advisory Group to interview girls at the Maine Youth Center. (Our report, *Listening To Girls' Voices at the MYC* can be found on our website.)

Despite years of promises that the situation would improve for girls once the new facility, The Long Creek Correctional Center, opened – sometime this winter – we've become convinced that girls will never receive equal treatment or the kind of rehabilitation they require while being incarcerated in the same institution with boys.

At a recent Board of Visitors' Meeting, we learned that the girls' second class treatment will be perpetuated at Long Creek. For instance, once again the hold-for-court girls will be placed with the committed girls.

To understand how truly egregious this decision is requires a bit of history. The hold-for-court boys and girls are supposedly being held only temporarily, awaiting what should be a speedy decision about their fate. (In truth, some move through quickly; others are held for weeks and months.)

The boys have always been held at the Cumberland County Jail, totally removed from the MYC boys. For over a decade the hold-for-court girls have been housed with the committed girls, in the same housing facility, in the same room, which creates major problems. It's a bit like playing pool with a few extra ping pong balls on the pool table. Any kind of consistent, integrated, progressive programming, any approach to long-term rehabilitation and relationship building is impossible for the committed girls while this more temporary, transient population moves in and out creating chaos. In major report after report for the last ten years the number one recommendation has been to completely separate the committed girls from the hold-for-courts.

And at the long awaited, state-of-the art, carefully planned solution for the next fifty years – Long Creek? Despite millions of dollars and years of work, the hold-for-court girls will continue to reside with committed girls. Adding insult to injury, the hold-for-court boys will be moved from the Cumberland County Jail into their own, completely separate unit at Long Creek.

In addition, all boys will have single rooms; girls will have to double-up.

And the few committed girls will continue to attend classes with the much greater number of boys – roughly a one to ten ratio.

As long as the proportionately small number of girls continues to reside with the much larger number of girls, the girls' needs will be an afterthought, if they are thought about at all.

Last July Mainely Girls organized a meeting for those interested in securing a separate facility for incarcerated girls. Since then, the **Girls Action Group (GAG)** has met monthly in Augusta. Attendees represent such organizations as Sweetser, The Youth Alternatives Girls' Collaborative, the Maine Council of Churches, the State Legislature, the Maine Women's Lobby/Women's

Development Institute, the Department of Corrections, attorneys and private citizens. We've crafted a plan, and in January we're meeting with legislative committees to explain the problem and discuss possible solutions. We see this as a multi-year effort, one that will require a lot of work and a great deal of persistence. If you have interest in this issue and time to work with us on it, please contact Mainely Girls.

Summer Canoe Expedition for Maine Girls

This summer the Chewonki Foundation is offering a three-week canoe expedition for adolescent girls from Maine. The program aims to increase girls' self-confidence and leadership skills, while deepening their knowledge of Maine's cultural history and ecology. Scholarships are available and girls in their sophomore or junior year of high school from across the state are invited to apply. The expedition runs from June 28 to July 20, 2002.

The ten participants first gather at Chewonki's Wiscasset campus for a weekend of making wooden canoe paddles with Maine Guide, Jane Barron. Three weeks later they plunge their paddles into the West Branch of the Penobscot River and begin an adventure down 200 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 becomes a competent woodswoman by the time the canoes come ashore in Allagash Village.

The expedition ends with a Final Celebration at the MOFGA fairgrounds in Unity where family and friends congratulate the voyageurs and listen to their stories. Before the trip begins, each girl is paired with a women mentor from her home community and they meet regularly throughout the following school year. This long-term support helps the girls reflect on their summer experience and contemplate important life decisions. In the fall the ten girls reunite to give a public slide presentation about their journey.

Applications are available during the fall and winter from Ginny Freeman at the Chewonki Foundation (207) 882-7323. Completed applications are reviewed on a rolling basis by the Expedition Leaders, Kirstin George and Ann Budreski. 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. Financial aid applications may be requested using the initial registration form. **Scholarships are awarded by April 1st.** For more information contact Kirstin George at (802) 223-0615 or Greg Shute, Wilderness Trip Director, at the Chewonki Foundation, 485 Chewonki Neck Road, Wiscasset, ME 04578, (207) 882-7323.

Girls Are Healthier When Anger Is Not a Taboo Emotion

BOSTON — Girls need strategies on how to manage their anger so that they can make it work for them, Roni Cohen-Sandler, PhD, said at a meeting on adolescent self-destructive behavior sponsored by Cambridge Hospital.

Today girls still view anger as a taboo emotion that they must suppress for fear of being disliked, explained Dr. Cohen-Sandler, a psychologist in Weston, Conn. Yet suppressed anger is at the heart of many young women's eating disorders, substance abuse problems, and suicide attempts, she said at the meeting, also sponsored by Harvard Medical School.

It has simply been female conditioning to view anger as shameful, she said. As a result, girls don't always express the emotion or it comes out in an indirect way, such as sarcasm or passive-aggressive maneuvers like forgetting to do something.

If expressed directly, anger is mostly focused at mothers; girls generally feel that their mothers will still love them despite the outburst. Sometimes girls directly express anger to conceal problems. For example, a girl may say she hates her teacher when the real problem is a learning disability or a subject that is difficult for her.

Despite how anger is expressed, counselors and parents should take note when it becomes a pattern, Dr. Cohen-Sandler urged. The anger could be a sign of a raging parent at home or a family situation that is making a girl feel dispensable, such as divorce.

A daughter's anger can be separated into anger directed at the family and anger meant for something or someone else. To determine this target, parents might consider saying, "You seem upset. What's going on?" or "Is something bothering you?"

Parents can then demonstrate that anger is a natural emotion and a potentially powerful tool in relationships. For example, it can allow young women to ask for what they want and to clear the air as a means to building better relationships.

Anger also can be a cue for girls and young women that something is wrong with a particular relationship; they may be giving too much and feeling resentful, she said.

Dr. Cohen-Sandler recommended teaching girls these strategies to manage their anger:

- Avoid venting because rehashing a story just increases rage.
- Ask themselves what they really want from someone who is making them angry, such as an apology.
- Learn to time confrontation so the other person is likely to be receptive to the information.
- Learn to communicate anger directly in a clear and calm manner.

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 ☐ \$500 ☐ \$1,000

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:

1. Name

Address

City State Zip

2. Name

Address

City State Zip

Heartfelt Thanks

During the last few months the Mainely Girls Board of Directors has been changing, and we want to take this first newsletter of the new year to acknowledge this change by introducing you to the new members to the Board while saying good-bye to some of longstanding.

New to the Board this year is Barbara Collins Heard. Barbara is the mother of four children, three of them girls, and she lives in Rockport. Barbara is experienced as a small business owner, an organizational fundraiser, and educator, and she is currently a Customer Satisfaction Specialist with MBNA.

Auta Main has also just recently joined our Board. Auta has experience in the insurance field, was founder and is current director of the Coalition for Women in Trades and Technology, owned Portland, Nannies, Inc. and created the Portland School for Nannies, and is the Executive Director of Maine Time Dollar Network.

We are very pleased to welcome both Barbara and Auta to the Board, and we look forward to working with them as Mainely Girls continues to grow.

Saying goodbye to Board members is always difficult, and especially so when they've brought so many skills and talents with them and have provided such major leadership and support.

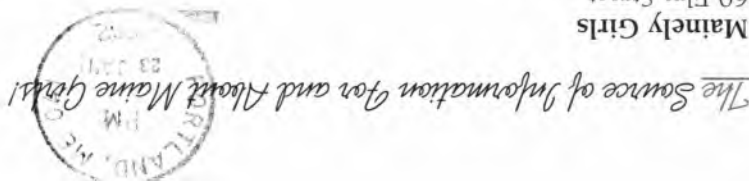
When Carrie Armbricht left in late summer to pursue her future in New Jersey, it was like having our computer crash! And who would we turn to if/when that actually happened? Who would set up data bases, and pitch in and help out

when we weren't going to make a deadline? And Carrie was just as important when evaluating the next steps we wanted to take. But Carrie needed to be off, so we said a fond farewell.

Sharon Rosen left the Board in November to spend time on other pursuits, and she, too, will be greatly missed. Sharon's vast board experience, her outstanding connections in the non-profit world, and her ability to take my grant proposal first drafts and turn them into silk purses helped Mainely Girls grow in new and important ways. She assures us that we may call on her in the future, and we will!

And lastly, Elizabeth Banwell, Board President, decided it was time to leave the Board. Elizabeth has been with Mainely Girls from the days before we were a non-profit and were instead a local, grassroots organization. Elizabeth was working at Outward Bound and I was teaching school, and we worked together on the annual girls' conference. Elizabeth has helped vision, create, and shape the organization more than anyone else; in fact, without Elizabeth, I don't think there would be a Mainely Girls. Elizabeth believes that starting her own business, buying a new house and moving to a new location justifies her decision to step down; I think the nine years she's spent with Mainely Girls has earned Elizabeth a *short* break. We are so grateful to Elizabeth for her lengthy leadership and support and we wish her the very best!

A warm welcome to our new Board Members, and a huge and sincere thank you to those Board Members moving on!



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