

The University of Maine

DigitalCommons@UMaine

Maine Women's Publications - All

Publications

Winter 1-1-2001

Mainely Girls vol. 1, no. 12 (Fall 2003)

Mainely Girls Staff

Mainely Girls

Follow this and additional works at: https://digitalcommons.library.umaine.edu/maine_women_pubs_all



Part of the [Women's History Commons](#)

Repository Citation

Staff, Mainely Girls, "Mainely Girls vol. 1, no. 12 (Fall 2003)" (2001). *Maine Women's Publications - All*. 498. https://digitalcommons.library.umaine.edu/maine_women_pubs_all/498

This Newsletter is brought to you for free and open access by DigitalCommons@UMaine. It has been accepted for inclusion in Maine Women's Publications - All by an authorized administrator of DigitalCommons@UMaine. For more information, please contact um.library.technical.services@maine.edu.

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
Editorial Board*

*Roz Costa
Mary Orear
Sarah Szwajkos*

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

CONFERENCE

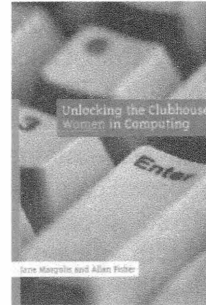
UNLOCKING THE CLUBHOUSE: BRIDGING THE GENDER GAP FOR GIRLS AND WOMEN IN COMPUTING

October 3, 2003

Today there is a computer in the hands of every 7th and 8th grade Maine student, north or south, rich or poor, thanks to the the visionary Maine Learning Technology Initiative. There is, however, another aspect of the academic technological playing field that needs leveling: the gender gap. As Maine enters the second year of "the laptop initiative," it is imperative that educators at all levels learn how to engage girls as fully, deeply and effectively in technology as they do boys.

Is there a problem? Yes. "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)

A year ago Maine schools were scrambling to integrate their new laptops into classroom life. One year into the project, having sorted through the particulars, Maine educators at all levels are more ready and see the need to understand how they can empower girls in technology. 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 crucial 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 400 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, ranked as one of the best in the world, which offers both bachelor and graduate programs in computer science. Between 1995 and 1999 they studied how the technology gender gap develops; then they 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, Jane and Allan 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

IN THIS ISSUE...

UNLOCKING THE CLUBHOUSE CONFERENCE
GIRLS NIGHT OUT!

SHOW ME THE MONEY GATHERING
BASICS & BEYOND: TEAM TREATMENT OF EATING DISORDERS CONFERENCE

MAINELY GIRLS

69 ELM STREET

CAMDEN, ME 04843

TEL/FAX (207) 230-0170

MEGIRLS@MIDCOAST.COM

WWW.MAINELYGIRLS.ORG

BOARD OF DIRECTORS

ELAINE CINCIVA

BARBARA HEARD

CASEY HEARD

VICTORIA RYAN

LINDSAY STEWART

ELLEN WELLS

BOARD OF ADVISORS

DR. CATHERINE

STEINER-ADAIR

ANN MARIE ALMEIDA

KARIN ANDERSON

CARRIE ARMBRECHT

ELIZABETH BANWELL

DR. LYN MIKEL BROWN

SUSAN DEMPSTER

DAYLE FULLER

DOUG MALCOLM

ALEXANDRA MERRILL

CHELLIE PINGREE

CATHY PLOURDE

BARRIE PRIBYL

DR. SHARON ROSEN

THERESA ROWE

JOAN WELSH

SHERYL WHITTIER

STUDENT**EXECUTIVE BOARD**

MEGAN KENNEDY

JESSICA McMAHON

FOUNDER & DIRECTOR

MARY OREAR

ASSISTANT DIRECTOR

SARAH SZWAJKOS

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.

If you want to help make certain that girls become fully involved in our state's technology revolution, not left behind; that previously established patterns that didn't work for girls and women get broken; and that the gender gap for girls and women in computing disappears, we invite you to join us in *Unlocking the Clubhouse*.

The Sable Oaks Marriott in South Portland, Maine • For more information, registration forms and possible scholarship money, please visit www.mainelygirls.org • e-mail megirls@midcoast.com • tel 207-230-0170 • Space is limited so please register early. After September 15th, please call first to check on space availability.

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

CONFERENCE**BASICS & BEYOND:**

TEAM TREATMENT OF EATING DISORDERS
Friday, October 17 & Saturday, October 18, 2003

Given the striking scarcity of information, education, support and treatment, it is imperative that Maine begin to respond to the increasing and life-threatening problem of eating disorders.

—1999 Maine Commission on Eating Disorders

In response to this recommendation, Mainely Girls proudly announces a one and a half day workshop featuring a multi-disciplinary team of nationally known experts experienced at working with eating disordered patients. "Basics & Beyond: Team Treatment of Eating Disorders" will provide clinical training to professionals from all the disciplines necessary to create treatment teams in Maine: physicians, nurses, clinical social workers, psychologists, nutritionists, and dentists.

This workshop focuses on theoretical and clinical advances in the treatment of anorexia, bulimia and related eating disorders.

The presenters will explore a multi-disciplinary team approach to treatment that incorporates a holistic appreciation of factors contributing to the development of these devastating disorders.

The topics are primarily oriented to improving clinical skills in the diagnosis and treatment of eating disorders. Focus will be placed on exploring family dynamics that fuel eating disordered behavior. A comprehensive

overview of nutritional and medical concerns will be offered. Special considerations of abuse and neglect as precursors to eating disorders will be explored. An overview of the unique aspects of treating males with eating disorders also will be presented.

The clinical training will also help create multi-disciplinary treatment teams and strengthen the ability of healthcare providers throughout the state to:

- identify eating disorders,
- begin appropriate, comprehensive and coordinated out-patient treatment,
- determine if and when to make inpatient referrals, and
- support patients after hospitalization.

Five of the workshop presenters are 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; George C. Daul, Jr., MD; Catherine Varino, LCSW; Jan Johnson, RD, LDN; Mark Roloff, LCSW, BCD. Presenters Glenn Jamison, MD, and Ida O'Donnell, LCSW, are affiliated with the New England Eating Disorders Program at Mercy Hospital in Portland, Maine.

The Pineland Farms Conference Center, New Gloucester, Maine (approximately 15 miles north of Portland). • Continuing education credits are available. • Special group rates are available to encourage two or more people from the same community in Maine to attend — please contact Mainely Girls. • Advance registration is required. • Registration deadline: October 11th • After October 5th, please call first to check on space availability. • For more information and registration forms, please visit www.mainelygirls.org • e-mail megirls@midcoast.com • tel 207-230-0170 • Space is limited so please register early.

This conference is 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.

GATHERING**SHOW ME THE MONEY:****BAKE SALES AND BEYOND****Monday, October 27, 2003**

Mainely Girls is pleased to host a day-long gathering for women who are leading the way in girls' programming in Maine. This workshop will focus on sustainability: how to acquire local funding to sustain girls' programming, and how to help sustain leadership for girls' programs over time. Though inclusive of women, girls and

programs in cities and larger towns, there will be a special emphasis on programs in small, rural Maine communities. The day is for women who organize and direct special programs and organizations for girls throughout Maine, and women interested in doing so.

Come spend the day at the Kennedy Learning Center at Camp Kieve in Nobleboro to celebrate the work we're doing with Maine girls, share the unique aspects of your program, learn from others' expertise, and collaborate in addressing two of the challenges important to the success of the special programming we offer to girls.

Karin Anderson, Executive Director of the Maine Women's Fund, will moderate a discussion among others with expertise in acquiring local funding. In the afternoon, there will be a presentation by women experienced in developing and transferring program leadership.

Schedule:

- 9:00 Registration, Coffee & Networking
- 9:30 Welcome & Introductions
- 10:00 Show Me the Money: Acquiring local funding for girls' programs
- 12:00 Networking Lunch & Walk (weather permitting)
- 1:00 Evolution & Transformation: Sustaining leadership for local girls' programs over time.
- 2:30 Evaluation & Closing

Cost to attend: \$25 per person. Cut the cost, double the fun, and reduce environmental pollution: two or more people from the same program, \$20 each. The Gathering is at The Kennedy Learning Center at Camp Kieve in Nobleboro, Maine on Monday, October 27. Advance registration is required; after October 15th, please call first to check on space availability. For more information and registration forms, visit www.mainelygirls.org

Mainely Girls is grateful to the Bingham Funded Girls' Health Program, a project of the Maine Women's Health Campaign, for sponsoring this event.

FOR MOMS

MINING THE MOTHER LODE

Beginning September 2003 in Bangor & Belfast

This nine session program is for women who are mothering adolescent girls. The groups will explore their ways of mothering and break the isolation of mothering inherent in our culture. Together they will mine the mother lode - discovering their own abundant and rich sources as they dig into the following veins:

- the longing of the adolescent girl in themselves
- their own stories of adolescence
- the impact of our culture on how they see themselves as women, as mothers; and how they see their girls.

The groups will meet for a three hour session once per month for nine months from 6 p.m. to 9 p.m. There is a sliding scale fee of \$450 - \$650 and organizers are willing to discuss payment arrangements to make the program accessible to all women who wish to participate. Call or e-mail for details:

- Carol Carriuolo • 236-0287 • carolc@prexar.com
- Andrea Blunt • 862-6940 • ablunt44@cs.com

CASTING CALL!

TURN BEAUTY INSIDE OUT MAINE

Sunday, September 7, 2003

New Moon Magazine's *Turn Beauty Inside Out*

project emphasizes that real beauty is who you are on the inside. Maine will launch this project statewide with a televised Public Service Announcement which Carolyn Horn, a midcoast area filmmaker, has made this summer. The Libby Roderick song, "How Could Anyone Ever Tell You," will be the background music as scenes of girls engaged in various activities roll on the screen. At the end of the film, a large group of girls and women will be gathered on the top of Mt. Battie in Camden singing the chorus together.

Here's where you can help. Carolyn needs lots of girls and women of all ages in the circle to make a big impression. The final scene on top of Mt. Battie in Camden will be filmed on Sunday, September 7th at 2 p.m. (rain date: September 14th). Please come and bring your girl and women friends! Mt. Battie is accessible by car, or you can hike up. Can't sing? Come and mouth the words! We hope to see you there!

CONFERENCE FOR GIRLS

TOTALLY TRADES

Friday, November 7, 2003

The Bangor Coalition for Girls and Women in Trades and Technology is sponsoring *Totally Trades*, their second annual conference for high school girls on Friday, November 7th from 8:30 a.m. to 2:00 p.m. at United Technologies Center, Hogan Road, Bangor.

This day-long event is targeted towards high school girls interested in exploring and building skills in trades and technology. Many of the girls who will be attending are currently enrolled in vocational technical programs, and this event is designed to help them find peer support. In addition, the event offers an opportunity for girls not involved in the trade areas to explore non-traditional career options.

During the day each girl will attend two hands-on workshops she selects from among the ten offered. The workshops include highway construction, pre-engineering, welding, heavy equipment operation, carpentry, and many more. Some of the workshops will be outdoors. There will also be a fashion show featuring women who are now employed in the trades.

Lunch and refreshments will be served. For more information or to register for *Totally Trades*, contact your school guidance counselor, or call Women, Work, & Community at 1-800-442-2092.

OPPORTUNITY KNOCKS 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 family who would benefit from this residential program, please contact the organization at 926-4532 or visit their web site at www.opportunityfarm.org.

KIEVE OCEAN TERM

SEMESTER PROGRAM FOR SOPHOMORE GIRLS

Research shows that girls and young women, during the educational process, begin to believe they "can't do" science, resulting in thousands across the country who miss the opportunity of excelling in science and technology.

In response to this, and building on a highly successful summer science and wilderness program, Kieve Affective Education (a nonprofit educational corporation in Nobleboro, Maine), is developing Kieve Ocean Term.

This school is a semester-long science education program that will serve 32 sophomore high school girls offering 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.

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.

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 becoming sending schools are encouraged to contact Kieve. For more information, visit the web site at www.kieve.org or call (207) 563-5172.

DO IT NOW & DO IT FOR (AND WITH) GIRLS!

According to information received from the AAUW, the final Department of Education report on Title IX has been written, and it contains proposals that, if adopted, would reduce girls' and women's athletic opportunities.

House Resolution 137 supports enforcement of Title IX as it has existed for decades, and it says that if Title IX is changed, Congress will take legislative action. A similar resolution is being written for the Senate.

Please take five minutes to contact your senators, (Senator Snowe 1-877-254-1012 and Senator Collins 1- 877 - 254-1012) your legislators, the President (202-456-1111) and Secretary of Education Paige (202-401-3000) and tell them that you want them to leave Title IX alone.

"If it ain't broke, don't fix it!"

GOODBYES & HELLOS

Theresa Rowe can put on her resume that she wintered at Mainely Girls this year. From January through April, Mainely Girls was fortunate to have Theresa make the cold seem inconsequential, almost. Though her primary role was organizing the Camden Girls' Festival, in truth, Theresa did it all, and most days with a smile on her face. Theresa is back working at her summer job and will return to USM in the autumn.

As spring turned to summer, Ann Marie Almeida wished us a fond farewell and returned to private life as a

non-Mainely Girls Board Member. (We feared an identity crisis might ensue as Ann Marie had been Board connected for as long as any of us could remember. Fortunately, she has managed her transition successfully and is diligently pursuing life in the private sector.) Ann Marie has been an invaluable member, sharing her wisdom, wit, experience, and extensive network of social connections. We thank you for everything, Ann Marie, and we will always have a place for you at the Board Member dinner table.

New to the Mainely Girls Board as of June is Lindsay Stewart. Born and raised in Scotland, Lindsay graduated from Colby College and currently teaches photography at the Riley School. Welcome, Lindsay!

Mainely Girls is very pleased to announce that Board Member Sarah Szwajkos is taking a temporary leave of absence from the Board to fill the role of part-time Assistant Director of Mainely Girls. Sarah's technical expertise is only one of her many qualities that make her an incredible asset to the organization, and this newsletter, produced in-house for the first time, is evidence of that expertise. In addition, Sarah was the lead organizer of the very first and extremely successful "Girls' Night Out" for incoming high school freshmen girls and their mothers. (Please see the article on Page 5. We are grateful for all Sarah brings to the position and welcome her aboard!

BOOK, VIDEO & WEB SITE RECOMMENDATIONS

Book: By Girls For Girls A must have for many of today's high school girls, this spiral bound tome will be totally dog-eared by the time the reader has gleaned all she wants from it. Written by girls who were attending the Smith College Summer Science and Engineering Program and the YWCA programs in Western Massachusetts, the book focuses on girls' emotional and physical health, putting it in the social and cultural context in which girls live today. It's honest, it's empowering, and it is a book girls will turn to throughout high school as they encounter the gender specific challenges of growing up. The girls' voices are strong and clear; the book is like an older, "fairy god-sister" sharing her wisdom with her younger sister as she tries to make sense of her own adolescence. Also, check out www.bygirlsfor girls.com. To order, contact Gail Scordilis at Smith College, (413) 585-3879 or gscordil@email.smith.edu.

Video: Perfect Illusions - Eating Disorders and the Family This excellent hour-long video aired on PBS this past spring. It focuses on three girls with eating disorders and the impact of this illness on their families. To borrow the video, please contact Mainely Girls.

Web site: www.whitebedroom.com This is a very fine web site devoted to educating youth about HIV/AIDS and safe sex. It acknowledges that abstinence is the safest choice; but, it also offers frank discussion of safe sexual behavior, and links young viewers to relevant web sites. The star-studded site is bolstered by the endorsement of singers Elton John, Mary J. Blige and Shirley Manson, and is sponsored by the

Elton John AIDS Foundation and the MAC (Cosmetics) AIDS Fund.

Web site: New Portion Distortion Quiz (This is really fun AND informative!) Take this quiz to see if you know how today's portions compare to the portions available 20 years ago, and how much physical activity you will need to do to burn up the extra calories provided by today's food portions. It's an eye opener! <http://hin.nhlbi.nih.gov/portion/>

GIRLS NIGHT OUT

things we want to tell you...

things you'll want to know...

August 25, 2003



A NEW PROJECT MODEL FROM MAINELY GIRLS

The transition from middle school to high school happens for girls just as many are personally at a very vulnerable point in their lives, struggling to define themselves as young women rather than girls and on the brink of making some important new choices for themselves both socially and academically.

As in many rural Maine areas, at this juncture the girls in the Camden-Rockport area leave small, community schools that many have attended since kindergarten and converge at the Camden Hills Regional High School where the student body comes from six schools and represents five towns. To the young freshmen, the student body is filled with students who are older, and many who are strangers. The high school's large physical size, the number of students, and the wide array of opportunities offered, both academic and extra-curricular, can be a plus but can also be overwhelming. The wide socio/economic diversity among these towns becomes very apparent when students attend the same school, and that presents its own challenges. As a result of these and other factors, many girls face going to high school with a degree of uncertainty and trepidation.

This past spring Mainely Girls began work on a project to provide incoming 9th grade girls with gender-specific information to assist them in making a smooth, safe, and successful social, emotional, and academic transition to the high school. The evening would also acknowledge that girls' parents would benefit from some gender-specific information which would prepare them to recognize challenges their

daughters might face during the early high school years, and encourage them to work with their daughters to help them make positive choices.

PLANNING

Prior to the close of school, Mainely Girls' Assistant Director, Sarah Szwajkos, met with some of the 8th grade girls and their guidance counselors to determine what questions were on the girls' minds as they anticipated heading to high school in the autumn.

In June, Mainely Girls' Student Executive Board members Megan Kennedy and Jessica McMahon established a "Big Sisters" Committee comprised of themselves, as well as eight other sophomore, junior and senior girls from the five towns. Informed by Sarah's research, as well as their own experiences, the Big Sisters met twice during the summer months to develop the "Girls' Night Out" program and format.

The high school girls decided they would run the evening event, telling their own stories about starting high school and sharing their wisdom and advice directly with the girls. They also agreed to act as mentors to whom freshmen girls could turn during those first few weeks and months of school. In addition, the older girls gathered door prizes from local merchants, solicited cake donations, recorded music for use that evening, and decorated the high school cafeteria to create a celebratory, welcoming, girl-friendly atmosphere.

Meanwhile, Sarah designed a separate program for parents. Dr. Mary Smyth agreed to facilitate an informal discussion that included presentations by Gail Hall, PhD, MEd, LCPC, clinical director of Midcoast Substance Abuse Counseling; Frannie Wheeler-Berta, Residential Coordinator of The Community School; Casey Heard of New Hope for Women; and Emily Davis of the Camden Hills Regional High School Parents' Group.

THE EVENT

On August 25th, 44 girls from Appleton, Camden, Hope, Lincolnville, and Rockport area schools, girls from Riley and Ashwood schools, girls who were home-schooled, girls new to the area, plus 44 moms and other family members, responded to an invitation to gather at Camden Hills Regional High School for the first "Girls' Night Out."

The ninth grade girls were obviously nervous as they entered the cafeteria, looking around for familiar faces; and parents were anxious about leaving their daughters. However, with music playing in the background, half a dozen delicious-looking cakes welcoming the girls of the class of 2007, and vibrant, iridescent-colored star-shaped balloons dancing over tables and creating a party atmosphere, the girls decided to venture in, and moms moved on to the adult meeting room.

Two hours flew by, and the final evaluations show that the incoming freshmen girls appreciated meeting and hearing from others who had made a successful transition to the high school, having an opportunity to become more familiar with one another, and learning more about what lies ahead in high school. And everyone had a good time!

Parents, too, valued the chance to meet one another, learn more about issues facing high school girls, and begin to network among themselves.

The evening was truly a community event, made possible by the girls, women and organizations who volunteered their time and expertise; businesses who donated food and door prizes; the schools which supported the concept of the evening; and the generous financial support of the Knox County Coalition Against Tobacco, United Mid-Coast Charities, and Youth2Youth: a project of the Maine Community Foundation.

"Girls Night Out" was presented by Mainely Girls in association with Camden Hills Regional High School, and we are pleased to say that the high school decided that a gender-specific program should also be offered for 9th grade boys and arranged to make that happen.

We offer this project model in hopes that other communities may be inspired to do something similar. Mainely Girls is exploring the possibility of developing a freshman girls' group and a girls' leadership team as extensions of "Girls' Night Out." For more specific information and details, please call the Mainely Girls office.

ZOEY'S TEC-KNOW CAMP

Zoey's Room & Zoey's E-Pals Club

August 2003

from Erin Brockette & Vinitha Nair of Zoey's Room



From the smiling faces of our E-Pals and the compliments of their parents, we're proud to report that Zoey's Room presented another successful Zoey's Tec-Know Camp this past August. The camp, held at College of the Atlantic in Bar Harbor, was the launching pad for middle-school girls who participate in the extra-curricular technology club, Zoey's E-Pals Club. The camp experience connects girls with other E-Pals who are participating in the program. The Camp and Clubs work in conjunction with the

Zoey's Room interactive web site, www.zoeyroom.com, where the content of this year's camp will soon be showcased.

Now that the program has been opened to 6th through 8th graders, laptops borrowed from Apple Computers allowed girls who haven't received their MLTI iBooks yet to get a head start with help from their classmates. The College of the Atlantic provided the perfect atmosphere for girls to enjoy their classes and take in the beauty of Bar Harbor. Our camp teachers, Emily Bahna and Kristana Textor, are strong presences in male-dominated industries. Emily is a Flash-based web producer who taught the girls the organization of web site building and HTML; while Kristana, a filmmaker and videographer, tapped into the creative and conceptual side of shooting and editing for the web. The girls also had fun getting to know each other when they swam at Sand Beach and took a ranger-led hike through Acadia National Park. Our campers also spent quality time with Fab Females (role models in the areas of science, math and new technology). Susan Hayhurst and Sarah Kim from the Gulf of Maine Aquarium shared their love of marine biology with the girls as they explored the tidal pools of Wonderland. Mika Lentz, a documentary filmmaker of Lone Wolf Pictures, showed a video of her latest expedition to Southeast Asia and gave an interactive seminar on producing and shooting interviews. We gathered the girls in the afternoons for team-building and leadership activities to help them be active members of Zoey's E-Pals' Club.

This year during camp we also had our first Adult Facilitator training seminar. Adult Facilitators are those who are mentoring the girls in their community's club. These adults are the liaison between ZR staff and their school/organization's administration and are an important component of the program. The seminar was conducted by Diana Gallant, owner of Beota Group, which is a Maine-based company that specializes in instructional design and learner-centered support. Diana was formally trained in instructional design and is in touch with the latest learning technologies and practices. She has been working with the ZR staff and pilot group of Adult Facilitators to ensure that we are meeting the needs of the adults as well as the girls. She conducted an assessment workshop at a past ZR retreat in January and has molded an Adult Facilitation component complete with a guidebook and other resources based on her own research and evaluations of the program. Adults who attended this year's seminar were also able to see what their girls accomplished at camp and gain insight into creating successful clubs in their communities.

Zoey's Room is a work in progress but is steadfastly growing throughout Maine. Near-future goals include promoting the program nationwide, collaborating with other girl organizations and securing sustainability.

Zoey's Room is sponsored by Mainely Girls, and made possible through the generosity of an anonymous Family Foundation, River Rock Foundation, Maine Community Foundation, The David Rockefeller Fund, Virginia Hodgkins Somers Foundation, MBNA, the Maine Women's Fund, Libra Foundation, Apple Computers, Logitech, Central Maine Power Company, and numerous individual donors.

SAVE THE DATE

This year's 11th annual Camden Girls' Festival will be on Friday, March 12th, 2004 at a new location: the beautiful new YMCA in Camden! The focus will be on girls' health and fitness, and having the conference at this fabulous Y means there will be plenty of room and action for everyone! Mark your calendar now. If you are interested in helping plan the day or leading a workshop at the conference, please contact Mainely Girls. More details in January's newsletter and on our web site.

CONTRIBUTORS

Mainely Girls is grateful for the generous financial support of the following groups and individuals which makes our work possible. Thank you all for your past and continued support!

Foundations & Organizations

Keybank
The Bingham Fund
Audio Bookshelf
MBNA Foundation
Opportunity Farm
University of Maine
West Bay Rotary
Midcoast Substance Abuse
United Midcoast Charities
Jaret & Cohen Real Estate
Wheelwright Real Estate
The Diversity Coalition
River Rock Foundation
Central Maine Power Company
Elmina B. Sewall Foundation
Stuart Marine Cooperation
Mt. Desert Island School
Maine Community Foundation
Mission Possible Teen Center
Maine Initiatives - Baker/Cinciva Fund
Family Planning Association of Maine
Point Harbor Fund of the Maine Community Foundation
Maine Women's Health Campaign's Girls' Health Program

Individuals

Anonymous
Ann Marie Almeida
Sherry Armbrrecht
Laura Barnard
Mary Bok
Candace Bray
Anne and Rick Bresnahan
Lyn Mikel Brown
Deb Burwell
Carey C. Cameron
Kenneth Carlson
Jennifer Carmody
Hilary Carr Jones
Geraldine Dorsey
Norma D. Dreyfus
Tom and Dyan Dyer
Anne Edmonds
Gayle J. Elfast
Sarah Jane Elliot

Francesca Evans
Heidi Fitz
Dottie and Charlie Foote
Heather Fredrick
Bill and Susan Freeman
Mary Jane Guilcher
Katie Fullam Harris
Missy Hatch
Ann Hersey
Grace Hinrichs
Yusun Hitt
Joy Hoffman
Nancy Jackson
Dawn Jellison
Anna Jennings
Elizabeth Kubler
Bodine Lamont
Francine and Paul LaPorte
Doug Malcolm
Steven and Ursula McAlister
Mary Alice McLean
Patricia McMahon
Jacqueline McNeal
Leslye Menerey
Alexandra Merrill
Dyke Messler
Robyn and Robert Metcalfe
Bonnie Rukin Miller
Stephanie Miskell
Caroline Morong
Gail A. Morris
Corallie Murray
Bridget Paddock
Susan Peabody
Julianna Pfeiffer
Cathy Plourde/ ADD VERB Productions
Peter and Ricardo Quesada/Fore River Foundation
Vicki Norton
Marilyn Moss Rockefeller
Michael and Dianne Rowe
Lisa Satchfield
Diane Schetky
Elaine Seckas
Kim Simons
Brenda and Jory Squibb
Sarah and Robert Stein
Sarah Szwajkos
Joan Tilney
Peggy Watson
Dee Webster
Ellen and Lloyd Wells
George and Nancy Wheelright
Sheryl and David Whittier
Lucy Williams
Alexandra Wolf Fogel
Edward Zanca
Lucinda Ziesing

THE WONDROUS WISH LIST

Mainely Girls remains amazed at the response to our Wish List! Less than two days after we mailed out the last newsletter, Hilary Harwood came by the office to offer us a new iBook! Thank you so much, Hilary; we are very grateful to you for this donation.

Dare we wish for more? O.K., closing our eyes, crossing our fingers and clicking our heals three times we say, "We would be ever-so-grateful for a scanner, more volunteers, and funds to make Sarah a full-time assistant director."

DIRECTOR'S CORNER

Mainely Girls began its 8th year on July 1st, prompting me to ponder what might be different now than when I began working for, with, and on behalf of Maine girls seven years ago.

Change takes time, and often signs of significant change are subtle. The reasons why change occurs can also be elusive. With these warnings in mind, I've been trying to assess what positive impact Mainely Girls might claim to have initiated or been part of throughout these years.

Eight years ago just claiming that gender specific programs were important for girls raised many people's ire (and among some it still does). The immediate cry was usually, "What about the boys?" However, this spring when our local high school approved "Girls' Night Out," they also insisted that a gender-specific program be offered for boys. In a similar vein, the ten-year-old Camden Girls' Conference, a model for at least three other girls' conferences throughout the state, is now being used as a model for boys' conferences as well. More and more communities understand the importance of addressing the special needs of each group. That's progress.

Advocacy is an important role for our organization, and not always an easy one. We bring attention to girls' needs that are ignored or not sufficiently addressed, such as the less-than-equal treatment of girls at the former Maine Youth Center, the scarcity of prevention efforts and early intervention for girls around eating disorders, or the need to involve girls thoroughly and deeply in the field of technology. Advocacy for systems change is slow, hard work, and it doesn't always endear you to others. Mainely Girls has been fortunate to have the support of individual, foundation and corporate funders who have understood and supported the importance of our ground-breaking work, and some of them from the past fiscal year are listed in this newsletter. We are very grateful to them all.

Last week I received a phone call from a political organization that was stressing the importance of "predictable income" and requesting that I pledge a small amount of money monthly for a year. While Mainely Girls is not quite that sophisticated yet as a non-profit, I would ask that you cast your eyes over the list of last year's donors. If your name doesn't appear on our list, consider making a donation now. If you see your name, considering making another donation. We need your support to continue our important work. Thank you for your generosity.

- Mary Orear

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, Maine 04843

Please send my friends the Mainely Girls newsletter:

Name.....
Address.....
City.....State..... Zip.....

For our records, please fill out the following:

Name.....
Address.....
City.....State..... Zip.....

Name.....
Address.....
City.....State..... Zip.....



MAINELY GIRLS
69 ELM STREET
CAMDEN, ME 04843

The Source of Information For and About Maine Girls!

