

Girl Power Press

A publication of Girls Incorporated of the Island City
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What is Girls Inc.?

Girls Inc. is a national nonprofit youth organization dedicated to inspiring all girls to be **strong, smart, and bold**^(SM). Since 1964, Girls Incorporated of the Island City – formerly known as Alameda Girls Club – has been offering programs to local girls ages 6 to 18 that prepare them to lead successful, independent, and fulfilling lives and help them confront subtle societal messages about their value and potential.

Our Programs

Girl Power – a program for girls 10 and older that focuses on positive self-esteem, team building and career planning. Activities include crafts, cooking, games, local outings, career planning, special guest speakers, and community service.

The Magic Within – a 12-session program for girls ages 9 to 14 dedicated to helping girls make their dreams come true. Through creative arts projects, journaling, learning about inspirational women heroes, group presentations and team building activities, girls build their literacy and communication skills, practice time management and goal setting and learn group facilitation and how to plan for success. This program won an award at the Girls Inc. National Conference in Washington D.C. this spring.

Girls Inc. Operation S.M.A.R.T.^(SM) – a program for girls 6 and older that teaches girls about science, math, and relevant technologies. Activities include hands-on classes in math skills and games, science experiences and experiments, and computer skills.

Girls Inc. Sporting Chance – a program for girls 6 and older that builds competitive spirit and team playing skills and encourages a lifetime commitment to sports and adventure.

Career Mentoring Program – a series of one-hour workshops designed to help girls ages 9 and older explore different career options by meeting with and interviewing women who work in the community.

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inc.**[®]



Girls Inc. of the Island City Executive Director Romy Amos, National Girls Inc. CEO Joyce Roche, and “The Magic Within” creator Melissa Mischak pose with their program awards.

National Award-Winning Girls Inc. Programs

Girls Incorporated of the Island City won several awards at the Girls Inc. National Conference in Washington D.C. this spring.

Best Foot Forward - a series of workshops that teach girls skills in interviewing, scriptwriting, presentation, and etiquette – won an award in the “Outstanding Program in Self-Reliance and Life Skills” category. The program is offered at our Meyers Center each spring and culminates at our *Celebration of Excellence Luncheon* in May.

The Magic Within – a program that helps girls discover their dreams, set goals, and plan for success – won the Annie E. Casey Foundation Strengthening Families Program Award. This program is offered year-round at our Meyers Center and can be brought to local agencies, schools, and organizations.

Upcoming Girls Inc. Events . . .

July 4 - Be sure to catch us in Alameda’s Annual Mayor’s July 4th Parade!

Aug 10 - Free *Make a Circus* event at Alameda’s Washington Park

Celebration of Excellence Luncheon

Our 3rd Annual Celebration of Excellence Luncheon this year was a huge success! Themed “SHEroes” and held May 11 at Scott’s Restaurant in Jack London Square, the luncheon – which is both a fundraiser and a program for our girls - honored five Bay Area women who represent excellence in their fields.

Broadcast Journalist Belva Davis was our keynote speaker. Other awardees included: LaDoris Cordell, a former judge and current vice provost at Stanford University; Donna Milgram, founder of Women in Trades, Technology, and Science; Kate Pryor, owner of Tucker’s Super Creamed Ice Cream in Alameda; and Madiha Awa, a senior at Encinal High School and recipient of the Avant! Foundation’s Hidden Heroes scholarship.

Besides being a fundraiser, the luncheon is the final element of our award-winning *Best Foot Forward* program. This program is a multi-workshop series designed for all ages to support girls by teaching them a variety of life skills. Through role-playing, practice and participation in the luncheon, girls build skills in interviewing and being interviewed; making presentations and introductions; public speaking; and discussion with peers and consensus building.

Girls Incorporated of the Island City would like to thank the following sponsors for making major donations to our *Celebration of Excellence Luncheon* this year:

Hills Newspapers and the Alameda Journal
Alameda Power and Telecom
Alameda Welfare Council
Edward Jones & Company
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Waste Management of Alameda County
WindRiver Systems, Inc.
Zeller Printing

Would you like to help make a special event, project or Girls Inc. program come to life? To donate time, money, or equipment, bring someone from our Speaker’s Bureau to your organization, write an article about us in your publication, or collaborate with us to bring one of our programs to your site, please call Development Director Kristin Butler at (510) 521-1743 or send e-mail to kbutler.islandcity@girls-inc.org



(Our Programs Continued)

Mini Society/YESS! Program – a program for 8-11 year-olds that teaches girls about economics, government, entrepreneurship, consumer issues and career options. Girls create their own society, design their own flag and currency, are interviewed for positions within the society, learn organizational and marketing skills, create their own business and gain exposure to scarcity, supply, demand and other economic issues.

Film Stars – a five-week workshop for girls 9 and older designed to introduce girls to filmmaking. Girls will write scripts and create storyboards, design sets and costumes, and be involved in the directorial and non-linear video editing process.

Expressly You – a multi-media program of arts and crafts classes for all ages

Fun and Games – a program for all ages dedicated to board games and dramatic play

All About Me – a program designed to help each girl appreciate the special, unique person she is and to appreciate the uniqueness of others. Classes will explore cultural heritage, celebrate traditions, and learn about special foods from around the world.

Healthy and Liking It – a class in exercise and fitness, healthy eating and snacks, physical activity and relaxation.

Chefs of the World – a class in cooking and food preparation with an international flavor.

Membership in our Meyers Center program is **only \$40 for the entire year!** Scholarships are available. Call Pam or Stephanie, 521-1743 to register your girl!

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