

Girl Power Press

A publication of Girls Incorporated of the Island City
Volume 3, Issue 3, December 2003

Girls Take Charge Summit 2003 A HUGE Success

Girls Incorporated of the Island City held the first annual *Girls Take Charge Summit* on Saturday, Nov. 8, at our Meyers Center and the event was a HUGE success!

The purpose of the Summit was to offer teenage girls an opportunity to develop their skills and build the self-esteem they will need to take charge of their own lives. Girls from Alameda, Encinal, St. Josephs, Homebase, and Holy Names high schools attended, as well as some parents.

Keynote speaker Sarah Gerhardt, a world-renowned surfer with a Ph.D. in physical chemistry, wowed and inspired the audience with her inspirational story of how she overcame daunting obstacles during high school.

Elizabeth Pepin of *frank films* brought a short clip of the documentary movie - *One Winter Story* - that she and Sally Lundberg filmed about Sarah Gerhardt as well as her display of photography of women in surfing. Lovisa Brown and Julie Taddeo of the International Museum of Women brought their timeline and art activities to share with participants.

A number of talented women from a variety of backgrounds led small, interactive workshops for participants, on topics such as taking risks and confronting fears, identifying core values and setting goals, money skills and the psychology of money, body image and self esteem, boundaries and relationships, entrepreneurship, and the importance of nurturing oneself. There were also workshops for parents of teens about letting go as their daughter grows up and takes charge of her own life.

After lunch, four high school girls led the audience in a discussion, *Girl Matters*, about issues that are important to them. The topics included partner abuse, rape, how girls should get involved in their communities, and how schools should teach to the learning styles of both boys and girls rather than with a bias toward one gender.

After the audience had a chance to speak up about these topics, teen participants voted to choose the subject of partner abuse as the topic they wanted our new teen program to address during this next year. Girls interested in participating in our **new teen program** should contact Site Director Sara Mancini at 521-1743.

(Continued with Thank Yous on back ...)

Girls Inc. Meyers Center
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Keynote speaker and surfer-scientist Sarah Gerhardt (back, right) joined girls in the *Magic Mirror* workshop at the *Girls take Charge Summit* Nov. 8.

Upcoming Girls Inc. Events:

Chevy's Fundraiser: Support Girls Inc. by eating at Chevy's Fresh Mex, 2400 Marina Square Drive, from 5:00-9:00 p.m. Wednesday, Dec. 3, 2003. Twenty percent of your bill will be donated back to Girls Inc. **Please contact us to get a flier, which must be presented to Chevy's that evening.**

Holiday Sale: Volunteer at or donate gifts or wrapping paper for our Holiday Sale for Girls Inc. members happening at our Meyers Center on Dec. 4, 2003. Gifts can include new items appropriate for children, moms and dads.

Celebration of Excellence: Sponsor, attend, or help organize our *Celebration of Excellence* fundraising luncheon happening May 1, 2004, at the Oakland Hilton. At this event we give awards to women and girls who represent excellence in their fields. Our keynote speaker in 2004 will be Stanford Basketball Coach Tara Vanderveer! Our luncheon committee meets once a month in the evening to plan logistics, cultivate sponsors, and work on publicity.

To participate in any of these events, please call (510) 521-1743 or visit www.girlsincislandcity.org.

A Big Thank You!

Thank you to the following businesses and individuals for helping us make our *Summit* a success!

Underwriting Sponsors

Curves for Women in Alameda
Bank of Alameda
Oakland Association of Insurance Agents, Inc.

Special Guests

Keynote Speaker Sarah Gerhardt
Elizabeth Pepin of *frank films*
Lovisa Brown and Julie Taddeo of the
International Museum of Women

In Kind Donors

Alameda Power & Telecom; Albertson's of Marina Village;
Grand Catering; Safeway of Bayfarm Island; Safeway of
South Shore Center; Starbucks on Park Street; Susan Adams

Raffle Prize Donors

Alameda School of Dance; Barbara Marchand; Cal
Performances; Dance 10 Performing Arts Center; Diablo
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bor Bay Club; Harsch Investment Properties and South
Shore Center; James LaRheir; Jonathan's Sandwich House;
Lori Lue-Melero; Margaret Seaman and Isle City Business
and Professional Women; Scott's Shoes; Shelley Rosenfeld,
Conscious Skin and Body Care; Stone's Cyclery; West
Wind Kung-Fu Karate Schools

Workshop Presenters

Barbara Marchand; Brenda Johnson; Cathy Nielsen; Cecilia
Cervantes; Erika Johnson; Jennifer Andrews; Kerry Comp-
ton; Laura Burkey; Lori Lue-Melero; Maya Redfield;
Melissa Marsh; Patty Hertz; Paula Vaughn; Romy Amos;
Sharon Whipkey; Shelley Rosenfeld; Stefanie Pender; Susan
Gavrich; Susan Lassetter

Other Summit Volunteers

Alicia Faugier; Audrey Lord-Hausman; Gary Adams; John
Abrate; Karen Reinhardt; Kim Brooks; Maya Redfield;
N'Dozie Matingou; Pat Bennett; Rebecca Stees; Rick
Espanol; Trisha Robinson; Bonnie Xu, Krystal Dennis,
Ladon Thomas, Patricia Gomez, Stefanie Pender; Dorie
Guess Behrstock, Ellen Chin, Frances Montell, Gordon
Fullmer, Juelle Ann Boyer, Russ Grant, Karen Granados,
Mary Kenney, Melissa Marsh, Samarial Brown, Susan
Adams, and Kate Quick and members of the Alameda
League of Women Voters (who trained our *Girls Matters*
panel).

How To Help Girls Inc.

Albertson's Community Partners Program: Support Girls Inc. by registering and using your Albertson's Preferred Savings Card in the Albertson's *Community Partner's Program*, which is designed to raise funds for non-profit organizations. By participating, every time you shop at Albertson's the store will donate up to 4 % of your total purchases to Girls Inc. at no cost to you! **To Register:** During your next trip to Albertson's, ask the cashier or customer service rep. to register you in the *Community Partners Program* and designate Girls Inc. – **UPC #4-90001-13676** - as your non-profit. From then on, use your card normally!

SchoolCash: Just shop online through www.schoolcash.com and up to 40% of each purchase you make will be donated the organization of your choice - at no extra cost to you or your group. Please choose **Girls Inc. of the Island City**. There are over 250 name brand merchants to choose from, including Target, Dell, JCPenney, Office Depot, Lands' End, and L.L. Bean.

Tribute Gifts: There are many times when you want to say something special to a family member or friend. A gift to Girls Incorporated of the Island City in honor or memory of a special person will help our local girls while giving you a unique opportunity to commemorate a birthday, anniversary, holiday, retirement, graduation, or the loss of a loved one. To donate, call 521-1743.

UNIGLOBE Total Travel: UNIGLOBE Total Travel is offering a great opportunity for you to treat yourself and make a donation to Girls Inc. at the same time! UNIGLOBE Total Travel, a long-time supporter of Girls Inc., has put together a revenue sharing program for all travel purchased by Girls Inc. supporters. And, it's easy! Simply call UNIGLOBE Total Travel at (510) 523-9796, ask for Debbie Booth or one of the other helpful travel consultants, identify yourself as a Girls Inc. supporter, book and enjoy your travel, and UNIGLOBE Total Travel will donate \$5.00 for every airline ticket and 10% of their commission on vacation packages and cruises up to \$25.00 to Girls Inc.

Relax While Helping Girls Inc.: Alameda massage therapist Lori Lue-Melero has offered to help Girls Inc. by giving part of her proceeds to us from all Girls Inc. referrals. So, when you book a massage with her, just tell her you are a Girls Inc. supporter and she will donate 10 percent of her fee to Girls Inc. To make an appointment, call Lori at (510) 914-3691.

Girls Inc. is dedicated to inspiring all girls to be Strong, Smart, and Bold^(SM)