

Girl Power Press

A publication of Girls Incorporated of the Island City
Volume 5, Issue 2, September 2005

Third Annual Girls Take Charge Summit

On Saturday, Oct. 29, Girls Inc. will host its third annual *Girls Take Charge Summit* for high school girls at the Meyers Center. This all-day, inspiring event will feature exciting guest speakers, workshops, a girl-led panel discussion of current teen issues, free drawing prizes, goodie bags, and lunch.

The day will begin with an inspiring “spoken word” performance by teen poetry slam award-winner Katy Turchin and her twin sister Lucy, who will set the tone for a day of teen empowerment through rhythm, movement, and prose.

After the performance, girls attending the summit will participate in a variety of workshops on topics including: relationships and communication; getting into college; body image and self-esteem; how to make money and spend it wisely; self-expression through hip-hop dance; landing the perfect job; defining beauty; healthy boundaries and self-defense; and sexual health.

After lunch, girls and volunteers will participate in the *Girls Matters* panel, an opportunity for four girls to lead a discussion about the top issues facing teen girls today and for summit participants to choose which issue they would like to address in the teen *Blueprint* program next year.

During the first two summits, participants chose the topics “*teen dating violence*” and “*teen depression.*” Girls from the *Blueprint* program will attend the summit to talk about the work they are doing to raise awareness about the problem of teen depression.

The summit is free and open to all girls ages 13-18 (non-members and non-Alameda-residents welcome). Registration is at 9:00 am on Oct. 29 at the Girls Inc. Meyers Center at 1724 Santa Clara Ave. in Alameda.

To help underwrite the summit or to donate an item for the free prize drawing, contact Kristin Butler. To volunteer for or receive more information about the event, contact Tristen Fredrickson or Gina Vittori at 521-1743 or visit www.girlsincislandcity.org.

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New Executive Director Karen Kenney at Girls Inc.

New Executive Director Starts at Girls Inc.!

Local woman and former UC Berkeley Dean of Students Karen Kenney takes the helm at Girls Inc. this fall, bringing with her a wealth of experience, a love for Alameda, and a passion for the organization’s mission to inspire all girls to be strong, smart, and bold. She replaces former Executive Director Romy Amos, who retired in May.

"Leading Girls Inc. of the Island City will be a privilege," Kenney said. "I look forward to contributing to my home town by helping girls realize their dreams and potential."

Kenney has more than 20 years of experience in higher education administration at CAL - with strong skills in strategic planning, program design, staff development, and fundraising - and has served on several non-profit boards. She also has had a life-long interest in the cause of women’s rights that stretches back to the days when she studied women’s sports history in graduate school and that hits home more powerfully now that she is raising an 9-year-old daughter.

“While women have made great strides toward gender equity, it’s imperative that we continue to provide girls with experiences that empower them,” Kenney said.

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Women of the 21st Century Club Speaker Events

Girls Inc.'s most recent Women of the 21st Century Club speaker events were both a huge success, creating awareness about important issues for girls and raising money for Girls Inc.'s programs.

In July, the Club offered an event themed "*Women and Girls In Science, Math, and Technology*," which included a presentation from girls in Girls Inc.'s *Operation S.M.A.R.T.* program and an exciting dialogue with a panel of guest speakers, including: Donna Milgram, Executive Director of the National Institute for Women in Trades, Technology, and Science; Ellen Spertus, PhD., Computer Science Professor at Mills College; Neveia Chappell, Product Marketing Engineer at Agilent Technologies; Margaret Torn, PhD., Environmental Scientist at Lawrence Berkeley Lab; and Violet Votin, PhD., a recent graduate of Stanford University in Cell Biology.

In September, the Club offered an event themed "*Mental Health and Teen Depression*," which included presentations by guest speaker Nancy Salamy, Executive Director for Crisis Support Services of Alameda County, and by girls in Girls Inc.'s *Blueprint: Preventing Teen Depression* program. The online car insurance company *Esurance* generously sponsored both events.

The next Club speaker event, themed "*Media Literacy and Body Image*," will be on Nov. 29.

The Women of the 21st Century Club is a membership group created for women who want to support Girls Inc. For information, call Kristin at 521-1743.

(*New Executive Director* continued ...)

In addition to her years of experience and her deep passion, Kenney is a native Alamedan who attended local schools and graduated from Encinal High. Much of her extended family still lives in Alameda and she has strong ties to the community.

"By enhancing and expanding our partnerships in the community and beyond, we can ensure that girls are strong, smart, and bold," Kenney said.

Special "Thank You" Go To ...

- Kathy Shaughnessy and the Bank of Alameda, for inviting Girls Inc.'s *Blueprint* girls to speak at the bank's *Women in Business Event* in September and for raising \$700 for Girls Inc.
- Home Depot, for hosting the first *Project Dollhouse* event in September, where girls from Girls Inc. affiliates all over the country learned carpentry skills and built doll houses that will be entered in a national competition and donated to shelters or auctioned on E-Bay to raise money for Girls Inc.
- Freelance writer Jen Dalton, who volunteered to be a copy editor for the *Teen Zine*'s fall issue
- Maxine Kincora, a theater producer, director and actor who helped teens in the *Blueprint* program create skits for their outreach presentations
- Outgoing Girls Inc. board members Russ Grant, Donna Milgram, Cheryl Williams, Victoria Brown, Kamala Green, Mary Kenney, and Shannon Hobbs and to our newest board members Dawn Wade and Monica Davis, for their dedicated and valuable service!

Upcoming Events ...

- **Oct. 29:** *Girls Take Charge Summit* for teen girls (see front page for information). To be a sponsor or to donate an item for the free prize drawing, contact Kristin Butler, kbutler@girlsincislandcity.org. To volunteer or attend the event, contact Tristen Fredrickson at 521-1743 or visit www.girlsincislandcity.org
- **Nov. 29:** Women of the 21st Century Club Speaker Event, "*Media Literacy and Body Image*." For information, contact Kristin Butler at 521-1743 or visit www.girlsincislandcity.org
- **Dec. 1:** Girls Inc. annual *Holiday Sale*. This event is only open to children enrolled in the Meyers Center and Activity Center programs and is an opportunity for children to purchase and wrap gifts costing under a dollar for their families. To donate gift items or wrapping materials for the sale or to volunteer at the event, contact Girls Inc. staff at 521-1743 or visit www.girlsincislandcity.org

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