

Girl Power Press

A publication of Girls Incorporated of the Island City
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Girls Inc. Events

Media Literacy and Body Image Event: The Women of the 21st Century Club, a volunteer group that raises awareness about, and money for, Girls Inc. programs, is hosting its sixth speaker evening program on Feb. 22. The event is sponsored by the online auto insurance company Esurance and will include presentations by girls in Girls Inc.'s Media Literacy, Body Image, and "Outloud" teen zine programs and a lively discussion with a panel of experts, including: Lori Hope, editor, author, journalist, and Emmy-winning documentary producer from the newspaper Bay Area BusinessWoman; Renee Kemp, Emmy-winning freelance television news reporter for KTVU-TV and international correspondent for Black Entertainment Television; Rebecca Randall, Director of Outreach for the nonprofit Common Sense Media; Emily Schmookler, Production Assistant and Project Associate for Youth Radio; Andi Zeisler, editorial and creative director for Bitch Magazine; Robin Raj, Creative Director and Partner at the advertising agency Collaborate; and Connie Sobczak of The Body Positive, a nonprofit dedicated to creating a cultural shift in people's attitudes about weight, health, movement and beauty.

For event time, location, and cost, call Development Director Kristin Butler at 510.521.1743 or e-mail her at kbutler@girlsincislandcity.org.

Women Who Dare Benefit: At this annual May event, formerly called the Celebration of Excellence Luncheon, Girls Inc. both honors women and girls who represent excellence and raises money for Girls Inc. programming.

To volunteer on the Women Who Dare Benefit organizing committee, become a corporate or individual sponsor, donate auction items, purchase tickets, or nominate a youth honoree, call Development Director Kristin Butler at 510.521.1743.

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New Executive Director Karen Kenney spends one of her first days on the job listening to teens at the Girls Take Charge Summit in October.

Executive Director Listening and Leading Girls Inc. into 2006

New Executive Director Karen Kenney is dedicated to serving the needs of Alameda's girls and has started her Girls Inc. journey meeting the city's community members, parents, and girls at numerous events, including:

- Kiwanis Club Katrina Fundraising Event
- Alameda PTA Council Meeting
- Alameda's UN 60th Celebration
- Alameda Towne Center Grand Opening
- Alameda Education Foundation Gala
- Alameda Parks and Recreation Fundraiser
- Lights On Alameda Tour
- Girls Inc. Hollywood Luncheon
- Kiwanis Chili Cook-off (where Girls Inc. took home the "People's Choice" Award!!)

To meet Karen Kenney, call 510.521.1743 or e-mail her at kkenney@girlsincislandcity.org

Girls Inc. Teen Program

Out Loud: This teen zine publication is written and produced for teens by teens from Girls Inc., Alternatives in Action, and the Alameda Collaborative for Children, Youth, and their Families. The second issue was published in November and was on display at the Alameda Literati Book Faire on Nov. 5. The zine includes poetry, stories, nonfiction, artwork, advice for other teenagers, and articles about current issues and events. Zine participants meet at Girls Inc. on Wednesdays from 3:30-5:15 p.m. The publication is supported through paid advertising by local businesses.

To purchase an ad in the April issue of Out Loud, call Teen Specialist Gina Vittori at 510.521.1743 or e-mail her at teenprogram@girlsinsislandcity.org

FacilitateHer: Teen girls learn how facilitate a group in this program from 3:30-5:15 pm on Tuesdays and Thursdays.

Girls Take Charge Summit: In October, Girls Inc. held the 3rd Annual Girls Take Charge Summit for high school girls. The day included a passionate spoken-word performance by twin sisters Katy and Lucy Turchin and workshops in everything from money skills and healthy relationships to sexual health and hip hop. At the end of the day, members of Girls Inc.'s teen program gave a presentation about the work they are doing in the Blueprint Program to prevent teen depression and then summit attendees participated in a discussion about teen pregnancy, peer pressure, gossip, and body image led by "Girls Matters" teen panelists Ashley Nelson, Ciara Robinson, Desiree White and Monica Hernandez, all of Saint Joseph Notre Dame High School, and Taryn Aguiar of Alameda High School. Attendees then voted and chose body image as the topic Girls Inc. will tackle in the Blueprint Program in 2006.

Teen program participants can earn community service hours. Teens 13-18 can attend Girls Inc. for free thanks to a grant from the Kiwanis Club of Alameda. To support the program, call Teen Specialist Gina Vittori at 510.521.1743 or e-mail her at teenprogram@girlsincislandcity.org.



Natasha Walls (Alameda High School), Jasmine Walls (Oakland School for the Arts), Nicole Oliver (Holy Names High School), Ileana Matzorkis (Holy Names High School) and Sara Heaps (Encinal High School), inspire their peers to battle teen depression at the Girl Take Charge Summit in October 2005.

Blueprint: In it's third year, this social action program for teens is going strong, smart, and bold!

Preventing Teen Dating Violence/Preventing Teen Depressions: In September, Blueprint participants gave a presentation about preventing teen dating violence to 100 women at Bank of Alameda's Women in Business event and in February, they gave a performance about preventing teen depression at BASE (Bay Area School of Enterprise) to 80 students.

This group meets 6:00-7:30 pm on Mondays.

Promoting a Positive Body Image: The newest branch of this program began in January. The group meets weekly. In the first phase, teens learn about the issue. In the second phase, teens give presentations in the community to educate younger girls and other teenagers about body image and to advocate for the promotion of a healthy body image.

This group meets 3:30-5:15 pm Mondays.

To join, volunteer with, or support a Blueprint program or to invite either group to give a presentation to your organization, call Teen Specialist Gina Vittori at 510.521.1743 or e-mail her at teenprogram@girlsincislandcity.org.

Girls Inc. Middle School Program

Adventure Girls Program: Girls Inc. of the Island City is piloting a new middle school program for the Girls Inc. national organization in March called Adventure Girls, an adventure sports program for girls ages 12 to 14. It is a component of Girls Inc. Sporting Chance[®], a national, research-based program that builds movement and athletic skills, cooperative and competitive spirit, health awareness, and interest in all sports.

In Adventure Girls, girls are encouraged to take risks, work as a team, communicate, set boundaries, build trust, and explore career opportunities related to sports. They practice these skills during activities at Girls Inc. and then use them while in “off-campus” expeditions that include hiking, rock climbing, and a ropes course.

To join, volunteer for, or support Adventure Girls, call Program Director Tristen Fredrickson at 510.521.1743 or e-mail her at tfredrickson@girlsincislandcity.org.

Activity Center Program

In addition to our Meyers Center Program for girls ages 6-18, Girls Inc. also offers before and after school licensed childcare for boys and girls onsite at seven elementary schools in Alameda.

Children in the program recently learned how to be prepared thanks to a visit from Alameda Red Cross volunteer Joanne Robinson and her “YES (Youth Engaged in Service) Team.” Volunteers who gave “Together We Prepare” presentations to the children included: Jenny Gant, Jacki Johnston, Stephen Hy, Carolyn Lee, and Minnie Chan of Alameda High School; Paulani Mui and Ann Daur of Saint Joseph of Notre Dame High School; and Gloria Lau, Gordon Su, Esther Cho, Simone Lau, Kai-Xiang Leung, Norman Yang, and Anusha Tuladhar of Encinal High School.

For information about the Activity Center Program, call Program Director Pam Williams at 510.521.1743.

Stay tuned for the upcoming contest to choose a new name for this exciting program!!

Girls Program for Girls 6-11

New Media Literacy Program: Girls Inc. of the Island City is starting a new program this month that teaches girls to recognize and identify mass media; think critically and question the messages found in mass media; and understand how the ownership of mass media affects media content. The program also encourages girls to consider working in mass media careers and teaches them skills they can use to create media messages of their own.

Economic Literacy Program: This program introduces girls to basic financial concepts, including money management and investment; helps girls look at how money affects us locally and globally; and fosters the development of skills needed to be financially self-sufficient. The program also gives girls the opportunity to discuss equal pay for equal work, child-care, welfare and other issues that particularly affect women and girls. (Funded through a grant from the CitiGroup Foundation).

Operation SMART Program: Science, math and technology are the focus of this ongoing and popular program. Girls work with computers; make astronomy mobiles; learn about recycling, worms, and composting, and take a trip to the local dump; play math games in *KidzMath* (funded by a grant from the Rotary Club of Alameda); explore archeology; enjoy a watershed puppet show; have fun during “Pet Week” with new Girls Inc. “members” Slither and Angel; and learn the scientific names for body parts by playing with Girls Inc.’s “My Girlfriend Zelda” doll.

Girl Power: In this program, girls learn about community service and volunteer for projects such as collecting food for the Scouting for Food Drive, serving tea for the Alameda Family Service League Annual Holiday Home Tour, and making cookies for the Midway Shelter.

To join, volunteer for, or support a program, call Program Director Tristen Fredrickson at 510.521.1743 or e-mail her at tfredrickson@girlsincislandcity.org.

Thank you, Volunteers and Donors!

Courageous Women Program Presenters:

- Lucy Gigli, Executive Director, Bike Alameda
- Katy Milani, intern educator, International Museum of Women
- Lina Lopez, freelance photographer and photography student, Cal State East Bay
- Dara Connolly, Owner and Instructor, Albany Karate for Kids
- Ana Marie Jones, Executive Director, Collaborating Agencies Responding to Disasters (CARD)
- Nala Walla, Dance Instructor, B Collective and The Wilder Institute
- Bria Larson, Yoga Instructor and Outdoor Adventure Instructor, Girl Ventures
- Robbie Delayo, Alameda Museum
- Jennifer Gilbert, Davis Street Transfer Center

The Courageous Women Program is offered 4:00-5:15 pm weekdays. Contact Program Assistant Tessa Drake, 510.521.1743 or courageouswomen@girlsincislandcity.org

Holiday Sale Elves:

Lillian Taddei, Marilyn Appezato, Mary Brownson, Beverly Moore, Anne Wilson, Marilyn Zecher, Derryl Zeller, Stephanie Bryant, Bonnie Oviatt, Linda Williams, Mary Kenney, Danielle Sooter, Gwen Rice, Natasha Walls

Blueprint Program Advisors:

Michael Torres, Max Kincora, Sherry Sherman, Mercedes Coleman, Kathy Shaughnessy

Out Loud Advisors and Assistants:

Jen Dalton, Kimberlee Garfinkle, and Patrick and Diana Kenney

Newsletter Stuffing Party Workers:

Alameda's Philanthropic Educational Organization, Derryl Zeller, Marilyn Appezato, Doris Bay, Mary Brownson, Beverly Moore, Lorrie Orchard, Sharon Stehr, Mary Kenney, and Susan Adams

Special Events:

Darien Louie and Wells Fargo for inviting two girls from our teen program to join Wells Fargo's Martin Luther King Jr. Day Warriors basketball game event celebrating nonviolence and diversity!

To volunteer at Girls Inc, call 510.521.1743 or visit www.girlsincislandcity.org

Thank you, Volunteers and Donors!

Girls Take Charge Summit Volunteers

Katy and Lucy Turchin, Maxine Kincora, Lindsay Collingwood of the Alameda Family Services School-Based Health Center, Situ Wunnava and Trang Ngo of Wells Fargo, Nicola Ries Taggart of True Insights Coaching, Brenda Johnson of College of Alameda, Katy Milani and Tobey Klein of International Museum of Women, Damie Nazapas, Jan Stafford, Lourdes Tienda, Lia Vittori, Sue Bevins, Amy Harwin, Jess Mele, Rakefet Avramovitz, Jessica Heinzelman, Rachel Kadner, Monica Davis, Maryline and Kenra Nyberg, Herb and Dorie Guess Behrstock, Ashby Wolfe, Mitch Fearing, and Karen Granados of Karen G Design

Summit Sponsors and Donors:

Bank of Alameda, Oakland Association of Insurance Agents, Troy Van Sloten CPA & Associates, Albertson's, Safeway, Starbuck's, Trader Joe's

How to Help Girls Inc

- Give a generous personal or corporate donation
- Donate money in honor of or in memory of someone special in your life in celebration of National Women's History Month in March
- Purchase a Girls Inc. perpetual calendar, Christmas ornament, or book
- List Girls Inc. as a recipient in your Workplace Employee Contribution Program
- Help your company make a matching gift or grant to Girls Inc.
- Remember Girls Inc. with a bequest
- Donate stocks, bonds, or real property
- Become a member of the Women of the 21st Century Club
- Participate in the "Sharing Sheroes" Small Business Partnership Program
- Attend a Women of the 21st Century Club or Women Who Dare event
- Give an in-kind donation
- Host a fundraising event for Girls Inc.
- Participate in Albertson's Community Partners Program (once you sign up, Albertson's donates to Girls Inc. #49000113676 whenever you use your Albertson's card!)

For more information about ways you can support Girls Inc., call Development Director Kristin Butler 510.521.1743 or write to kbutler@girlsincislandcity.org