

GirlFormation

GirlFormation's Guide to Summer Camps

This edition of GirlFormation focuses on summer camp programming for girls. Some of these camps may be full by the time you read the newsletter, but we wanted to put the information out there while families are thinking about summer programming. If the camps your daughter is interested in are full, please save this newsletter, and plan ahead for next year.

All of the camp information has been found through research on the Internet. Our research criteria was to select camps that have interesting camp offerings and philosophies as well as to present camp programming in different parts of the state. GirlFormation staff haven't physically attended the camps, and are not endorsing them. Please research these camps on your own, and to assist in this GirlFormation has included some tips to selecting the right camp programming for your daughter.

IDENTIFY THE CAMP'S PROGRAM EMPHASIS – Every camp has a different philosophy and program emphasis. Ask what the camp goals are for your children. Dig in and ask why they started the camp and what makes theirs better from others. Some camps promote structured group activities, while others give campers more individualized freedom to pick and choose the individual activities that appeal to them. Some camps offer strictly traditional activities, while others may focus exclusively on sports, drama, or beach and surfing activities. Or, maybe your daughter would flourish in a competitive camp environment whereas another child would be better off participating in non-competitive camp activities. By knowing your child's personality,

interests, personality traits, and learning style, you can better identify the right camp for her.



EVALUATE ACTIVITIES – There are camps that only have enough to keep kids entertained for 3 days, and others that no matter how active the kids are, they will never get through all the different activities provided. So make sure you choose one that has not only plenty of options, but options that your child will enjoy. If she likes to skateboard, send her to a camp that has a skate park. If she has always wanted to try surfing, then send her to a camp on the coast that offers surfing lessons. No matter how specific or obscure your daughter's interests are, chances are there is a camp out there that has that activity.

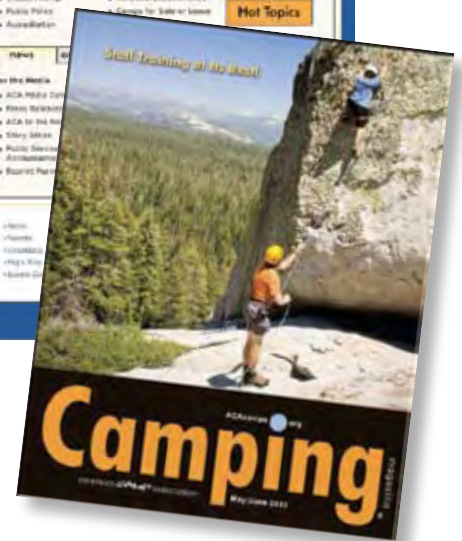
www.acacamps.org

SAFETY - Summer camps often provide activities and options for kids that could potentially be dangerous. Although most camps have extremely high standards and

safety precautions, there may be accidents. Check with the camp you are considering and make sure that they meet all the American Camping Association (ACA) standards for all of the recreation options.

FIND OUT THE STAFF-TO-CAMPER RATIO - Depending upon the types of recreation offered and the size of the camp, ages of the campers, etc., all camps are mandated to have a certain staff-to-camper ratio in order to provide proper supervision. Ask what the staff to camper ratio is at the camp you are looking

at, and compare the camp's counselor-to-camper ratio to ACA standards. This will insure your daughter is getting the individual attention and supervision she needs for his or her age.



continued on inside front cover

Mission

The goal of this publication is to effectively create a girls' network to:

- give Maine girls an opportunity to express themselves to other girls
- provide a way of promoting girls' events and opportunities
- inform educators, parents, and others about ways to support girls
- aid in the cross-fertilization of successful programs
- create a network of women working with and supporting each other's efforts.

Contact Us

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Funder

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www.CampParents.org

INQUIRE ABOUT CAMP STAFF

- Ask about the screening and training process for camp counselors. Your child's counselors can make or break a child's camp experience. In addition to facilitating camp activities, counselors serve as role models and should be dependable, trustworthy, and show enthusiasm for their role. For safety reasons, counselors should also be CPR and First Aid-Certified, and have undergone criminal background checks prior to employment by the camp. Ask about the camp director's background - To ensure that the camp director is qualified, make sure they meet the minimum standards set by the ACA. Such standards recommend that camp directors hold a bachelor's degree, have in-depth experience in camp administration, and performed in-service training during the last three years.

FIND OUT ABOUT HOW THE CAMP HANDLES DISCIPLINE

- As in any organization, rules are needed, and the camp's disciplinary approach should be fair and openly communicated. Positive reinforcement, a sense of fair play and assertive role-modeling are important things to look for. If penalties apply to certain violations, camp staff should apply them fairly, calmly and without unnecessary criticism.

CHECK THE CAMP'S REFERENCES

- References can provide you with a glimpse of the experiences others have had at a camp, and they are an important way of checking out a camp's track record and reputation. Camp directors should be willing to provide references upon request. Get references from the camp, and from trusted friends or neighbors who have experience with that camp.

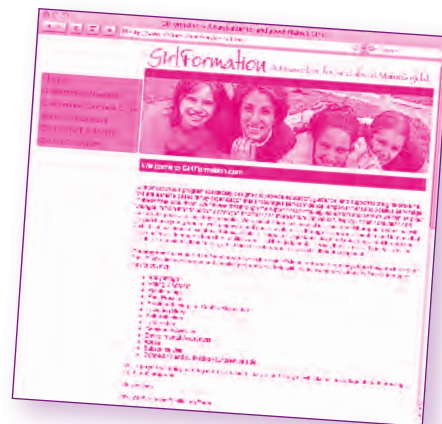


Sources:

How to Choose A Camp For Your Kids,
by Eric Naftulin

Helping Others

www.associatedcontent.com/article/700105/3_tips_for_choosing_a_summer_camp_for.html?cat=25



Visit GirlFormation.com to subscribe to the newsletter, promote an event on our homepage, or contact us.



We invite long-time Girl Scouts, brand new Girl Scouts and girls who are not scouts at all, to join us this summer for that special opportunity to CAMP LIKE A GIRL!

GIRL SCOUTS OF MAINE CAMPS

NATARSWI ~ PONDICHERRY ~ KIRKWOLD ~ SCELKIT

Each summer hundreds of girls attend a Girl Scout camp. Why? Because they know they will:

- Choose the activities they want to do
- Feel good about themselves by learning new skills
- Try things they have never done before
- Make new friends and have a GREAT time!

Whether your daughter is a first-time or a seasoned camper, Girl Scouts of Maine is committed to providing her with a safe place to live, work, and play while encouraging a strong respect for nature and the environment. Girl Scout camps provide a sense of community where girls experience diversity, work with others as a team, and develop practical life-skills.



TRADITIONAL CAMP ACTIVITIES

- Swimming
- Boating
- Outdoor Camping Skills
- Archery
- Rock Climbing
- Hiking
- Nature Studies
- Arts & Crafts
- Team Games

SPECIALTY CAMPS

- Conservation
- Sailing
- Backpacking
- Horse
- Theater
- Team Adventure
- Wilderness Survival
- Art
- CIT 1 & 11

SPACE IS LIMITED SO REGISTER TODAY TO SECURE A SPOT!

Complete information on camp programs, financial aid and registration forms can be found at www.girlscoutsofmaine.org. Or, call 1-888-922-4763.



RESIDENT PROGRAMS:

Camp Pondicherry, Bridgton
Camp Natarswi,
Baxter State Park

GIRL SCOUT TROOP & FAMILY CAMPING:

Camp Kirkwold, Readfield

2- WEEK DAY CAMP for girls in K - 3:

Camp Scelkit, Kittery Point



Camp Chewonki

- WISCASSET
- RESIDENTIAL CAMP FOR GIRLS
- SESSION 1: June 22- July 13, 2010.
- SESSION 2: July 18-Aug. 09, 2010.
- TEN DAY SESSION: June 22-July 01, 2010 and July 18-27, 2010.
- SALT WATER SESSION IN WISCASSET: August 16-20, 2010.
- (See Website for full list of programs and schedules)
- COST: Varies depending on program and length of stay, please see website for listings.
- AGES: Girls, ages 8-16
- CONTACT INFORMATION: 485 Chewonki Neck Road, Wiscasset, ME 04578
PHONE: (207) 882-7323
FAX: (207) 882-4074



Camp Chewonki for Girls strives to enable girls to find their voice and rely on their unique strengths through reflection, action and fun! The summer camp is designed to allow girls and young women the chance to discover their capacities for courage, compassion, insight, and perseverance. The goal is to have each girl return home with heightened self-awareness, expanded horizons, and a renewed sense of wonder.

Camp Chewonki for Girls offers both in-camp activities and wilderness travel for girls ages 8-16. The in-camp activities include formalized instruction in several activities,

including: campcraft, woodworking, canoeing, art, crafts, nature, local history, map & compass, renewable energy projects, and communal meal preparation. Special emphasis is given to natural history, ecology, wilderness canoeing and hiking trips. There will be plenty of time and space for laughing, swimming, games, skits, singing, group discussions, stargazing, campfires, and many other informal activities that make this small community unique and special. All programs will enjoy a community celebration at the end of their journey.



WWW.CHEWONKI.ORG

Camp Vega

- FAYETTE
- RESIDENTIAL CAMP FOR GIRLS
- OPENING DAY: Saturday, June 26th, 2010 • CLOSING DAY: Saturday, August 14th, 2010
- COST: \$10,200
- CONTACT INFORMATION: 317 Echo Lake Rd, Fayette, ME 04349
PHONE: 685-3707
FAX: 685 5520

Nestled along a mile of shoreline on beautiful Echo Lake, Camp Vega has been helping girls become confident and capable young women in a creative and fun-filled camp environment. During summers at Camp Vega, girls will learn about teamwork, leadership, mutual respect, good sportsmanship, cabin harmony, camp spirit, and environmental awareness.

Our personalized Activity Selection Program gives girls the ultimate opportunity to choose among our wide range of activities. This includes all land and water sports, visual and performing arts, adventure activities, and wilderness excursions. Our talented program staff will work with families before camp, and with girls during camp to create their ideal schedule.



Vega offers an exceptional intercamp program for campers interested in athletic competition. Meets and tournaments are organized with regional camps. Vega hosts invitational events in tennis,

water skiing, gymnastics, swimming, horseback riding, sailing, basketball, soccer, softball, squash, lacrosse, and volleyball.

In addition to athletics, Vega campers enjoy various art programs, which nicely compliment the physical activities. Artistic programs include arts and crafts

(ceramics, stained glass, fabrics and fibers, painting, drawing, and jewelry), dance (jazz, tap, ballet, hip-hop, and Pointe), music (drums, piano, guitar,

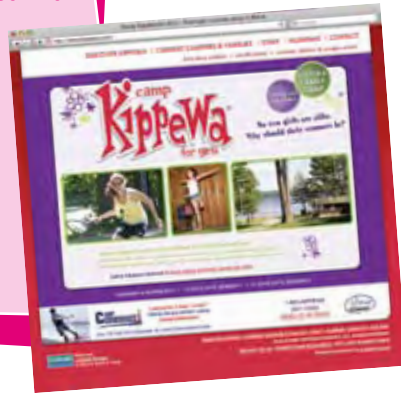
and vocals), and drama. Counselors in these respective departments develop each child's individual artistic abilities.



WWW.CAMPVEGA.COM

Camp Kippewa

- MONMOUTH
- RESIDENTIAL CAMP FOR GIRLS
- SESSION 1: June 24th - July 18th
- SESSION 2: July 21st - August 14th
- COST: \$5,800
- AGES: Girls, ages 7-15
- CONTACT INFORMATION:
1 Kippewa Drive
Monmouth, ME 04259-6703
PHONE: 207-933-2993
FAX: 207-933-2996



to make friends easily and feel comfortable about trying challenging new activities. Kippewa girls come from all over the United States and the entire world.



At Kippewa, girls choose their activities each week! Each week, every camper chooses four new activities to attend for one-hour periods each day with girls her own age. The Summer Arts program has over 20 disciplines of fine arts & crafts and dance & theater. There is an Equestrian program where you can ride every day. There is a wide variety of water and land sports from windsurfing to gymnastics; wilderness hiking and canoe trips. One period each day is assigned, and alternates between swimming lessons and team sports. Additional daily free choice periods are recreational, with a variety of activities open to girls of all ages. Evening is a time for campfires, theatrical productions, skit and talent nights, treasure hunts, dance and gymnastics shows and special events, sometimes for a particular cabin, age group, or the camp as a whole.

At Kippewa, the belief is that every girl needs a safe, fun place to make friends with other girls, to learn social, artistic, and athletic skills, and to take childhood's steps toward the independence of adulthood. The caring, nurturing ambiance of sleepaway camp at Kippewa sets a girl at ease with who she is, giving her the confidence

The camp setting at Lake Cobbosseecontee is iconic Maine: a crystal clear lake, dotted with tree covered islands to explore, and boasts the only inland lighthouse. The camp has its own island for overnight campouts.

WWW.KIPPEWA.COM

Alford Lake Camp

- HOPE
- RESIDENTIAL CAMP FOR GIRLS
- SESSION 1: June 22- July 16, 2010
- SESSION 2: July 18- Aug. 09, 2010
- COST: One Session, \$5250 OR Full Season, \$7500
- CONTACT INFORMATION:
258 Alford Lake Road
Hope, Maine 04847
PHONE: 207-785-2400
FAX: 207-785-5290



campers to create their own schedule of activities. Electives fall under the following categories:

Lifetime Sports: Tennis, Horseback Riding, Lacrosse, Soccer, Field Hockey, Quiddich, Volleyball, Basketball, Gymnastics,

Canoeing, Kayaking, Sailboarding, Swimming, Sailing, High and Low Ropes Course

The Arts: Drama & Theater, Music, Art (basket-making, drawing, sketching, ceramics, pottery, weaving, painting, woodworking, work with cut glass, papermache, knitting; projects go on and on!), Dance, Library

Community and Character Building: Community Service, Community Service Trips, Special Events

Wilderness Adventures: Tent overnights, Day hikes, Day paddles, extended Hiking Trips, extended Canoe Trips, extended Salt Water Island experiences, Outdoor Explorations

Alford Lake Camp stands out as an exceptional community that fosters friendship and citizenship, growth and respect, where girls learn a true "sense of self" through challenges and successes.

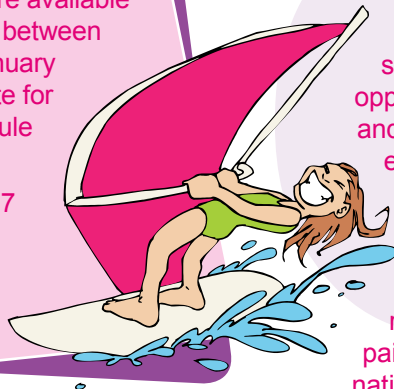


Established in 1907, Alford Lake Camp is one of the oldest residential girls camps in the world. Located on over 400 acres in beautiful mid-coast Maine, campers enjoy traditional tent living, home-cooked family-style meals, and a 3:1 camper to counselor ratio. The unique elective program allows

WWW.ALFORDLAKECAMP.COM

Friends Camp

- China
- Co-ed Overnight Youth Summer Camp.
- Dates: Summer Session June 27- August 28, 2010, Weekly Sessions (Check Website for Spring and Fall Schedules)
- Cost: Fees vary depending on number of sessions and programs. Early bird discounts are available for those who sign up between December 01 and January 31. Please see website for complete list of schedule and fees
- Ages: Youth ages 7-17
- Contact Information: 729 Lakeview Drive Phone 445-2361 Fax 445-5451



Maine Youth Wilderness Leadership Program

- Baxter State Park
- Co-ed Overnight Youth Weeklong Camp
- Dates: August 7-15, 2010 (Application Deadline Feb. 15, 2010)
- Cost: Free of charge to ten participants, selected from the field of applicants.
- Ages: High School sophomores and juniors.
- Contact Information: Program Coordinator, Jonathan Milne maineoutdoors@gmail.com



The Maine Youth Wilderness Leadership Program offers ten Maine high school sophomores and juniors an extraordinary opportunity to learn more about the meaning and importance of wilderness. Accompanied by experienced wilderness leaders, these selected students enjoy nine days of back country hiking and camping in Baxter State Park. They learn about nature photography and journaling, the flora and fauna of the park and its geologic features and fragile areas and career opportunities in natural resources. They also explore Katahdin Lake and practice open-air painting with a regional artist and they hear about the connection of native peoples to the park.

Friends Camp is a caring and accepting community that offers youth campers a range of creative activities and lots of fun. The Quaker testimonies of equality, peace, simplicity, and community are the day-to-day values that campers try to live by at Friends Camp.

Friends Camp is a co-ed, overnight summer camp for youth from ages 7 to 17. The camp sits on sixty-five acres of fields and woods, with a waterfront area on the beautiful shores of China Lake. The camp is located fifteen miles east of Augusta, Maine in the town of South China.

Campers choose from elective programs that include sports, sailing, art, drama, music, ceramics, photography, and a wide variety of creative and unique activities. Friends Camp welcomes youth from all backgrounds to their diverse community.



BAXTER STATE PARK ROAD MAP



The program sponsor, Friends of Baxter State Park, is confident that students in the program will deepen their understanding of and appreciation for wilderness preservation and make a lifelong connection to the natural world. This program is made possible by the generous funding of the Quimby Family Foundation. Applications can be downloaded at the website listed under the contact information. Plan ahead for next year!



WWW.FRIENDSCAMP.ORG

WWW.FRIENDSOFBAXTER.ORG

Maine Fiddlecamp

- Montville
- Co-ed Overnight Camp
- 2010 Dates: June 18-20, June 20-25, August 8-13, August 15-20
- Cost: Fees vary depending on type of session participants sign up for, please see the website for a list of schedules and fees.
- Contact Information:
Camp NEOFA, Montville, ME
Phone: 207-443-5411

Maine Fiddlecamp is about playing music and learning tunes, and being able to play and enjoy those tunes with other people whatever your level of experience or ability. Families are welcome. Become immersed in dance music in Scots-Irish, French & Scandinavian traditions as they've evolved in Maine. Staff of several traditional musicians will give instruction in fiddle, piano, guitar, banjo, cello, accordion, bass and



other classes and workshops with performances, jams, singing, dancing, and swimming.

Campers are grouped by the ability they indicate on their registration form into classes, each named for a bird. Each group has a home "nest" and in June camp different instructors rotate through the nests during the weekend. At August camp, each class has a primary teacher that they meet with for one workshop each day plus a review period in the afternoon, while different instructors rotate through the nests during second period of the morning. At both camps there is time in the schedule for specialty workshops that campers may choose independently.



Maine Fiddle Camp is an outdoor Maine summer camp experience. Campers stay in basic rustic cabins without electricity or in their own tents. Youths stay in cabins but may stay in tents with their families if they wish. Eating is outdoors under a tent, and classes are mostly outdoors under canopies.



WWW.MAINEFIDDLE.ORG

The DaVinci Experience®

- Various locations which include: Falmouth, Freeport, South Portland, Cape Elizabeth, and Cousins Island
- Co-ed Day Camp
- Schedule: July 6-August 20
Monday- Friday 9:00 AM- 3:00 PM.
NEW Half day Option for 4-7 yr. olds.
Extended Day Option 7:30 – 9:00 am and 3:00-5:30 pm is available at the Falmouth Congregational Church site.
- Cost: Fees vary based on programming schedule.
- Ages: 4-13
- Contact Information:
Phone: (207)878-7760



Leonardo Da Vinci is the inspiration for integrating science and art experiences at DaVinci Experience® where science and art are brought **ALIVE** for children. Participants will explore exciting themes in depth through hands-on art activities, science experiments and outdoor games.

This summer's themes include "Amazing Africa, Ancient Egypt, Creatures of the Deep, Crime Lab, Critters & Creatures, Docs that Rock, Emergency Vet, Island Artist/Maine Art, Island habitat, Kitchen Chemistry, Knights & Princesses, Lightning, Lava & Landslides, Making Impressionist Art, Ocean Commotion, Picasso to Pop Art, Radical Rainforest, Sea Pirates, Space Travelers, The Write Stuff." The camp offerings are written about in detail on the website, so please visit www.davinciexperience.com to read the program description and find out about age requirements, schedule and program location.



WWW.DAVINCIEXPERIENCE.COM



Kathlene Hastings is an RN and certified massage therapist who works at Penobscot Bay Medical Center. She lives with her two children, dog and cat.

Dear Kat, My best friend and I are just finishing our freshman year in high school. When the year started everything was great, and we did everything together just like at our old school. But then she met someone. He is a senior and hangs out with all older kids. He drives a car which I am not allowed to be in without an adult. He tells her what to do, who to hang out with and even what to wear and she listens to him because she doesn't want him to break up with her. He even convinced her to have sex with him, saying he would dump her and get another girlfriend that would do what he wanted. Now I see my best friend dressing more sexy, wearing a ton of make-up and she never wants to hang out with me or any of her old friends. Recently, she came to school with a black eye and said that she fell, but I don't believe her. I think her loser boyfriend is hitting her and I am worried. Should I tell her parents, should I talk to her, do I tell the guidance counselor? I am so confused. I want to help my best friend, but I don't want to get anyone mad at me, or even worse, lose what friendship we have left. What can I do?

— Signed: Her Best Friend

Dear Best Friend:

First, I'd like to recognize how courageous and compassionate you

are. Your friend is lucky to have a best friend who is so concerned for another person's safety, well-being and friendship. It certainly does sound like your friend's behaviors are warning signs of, at the very least, an unhealthy relationship, but even more upsetting, she could be in danger. When a boyfriend, girlfriend or partner, is controlling, obsessive and threatening, these are all indications that the relationship is abusive. There is a term for what your friend is experiencing and it is called "Teen Dating Violence" or "Dating Violence."

In a 2008 study by Liz Claiborne, Inc., 62% of 11-14 year olds who had been in a relationship, knew friends who had been verbally abused by a boyfriend or girlfriend. And nearly one quarter (24%) of all teenagers 14-17, know at least one student who was physically struck by a person they were dating. Unfortunately, parents and the authorities are grossly unaware of this problem. This same study found that 81% of parents believe that teen dating violence is not an issue and most admit that they have not spoken to their child about dating violence. Unfortunately, most cases of dating violence are not reported to the police.

Dating violence is a type of intimate partner violence. It occurs between two people in a close relationship. The nature of dating violence can be physical, emotional, or sexual.

- **Physical**—This occurs when a partner is pinched, hit, shoved, or kicked.
- **Emotional**—This means threatening a partner or harming his or her sense of self-worth. Examples include name calling, shaming, bullying, embarrassing on purpose, or keeping him/her away from friends and family.
- **Sexual**—This is forcing a partner to engage in a sex act when he or she does not or cannot consent.

Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a "normal" part of a relationship. But these behaviors can lead to more serious violence like physical assault and rape.

Who is at risk for dating violence?

Studies show that people who harm their dating partners are more depressed and are more aggressive than peers. Other warning signs for using dating violence include:

- Poor social skills
- Inability to manage anger and conflict
- Belief that using dating violence is acceptable
- Having more traditional beliefs about the roles of males and females
- Witnessing violence at home
- Alcohol use
- Having behavior problems in other areas
- Having a friend involved with dating violence
- Witnessing violence in the community

How does dating violence affect health?

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to do poorly in school. They may engage in unhealthy behaviors, like drug and alcohol use. The anger and stress that victims feel may lead to eating disorders and depression. Some teens even think about or attempt suicide. Victims may also carry the patterns of violence into future relationships. Physically abused teens are three times more likely than their non-abused peers to experience violence during college.

How can we prevent dating violence?

The ultimate goal is to stop dating violence before it starts. Strategies that promote healthy relationships are vital. During the preteen and teen years, young people are learning skills they need to form positive relationships with others. This is an ideal time to promote healthy relationships and prevent patterns of dating violence that can last into adulthood. Prevention programs change the attitudes and behaviors linked with dating violence. One example is Safe Dates, a school-based program that is designed to change social norms and improve problem solving skills. If you or someone you

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A Weekend Powered By Girls Rocks On

By Jackie Dupont, Director of Programs, Hardy Girls Health Women

On April 9, 2010, over 200 girls packed Strider Theater at Colby College in Waterville, Maine. Girls from as far as three hours away joined girls from right next door, to participate in a unique opportunity, the 12th Annual Girls Unlimited! Conference. Entitled, "Powered By Girls," the conference focused on the power of girls and their abilities to lead and engage others in social change. The conference designed by girls for girls brought together girls in 4th-8th grade, to celebrate their creativity, wit and individuality and to observe the activists in the room inspiring future leaders because girls are awesome leaders.

Truth to power, the conference was planned, developed and facilitated by the members of Hardy Girls Healthy Women's Girls Advisory Board (GAB), whose members range from 8th-12th grade. After a presentation by GAB on a range of topics such as media literacy and examples of girls around the world in leadership positions, conference goers broke off into their workshops, also led by GAB in conjunction with students of Colby and Unity College. Workshops included, but were not limited to, making their own positive music video, examining stereotypes, self-defense, and learning about awesome careers they could pursue (animal husbandry, anyone?) Combining leadership and social action with science and technology, girls expanded their knowledge on the ways that science, technology and media can be used to benefit their communities and be potential careers.



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know has been the victim of teen violence, seek help from other family members and friends or community organizations. Reach out for support or counseling. Talk with a health care provider, especially if you have been physically hurt.

Where can I learn more?

Choose Respect Initiative
www.chooserespect.org

National Domestic Violence Hotline
 1-800-799-SAFE (7233)

National Sexual Assault Hotline
 1-800-656-HOPE (4673)

National Sexual Violence
 Resource Center www.nsvrc.org

National Youth Violence Prevention
 Resource Center www.safeyouth.org

References

- Centers for Disease Control and Prevention. "Understanding Teen Dating Violence", www.cdc.gov/injury. 2008.
- www.womenslaw.org. "What is dating violence". March 26, 2010.
- www.womenshealth.gov. "Violence Against Women, Dating Violence". January 15, 2009.
- Liz Claiborne, Inc. "Love Is Not Abuse Campaign" www.loveisnotabuse.com. "A Parent's Guide". 2010.



The Girls Unlimited Conference was the kick-off event to an entire weekend, from April 9-11, dedicated to celebrating girls' voices, activism, bravery, and passion. Following the conference that night at the Holocaust and Human Rights Center in Augusta, 5 girls were honored for the ways they were leading and making Maine a better place for girls to live and grow. Honestly, the work these girls are doing is nothing short of revolutionary. From founding a chapter at her local high school that addressed dating violence among her

classmates, to overcoming stereotypes and challenges as the only girl on her rowing team inspiring other girls to join, to creating her own business that teaches self-sustainable living practices, girls were rocking out all day!

The weekend continued with more inspiring events and moments. Saturday brought an absolutely packed house for That Takes Ovaries! at the North Star Cafe in Portland, and several brave souls hopped on stage to delight us all with the stories of their own brazen, ovarian acts. Brava! Finally, we closed out the weekend on Sunday at



Jorgensen's Cafe back at home base in Waterville, where girls and women alike took to the mike and took up space with their voices sharing stories, poetry, artwork and even song. It was truly the best Girls Rock! Weekend ever and we know we'll ride the feeling of a united community celebrating girls for the rest of the year.

GirlFormation

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This edition of GirlFormation focuses on summer camp offerings across the state of Maine. With Maine's amazing natural resources, there are many wonderful camp programs for girls that utilize the great outdoors. The all girl camp offerings can be found on the special three page fold-out. On pages 4 & 5, we wrote about some co-ed camp offerings. We usually stick to girl only activities, but these co-ed camp activities were really unique, and worth telling our readers about in case they meet a special interest of a girl you know. On page 6, Ask Kat writes about dating violence which has been an ongoing problem in our country and our communities. On page 7, Hardy Girls Healthy Women has written a piece about their Conference for Girls By Girls: The 12th Annual Girls Unlimited Conference. Please enjoy this edition of GirlFormation. We wish all of our readers a relaxing and restful summer! Get outdoors, and enjoy the beauty of Maine!

Have a great summer,
Carrie Sayward

Friends Camp • China

Maine Youth Wilderness Leadership Program
Baxter State Park

DaVinci Experience®
Various locations which include:
Falmouth, Freeport,
South Portland, Cape Elizabeth,
and Cousins Island

Maine Fiddlecamp • Montville

Camp Pondicherry • Bridgton

Camp Natarswi
Baxter State Park

Camp Kirkwold • Readfield

Camp Scelkit • Kittery Point

Camp Chewonki • Wiscasset

Camp Vega • Fayette

Alford Lake Camp • Hope

Camp Kippewa • Monmouth

