

GirlFormation

Update From Troy Howard Middle School's Garden Project

In the spirit of the many local agricultural fairs going on in the state of Maine during August, September and October, the theme of the Fall 2011 is how to get more kids (and adults) involved with local agriculture. There are an increasing number of school based outdoor classrooms being developed across the state of Maine. These schools use outdoor gardens and/or greenhouses to teach kids the science of growing vegetables, the importance of eating healthy, and the global movement of increasing sustainability.

In this edition, readers will learn about one of the longest running school based agriculture programs at Belfast's Troy Howard Middle School. In addition to the local movements within schools, there are also community gardens being developed across the state with help from organizations, like the UMaine Co-operative Extension. Two programs run by Co-operative Extension are highlighted in this edition, Kids Can Grow and Maine Harvest for Hunger.

All of the featured programs contain a larger lesson of generosity and benevolence as many of the harvested foods are donated to soup kitchens, food pantries and shelter. The Federal initiative started by Michelle Obama, "Lets Move Campaign" is also featured as it gives a step by step guideline on how to start a community garden in your local area. The hope is that the stories contained within this newsletter will inspire you to start a garden in your school or your community. Please send us an email at csayward@girlformation.com, and let us know if you are inspired to start a garden. If you are already involved with a gardening program, let us know and we'll highlight your program in an upcoming GirlFormation edition!

The last time we spoke with the teachers and students at Belfast's Troy Howard Middle School was the winter of 2007. They are now in their 6th year of the school garden project, and thriving more than ever. Teachers and program creators, Jon Thurston and Steve Tanguay, started the initiative to educate students and teachers about eating healthy and developing sustainability skills. The middle school in mid-coast Maine has ½ acre of gardens and a greenhouse with the students being the farmers. As one student said, "It teaches you about responsibility" by giving kids a connection to the community and themselves.



Teachers notice how the "ripple effect" has trickled down to impact the families of the students as students share what they know with their families and everyone begins to eat healthier.

THMS's garden project has its own farm stand open to the public. The garden supplies fresh produce daily to the school cafeteria far surpassing the recommended once a week guideline. The garden project brings



its fresh harvests to the Belfast soup kitchen weekly. According to the teacher, all of this is done on the smallest budget of the school system, a minimal \$2,000/year. The THMS continues to offer tours, visits, produce and information to the local public or anyone interested in seeing the amazing difference these kids have made on their community.

Life & Learning in a School Garden Blog:
<http://gardenproject.wordpress.com/>

Some new things going on at THMS garden project include their blog, called Life & Learning: The School Garden Blog. This is a good way to see what lessons are going on in their "outdoor classroom".

They also have a webcam, visible on their website, www.schoolgardenproject.com. What started as a small local project, has become nationally acclaimed. There is a book showcasing THMS' Garden Project, which is called "Smart by Nature", focusing on teaching sustainability in schools. The project also has a small feature on the New England Cable News Network, reporting on the school, the garden, kids and teachers. All the while, maintaining the garden project's local commitments, to the school, the soup kitchen, the public and each other.

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

GirlFormation
PMB 285
647 US Rte. 1, Suite 14
York, ME 03909

www.girlformation.com

Editor in Chief

Carrie Sayward

Contributors

Carrie Sayward

France Shea

Ginger Jones

Kathleen Hastings

Advisory Board

Kathleen Hastings

Carrie Sayward

Funder

GirlFormation is made possible through the generous funding of The Morton Foundation.

Hope Elementary School:

A small school's garden project that has made a big impact on students and the community.

Hope Elementary School, like many schools across the country, is teaching lessons outside the classroom, and incorporating lessons of self sustainability into curriculum. The school garden project, "Seeds of Hope", is a creation formed by the combined efforts of HES's 8th grade math and science teacher, Erik Wade, a group of inspired students and generous volunteers/parents. The project is going into its third year, and it was originated to help bring fresh produce to the students of Hope as they produce is used in the school lunch program. The garden has a raised bed for vegetables, as well as a greenhouse, and they are growing tomatoes, carrots, onions, herbs and sunflowers. The week of September 26-30, 2011, is Harvest Lunch Week in Maine which celebrates the bounty of Maine's harvest. During this week, the school lunch menu will feature locally grown foods and meat, including fresh produce from their garden.

The Seeds of Hope Program has some exciting projects planned for the year ahead. Besides getting the beds cleaned up for winter, and enjoying the harvest from this summer, the students prepare seeds and seedlings to sell in the spring, always experimenting with different vegetables and growing seasons. The program is teaching the whole school about composting by placing a composting bin in each classroom. Seeds of Hope is a growing project, spreading the benefits of good health and well being, as well as teaching a greater sense of connection to the school and community. To get more information, look at photos, or e-mail the school, check out their website at www.hopees.u69.k12.me.us. The Community Garden has a link on the school's home page.

School gardens are an excellent way to teach students about the food they eat. Kids have the opportunity to grow



fruits and vegetables, and they learn first-hand about different foods. Many programs also encourage students to prepare, and eat the food they grow. This is an effective way to educate young people and their parents, about the nutritious advantages of fresh, locally grown food while helping get balanced meals. Gardening programs are also an excellent way to teach about sustainable agriculture and the plight of small farms around the country.

One of the most successful programs is the Edible Schoolyard Project in Berkeley, California. Founded by celebrated chef Alice Waters and former school principal Neil Smith,



the program teaches children about ecology, the origins of food, and respect for living systems. Students plant fruits, vegetables, grains and flowers and tend to them until harvest. Classes continue in the school's kitchen where students prepare, and eat delicious meals from the food they've collected. The Edible Schoolyard Project is an excellent model for all schools. Today, there are many garden projects at schools all around the country. If you would like to see what other schools are doing, visit the National Gardening Association's School Garden Registry.

<http://www.edibleschoolyard.org/>

continued from cover

The garden project teaches more than just farming skills. It is woven into the school's curriculum, teaching many of the student's math, economics, science and even language arts. The students learn how to plan a budget and balance a checkbook by purchasing materials and supplies. They have to do algebra, by using formulas to figure out the needed volume to fill a measured space. They use science when recording temperatures in the greenhouses, tracking the forecast from their weather station, collecting and identifying insect, fish and other species. They use their writing skills by writing and reflecting on the work they have done throughout this outdoor learning experience. Computers are even a part of the experience with the garden project, as students learn to use the web cam and communicate through blogs, their website, Facebook, Twitter and other forms of social media. These are lessons that will last a lifetime and cannot always be learned in a text book.



The THMS garden project has been recognized at the state and national levels by winning many awards in both education and agriculture. The students always come away with blue ribbons from the local fairs, especially the well known Common Ground Fair in Unity Maine. This fair is considered by many to be the height of harvest celebration for Maine organic farmers. To learn more about the THMS garden project, check out their website, www.schoolgardenproject.com, send them a blog, or if you're in the area, pay them a visit. It is an inspiration to see what students are capable of when given the right tools.

Source: Troy Howard Middle School, Belfast, ME.
Website= www.schoolgardenproject.com.

Why make the effort to have a garden project at your school?

- School gardens are the ultimate hands-on, interactive, kinesthetic, multisensory, holistic curriculum unit!
- Gardening enriches every subject area, from art to social studies, including special ed classes.
- Students who participate in garden projects at their school show increased academic performance.
- Children who learn to grow their own food make healthier choices about what to eat.
- Gardens teach cooperation, responsibility and patience, and increase self-esteem.
- Gardens offer a unique way to integrate the greater community into school activities, and also provide a perfect opportunity for community service projects.
- A garden promotes family awareness of and involvement in school activities.
- Gardens beautify the school and instill pride in students, teachers and school staff.
- Gardening provides opportunity and meaningful activity for working with "at risk" students.
- Working in and studying a garden exposes children to career paths in agriculture.
- School gardens can provide the basis for an income-producing business for students.
- Most importantly, learning in a school garden teaches children the fundamentals of three critically important issues:
 - **Nutrition**- healthful food, the importance of fresh vegetables and fruit, opening to new food experiences, learning to cook;
 - **Agriculture**- understanding where our food comes from, the knowledge to grow their own, the importance of local farms, agricultural and cultural history;
 - **Outdoor activity**- fresh air and physical work, exposure to the natural habitat of a garden, environmental awareness and appreciation.

Source: Maine School Garden Network, www.msngn.org





If you are a home gardener, a commercial grower or a school run garden, consider planting an extra row of produce each year and donating the surplus to local soup kitchens

and food pantries to help fight hunger through the Maine Harvest for Hunger (formerly Plant-A-Row for the Hungry) program. Launched in 2000 as a volunteer opportunity for University of Maine Cooperative Extension Master Gardener Volunteers, the program is now active in 15 counties.

Every year, gardeners, farmers, schools, and civic groups grow, glean or donate fresh fruit and vegetables to those with limited access to fresh produce. In 2010, volunteers donated 200,006 pounds, or 100 tons, of vegetables and fruit, which included nearly 9 tons of potatoes, to food pantries, shelters and charitable organizations around Maine.



Their goal for 2011 is 250,000 pounds. You can help!

To contact UMaine Cooperative Extension:

5741 Libby Hall • Orono, ME 04469-5741
(207) 581-3188 • 1-800-287-0274 (in Maine)
TDD: 1-800-287-8957 (in Maine)
FAX: (207) 581-1387
E-Mail: extension@maine.edu
Text Message: (207) 735-4145

Why Maine Harvest for Hunger is so important

- 10% of Maine households, representing 141,000 people, are “food insecure” according to the USDA.
- More than 40% of Maine children under the age of 12 show some evidence of hunger.
- 19,325 Maine children are hungry.
- Maine ranks 5th in the nation in prevalence of food insecurity.

Kids Can Grow

University of Maine Cooperative Extension’s hands-on Kids Can Grow program gets children excited about gardening. Kids learn and practice gardening in a series of five monthly sessions from April through August at the UMaine Extension York County demonstration gardens. They are mentored and inspired by a team of Master Gardener Volunteers. Successfully raising vegetables, flowers, and herbs builds self-esteem and starts children on a journey that can become a satisfying, lifelong hobby.

Kids Can Grow teaches children:

- how to choose, plant, and grow nutritious vegetables, herbs, and beautiful flowers for their families;
- the basics of good nutrition and food safety; and
- how to build and plant a 3' x 5' raised bed garden at home, with materials, seedlings, and amended topsoil supplied by us.

Kids Can Grow has been inspiring young gardeners for more than 10 years!

UMaine Extension educators and Master Gardener Volunteers have been teaching children how to grow fresh produce and flowers in our York County demonstration gardens since 1999. All produce grown in our Kids Can Grow demonstration gardens is donated to the Maine Harvest for Hunger project. Children learn how to seed, thin, transplant, fertilize, weed, water, and harvest their own gardens. Kids also create garden crafts such as terracotta garden stones imprinted with plants, stones, etc., earth buddies, and “web sites” (spider houses to attract beneficial insects).

Nutrition education is an important part of Kid’s Can Grow.

Children learn about nutrition and food safety in our program. They cook “harvest pizzas” using produce from their own home gardens and work with a Culinary Arts Instructor from York County Community College to learn how to work safely in the kitchen while making their pizzas.

Kids Can Grow is also a specialty 4-H Club.

Each Kids Can Grow participant is enrolled as an independent 4-H member so they can display their garden produce, posters about what they have learned, their garden craft items, and samples of preserved foods such as tomato sauce at a local county agricultural fair.

The cost of Kids Can Grow is only \$20 per child, thanks in part to generous support from sponsors like the Master Gardener Association of York County and grants from the Maine Community Foundation in Oxford and Knox Counties.

For more information about the program or how to enroll your child, contact Frank Wertheim, Extension Educator, UMaine Extension York County Office, 21 Bradeen Street, Suite 302, Springvale, ME 04083, 207-324-2814 or susan.tkacik@maine.edu.

Start a Community Garden

A vegetable garden is a great way to engage members of your community or congregation around healthy, local food. The garden also serves as an educational tool to teach children that healthy eating can be fun and taste good. Below are some tips on how to start a garden. You can also check out this guide.



- 1. Create a Committee:** Begin by establishing a committee – invite community or congregation members and neighbors to join. Get people energized!
- 2. Divvy up Responsibilities:** Before planting the first seeds, there are some important decisions to make. The garden committee will help make ongoing decisions to keep the community project sustainable. Duties may include: locating the site, testing the soil, working with your local agricultural extension office, building relationships with the local health department, or assigning plots.
- 3. Find the Land:** Look for a vacant plot that gets plenty of sun (at least six hours a day), is located near a water source, and has good drainage. Test the soil pH levels; your local university may offer this service at a low cost.

- 4. Secure the Site:** Once you find a potential site, visit your local government office to find out who owns the land. If your organization is a non-profit or faith-based group, consider the land at your place of worship or facility. Also, try looking to government agencies as partners in providing land. The National Park Service for example, allows groups to form community gardens in parks. Learn from other community gardens in the area to find out how they obtained their site and got started. After choosing a site, contact the landowner to obtain permission for the community garden plot and think about a multi-year lease for future seasons.
- 5. Design the Garden:** Meet with the garden committee to determine how to set up your garden space. A shared garden will encourage gardeners' to work together throughout the season and share the harvest, while individual plots may help ensure dedicated participation. Consider factors such as irrigation, a shed for tools and supplies, and trash removal.

Here are some design ideas to get the committee started:

- A garden sign that displays partners and participants.
 - A community bulletin board.
 - A picnic table for gardeners to rest or enjoy the bounty of the land.
 - Children's areas with small plots or sand boxes.
 - Plants on the perimeter that are drought resistant but draw in pollinating friends like bees or butterflies.
- 6. Start Planting:** Start getting shovels in the ground! Clean up and clear the site to establish and assign plots. USDA's National Agricultural Library offers additional resources on starting your garden. Watch interest in the garden expand as members of your community and congregation begin to see vegetables grow.

Source: Let's Move Campaign, <http://www.letsmove.gov/>



Ask Kat: a place to get answers to your questions!

Submit confidential questions to GirlFormation and Kat will get you accurate and helpful answers and information!



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

Dear Kat:

I am in 6th grade and just went back to school. For the first time we have all these restrictions and peanut-free areas. There is even a peanut-free table in the cafeteria. I used to be able to bring peanut butter to school and it was no big deal, but now it's like breaking the rules. Everything changed because of this new girl in our school, who supposedly has all these allergies...how serious can this problem be? Do I really need to avoid peanut butter and be worried about her reaction?

Signed: Nutty Girl

Dear Nutty Girl:

Food allergies are real and their effects can be serious and tragic. However, the information and studies regarding food allergies can be conflicting and confusing. Either food allergy or food intolerance affects nearly everyone at some point. When people have an unpleasant reaction to something they ate, they often think that they have an allergy to the food. Actually, however, only about 3% of adults and 6%-8% of children have clinically proven true allergic reactions to food.

In June 2011, an article in the Journal of Pediatrics concluded that 8% of American children under the age of 18 have a life-threatening allergy. According to the American Academy of Asthma, Allergy and Immunology, between 150 and 200 Americans die each year from anaphylaxis, and from 2003 to 2006, food allergies resulted in approximately 317,000 visits to hospital emergency departments, outpatient clinics and physicians' offices.

The difference between the prevalence of clinically proven food allergy and the public's perception of the problem is due primarily to misinterpreting food intolerance or other adverse reactions to food as food allergy. A true food allergy is an abnormal response to food that is triggered by a specific reaction in the immune system and expressed by certain, often characteristic, symptoms. Other kinds of reactions to foods that are not food allergies include food intolerance (such as lactose or milk intolerance), food poisoning, and toxic reactions. Food intolerance also is an abnormal response to food, and its symptoms can resemble those of food allergy. Food intolerance, however, is far more prevalent, occurs in a variety of diseases, and is triggered by several different mechanisms that are distinct from the immunological reaction responsible for food allergy. People who have food allergies must identify and prevent them because, although usually mild and not severe, these reactions can cause devastating illness, and in rare instances can be fatal.

How do allergic reactions to food occur? The allergens in food are responsible for inciting an allergic reaction. They are proteins that usually resist the heat of cooking, the acid in the stomach, and the intestinal digestive enzymes. As a result, the allergens survive to cross the gastrointestinal lining, enter the bloodstream, and go to target organs, causing allergic reactions throughout the body. The mechanism of food allergy involves the immune system and heredity.

Ninety percent of all food allergic reactions are to the "top eight": milk, eggs, peanuts, tree nuts, soy, wheat, fish and shellfish. Symptoms typically include hives, swelling, wheezing and vomiting or diarrhea; in some cases, anaphylaxis occurs. If not treated immediately with epinephrine, a synthetic adrenaline injected into the body, anaphylaxis can be fatal. For every child with food allergies heading off to school; for every young adult heading off to college; and for adults with food allergies heading off on dates or to dine out, it is essential to take food allergies seriously.

What does taking food allergies seriously mean?

- Understanding what you are allergic to and relying on a medical team including a board certified allergist that understands food allergies.
- Creating an emergency allergy action plan with an allergist that includes always carrying your emergency medication, including an auto-injector of epinephrine.
- Creating a robust support network of friends, family, teachers colleagues who can assist in an emergency.

As reported by CBS news reporter, Barry Peterson, on June 20, 2011, Dr. Scott Sicherer is trying a novel approach to treating allergies. Dr. Sicherer was concerned by the recent Journal of Pediatrics study's estimations that childhood allergies have doubled in 5 years. Why such the dramatic increase? "We're able to easily treat infections with antibiotics," says Dr. Sicherer. "So we're living much cleaner and our immune system might be looking for a fight and end up attacking things it doesn't really need to attack." Dr. Sicherer hypothesized that the foods causing the allergies may be the key to curing the allergies. Dr. Sicherer is testing this novel approach under strict medical supervision. Kids get a

small dose of the foods they're allergic to, sometimes mixed in pudding, in the hopes the body will develop an immunity. "Very tiny amounts to try to get the body used to it," Dr. Sicherer says. Patients are hopeful that someday they'll be able to eat whatever they want, without fear. To hear more about this report, go to www.cbsnews.com.

Food allergy facts:

Food allergy is not common but can be serious.

Food allergy differs from food intolerance, which is far more common.

The more frequent types of food allergies in adults differ from those in children.

Children can outgrow their food allergies, but adults usually do not.

The diagnosis of food allergy is made with a detailed history, the patient's diet diary, or an elimination diet.

Food allergy is treated primarily by dietary avoidance.

Resources:

For more information about facts vs. myths and food allergies go to www.foodrepublic.com. Do a search for "food allergies" and there will be some good discussion points, information and dispelling of the misconceptions surrounding food intolerance and food allergies. If you are person who likes to take quizzes, [Take the Quiz on Allergies](#)

This may be a good jumping-off point to see if you have any food sensitivities compared to a true food allergy. This website also has references on how to be properly diagnosed, treatment, pictures of reactions and a directory to help find an allergy specialist in your area.

Another great resource, who speaks with a personal connection to food allergies, is social worker, author and blogger, Sloane Miller. She has lived with food allergies all her life. She has made her career and passion,

educating the public and supporting those with food allergies. In her day job, Miller coaches people with dietary restrictions and food allergies to help overcome their fears and navigating everyday situations. She has used her "know-how" about dining out with food allergies, to organize, what are called "Worry Free Dinners", where a group of people with food allergies go to a restaurant together and share

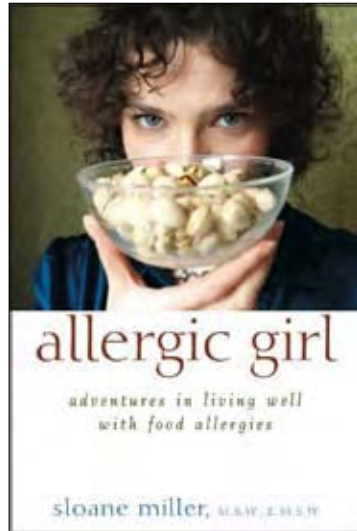
experiences and strategies. She is widely known as "Allergic Girl", and her blog is called, "Please Don't Pass the Nuts".

Miller's new book is called "Allergic Girl: Adventures in Living Well with Food Allergies". It offers honest, personal and practical advice for anyone who has life-threatening dietary restrictions. The book has 3 main components:

how to get an accurate diagnosis and understand it; how to create a support system; and how to live life with food allergies. Sprinkled throughout are personal stories from Miller and others who have had to confront obstacles to eating normally because of food allergies. Miller says, "This is the goal of the book: to go out and live your life in the best way that you can, where you are right now." She continues, "I think this book will really help a lot of people to even see that here's a choice". Miller's bottom line is "Never take a risk".

Bibliography

1. The American Academy of Pediatrics. Website= www.aap.org. "The Prevalence, Severity and Distribution of Childhood Food Allergy in The United States." 4/15/11.
2. CNN Health. Website= www.cnn.com. "Deaths are a reminder of food allergy dangers." Sloan Miller. 8/26/2011.
3. CBS Evening News. Website= www.cbsnews.com. "Novel Approach to Treat Food Allergies in Kids." Barry Peterson. 6/20/11.
4. Website= www.foodallergy.org. "Growing Up With Food Allergies".
5. Website= www.foodrepublic.com. Search "food allergy".
6. Website= www.medicinenet.com. Search "food allergy".



A Personal Story, Growing Up With Food Allergies,

By Makenna

My food allergies really get to me sometimes. With all of the anxiety, worry and pressure of having food allergies, it is hard for a teen like me. I developed 6 of my 8 food allergies in the fall of 2010. Believe me, it is devastating-not getting to eat certain foods, especially some of my favorite foods. Sometimes I feel angry and depressed when I think about my food allergies. I have been left out, made fun of, threatened, mistreated and called names. But I've learned to cope with it and speak out about my food allergies. Being a shy person when it comes to meeting most new people, I had to learn to educate people about my allergies and make sure they understand that I can get seriously ill when I eat peanut butter or pizza.

One thing I have learned since being diagnosed with 6 new allergens is that not all people will understand or accept you. My so-called friends once told me that my epinephrine auto-injector and I were not welcome at their lunch table.

I've learned not to listen to them and find real friends, those who help look after me, who remind me that I can't have a certain kind of yogurt at lunch, and those who understand my situation. I use to be embarrassed to carry around my epinephrine auto-injector with me at all times, but now, I accept it. It's part of me; I was meant to have these allergies.

Remember, you are special, you were meant to have food allergies. If you feel threatened, speak up, and educate new and old friends, neighbors, teachers and others about food allergies. Do not be afraid, either they accept you or they don't. There are always people out there that will understand your situation.

Lastly, do not let your food allergy let you down. You can do everything else that other people can do. Like I always say, if you can't accept my epinephrine auto-injector and food allergies, then you cannot accept me as your friend.

Makenna is 13 years old and is allergic to peanuts, tree nuts, tomato, red dye #40, fish, shellfish and nutmeg.

Source: www.foodallergy.org

Girls Organizations!



COASTAL STUDIES FOR GIRLS
A SCIENCE & LEADERSHIP SCHOOL

Are you adventurous, ready to challenge yourself and love learning? You might be a Coastal Studies girl!

At CSG we work hard and play hard -- and we are looking for girls that would thrive in our unique, tightly-knit, seaside community.

Coastal Studies for Girls (CSG) is the country's first and only residential science and leadership semester school for 10th grade girls, located on the rocky coast of Freeport, ME.

Ages served:

10th grade girls from Maine and around the country.

Come join us and learn more!

Fri & Sat, Dec 16 & 17: Coastal Studies for Girls. Exhibitions of Learning and Graduation. Freeport Community Library, see website for times and details.

Academic Semester Program:

CSG's beautiful coastal location is the perfect natural classroom, laboratory and playground. Come spend your fall or spring semester emerged in rigorous college preparatory academics, studying marine and environmental science, and exploring outdoor leadership adventures.

Days and weeks at CSG fly by. You have core classes (English, history, math and foreign language) in the mornings, and focused science and leadership classes in the afternoons. Your classroom might be along rocky shores, on the top of a mountain, or on the front lawn of our 1800's farmhouse. On Fridays and weekends visit Maine's cultural and heritage sites and test yourself through kayaking, camping, snow shoeing, rock climbing, and other adventures. Explore leadership styles, group dynamics, self-image, college awareness and more. And make life-long friends in a great community of like-minded girls, faculty and staff.

“Being part of CSG allowed me to reflect on who I am, what I value, and what direction I want to take in life. I think in new ways and push my comfort zone to its limit knowing that it is even ok to make mistakes. I've learned about my own self-reliance and the importance of a community. Living with other girls has shown me the value of respect, leadership, kind speech and other values necessary for living together.”

“Even though I've lived by the ocean my entire life, I am learning new things about it and hope to become a marine biologist. It's been awesome to work in college science labs with real scientists. At the Darling Marine Lab we went on a boat to dredge on the Damariscotta River. We found over 30 different species from brittle stars to sponges and took them back to the lab to examine under dissecting scopes. We even hooked up a camera to the dissecting scope and watched barnacles feed on a huge screen. Wild! ”

To apply:

Visit the website at:

www.coastalstudieswforgirls.org

Now accepting applications from girls who will be in 10th grade during the Spring and Fall 2011 semesters. Scholarships are available.

Adventure Girls



An interactive program for girls in grades 2-6, Adventure Girls gives girls the opportunity to meet once a month with women who are defying gender stereotypes and challenging notions of what a girl or woman “should” do or be.

Adventure Girls brings girls together with college mentors and women

facilitators to learn how mountaineers, race car drivers, boat captains, and other daring women chose to do what they do and how they've found the courage to follow their dreams.

Check out this year's exciting season. This year they're offering additional events to bring you more choices and opportunities to meet amazing women of daring who are trekking the snow trails, flying the skies, and using chemistry to cause a commotion!

Oct. 22 Jane of All Trades*

Meet the women of Women Unlimited who will teach us about women in the fields of carpentry, construction and more.

Learn how the trades help the environment. In this adventure girls will work together to construct their very own birdhouse!

Location: Hardy Girls, 14 Common St. Waterville ME 04901

Nov. 5 Robotics*

Meet Jamee Luce and the girls of the Infinite Loop Robotics team! Girls will see demonstrations and learn the different ways to construct vehicles, animals, machines and much more using Lego Mindstorm technology.

Location: Messalonskee High School, 131 Messalonskee High Dr., Oakland ME 04963

Nov. 19 Lumber Jane*

Meet Julia Knoeff and the women of the woodsmen team. We'll learn the differences between a bow saw and a cross cut saw among other fast paced exciting forestry skills. Demonstrations in speed fire building, wood chopping and axe throwing.

Location: Woodsmen Field, Washington St. Colby College, Waterville, ME 04901

The cost is \$15 per adventure. Please register at least one day prior to an event to reserve a spot. Sign up for the entire season and receive the discounted rate of \$165. Scholarships are also available. All adventures are from 1pm-3pm. Girl Scouts or groups of 3 or more, can register for a discounted rate of \$5 off the registration fee. Girl Scout adventures are from 10am-12.

Register today by visiting: www.hghw.org/adventuregirls

WHAT DID YOU DO TODAY?

What your daughter gets out of each day is up to you. So why not give her access to life-changing experiences that inspire her to do something big?

There are so many new and exciting ways to participate in Girl Scouts that each girl's experience can be as individual as she is.



Get your girl started on her great adventure today!

I want to be a Girl Scout!

Girl's Name _____

Address _____

Town _____ Zip _____

School _____

Birth Date _____ Grade _____

Parent/Guardian _____

Home Phone _____

Cell Phone _____

Email _____

I would like information about volunteering.

Complete this form and return it to the Girl Scouts of Maine Service Center nearest you!

359 Perry Road Ste B
Bangor, ME 04401-6723

138 Gannett Drive, P.O. Box 9421
South Portland, ME 04116-9421

1-888-922-4763
info@gsmaine.org
www.girlscoutsofmaine.org

WHAT DID YOU DO TODAY?

Think it's a full year commitment? Think again. Have a busy schedule? No problem.

Girl Scouts of Maine volunteers add meaningful days to girls' lives and to their own.



Share your passions.



Lead a troop.



Create opportunities.

We offer endless, flexible ways to participate and we'll make sure you have all the information and support you need.

Why not get started today?



"I value the chance to make a difference in the lives of girls in my community. I'm always amazed at how Girl Scouting develops their confidence... it really brings out their best and I love being a part of that experience."

Meg, Volunteer

CAMP: Does your daughter love learning about nature and the environment? Girls can choose to camp with us by day or overnight.

EVENTS: Most girls have more than one passion like photography, rock climbing, or community service. Choose events centered on your daughter's favorites.

SERIES: Everything's more fun when you are sharing it with others who love the same thing. Our series let girls explore interests together in a way that fits their schedules.

TRAVEL: Want your daughter to go places? Girl Scouts do. When they see and experience new things, it's always an adventure they'll never forget.

TROOP: Meeting regularly, girls can share amazing experiences, make a difference in their community and have lots of fun!

VIRTUAL: Girl Scouting via the Internet? You bet. As a virtual Girl Scout, girls can join in exciting interactive activities with girls their age.

WHAT DID YOU DO TODAY?



GirlFormation

PMB 285 • 647 US Rte. 1, Suite 14 • York, ME 03909

PRSR STD
US POSTAGE
PAID
HALLOWELL, ME
PERMIT #238



As I sit down putting the final touches on this Autumn edition of GirlFormation, the sure signs that Summer is winding down are here:

- lines of backed up traffic are replaced with yellow school buses
- family outings to the beach are replaced by visits to various local agricultural fairs
- the tractor can be heard outside tilling over the vegetable garden until next year
- the canning supplies are spread across the kitchen with mounds of tomatoes on the windowsills

All of these annual rites of passage inspired the theme of this newsletter, increasing the involvement of kids with local agriculture. I have been clipping articles on local school based and community based gardens for the past few months. In many nearby communities, kids (with adult support) have started vegetable gardens for

educational, nutritional, charitable, and sustainability lessons. It is an educational and civic movement that can revolutionize Maine's communities in numerous ways. My hope is to highlight some impressive programs currently going on within the state, and provide resources for others to start similar programs. If you know a community or school-based garden or you start one yourself, please email us your story. We want to feature more of these gardening programs to support this exciting grassroots movement!

Make time to get outside, and delight in this breathtaking season in Maine!

Kindly,
Carrie Sayward
Editor, GirlFormation

Some quick links for you to go to are:

Maine Agriculture in the Classroom:
www.agclassroom.org/ME/

Maine School Garden Network:
www.msgn.org



Agriculture in the Classroom, Kids Zone:
www.agclassroom.org/kids/