

## What is GAB?

### A GAB History:

The GAB program is a group of young women in grades 8<sup>th</sup> - 12<sup>th</sup> that work with the board of directors, executive director and programs coordinator of Hardy Girls Healthy Women to plan events, make sure programs at Hardy Girls cover what girls need and want, and work on changing the world to make it more girl friendly and positive for girls to grow in. GAB provides opportunities for leadership experience, engaging in social action projects, and keeping the organization current on challenges facing girls today. In past years GAB has organized a Speak Out, created a 4<sup>th</sup> of July float in honor of real beauty, and much more! Current members are from around Central Maine. We need your help and we feel that this will also be a great experience for you to help make decisions about Hardy Girls programming that will help girls around the state of Maine.

### What is Hardy Girls Healthy Women?

We are a volunteer-based, privately funded nonprofit organization dedicated to the empowerment, protection and promotion of girls and women in Maine. We believe that girls and women not only have the ability to create change but that they are essential to making changes in their lives, communities, and cultures. Hardy Girls headquarters is a unique setting - a "hardiness zone" that both supports girls in their transition from adolescence to adulthood and reflects new generations of women who know their power in the world.

## What GAB Has Accomplished

- GAB held an outstanding Flapjack Fundraiser at Applebees raising funds for their annual leadership retreat!
- GAB meets to discuss what's going on in the world for girls and for social events like pot luck dinners, bowling, and going to the movies.
- GAB writes and publishes *GWAVE* (Girls With Active Voices Everywhere) a quarterly 'Zine that features articles written by girls for girls.
- GAB organized and ran a Speak Out covering topics such as eating disorders, media pressures, and what issues girls are concerned about as oppose to what the media says girls care about.
- After a horrendous T-shirt promoting domestic violence came to GAB's attention, a press conference was spear headed by GAB - Kmart has since taken the t-shirts off the shelves across the nation thanks to GAB's leaders persistence and support from GAB and HG.
- GAB collected donations for the Family Violence Project's Women's Shelter for the holidays and delivered 100 care packs donated by CVS.
- GAB girls wrote articles that were in both the HGHW newsletter and the REM Local Voices newsletter! Way to go PR!
- Retreats held at Sugarloaf and Camp Chewonki
- GAB participates in community service projects such as park clean ups and serving at soup kitchens.
- GAB supports all the qualities that make girls beautiful with their Real Beauty Float in the Winslow 4th of July Parade!

## HARDY GIRLS HEALTHY WOMEN

[WWW.HGHW.ORG](http://WWW.HGHW.ORG)

207.861.8131



# GIRLS' ADVISORY BOARD G.A.B.

## Hardy Girls Healthy Women

**Mission:** To create opportunities, develop programs and provide services that empower girls and women.

**Vision:** all girls and women experience equality, independence, and safety in their everyday lives.

**Tel: 861-8131**

# Girls' Advisory Board Application

## Requirements

No experience is necessary! Applicants must be between the grades of 8<sup>th</sup> and 12, be able to work cooperatively as part of a team, and be committed to the group by attending 9 out of 11 monthly meetings and 3 of the 4 major events listed below. Most monthly meetings occur on the 3<sup>rd</sup> Sunday of the month and are held at the office of Hardy Girls Healthy Women in Downtown Waterville. If transportation is an issue please note that on the application. Access to the Internet and email is also very important since most communication between the group members is via email. General interest in the mission and vision of Hardy Girls is also a plus.

## Expectations of the Board Members

- Attend 9 out of 11 meetings that occur once a month during the year
- Attend the 3 of the 4 events: Annual Retreat, Dads and Daughters Golf Tournament, Girls Unlimited! Conference, and Social Action Project
- Give input on existing projects and ideas for new projects for Hardy Girls programming
- Provide content for the 'Zine *GWAVE*
- Help with publicity and fundraising for Hardy Girls and GAB
- Plan and participate in an annual community service project
- Lead the Girls Leadership Conference

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, Zip \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

School and grade of enrollment: \_\_\_\_\_

Race/Ethnicity (optional): \_\_\_\_\_

Parent Guardian (please print): \_\_\_\_\_

Are you able to be transported to events and meetings? Please circle one Yes / No

Please write a paragraph explaining why you want to be involved, what you have to offer to the group and other girls, and what think Hardy Girls can offer you:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

References (Please list references not related to you and preferably from school or a job you once held):

1) Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_

2) Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Relationship: \_\_\_\_\_