

# For Girls By Girls Session Generates Excitement

It was an exciting day for students Lynae and Cassie. They gathered with about 15 other girls for the first activity of their newly created program, For Girls By Girls. This program was one of the first grant recipients of funds raised by the Women's Fund of the Central Minnesota Community Foundation.

Lynae got things started with an intro to let the girls know what For Girls By Girls is all about, "We have created For Girls By Girls to provide an environment where girls fifth through eighth grade will not have to limit themselves or feel insecure or inferior. They will not have to censor themselves. ... Our goal is not to become a militant feminist movement, it is to allow girls to flourish side by side with young men not restricted by gender."

With that message strongly stated, the stage was set for the rest of the activities. There was an icebreaker for the girls to get to know each other a little better followed by a presentation and

discussion by Dr. Kim Spaulding, a physician with the St. Cloud Medical Group. "It was an open discussion and Dr. Spaulding really let the girls take over and share their thoughts," said Kathy Woodruff, a volunteer mentor for For Girls By Girls and a counselor with Catholic Charities.

The discussion moved into a watching a video on how the media portrays women and the sexual exploitation that occurs. Again, this generated a lot of open discussion and opinions. The leaders closed out the session and the girls enjoyed a pizza dinner together.

Woodruff says there are planning meetings underway for future events that will begin in March.

Maxine Barnett, executive director of Central Minnesota Task Force for Battered Women, the sponsoring organization of For Girls By Girls says, "It's important support programs like these so that women's place in our culture is valued and recognized."



St. Cloud Medical Group physician Kim Spaulding discusses eating disorders with Christine, Mandy, Kari, Hope and other Sts. Peter Paul and Michael Middle School students.



Sts. Peter Paul and Michael Middle School students Hope and Amanda enjoy getting to know each other through an icebreaker activity using beads.

*"We have created For Girls By Girls to provide an environment where girls fifth through eighth grade will not have to limit themselves or feel insecure or inferior."*

- Lynae, For Girls By Girls founder



**SAVE  
THE  
DATE!**

*You don't want to miss this - Women on Stage... At the Ranch!*

Mark your calendars for Tues., June 28, 2005 and join us for an evening of food, fabulous conversation and fun entertainment - all for a great cause! The 3rd Annual Women on Stage will be held from 5:30 - 9 p.m. at the home of Jerry and Elaine Bauerly. Watch the *St. Cloud Times* or visit [www.communitygiving.org](http://www.communitygiving.org).

The St. Cloud Times/Style Magazine is a proud supporter of the Women's Fund and its mission.