



2012-13 Annual Report

Dear Friends,

Started eight years ago as an organization focused on addressing girl-on-girl bullying, HGNA has aimed to shatter the stereotype that “girls will be girls.”

In a culture that encourages girls and women to see each other as the competition and the enemy rather than as friends and allies -- and in a society that holds up a mirror to girls and tells them all the reasons that they are less than -- HGNA’s programs seek to build girls up as individuals and as friends.

This past year we offered our 8th annual Chick Chat, CORE (*Connecting to Ourselves for Real Empowerment*) Middle School Program and Yoga Club to over 500 girls in grades 4 through 8, with programs that focused on defining personal strengths and values, developing empathy and practicing inclusion.

We also realize that helping parents wrap their arms around the current adolescent experience is equally important and in this past year we delivered numerous thought-provoking and relevant education programs with challenging and positive general and dad/daughter-specific messages to more than 525 parents.

This past year we also realized the long-time dream of sharing HGNA’s programs with other communities and kicked off our first “Chick Chat by HGNA” program in Geneva, IL. We will be repeating that program in Geneva this year and expanding to yet another community. We have also expanded our partnerships within the community – and have been working with a Downers Grove North High School group to tweak and deliver our programs with the added element of peer mentoring.

HGNA’s Board of Directors

Sandra McDonnell -- President

Beth Schuller – Vice President

Sandy DiGiulio -- Treasurer

Patty Wisz -- Secretary

Katie Blanchard

Ann Carlson

Lucille Carney

Christy Greenblatt

Ann Michalsen

Kelly Petring

Paula Thomas

Todd Thomas

Mary Ellen Young

As one of our parent education opportunities last year, HGNA hosted a documentary entitled “Finding Kind.” It really touched on the heart of what HGNA is all about. HGNA delivers a message to girls and to parents about finding, choosing and practicing kindness – to others and to themselves.

We thank you for your kindness in your support of these endeavors and look forward to the opportunity to continue to serve the girls and parents in our communities.

Sincerely,

Sandra McDonnell
President

Mary Ellen Young
Co-founder & Program Director

Highlights of HGNA's Amazing Year!

As mentioned in the cover note, this past year was an amazing one for HGNA. Our work with so many wonderful and dedicated volunteers and accomplished presenters, as well as the generosity of our supporters, enabled us to reach out to over 500 girls in the area through the following events:



HGNA's annual day of empowerment for 4th-6th grade girls held every year in March, Chick Chat, was a resounding success in 2013, with 350 attendees from 31 different schools. The team of over 75 volunteers helped to create a day for the girls that not only had a lasting impact, but was packed with meaningful breakout sessions, team-building activities, yoga, crafts and more.

HGNA debuted an info-packed half day session for girls entering middle school just before school started in the fall of 2012. The program, C.O.R.E. (Connecting to Ourselves for Real Empowerment) was held in August at Herrick Middle School and was attended by over 40 girls entering 7th grade. Our other middle school program, Yoga Club, which is run by local certified yoga instructor Christy Greenblatt, continues to be a very popular program and a wonderful Saturday night activity!



Reaching out to parents in our community is also a very important mission for HGNA, and we are able to do that in a variety of ways. This year at Mom and Dad Chat, held the morning of the Chick Chat event in March, Dr. Amy MacDonald spoke to over 140 parents on the topic of raising respectful, successful and joyful daughters.

Through the G.A.P. Series (Growing as Parents), headed by Ann Carlson, HGNA hosted several impactful programs, including a presentation by Dr. Robert Bradley, author of Yes, Your Teen is Crazy, film screenings of "Miss Representation" and "Finding Kind," and additional presentations to parents on varied topics such as helping your daughters manage stress and the importance nutrition, recreation, and sleep play in your daughter's overall health and well-being.

Finally, our Dad/Daughter Initiative headed by Board Member Todd Thomas has continued to grow. Todd organized two presentations

during the program year: clinical psychologist Dr. Michael Maniacci spoke on "Gender Guidelines and Role Models" and sports nutrition expert Katie Davis presented a compelling program titled "Your comment on what your daughter just ate was heard loud and clear!" which focused on the critical role dads play in their daughter's overall self-image.



Annual HGNA Pancake Breakfast Fundraiser

October 2012 marked the 7th year of the annual HGNA fundraiser at Ballydoyle, taking place on the same Saturday as Rotary Club's Window Painting Event in downtown Downers Grove. Attracting more than 500 hungry patrons, the breakfast garnered the volunteer support from many top local elected officials – *Downers Grove Park District Board Commissioner Bob Gelwicks, Downers Grove Village Commissioner Geoff Neustadt and Downers Grove School District 58 Superintendent Dr. Kari Cremascoli* are pictured to the right -- as well as food and raffle prize donations from many local businesses.



In addition to the many fantastic raffle prize donations – among them an iPad, a sailboat charter on Lake Michigan and more -- new this past year was the active solicitation by Board

members of tiered sponsorships from residents, businesses, and local officials. The response was overwhelmingly positive and enhanced the success of HGNA's only fundraiser. The funds raised each year support HGNA's parent and child programs throughout the year, ALL of which are offered free or at a minimal charge.

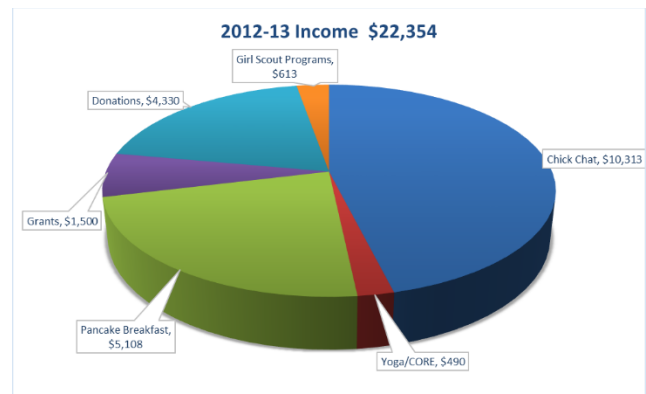
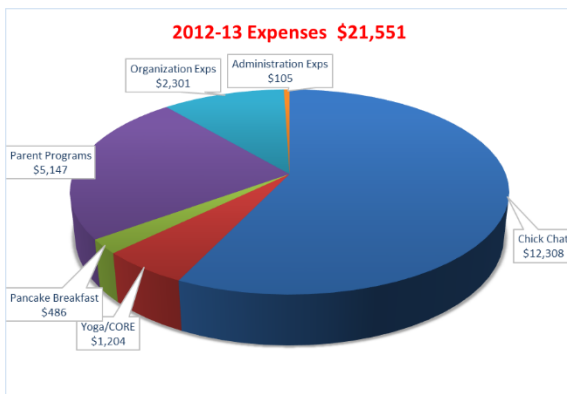


Damienne Souter – *volunteer chairperson of the event, pictured 2nd from the left with board members Katie Blanchard, Todd Thomas and Ann Michalsen* – led more

than 40 enthusiastic volunteers who come together each year to make the pancake breakfast not only an incredible morning of fund raising, but also a fun way to showcase all HGNA does in the community and beyond.



A Financial Snapshot



HGNA Donors

Major Donors

Ballydoyle Irish Pub and Restaurant
Community Bank of Downers Grove
The Grove Foundation

Pancake Breakfast Table Sponsors (\$100 and above Donors)

Advocate Good Samaritan Hospital
Bluestone Academy of Dance
Ann Carlson, LCSW
Citizens to Elect Ron Sandack, 81st House District
Tracy Driscoll and Diane Crisp
Nancy and Edward Dudley
Elan Industries
Park District Commissioner Cathy Mahoney
The McDonnell Family
Ann and Eric Michalsen
The Nowka Family
Oral Health Care Professionals, LLC
Outdoor Upgrades, Inc.
Radiant Logic, Inc.
Commissioner Marilyn Schnell
The Somma Family
Thomas Family (Nadine & Paul)
Thomas Family (Todd & Beth)
Mayor Martin Tully
Visions Business Systems
The Wick Family
Yoga Among Friends
Dr. Tony Young — Orthodontist

Pancake Breakfast Placemat Sponsors (\$50-\$75 Donors)

State Representative Patti Bellock
The Blair-Smith Family
Davenport Architects
The Downers Grove Historical Society
El Sierra Student Council
Park District Commissioner Robert Gelwicks
Mary and Scott Miller
Paula Pinkerton Salon, Ltd.
Commissioner Becky Rheintgen
The Schuller Family
Wood's Wags and Wiggles
The Young Family

Pancake Breakfast Raffle Contributors

Ava Elizabeth Durkin Memorial Fund
Best Buy
Katie and Mike Blanchard
Community Bank of Downers Grove
Christy Greenblatt
Downers Grove Economic Development Corporation
Hay House
Oakbrook Racquet & Fitness Club
Skuttlebutts
Dr. Tony Young

Pancake Breakfast Food & Beverage Contributors

Caribou Coffee
Great American Bagel
HGNA Board of Directors
Mike Riordan/McDonald's Corporation
Phillies Pizza Bar and Grill in Willowbrook
Shop & Save Market

Additional HGNA Donors

Gina Baker
State Representative Patti Bellock
The Buonassisi Family
Ebersold, Inc.
Mary French
The Gacic Family
Robert Gelwicks
Christy Greenblatt
Happy Dog Barkery
Martha Lehman-Cordts
Cathy Mahoney
Laura Jane & Pat Murphy
Pretzel Crisps
Becky Rheintgen
Sam's Club
Marilyn Schnell
The Schuller Family
Starbucks

