

G.I.R.L.S. NEWS

Grow. Invent. Recreate. Learn. Speak.

girls
inc.
of the Island City

April 2026

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3 Sister Sister
Favorite memories and more
with the GIC sisters!

Hello Readers!

We are so excited to reintroduce our Girls NEWS Magazine and reconnect with our incredible girls, families, and community. While it's been some time since our last issue, our program has still been busy, busy, busy!

Over the past months, our Best Foot Forward girls were hard at work preparing for the Women Who Dare Gala. We launched our new outreach pilot initiative, Strong, Smart, & Bold Hour, now being offered at AIK programs. This new space allows us to bring Girls Inc. values directly into aftercare settings, creating even more opportunities for girls to experience all that GIIC has to offer.

Our community garden is now in full swing and the girls have had a blast watering daily and watching new seedlings hatch.

Girls NEWS is a reflection of their voices, their growth, and their stories and I'm so excited to get to be part of it.

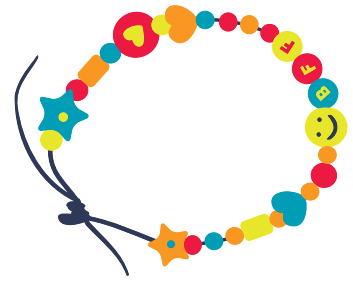
With gratitude,
Caroline
Lead Girls Program Coordinator

A handwritten signature in blue ink, appearing to read "C/F", is located at the bottom right of the page.

G.I.R.L.S.
NEWS

Shout Out!

to Best Foot Forward!



Shout Out to the **BFF** girls who rocked the stage at the **Women Who Dare** Fundraiser Gala! They worked so hard throughout the program and have so much to be proud of. I hope they take all the skills they learned and practiced with them as they grow into **Strong, Smart, & Bold** young women.

With grace and skill, you met the task,
Achieving more than one could ask.
Your dedication shines so bright,
A job well done, a brilliant sight.

Congratulations!

*Jeannie
Graham*



Sister Sister

You could say that here at Girls Inc., we're all "sisters" in a way, but nothing can compare to the love (and sometimes hate) of a true sister. Let's hear some of the favorite things and memories from the sisters here at Girls Inc.

Reign

"When I was 3 years old I liked to be sneaky and chase her with a spatula. It was funny!"

Rose

"She's so sweet and she'll give me what I need and always offers me things even when it's hers to start with."

Having a sister is like having a best friend you can't get rid of. You know whatever you do, they'll still be there.

Amy Li

Sammy

"I loved when we went to Disneyland all together as a family."

Maddie Q.

"When Sammy is mad at our parents she always comes running to me for a hug."

Willie

"That she let's me stay in her bed at night."

Maya (GIG Alum)

"Being able to pick her up from Girls Inc."

Blair

"She sometimes plays ice cream shop with me, but I don't like when she gives me vegetables..."

Elena

"I just like that I have a sister!"

Marianna

"Elena looks very cute when she pretends to be a chipmunk!"

Syla

"My favorite memory is beating her at arm wrestling over and over. And I like that she's pretty and shares her things with me."

Maisy

"I like playing with her a lot!"

Anji

"Naraeliya is very thoughtful and always shares things with me."

Naraeliya

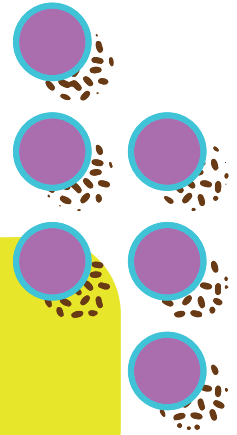
"Anji is cute and crazy!"

Nerah (9)

"I like when she comforts me."

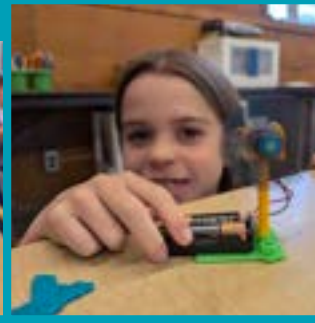
Maddie (GIG Alum)

"I think she's really funny."



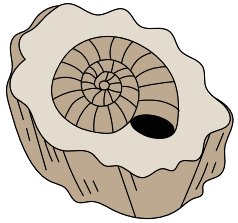
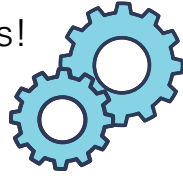
Sister
Sister

STEM TIME!



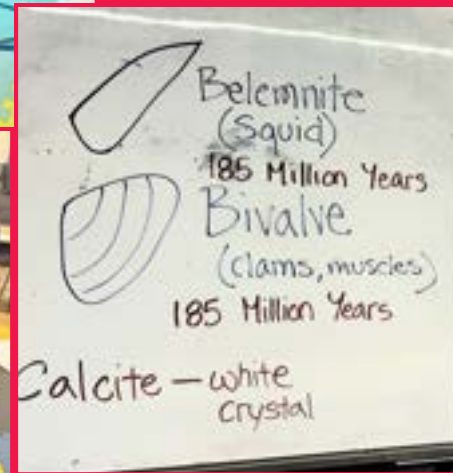
Engineering

1st and 2nd grade working on electrical engineering and architecture concepts!



Paleontology

3rd, 4th, and 5th grade got to clean and examine real 200 million year old fossils under microscopes!



Ammonite
185 Million Years



Cora!
200 Million Years

Pyrite - Fool's Gold!
(kinda reddish - brown)

For info about fossils, check out the Yorkshire Fossils Youtube channel or yorkshirefossils.com

Earth Day



Earth Day is
on April 22nd!



N N B P O E B T J V Z I V L B W U W J E
B D P K W F N B R Y E N D A N G E R E D
Z A L F V T K V Z M H G A M R X F Q J Y
A Z Z D I Y R Q I N W R R T B Y I V F T
G A C T I V I S M R S E K E U O P S D U
B R G X O N W Q C E O E N B C R Q R W P
H I G P K K C E Q R M N R O W H E Y W C
A T J S H X F L A B E J M M U I E L W Y
V N H U J O I Q I T P C Z E U B R D O C
Q T I J D I K C R M H I Y N N G E X B L
Q P C M A H U W V A A E E C V T E Q Z E
I E Z O A J J V C H A T R A L R R A W Y
F D T X M L O N V X A Q E S R E Z J T T
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V S D X T W L S V A I M N R U A Q D W U
I C U D A F H O T B L M G L D C N S A Z
Q A X N K R Z P K T C B A G S E C G Y Y
C N H G F D H J V L Q P G V W X N P E J
X I U S O A Q J F T F N E G J L N B L C



climate change
activism
compost
upcycle
green

environment
Earth Day
animals
nature

endangered
recycle
weather
garden

dirt
April

STRONG SMART & BOLD HOUR



GIRLS INC. OUTREACH!

We're so excited to finally offer some of our nationally standardized curriculum at AIK sites! Participants grades 2-5 can get excited for fun activities around the supplemental education Girls Inc. provides.

The curriculum we're sharing for this pilot program is Leadership & Advocacy, Mind & Body, and Media Literacy, focusing on learning about and understanding different types of media such as physical devices as CDs/DVDs, computers, VHS tapes, as well as news media, magazines, and studying advertising and how it convinces consumers to buy their products.

“I'm so excited that I get to be here!”
Franklin School Participant

"Chopped" Chaffles

Chaffles or "cheese waffles" are taking the world by storm and are super easy to make (with a little grown-up help).

Ingredients

- **1** egg
- **1/2** cup finely shredded cheese
- **1** tablespoon flour of choice
- **3-4** tablespoons of your favorite vegetables, chopped
- Waffle iron
 - If you don't have a waffle iron, try using a cupcake pan and make some yummy cheesy muffin bites!)

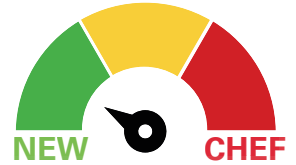
Instructions

- **Preheat** your waffle iron until hot.
- To make the **batter**, whisk together the eggs and cheese in a medium bowl.
- **Spray** your waffle iron with cooking spray.
- **Pour** half of the batter into the waffle iron and cook for **2-3 minutes**, ([Here's where you might want to ask for a little help](#)), until steam stops escaping and the waffles are golden brown and crisp.
- **Repeat** for the rest of your batter.



Easy-Peezy Recipes

Tummy rumbling and tumbling? Fancy yourself a bit of a chef? Here's a few recipes from beginner chef to experienced chef to try on your own. But make sure to ask a grown-up for help with anything hot!



Fizzy Subak Hwachae



Subak Hwachae, or watermelon punch, is a favorite Summer snack in Korea. It's a fun, sweet, and fizzy snack to enjoy with the whole family! Give it a taste!

Ingredients (Fizzy Style)

- 2 cups watermelon spooned out (have a grown-up cut the watermelon open first!)
- 1 cup milk of choice
- 1 ½ cup sprite
- 2 teaspoons sugar
- 1 cup ice

***Not a fan of the fizz? Just set aside ½ cup of watermelon to put in a blender and use instead of the sprite.**

Instructions

- Add watermelon, milk, sugar, and ice to a large bowl and mix together with a large spoon.
- Then pour the sprite over the mixture and watch it fizz up!
 - **This is where you would add the blended watermelon instead of the Sprite.**
- Now, beat the heat with this refreshing and unique punch snack!



Early Day Madness!



Early Day Madness!

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12:10 Release Days make the day extra long with extra energy and extra shenanigans!



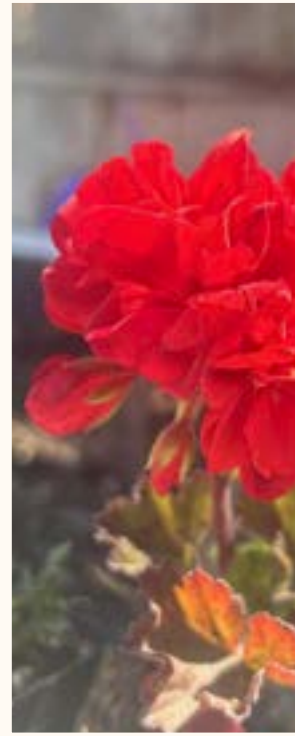
Fruits & Veggies

There's nothing like fresh, sun-warmed fruits and veggies from your own backyard. This year, we've tasted sweet peas, mint, and oregano so far. We're excited to taste cucumbers, watermelons, and other herbs next!



Flower Power

This year's flowers are geraniums, marigolds, and sunflowers of all different types. Plus, we're expecting a "roar" snapdragons, as well as the lovely flowers from our strawberry plants and sweet pea vines that add just one more little touch of color.



Our G.I.C. Community Garden is bursting with life! The girls are getting their hands dirty caring for and planting seeds and seedlings for the last couple weeks and are starting to see the fruits and veggies of their labor. Since it's their first sprouts last year, it's been a really great way for them to observe nature from right here in their community!

Welcome Back Frank & Doris!



Join us in welcoming back our resident duck couple, Frank & Doris! They usually hang out munching on seeds and drinking water next to the driveway gate, so make sure to be careful not to spook them as you walk by!

NOTE: Please DO NOT feed the ducks bread, crackers, or dried fruits, such as raisins. Processed wheat and dried fruits are not good for their digestive system. Thank you!

Oh, Shroom!

In our garden, you'll often spot patches of mushrooms surrounding the plants. You may worry that they're hurting the plants, but mushrooms are really great for gardens! They break down nutrients in the soil and help decompose old or dying leaves and stems so the rot doesn't affect the plant.



Thanks for
Reading!



Please let us know what you think! Feedback and support is always appreciated!

girlsnews@girlsincislandcity.org



Artist of the Month
Maddie