

**Welcome!**

Greetings Spectacular Gal,

Thank you for your interest in Guardian Gals, Inc. programming!

Fun. Philanthropy. Friends. Guardian Gals, Inc. helps girls in 4<sup>th</sup>-12<sup>th</sup> grade use their talents to improve the world around them through environmental efforts, philanthropy, physical activity, & volunteerism.

In regular meetings, & with mentors, Guardian Gals, Inc. members increase self-awareness & confidence & are empowered to become young community leaders. Supervised after-school & summer activities teach important lessons that girls may not learn elsewhere, while also reinforcing positive lessons from parents & others in their lives.

Collaborate; Spark; Empower; Ignite Positive Personal & Societal Change; this is what we strive to do with our time, talents, & treasure. Guardian Gals, Inc. is the only program of its kind in the world, & it was founded right here in Gaylord, Michigan by me, with ongoing support from a twelve person board of directors, generous volunteers, & donors, Making Change Event coordinators, & the Guardian Gals themselves! We've found over our first 13 years, that it takes a collaboratively empowered spark to ignite positive change. Only YOU can bring YOUR spark!

Attached is your complete "Meet & Greet" packet, designed to educate you about the features, benefits, & giving opportunities involved with becoming a Guardian Gals, Inc. member. Additionally, enclosed, you will find both, a Registration Packet & Sign-Off Packet, both of which will need to be completed & submitted, prior to participating in Guardian Gals, Inc. programming.

Hopefully, we will have time to review this packet together, but if we do not, please do not hesitate to contact me with questions that you may have.

Very Sincerely,

Mrs. Abby Hamilton  
Founder & Executive Director  
Guardian Gals, Inc.

**Meet & Greet 1 of 11**

## Gg Contact Information

**Abbigail Hamilton**, Founder & Executive Director ☐

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Website: [www.GuardianGalsInc.org](http://www.GuardianGalsInc.org) ☐

Mailing Address: PO Box 1149 Gaylord, MI 49734 ☐

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**Mackenzie Morison**, 5<sup>th</sup>-12<sup>th</sup> Grade Gals Summer Program Director

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### **What is Guardian Gals, Inc?**

Guardian Gals, Inc. philanthropy aims to positively aid mankind through the giving of its time, talents & treasure! Guardian Gals, Inc. is a 501(c)(3) nonprofit organization that helps 4<sup>th</sup>-12<sup>th</sup> grade adolescent girls through grown women contribute their talents, time, & treasure to improve the world through environmental efforts, philanthropy, physical activity, volunteerism, domestic & professional pursuits.

### **Who are the Guardian Gals? □**

Guardian Gals are 4<sup>th</sup> through 12<sup>th</sup> grade adolescent girls in Otsego County, Michigan. Often, Guardian Gals are recognized as self-actualized grateful, creative, motivated, inspired, passionate, philanthropic stewards of resources.

### **What do the Guardian Gals do?**

In regular gatherings, with mentors, Guardian Gals members increase self-awareness & confidence and are empowered to become young community leaders. Supervised summer & after school activities teach important lessons girls may not learn elsewhere, while reinforcing positive lessons from parents & others in their lives.

### **How do Guardian Gals meet the goals of their mission?**

- Girls in 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grades are engaged in educational sessions led by Guardian Gals Elders (defined as 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> & 12<sup>th</sup> graders who have experienced at least two years of the program), & Guardian Gals session programming support staff. Educational sessions are designed to inspire & empower Guardian Gals in such a resourceful manner, they are then inclined, & self-confident enough, to work within community to enact positive change.
- By providing mentoring & tutoring opportunities for girls in 4<sup>th</sup>, 5<sup>th</sup> 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> grades, focused on philanthropy, physical activity, sustainability, local commerce, specific volunteer work for local charities, efforts to educate community about local issues & personal achievement. Simultaneously engaging the Guardian Gal Elders in experiences that promote a sense of belonging, self-awareness & overall enrichment.
- By exposing Guardian Gals & Guardian Gal Elders to the art of philanthropy, purposefully designed to encourage each Guardian Gal & Elder to become an involved, motivated & active citizen in community projects & activities.

### **How To Get Involved? Where to start?**

- Review this Gg Meet & Greet Packet!
- Peruse our [www.Guardiangalsinc.org](http://www.Guardiangalsinc.org) website.
- Ask questions. Make suggestions.
- Attend a gathering; check out our vibe.
- Follow us from where you are via *Guardian Gals, Inc.* Facebook social media postings.
- Review & complete Gg Registration Packet.
- Contribute Gg Registration & Philanthropic Gathering Fees contribution.
- Participate regularly by attending & as able, helping to organize/host/inspire Gg events/gatherings!
- Think inclusively. Invite like-minded girls to join us!

**Meet & Greet 3 of 11**  
Gg Day-To-Day Details

**4<sup>th</sup> GRADE GALS Begin/End Times & Locales:**

Begin Noon @ Guardian Gals, Inc. Headquarters  Back Gate  
 End 2pm @ Guardian Gals, Inc. Headquarters  Back Gate  
 (Other Arrangements May Be Made, Dependent On Locales Of Activities Planned)  
Gg Headquarters @ 321 East Main Street \* Use Rear City Hall Parking Lot

**5-12<sup>th</sup> GRADE GALS Begin/End Times & Locales:**

Begin 9am @ Freel City Park (Behind City Hall & Gg Headquarters)  
 End 4pm @ Guardian Gals, Inc. Headquarters  Back Gate  
Gg Headquarters @ 321 East Main Street \* Use Rear City Hall Parking Lot

**Transportation Possibilities:**

Carpooling, Dial-A-Ride, Walking, Riding Bikes, Slumber Parties Before &/Or After, etc. encouraged!  
While participating in GGals, Inc. programming, you will walk, ride bicycle, & take dial-a-ride.

**Please Pack Small Backpack With The Following:**

Healthy Sack Lunch & Water Bottle  
Weekly Gathering Fees (\$5)  
Bug Spray & Sunscreen  
Small Umbrella   
Jacket When Needed   
Cell Phones Welcome

**Important Note RE: Cell Phones:**

Mobile devices are useful for parental communications, but should never distract GGals during programming. Mobile phone etiquette is expected & will be taught during Guardian Gals, Inc. programming.

**Special Events May Also Require:**

Bathing Suit & Towel   
Road Worthy Bicycle & Helmet  
Warm Clothes For Winter Skiing & Tubing

**Please Contribute To Our Collections When Able:**

Gently Used Books (For Lil' Lending Libraries)  
Newspaper Clippings (For Good News & Recycling)   
Pop Bottles/Cans (For Recycling & Bottle Return \$\$)  
Plastic H2O Bottles (For Recycling)   
Aluminum Cans (For Recycling)   
Gently Used Ice Skates (For Alpenfrost Skating Rink Downtown)

**Meet & Greet 3 of 11**  
Gg Sample Daily Agenda  
4<sup>th</sup> Grade

**Noon Youngest GGals Begin @ Downtown Pavillion With Picnic Lunch**

- Picnic Lunch, Gratitudes, Volunteer Sign-In/Contribute \$5 Philanthropic Gift, Inspirations, Share Needs, Agenda
- 12:30-1:30 A Day In The Life Of A Guardian Gal Sampler Sessions To Include:**
- **BeFit• BeStrong• GoGirlGo!**
    - **Session Objectives:**
      - Get GGals active & encourage activity for life!
      - Get inactive girls physically active.□
      - Encourage wholesome lifestyle, happy outlook, & healthy self-image.□
      - Promote self-esteem, self-respect, & self-confidence.
      - Endorse acceptance & respect of others.□
      - GGals become great leaders & vocal advocates for a healthy lifestyle.□
      - Gg Cook With Healthy Whole Food Ingredients @ Hamilton Homestead Kitchen□
      - Gg grow whole food ingredients in Hamilton Homestead garden space.
  - **Giving & Charity • GGals, Inc. T3W School of Philanthropy**
    - **Session Objectives:**
      - Giving, charity, & wealth will be discussed & explored in community. □
      - GGals will actively learn about & give of their time, talent, & treasures. □
  - **Connecting • Building • Aspiring • Applying The Courage Code • GGals, Inc. Leadership Power Hour**
    - **Session Objectives:**
      - Expose GGals to various inspirational community leaders.
      - Introduce & toast the Passions, Visions, & Missions of these leaders with Peace Tea.□ Explore & compliment 11 qualities present in aspiring leaders.□
      - Elders lead youngers to break•find•use•share the Courage Code!
  - **Go Green • GGals, Inc. R3U Healthy Roots Environmental Action**
    - **Session Objectives:**
      - GGals will reduce, reuse, recycle, & upcycle!□
      - GGals will actively volunteer their efforts where environmentally needed.□
      - GGals will tend to various vessel gardens @ The Hamilton Homestead.
  - **Creative Sparks**□
    - **Session Objectives:**
      - GGals will execute creativity through correspondence, care packaging, journaling, reading, book discussions, nail painting, poster making, etc.
- 1:30-2pm Teaser & Take Home For Following Week**  
**2pm GGals End @ GGals Headquarters To End Day**

**Meet & Greet 4 of 11**  
 Gg Sample Daily Agenda  
 5-12<sup>th</sup> Grade

- 8am Elder GGals Begin @ GGals, Inc. Headquarters To Prep For Day**  
**9am Younger GGals Begin @ GGals Headquarters To Begin Day**
- Volunteer Sign-In, Pay, Gratitudes, Inspirations, Share Needs, Agenda

- 10am BeFit• BeStrong• GoGirlGo!**
- **Objectives For This Hour:**
    - Get GGals active & encourage activity for life!
    - Get inactive girls physically active.
    - Encourage wholesome lifestyle, happy outlook, & healthy self-image. □
    - Promote self-esteem, self-respect, & self-confidence. □
    - Endorse acceptance & respect of others. □
    - Gg learn to become great leaders & vocal advocates for healthy lifestyle. □
    - Gg Cook With Healthy Whole Food Ingredients @ Hamilton Homestead □Kitchen. □
    - Gg grow whole food ingredients in Hamilton Homestead garden space. □
- 11am Giving & Charity • GGals, Inc. T3W School of Philanthropy**
- **Objectives For This Hour:**
    - Giving, charity, & wealth will be discussed & explored in community. □
    - GGals will actively learn about & give of their time, talent, & treasures. □
- 12:00pm Gratitude • Girl Talk • Nutrition**
- **Objectives For This Hour:**
    - GGals will picninc w/ healthy sack lunches @ different city parks/courthouse lawn.
- 12.30pm Connecting • Building • Aspiring • GGals, Inc. Leadership Power Hour Mentoring Peace Teas**
- **Objectives For This Hour:**
    - Expose GGals to various inspirational community leaders. □
    - Introduce & toast Passions, Visions, & Missions of these leaders. □
    - Explore & compliment 11 qualities present in aspiring leaders. □
    - Elders lead youngers to break•find•use•share the Courage Code! □
- 1:30pm Go Green • GGals, Inc. R3U & Healthy Roots Environmental Action**
- **Objectives For This Hour:**
    - GGals will reduce, reuse, recycle, & upcycle! □
    - Gg will actively volunteer their efforts where environmentally needed. □
    - Gg will tend to various vessels @ The Hamilton Homestead. □
- 2:30pm Creative Sparks Objectives For This Hour:**
- GGals will execute creativity through correspondence, care packaging, journaling, reading, book discussions, nail painting, poster making, etc.
- 3:30pm Wrap-Up□Objectives For This Hour:**
- Programming Director will provide both, closure for today's gathering & look ahead to build positive anticipation for next week's programming.
- 4pm GGals End @ GGals Headquarters To End Day**

**Meet & Greet 5 of 11**  
Gg 2017 Schedule

<b>Gg 4<sup>th</sup> Grade Programming Schedule:</b>		
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**June**

Wednesday, June 21 <sup>st</sup>	4 <sup>th</sup> Grade Gg Gathering #1 Noon-2pm	By Foot
Wednesday, June 28 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #2 Noon-2pm	By Bike

**July**

Wednesday, July 5 <sup>th</sup>	HOLIDAY	
Wednesday, July 12 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #3 Noon-2pm	By Foot

Wednesday, July 19 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #4 Noon-2pm	By Bike
Wednesday, July 26 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #5 Noon-2pm	By Foot

**August**

Wednesday, August 2 <sup>nd</sup>	4 <sup>th</sup> Grade Gg Gathering #6 Noon-2pm	By Bike
Wednesday, August 9 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #7 Noon-2pm	By Foot
Wednesday, August 16 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #8 Noon-2pm	By Bike
Wednesday, August 23 <sup>rd</sup>	4 <sup>th</sup> Grade Gg Gathering #9 Noon-2pm	By Foot
Thursday, August 24 <sup>th</sup>	4 <sup>th</sup> Grade Gg Gathering #10	9am-4pm By Foot

**October**

Saturday, October 14 <sup>th</sup>	Gaylord ½ Marathon	8am-Noon	By Foot!
	-A Gg Making Change Event-		

<b>Gg 5-12<sup>th</sup> Grade Programming Schedule:</b>
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**June**

Thursday, June 15 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #19am-4pm	By Foot
Thursday, June 22 <sup>nd</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #29am-4pm	By Foot
Thursday, June 29 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #39am-4pm	By Bike

**July**

Thursday, July 6 <sup>th</sup>	HOLIDAY	
Thursday, July 13 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #49am-4pm	By Foot
Thursday, July 20 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #59am-4pm	By Bike
Thursday, July 20 <sup>th</sup>	Gg/G3 Picnic Mixer	11:30-1:30pm
Thursday, July 27 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #69am-4pm	By Foot

**August**

Thursday, August 3 <sup>rd</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #79am-4pm	By Bike
Thursday, August 10 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #89am-4pm	By Foot
Thursday, August 17 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #99am-4pm	By Bike
Thursday, August 24 <sup>th</sup>	5-12 <sup>th</sup> Gr. Gg Gathering #10	9am-4pm By Foot

**October**

Saturday, October 14 <sup>th</sup>	Gaylord ½ Marathon	8am-Noon	By Foot!
	-A Gg Making Change Event-		

**Meet & Greet 6/7 of 11**  
Giving Circles Overview  
WHY WE GIVE

**Why give philanthropically?** It's a question we ask ourselves from time to time. Sometimes, we ask it out loud; other times, it's something we ponder without giving voice to our question. Sometimes, we don't really think about why we give our time, talent, treasure at all. Giving to a particular group or cause is automatic.

We each could cite various motivations for our generosity, but whether it's to a neighbor, a church or our Community Foundation, whether it's \$5 or \$500,000, it turns out **we're more alike than different in why we give.**

David Goldman, J.D., D.O., '91, medical director for The Goldman Group, attorney, psychiatrist, & professor of Neurobehavioral Sciences & Medical Jurisprudence/Medical Ethics at ATSU-KCOM, says there are six basic reasons that make us open our hearts- & checkbooks- to certain organizations:

**Belonging.** “Many individuals feel a sense of belonging, a sense of identity, when they make charitable contributions. It provides the contributor a feeling of being part of a group.”

**Religion.** “All faiths have at their core the concept of lifting the fallen & healing the sick; all faiths address the concept of charity, & providing for others.”

**Family.** “The family & the culture from which we come influence our feelings of charity. If our family practices being charitable, we learn to be charitable; if our family values being charitable, we develop a sense of responsibility to contribute.”

**Forgiveness.** “For some, giving serves as a means of self-cleansing, releasing feelings of guilt, & seeking forgiveness. The act of giving provides a feeling of ethical & moral rejuvenation.”

**Value.** “Giving value to an organization offers us an internal feeling of self- value. We feel better about ourselves. By giving value to others, we receive value in return.”

**Gratitude.** “People often give as a means of expressing gratitude & appreciation for success achieved in life. They perceive the organization as having provided them with the opportunity to reach further, climb higher, & see farther. Giving back shows appreciation for benefits received in our lives; our charitable contribution is a method for making that path available for others to follow.”

Regardless of the reason for our contribution, doing charitable work is important, Dr. Goldman says. “**Our good deeds have a way of benefitting not only the recipient & the giver, but our charitable gifts also benefit the community as a whole.**”

“Let us more & more insist on raising funds  
of love, of kindness, of understanding, of peace.  
The rest will be given.” □  
-Mother Teresa of Calcutta-

**Giving Circles** are a form of participatory philanthropy where groups of individuals donate their own money or time to a pooled fund, decide together where to give these away to charity or community projects &, in doing so, seek to increase their awareness of & engagement in the issues covered by the charity or community project. [1] Many circles, in addition to donating their money, also contribute their time & skills to support local causes.

The **current manifestation** of giving circles is a **relatively new trend**, but it is built on old traditions dating back hundreds of years to mutual aid societies & other forms of giving for the community. In the US, giving circles were initially **composed of women**; they are now more diverse in race, age, & gender, although women contribute to make up the majority of the members. [2]

The **structure** of giving circles can be informal or formal. On the informal side, circles may vote & choose an organization to support & each member writes an individual check. Formal circles may have their money housed at a local charitable 501(c) 3 nonprofit organization & have staff that support the work of the circle. Giving circles can range in size from a handful of members to several hundred.



Individual donors who join or form a giving circle typically seek to **build community** within their circle through social events, in addition to the economic impacts of the groups.

In a 2007 study, the Forum of Regional Associations of Grantmaker's New Ventures in Philanthropy initiative identified approximately 400 giving circles in the US, more than double the number from 2 years earlier. [3]

A survey of 160 circles, published in 2008, found they had leveraged nearly \$100 million, \$13 million of this in 2006 alone. Nearly 12,000 people took part in the 160 giving circles surveyed. Nearly half of circles have male participants, & the popularity of **giving circles is also growing among racial, ethnic, & tribal communities**. [4]

Another study conducted in 2005 by Angela M. Eikenberry, an associate professor at the University of Nebraska at Omaha, found that giving circles generally **bring both long-time & new philanthropists** to organized philanthropy. [2] For both groups, participation seems to **increase levels of giving** while bringing "new money" to the nonprofit sector; especially to small & locally based organizations. Members also seem to learn about & give to organizations & individuals, & in areas of interest, they most likely would not have given to otherwise. In addition, members are **more thoughtful, focused & strategic** in their personal giving because of educational experience in the giving circle. These findings are based on 30 interviews with giving circle participants, staff, & philanthropic professionals working with giving circles, document analysis, & secondary data.

Research by Eikenberry & Jessica Bearman, published in 2009, & largely based on a survey of giving circle members compared to a control group, found that giving circles influence members to give more & to give more strategically. Their **members give to a wide array of organizations & are highly engaged in the community**. Giving circles **increase members' knowledge about philanthropy, nonprofits, & the community**. [1]

1. ^ Eikenberry, Angela & Bearman, Jessica (May 2009). "The Impact of Giving Together: a snapshot of a study on giving circles' influence on philanthropic & civic behaviors, knowledge & attitudes" (PDF). Forum of Regional Associations of Grantmakers. □
2. ^ Eikenberry, Angela M (September 2006). "Giving Circles: Growing Grassroots Philanthropy". Nonprofit & Voluntary Sector Quarterly
3. ^ Kadlec, Dan (November 5, 2008). "Report: Giving Circles". Time. □
4. ^ "Report: Giving Circles Are Here To Stay". Forum of Regional Associations of Grantmakers.

## **Meet & Greet 8 of 11** Gg Philanthropic Contribution

**Guardian Gals, Inc. Philanthropy** aims to positively aid mankind through the **TIME, TALENTS, & TREASURE** its membership provides family, friends, local & global communities!

**Guardian Gals contribute TIME.** Guardian Gals, Inc. has found that motivated volunteers are the best role models, as they inspire others to get involved, thus Guardian Gals, Inc. members who meet their "Giving of Time" goal, shall of course, be celebrated! 5<sup>th</sup>-12<sup>th</sup> grade Guardian Gals, Inc. members are encouraged to log a minimum of 100 hours of service per given year. Members are presented with a plethora of fun volunteer opportunities in order to be successful in meeting this lofty service goal. **Making Change...** An important element of the Guardian Gal 2017 volunteer commitment includes all Guardian Gals, Inc. members participating, either as volunteers or athletes (1Mile, 5k, 10k, or 1/2 Marathon Run/Walk) at our 8<sup>th</sup> Annual GaylorD Half Marathon- A Gg Making Change Event. □

**Guardian Gals contribute TALENTS.** Throughout life, "talent" is one commodity that Guardian Gals will always be able to rely on, thus, the core of this organization is the investment & encouragement of the talents of our membership. Guardian Gals, Inc. leadership knows that talent is an indicator of one's capacity to learn, grow, & develop new skills for future use & has observed that talent is an expression of how quickly a person or organization can adapt to new challenges. Because all individuals have "talents" that lay dormant or untapped until someone, outside of self, cares enough to showcase these qualities, Guardian Gals, Inc. mentors invest time, talents, & treasure towards the purpose of uncovering & encouraging talents & passions within its membership. Guardian Gals, Inc. encourages creativity & imagination, as means of uncovering the talents embedded within each Guardian Gals, Inc. member. □

**Guardian Gals contribute TREASURE.** This treasure is contributed in various ways:  
**REGISTRATION FEES**

**Youngest** (Incoming 4<sup>th</sup> Grade Gals): **\$25** Annual Registration Fee□

**Youngers** (Incoming 5<sup>th</sup> – 12<sup>th</sup> Grade Gals): **\$100** Annual Registration Fee□

**Elders** (Incoming 9<sup>th</sup> -12<sup>th</sup> Grade Gals): Waived Registration Fee/Scholarships Possible

**Note RE: Waived Elders' Fees:** In preparation for college, Guardian Gals who have participated in PAID programming for minimum of 1 summer may apply for waived registration fee. Personal financial donations/Making Change Event pledges are appreciated from Gg Elders (as available) to further the mission of Guardian Gals, Inc. See Appendix A

### **GATHERING FEES**

Summer 2017 **\$5 DAILY PHILANTHROPIC Gathering Fees** □

**Note RE: Daily Gathering Fees:** □

It is Guardian Gals, Inc. policy that one gathering can be attended without gathering fee paid, however, gals cannot exceed this maximum. For those paying per-gathering, please be advised that there will be a \$2 "late surcharge" added to gathering fees not paid the day of our gatherings. We need to be in the habit of paying as we go & not getting behind in contributions. Thank you for your understanding in this matter.

### **GUARDIAN GALS, INC. PROGRAMMING SCHOLARSHIPS**

Assistance with registration fees & daily fees is possible. The Guardian Gals, Inc. Executive Board of Directors has created □policy regarding case-specific scholarships for up to 10 young women for 2017. Please contact Abby Hamilton to discuss needs privately via phone or email for consideration.

See Appendix A

### **CHARITABLE DONATIONS TO 501(C)3 GUARDIAN GALS, INC.**

For Use Towards Furthering The Mission of Guardian Gals, Inc. □Please make checks payable to Guardian Gals, Inc.□

For convenience, **Registration Fees, Gathering Fees, Donations** can be mailed to Guardian Gals, Inc. PO Box 1149 Gaylord, MI 49734 □or given online @ [www.GuardianGalsInc.org](http://www.GuardianGalsInc.org) .

**Meet & Greet 9 of 11**  
Gg About Us

### **Gg Original Inspiration**

Guardian Gals, Inc. was established in June of 2002, in Gaylord, Michigan for the purpose of assembling adolescent young women in the fellowship of principles derived from the inspiration of poet Diane Ackerman, who wrote, "I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of peace." © 1999

The organization of Guardian Gals, Inc. actively strives to BE the change it wishes to see in the world that surrounds it.

### **Gg Vision**

The vision of Guardian Gals, Inc. is to actively engage girls & women to ignite positive personal & societal change.

### **Gg Mission**

Throughout the organization, Guardian Gal members mutually empower & inspire one another to initiate personal, philanthropic, & civic action for the common good.

### **Gg Values**

**Kindness-** Thoughtfulness, Consideration, Compassion, Sharing, Friendship & Belonging□

**Esteem-** Integrity, Confidence & Courage, Accountability, Trust & Honesty, Principles & Values□

**Well-Being-** Healthy Eating, Supporting Farmer's Market & Locally Sourced Food, Exercise & Play, Recycling, Hosting d Marathon, 10k, 5k, & 1Mile Run/Walk Event For Otsego County□

**Safe Haven-** Respect & Acceptance, Awareness, Anti-Bullying & Violence, Compromise, Protect & Advocate

### **Charitable 501(c)3 Nonprofit Organization**

Tax-deductible gifts to Guardian Gals, Inc. builds self-esteem of local girls, provides a safe place for them after school & during summer vacation, & empowers them all at the same time!

### **Gg Motto(s)**

"Do unto others as you would have done unto you." -Charles Gibbon

"Do small things with great love." -Mother Teresa

"The duty of privilege is absolute integrity." -John Donahue

### **Gg Code of Conduct**

"All members shall be mentored in proper conduct of courtesy, integrity, accountability, trustworthiness, effective problem solving, self-respect, and reliability. All members are expected to conduct themselves within these values. At no time shall any form of hazing, bullying, or unkind treatment be tolerated among members. No illegal behavior or use of illegal/harmful substance by members will be permitted by Guardian Gals, Inc. Violation of this standard by members can be grounds for dismissal from Guardian Gals, Inc."

### **Gg Promise**

"I swear I will not dishonor my soul with hatred, but offer myself humbly as a guardian of nature, as a healer of misery, as a messenger of wonder, as an architect of peace."

-Written by Poet Diane Ackerman ©1999

**Meet & Greet 10/11 of 11**  
**Gaylord Half Marathon**  
**-A Making Change Event Fundraiser-**

## **8<sup>th</sup> Annual Gaylord Half Marathon Q&A Sheet**

**What:**  Half Marathon, 10k, 5k, 1Mile Run/Walk & Catalyst For + Change!   
**Date:**  Saturday, October 14<sup>th</sup> 2017  
**Location:**  Otsego County Park \* 1657 County Park Road, Gaylord   
**Packet Pick Up:**  Friday, October 13<sup>th</sup> 5-7pm @ Ggals, Inc. Headquarters  
\* 321 E. Main Street  
 Saturday, October 14<sup>th</sup> 7:30-9am @ Otsego County Park  
**Event(s) Start:**  8am Start Half Marathon Run  
 9am Start 10k Run   
 9:45am Start 5k Run/Walk   
 10am Start 1 Mile Run/Walk  
**Finisher's Rally & Prizes:**  Approx. 11am Upon Last Racer's Finish  
**Contact(s):**  Abby Hamilton 989.390.5749 \* [AbbyHamilton@GuardianGalsInc.org](mailto:AbbyHamilton@GuardianGalsInc.org)

### **Can I REGISTER ONLINE?**

Yes, simply go to [www.TriToFinish.com/events](http://www.TriToFinish.com/events) & search for our event to register online!

### **Is this a PROFESSIONALY MANAGED & TIMED event?**

Yes, TriToFinish, LLC manages this race & hires industry professional timers.

### **Will there be a "PURSE" to attract elite athletes?**

Our goal is to provide a \$250 purse, custom EarBuds from Advantage Audiology & Hearing Center, & complimentary 2018 registration fee for both, TOP Male & Female Half Marathon finishers!

**Is anyone organizing TRAINING GROUPS to prepare Exercise Enthusiasts, Runners, Want-To-Be Runners, or Those-Up-For-New-Challenge folks for this event?** □

-Yes, Dana Hall is committed to organizing a FUN weekly training group to embark on getting fit, preparing for Half Marathon, 10k, 5k, 1Mile "Making Change Challenge" together, & meeting new outdoor enthusiasts in our Alpine Village.

-Dana has 2 programs; Beginners & Intermediate with goal of having 2 groups of runners with different paces. □

-In year's past, they've scheduled each Monday with long run & comrades have encouraged each other to schedule in personal runs the rest of the week (Per Beginning & Intermediate Hal Higdon Training Schedules). □

-Dana encourages NEW & ESTABLISHED runners to join this group & looks forward to enjoying the summer rain or shine, having fun, laughing & sweating with other health enthusiasts!

**Training Start Date:** Monday Following Memorial Day & Leading Up To M.Change Event □

**Training Location:** Aspen Park

**Training Time:** 6am & 5pm

**Contact Information:** Dana Hall

**Phone:** 231.218.6544

**Facebook:** Aspen Running & Walking Group

**Does Guardian Gals, Inc. offer modestly priced training gear**

-Yes, we offer three styles of modestly priced, bright, breathable running shirts!

-TRAINING GEAR OPTIONS are available online at [www.GuardianGalsInc.org](http://www.GuardianGalsInc.org) under "Making Change" tab.

**Where can I obtain a beginner's Half Marathon, 10k, or 5k TRAINING SCHEDULE?**

-Coach Dave Smith, USA Cycling & Triathlon certified coach, has provided Guardian Gals, Inc. with Beginner Half Marathon, 10k, & 5k 12-18 week training schedules that detail his recommended schedule of running, rest, & cross training days that lead up to running events. Coach Dave specialized in training of beginner-advanced level multisport athletes, prior to becoming Athletic Director for Boyne City School District.

-Coach Dave's COMPLIMENTARY TRAINING SCHEDULES are available online at [www.GuardianGalsInc.org](http://www.GuardianGalsInc.org) under "Making Change" tab.

**What are the EVENT REGISTRATION FEES & are these tax-deductible?**

**Non Tax-Deductible REGISTRATION Fees Paid Online:**

- Online Registrations: \*Before October 13<sup>th</sup> Midnight
  - Half Marathon - \$80
  - 10k - \$40
  - 5k-\$30 □
  - 1Mile - \$10
- Late Registrations: \*Paid @ Check-In
  - Half Marathon - \$85
  - 10k - \$45
  - 5k-\$35 □
  - 1Mile - \$15

**Tax-Deductible Pledges Paid To Guardian Gals, Inc:**

Again this year, instead of mandatory pledge requirement, we are offering "Kindness Counts" incentive for financial gifts pledged at our Making Change Event.

Historically, the prizes most coveted by Making Change Event finishers are the thoughtful "Kindness Counts" prizes participants have grown to love. This year, as Guardian Gals, Inc. strides to accommodate a plethora of participants & their varied interests, one "change" participants will notice will be the elimination of a mandatory "Fundraising Pledge." Along with this will be the awarding of "Kindness Counts" tickets to participants & opportunity for additional opportunities to win, ranging in number, based on fundraising efforts presented at check-in.

Those 1Mile, 5k, 10k, & Half Marathon runners who make it a point to go out & collect pledges to advance the lofty mission of Guardian Gals, Inc. will be rewarded with ONE "Kindness Counts" raffle ticket per each \$25 pledge they collect. That's right, an extra special "Kindness Counts" designated zone of the main pavilion will be stocked full of prizes that will surely encourage positive personal or societal change for the recipient until we meet again at 2018 Making Change Event!

**Does Guardian Gals, Inc. have any FUNDRAISING TIPS to share?**

Yes, we have 10 Quick & Easy fundraising tips to share:☐

**Tip #01:** Understand & be ready to talk about Guardian Gals, Inc.☐Remember, Guardian Gals, Inc. Empowers: Generosity of Thought & Inspired Action in Gals! Also, our website [www.GuardianGalsInc.org](http://www.GuardianGalsInc.org) has our every detail waiting for exploration!☐

**Tip #02:** Each & every donation is welcome. No amount is too big, nor too small. ☐

**Tip #03:** Put in your own \$10.☐

**Tip #04:** As you train for the Making Change Event, invite others to participate as well. If they decline, cheerfully ask them for a \$10 pledge. ☐

**Tip #05:** Ask Your Spouse/Roommate for a \$10 pledge.☐

**Tip #06:** Gather friends/family for a simple & fun benefit:

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| ☐ -Jewelry Sale☐                    | -4 <sup>th</sup> of July Picnic Party |
| -Paid Silence Strike For A Day☐     | -Tea Party For GGals, Inc. Charity    |
| ☐ -Fall Harvest Dinner☐             | -Spring, Summer, or Fall Garage Sale  |
| -House Party W/ Local Entertainment | -Cheese & Wine Tasting Event          |

**Tip #07:** Ask 2 Co-Workers For \$10.☐

**Tip #08:** Ask 1 neighbor & 1 person from church for a \$10 pledge.

**Tip #09:** Ask your dentist & doctor for a \$10 pledge.☐

**Tip #10:** Ask your hairdresser for a \$10 pledge.