

The Glitter Gaff

*Glitter (noun):
Bright, shimmering, reflected light*

*Gaff (verb):
To chat or share with friends*

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<http://www.facebook.com/groups/campglowguyana>



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And Much More !

Welcome to the Glitter Gaff!

We couldn't imagine a better name to give to our Camp Glow newsletter. We on the Gender and Development taskforce wracked our collective brains to find two words that encompassed all that it means to be a GLOW girl. At first we were stumped, how can we explain what it means to be a GLOW girl in two simple words? A GLOW girl is so many things! She's a leader, an inspiration to others, she's your confident best friend and the most powerful Guyanese woman around. Finally, in a dazzling moment, we had our answer. We used Glitter because, well, if you know our girls you know they're always shining brightly, and Gaff because, what's better than gaffing about your accomplishments to those who can bask in your glow? Thusly The Glitter Gaff was born. It will be a newsletter dedicated to sharing our GLOW with the world.

We can't believe how much Camp Glow Guyana has grown and changed over the last few years. What started with an idea and what seemed like insurmountable obstacles before us, ended with two successful Camp GLOWS and countless empowered girls. We feel so proud of the things our campers achieved both at camp and beyond. Whether it's topping their schools in CXC results, planning Mini-Camp-Glows with their communities or just reminding their friends that they're beautiful, their inspiration and strength is felt all over Guyana. This newsletter is for them, those GLOW girls that are the change-makers in their communities; those GLOW girls who encourage their peers to make good decisions or stand up for their rights as women. They're the girls who when someone says, "Who runs the world?" they confidently scream, "GIRLS!" Let their accomplishments be your accomplishments. Let their struggles be your struggles. Let their stories be your story too.



Keep Glowing,

pg. 1



Keep GLOWing! - 10 ways to keep your community GLOWing!

1. Do something for someone who can never repay you!
2. Rather than focusing on changing the behavior of others, work towards being a GLOWING role model in your community. People will take notice of the positive leadership you display!
3. Volunteer some of your time with the elders in your community. Sit down and talk with them, and ask questions about your community and how things were run when they were your age. Try and find similarities and differences. You will be surprised!
4. Make a craft from recycled materials and teach it to the children in your community!
5. Write a list of 5 things you love about your community and 5 things that could be improved. Work on highlighting the positives and working on the areas of improvement.
6. Learn something new! Become an expert. Get curious and learn all there is to learn about what interests you.
7. Create an uplifting environment for yourself. This can be joyful colors, uplifting music, planting flowers, uplifting posters, open windows... you decide.
8. Stop comparing yourself with others! "Today you are YOU, that is truer than true. There is no one alive who is You-er than You." -Dr. Seuss
9. Surround yourself with positive and uplifting people who support you in all that you do!
10. Be grateful and count your blessings! Appreciate family and friends and tell them you love them every single day! Give compliments freely :)

Upcoming Dates!

- 🕒 **Mar 8th** is International Women's Day! Reach out to the women in your community to raise awareness. Who runs the world??! GIRLS!!!
- 🕒 **March 20th** Counselor in Training applications available. For more information about becoming a CIT, see page —
- 🕒 **March 20th** Camper applications for Camp GLOW 2013 will be available. Talk with a Peace Corps volunteer in your region or find us online at <http://www.campglowgu yana.org/> if you have any questions!
- 🕒 **Jul 30th** is International Day of Friendship! Reach



- out to your fellow GLOW girls!
- 🕒 **August 12th** International Youth Day
- 🕒 **August 12th-19th** Camp GLOW 2013! Encourage friends and family to apply!!!

CAMP GLOW 2012

“Who runs the world? GIRLS!” During the week of August 6th through 12th one could hear this chant all throughout the grounds of the Kuru Kuru training center located off the Linden-Soesdyke Highway. This year marked the second annual Camp GLOW (Girls Leading Our World) leadership and empowerment camp for girls in Guyana.



The camp, which was run in collaboration between Peace Corps Volunteers, Guyanese counselors, local businesses, and governmental partners, had 43 female campers' ages 13-17 attending. The girls were from almost every region of Guyana, creating a unique dynamic of Indo and Afro Guyanese, as well as Amerindian girls working together. Many of the girls expressed that they had never known anyone from other ethnicities before. But in the end, everyone was singing, laughing, and dancing together as one group.

The camp's goal is to foster life skills and to empower young women by providing activities that allow for practical leadership experience; increase self-esteem and self-awareness; and build healthy communication skills. Throughout the week, the campers participated in many informative and interactive sessions including leadership development, healthy body image, HIV/AIDS education, diversity, decision making, and a vocation / career day. They also learned how to deal with stress in arts and crafts, competed against each other in camp Olympics, showed their creativity and courage in a team pageant, and spent a day relaxing at the Umbrella resort. The camp brought in several guest speakers including, Glenyss James from the Commonwealth Youth Programme, the U.S. Ambassador D. Brent Hardt, and Ministry of Education's Technical Advisor Melcita Bovell, to name a few. All speakers brought outstanding and inspiring perspectives on overcoming life's struggles and how GLOW girls can reach their own goals.

Some of the girl exclaimed that they had never had an opportunity like this before where they felt so comfortable in their environment and could let their voices be heard.

One GLOW girl remarked, "Before I came to camp I saw myself as empty...as not fulfilled, and I never thought one week could change one person for the better. I'm so thankful for this opportunity to be myself and know who I am."

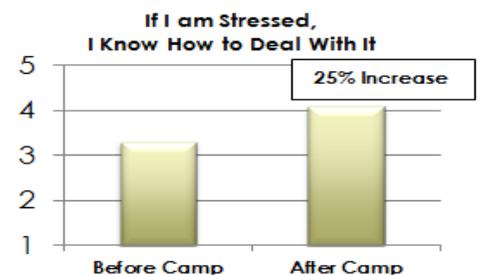
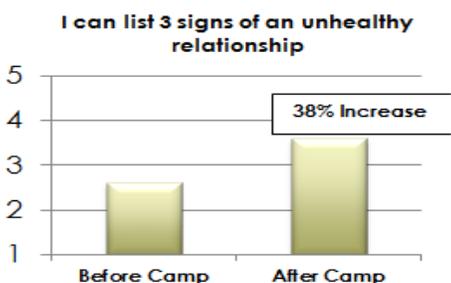
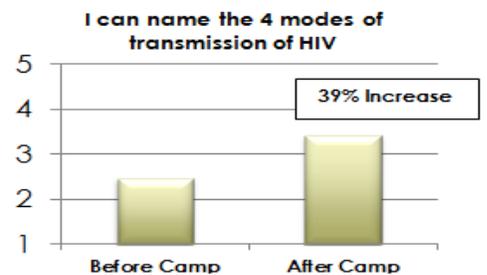
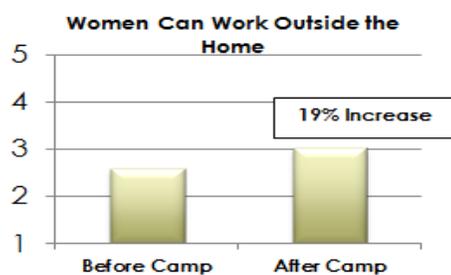
There were many tears and heartfelt hugs on the last night of camp. Many campers didn't want camp to end, "I wish it was more than a week; I wish I could spend my LIFE here." Several girls who had not spoken up all week shared in front of the group how much camp meant to them and how inspired they were by everyone around them. It was truly a wonderful learning experience for all. The girls were reminded that the lessons learned and friends made from camp would always be with them even as camp came to a close.

Camp GLOW is meant to motivate and inspire the future generation of female leaders of Guyana and on August 12th, 2012, 43 bright, young women travelled back to their communities filled with new knowledge and a sense of empowerment. One GLOW girl stated, "What I do know is that I did change, although I can't really say how yet." We can't wait to see the changes this camper and the rest of these GLOW girls make in themselves, within their country, and across the world.

What We Learned From Camp:

Changing Attitudes and Beliefs

As Camp GLOW staff, we can watch the girls transform and grow in front of our eyes. We know these girls have changed but how exactly? Some of the girls are figuring that out for themselves, but there are some key changes that we observed through camp wide surveys. We had the girls take a brief survey based on several topics we wanted the girls to learn by participating in Camp GLOW. The survey was administered when they first arrived and then again at the end of camp. Check out some of the changes we observed:



Overall, we saw a substantial increase the knowledge, attitudes, and beliefs of campers in the areas of empowerment, sexual health, leadership, stress management, and healthy decision making.



**What's GLOW-ing on?! –
A GLOW alumni focus**

Mikhael Pereira(2012) is running the LRC and planned and ran a summer camp in Kato!

Tatiana Roberts (2011) is teaching sixth grade and is in charge of training students to participate in Mashramani activities at the Kabakaburi Primary School!

Suzanne Rodrigues, Trudy Williams, Illona James, and Tahanni Campbell (2012) reached the SemiFinals of the JOS Haynes National Secondary School Debate Competition!



**Camper
Spotlights**

“Have you ever felt bad about yourself? Sometimes you look at someone and say, “‘she looks beautiful’ and you feel bad that you don’t look like her. But that same person that you say is beautiful might feel the same way as you do. When I attended camp glow this weekend I felt that I learned so much and that all my stress has gone.”

- Hannah

ASK a GLOW momma!

Dear GLOW momma,

I've been trying recently. My friends have all started spending time on the road at night talking to boys and some have even started drinking. Sometimes I want to join them because they're my friends, but I don't think what they're doing is so good. What do I do?

Sincerely,

Glow girl

Dear GLOW girl,

I want to start this by saying that I'm so proud of you for admitting to yourself that you are uncomfortable in a situation and seeking help. You're taking time to weigh your options and make a mature decision like a good leader and GLOW girl should. You make your GLOW momma very proud. Let's take a moment to remember some of the things you learned at Camp GLOW. What's the first step in making a decision? Define the problem, and that's exactly what you're doing! Now that you can see the problem in front of you clearly, you can begin to work out what will be the best for you. I think you may be worried that if you DON'T go out on the road with your friends, they may tease you

or you may lose them as friends, am I right? If that is so, I would like you to think of the type of friends a strong, beautiful GLOW girl like you SHOULD have...are they the type of girls who would tease you for standing up for what you believe in? No! A GLOW girl surrounds herself with friends that lift her up, not pressure her to do things that make her uncomfortable in any way. If you feel uncomfortable with their activities, try talking to them or an adult that you trust about how you feel. You may be surprised by how many of them are feeling the same way as you, but are just shamed to admit it. If that still want to continue with those behaviors, maybe it's time to think about seeking out friends who enjoy more of the same activities that you do. Never be afraid to be EXACTLY who you are, and keep glowing brightly!

Glow always,

Glow Momma

If you have any questions for GLOW momma, send an email to guyanagad@gmail.com, or a letter to:

Guyana Gad
c/o Stephanie Williams
33A Barrack St
Kingston, Georgetown

Moruca Shines!

“These girls are on FIIIREEEEEEE!” On the weekend of October 27th and 28th, 42 girls from the Santa Rosa Secondary School attended the very first ‘Mini Camp Moruca!’ The ten girls that attended Camp GLOW 2012 in August: Suzanne Rodrigues, Trudy Williams, Toozee Boston, Tisha Emmanuel, Tahanni Campbell, Onica Torres, Myra Martinez, Julia Abrams, Illona James, and Samantha John; along with Peace Corps volunteers Patrick Southern and Alex Ro, helped plan the weekend camp. The girls learned about sexual health, mental and emotional health, decision making, stress management, and women's empowerment, and participated in weekend Olympics and arts and crafts. By the end of the weekend, glitter was everywhere: covering the floors, the tables, and the faces of all the newly inspired smiling girls.

Camper Spotlight- The Breakthrough by Athena Lyttle

For the Camp GLOW 2012 Pageant, Athena Lyttle wrote and performed this beautiful poem.

They say I am weak and break like a twig.
 He said you're woman stay home and look after kids!
 He kicked and slapped and took advantage of ----.
 Everything I hoped and dreamed about...
 As I lay helpless on the floor,
 I watched his angry boots stomp through the door,
 His words so sharp, when he mockingly bragged
 "You betta be in my bed when I get back!"

I lay there think about everything I went through and all I wanted to do
 And guess what???

I HAD A MARVELOUS BREAKTHROUGH!

My strength took the better hold of me,
 And my inner Glow said
 "Baby you could be whatever you want to be!"

So I took one step out that trapped door and thought of that monster no more.

I made it my duty to set the trend
 And even inspired my fellow women.

So when they asked
 "what did you do?"
 I proudly say
 "Honey I had a MARVELOUS BREAKTHROUGH!!"

So fight the fight and breakthrough the dirt,
 And show the world what women are worth!!!



"I am totally changed...I didn't know I had a choice in my life."

-GLOW girl 2012

Feel My GLOW

During the August holiday, nine girls and I, from Moruca attended Camp GLOW, a week long camp held at the Kuru Kuru training centre. Camp GLOW (Girls Leading Our World) was organized by Peace Corps Volunteers who are currently residing in Guyana to help young girls to become more successful and powerful leaders in their communities. Camp GLOW was both educational and inspirational to us. I know for

a fact that Camp GLOW can play a positive role in teenager's future. Immediately after arriving back home after camp, we took action by holding what we called a "mini-Camp GLOW" on the 27th-28th of October, 2012 in our village, Santa Rosa. During the two day camp, we focused mainly on helping other young girls live healthier lives and improve their leadership skills. The camp attracted 50 teenagers from all parts of the

village and, with the help of Peace Corps Volunteers and local teachers, we looked at topics such as sexual health, decision making, and healthy body image. At the end of the two days, the camp was a success and we hope that it will make a difference in the future of young teenagers like ourselves and help them be strong females.

-Trudy Williams

New this year!

Camp GLOW 2013 will be accepting applications for counselors in training (CIT)!

This is a wonderful opportunity for our past GLOW girls to stay involved with camp and to share the GLOW experience with others. CITs will help counselors and staff during the week of camp. They will have the opportunity to share their past GLOW experience, gain leadership skills, and serve as role models for the campers. If you are interested and meet all of the requirements and responsibilities below we would love for you to apply! We know that all of our GLOW girls would make wonderful CITs, but unfortunately we can only take a few, so get your applications in early. Applications will be open at the end of March 2013.



Requirements

- Attended Camp GLOW
- Is 16-18 years old
- Must follow all the rules of camp
- Understand they are not campers, but counselors in training
- Are patient, friendly, cooperative, outgoing, and approachable
- Demonstrate maturity, responsibility, and leadership qualities.
- Accepts responsibility for others; easily takes direction from staff
- Understand that they have to be there for counselor training as well as the rest of camp

Responsibilities

- Lives in a dorms with campers and counselors
- Assists counselors with leadership and guidance of campers in camper participation in camp activities, camper personal growth, self-confidence and independence through group living
- Actively participates in camp activities including games, sing alongs, skits, and campfires
- Upholds the rules, policies, and traditions of the camp to the campers
- Serves as a good role model and example to campers in personal language, appearance, manners and health habits
- Assists counselors in daily activities as determined by the Camp Staff and Counselors
- Is never responsible for disciplining campers
- Provide peer support for the campers (talking through issues, encouraging participation, help share glow)

GLOW Update

Although camp has ended, the GLOW girls, counselors, and camp staff are still on the glow! We have had four very successful and amazing mini Camp GLOWs in Moruca, Black Bush, Wauna, and St. Cuthbert's. We would like to thank all of the amazing GLOW girls and staff for all of their hard work and dedication in organizing and sharing a part of the Camp GLOW experience with other girls in their communities. GLOW girls Asante and Athena also came out to the WENEX event in Georgetown in November to help spread the word about Camp GLOW.

The GAD taskforce is busy planning away for Camp GLOW 2013! We met with the Ministry of Culture, Youth & Sports to secure the Kuru Kuru Training Center again for camp. We also are working with several organizations to create more funding opportunities and increase the sustainability of Camp GLOW. Of course, we are coming up with new ideas for camp such as including junior counselors or CITs as well as some new and exciting sessions for camp.

We also wish to extend a very heartfelt and loving send off to three of our GLOW family members, Emily Johnson, Kristin Guthrie, and Travis Weber. These three PCVs will have completed 26 months of service in Guyana and will be heading back to the United States. These members have been an essential part of laying the foundation for Camp GLOW so that future girls may enjoy the life-changing experience. They have dedicated their time, energy, resources, and so much more to the success of camp. Words cannot express how thankful the GLOW family is to have had them on the GAD taskforce. Although they might be leaving Guyana, they are forever in our GLOW family and will continue to give their support from wherever they might be in the U.S. Well wishes and good luck to you in your next adventure!

Currently, Camp GLOW Guyana is looking to expand its network of community partners and to increase its sustainability, so it can continue to empower and inspire young Guyanese women for years to come. If you are interested in learning more about Camp GLOW Guyana or would like to participate next year, please visit <http://www.campglowguyana.org/> or e-mail guyanagad@gmail.com for more information.