

Hi I'm Rod from the Boys and girls club of the redwoods board of directors substituting for Jon Sapper, whose vocal chords are temporarily not vibrating properly, with a community comment here on KINS. Jon, thanks for losing your voice and giving me a shot. At boys and Girls club of the redwoods we want to thank soroptimist of humboldt bay for including the club as one of the beneficiaries of their High heels for healing event coming on April 1st. In keeping with the events intent of helping women and girls here in our community, monies raised will be used for our club's smart girls program. Smart girls is a club girls can join at our Loleta, eureka club house and Eureka teen center locations. SMART stands for skills, mastery, and, resistance training. It strengthens and encourages girls ages 8 to 17. At boys and girls club of the redwoods smart girls learn about the road to equality that women have walked and are still walking, about what sexism is, how to respond to it and how to prevent it. Smart girls talk about having mentors and being mentors for others. About sexual harassment, about the physical and emotional changes they're going through. Smart Girls know that respect, trust, confidentiality and effective communication are key to healthy relationships. Smart Girls feel empowered as they develop skills for eating right, staying physically fit, getting good health care, developing positive relationships and reaching their full potential. Smart Girls at boys and girls club of the redwoods is a program that is led by professional staff members who are experienced and very well trained. So anyway, thanks again to soroptimist international of humboldt bay and their annual high heels for healing, for supporting Boys and Girls club of the redwoods and Smart girls!! Actually high heels for healing is a pretty whacky event and for some reason people love love love it! I mean here are prominent manly men from throughout the community in kooky outfits, risking life and limb by parading around wearing women's high heeled shoes. Whats not to love! It will be April 1st, 5:30pm at the Adorni Center in Eureka, and everyone is invited. For more info search Soroptimist Intl Humboldt Bay on facebook right now! And in case you're thinking that we at boys and girls club of the redwoods don't really have any skin in the game here, check it out. Two of our illustrious board members, Dylan Sacco and dale Warmuth will be among those macho men wearing the high heels for healing, and enabling me to guarantee a fantastic show on April Fools Day! I'll see you there! I'm Rod with Boys and Girls Club of the Redwoods, subbing for Jon, with a community comment here on KINS.