



Girls Inc. Hosts “Talk Show” to Showcase its Impact

Girls Incorporated of the Greater Capital Region hosted a free lunch and a “talk show” panel discussion for those who wished to learn more about their impact on the local community on Thursday, September 26 at the Century House in Latham.

New York State Assemblyman Angelo Santabarbara was in attendance at the Girls In Action event, which is held annually to create awareness of Girls Inc. programs. This year, the event took on a “talk show” appearance. Executive Director Ashley Jeffrey collectively asked a panel of Girls Inc. alumnae and current members about individual experiences at Girls Inc. of the Greater Capital Region and about the program’s impact on their personal and professional lives.

“For people who may not know a lot about Girls Inc., it’s very meaningful when they learn about us not only from staff but from girls who are currently in the program, and from women who were enrolled when they were younger,” Jeffrey said.

Girls Inc. of the Greater Capital Region offers free after-school programming to girls ages 5-18 from a site on Albany Street in Schenectady and on Washington Avenue in Albany. Fall programs began September 16 with a higher than average enrollment of more than 100 girls at each site. Jeffrey said she is encouraged by the program’s growth over last year, which averaged about 80 girls per site.

“Our goal is to serve as many girls as possible and when we see our enrollment increase, it’s an indication that more girls are being reached,” she explained. “We still have work to do, however. There are many, many more girls in our communities

who could benefit from the free programming available at Girls Inc. throughout the school year. We’re hopeful that this year’s Girls In Action event will increase awareness of Girls Inc. throughout the Capital Region.”

Jeffrey said some new free sessions are available this school year. One called Cuisine Around the World will educate girls on food preparation and will welcome four guest chefs, including New Delhi-born Suvir Saran, Executive Chef of Dévi, an acclaimed Indian restaurant in New York City. Saran is Chairman of Asian Culinary Studies for The Culinary Institute of America (CIA) and has led classes for culinary centers and schools nationwide. He formed American Masala, his culinary philosophy which celebrates the best of Indian and American cooking. Saran has authored a number of cookbooks, and has appeared on Top Chef Masters of the Bravo television network.

Girls Inc. works to empower local girls ages 5-18 to be strong, smart, and bold Albany Street in Schenectady and Washington Avenue in Albany, the organization administers research-based educational programs STEM (science, technology, engineering, and math) learning, health and nutrition, media and economic literacy, and career exploration. Girls Inc. programs address the whole child, with social and life skills training to help girls build self esteem and leadership skills. Programs are offered after school with full-day programs available during school vacation weeks and in the summer. Select programs and workshops are delivered to schools and community organizations throughout the Capital Region.