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TORONTO, June 10 - Savoy "Kapow!" Howe to receive 2010 Nancy Ruth Award

The Linden School has named heavyweight boxer and Toronto Newsgirls Boxing Club founder Savoy Howe as the recipient of the 2010 Nancy Ruth Award - and this winner packs a punch.

First presented in 2006 and named for Senator and renowned philanthropist Nancy Ruth, Linden's award recognizes the contribution of a remarkable woman who has been an inspiration and an example to the Linden school community and who has made a real difference for women in the greater community. Anyone at Linden who has met Savoy has stories about how she has been an inspiration and an example.

Savoy, who founded Canada's first women's boxing gym, has worked with Linden students since 2007 when she started coming to the school to run weekly boxing sessions. They were an instant hit. Three years later, attendance at Savoy's Wednesday Afternoon Boxing Club continues to increase as more and more girls discover the joy that comes with putting on the gloves and learning to throw jabs, block punches and evade opponents. Savoy's gentle yet insistent coaching style encourages her students to push their limits and take risks, while reminding the girls that she is always there to support them.

Savoy's work at Linden reflects her tireless dedication to providing a safe space for women to embrace the sport of boxing. She founded Newsgirls in 1996. In 2006 the club moved into a new, larger facility. She is also currently running a boxing/physical activity program geared to women and trans people who have been victims of violence. "Shape Your Life" uses Savoy's unique philosophy and style of teaching to help the program's participants improve self-esteem and make positive changes in their lives. Recently, Savoy took the program to Jakarta, Indonesia, where she worked with victims of violence and trained instructors to deliver the program.

The award presentation will take place in the Imperial Oil Auditorium at the Ontario Science Centre on Thursday, June 17, at The Linden School's Celebration to Greet the Summer, the school's annual graduation ceremony and celebration of student accomplishments throughout the year.

The Nancy Ruth Award was created to recognize one of Linden's founding supporters, a woman who herself has made enormous difference to the lives of so many girls and women in Canada. This award is presented to a woman in the greater community who has demonstrated, in her life and in her work, a real commitment to girls and women. Past recipients of this award include much-honoured women's activist Angela Robertson and celebrated francophone writer Marguerite Andersen.

About The Linden School

The Linden School is an independent, all-girls' school located at Yonge and St. Clair. Founded in 1993, Linden develops confidence in girls grades 1-12 through innovative teaching methods, empowering experiences, and meaningful connections to themselves, their peers, and their community. Linden teachers understand how girls learn best at

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every age and stage of development, employing the most current research on girls and learning to inform their teaching approach. Graduates leave Linden ready to become full participants in, and to take on leadership roles in, local, national or international arenas.

About Toronto Newsgirls

Founded in 1996 by Savoy Howe, the mission of the Toronto Newsgirls Boxing Club is to provide a safe and positive space for women and trans people to explore the sport of boxing. Individuals come into the program with their own goals, which we work to help them achieve - they may want to get into better shape, or they may want to become the next Laila Ali. For all members, the program offers a cardiovascular workout with technique in all areas of boxing- grounding, offense, defense, footwork and strategy.

For more information, or to arrange an interview with Savoy Howe, please contact:

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