



November 4, 2017
Dutchess Community College

Presented through a partnership between

Poughkeepsie Branch of the American Association
of University Women, Inc.
and
Dutchess Community College

Welcome to the Eleventh LYD Girls' Conference!

Welcome to one of the most amazing days of your life! You follow in the footsteps and join hundreds of girls who have experienced Live Your Dream over the last ten years. It is our hope that you will leave today inspired, empowered and ready to make healthy decisions.

The "Live Your Dream" conference got its name from a poem called "I Can Be My Dream" by Crystal Pelkey and Melissa Eberle-Schwartz from New Moon Girls Magazine. (Check out www.newmoon.com/girls.)

Today, we hope to inspire you to dream big! We believe in what many have said, "Little girls with dreams become women with vision." We hope that today will help you to take the first step of following your dreams. Throughout the conference, you will meet women, some college women, some leaders in their chosen careers and many women who have been following their dreams for years.

It's our hope that after today, you will look differently at yourselves and the world in which you live. We hope you leave here feeling more confident in yourself and start to think about making your place in the world.

LYD creates a great opportunity to meet girls from diverse backgrounds and other schools throughout Dutchess County. This day will offer a place to make new friends!

Our mission is to strengthen your confidence and help you form a vision for your future. The women you meet today are just some of the women who have contributed to the possibilities for your future.

Thank you for being here today – a day to Live Your Dream!

Diana Babington
Conference Co-Chair

Lori Scolaro
Conference Co-Chair

CONFERENCE MISSION

To provide a forum for girls from diverse backgrounds that will promote sisterhood, foster healthy decision-making, nurture a vision for the future and strengthen each girl's confidence.

CONFERENCE GOALS

- Inspire girls to be strong and smart
- Shape character at a critical age
- Encourage empathy and courage
- Develop leadership qualities
- Help girls develop strategies to deal with difficult situations
- Provide girls with resources and role models

“Don't dream your life, live your dreams.”

“LIVE YOUR DREAM” CONFERENCE SCHEDULE

Check-In and Entrance Activity – “Self-Portrait” Collage

Opening – Diana Babington & Lori Scolaro

Welcome Remarks –

Maria DeWald
President, Poughkeepsie Branch, AAUW
Dr. Pamela Edington
President, Dutchess Community College

“Big Sister” Mentor Self-Introductions

Game Playing with Big Sisters

Workshop Session 1

Snack Break

Workshop Session 2

Lunch with Women Leaders

Activism Activities

“Girl Talk” Discussion Circles

Closing Celebration – “Making Connections &
Appreciating Mentors”

CONFERENCE PLANNING COMMITTEE

Conference Co-Chairs – Diana Babington & Lori Scolaro

Bonnie Auchincloss

Marcine Humphrey

Mary Coiteux

Monique Jones

Mary Lou Davis

Linnea Mason

Domonique Garrett

Jeanne Moseley

Gloria Ghedini

Anthula Natsoulas

Betty Harrell

Margaret Nijhuis

Gwen Higgins

Mary Ann Williams

CONFERENCE VOLUNTEERS

Bonnie Auchincloss

Peggy Kelland

Mary Coiteux

Sue Kennen

Jane Cotrell

Patricia Luczai

Mary Lou Davis

Linnea Masson

Maria DeWald

Jeanne Moseley

Sue Doyle

Anthula Natsoulas

Domonique Garrett

Margaret Nijhuis

Gloria Ghedini

Michele Pollock Rich

Jennifer Hafner

Patricia Reilly

Betty Harrel

Christie Van Horne

Claudette Hennessey

Liz Villanti

Gwen Higgins

Mary Ann Williams

Marcine Humphrey

Cindy Worrada

Monique Jones

Dream It. Wish It. Do It.

“BIG SISTER” MENTORS

Big Sisters are college students from Dutchess Community College, Marist College and Vassar College who are here to guide you through your day at LYD. As role models, Big Sisters will assist facilitators and help you consider your dreams.

DUTCHESS COMMUNITY COLLEGE

Tiffany Barrera	Jaesha Freeman
Kayla Bowen	Cora Oakley
Dorcas Cuellar	Sarah Remling
Kirsten Dolan	Sade Salazar
Amanda Fischetti	Karisma Sanmiguel-Smith

MARIST COLLEGE

Meghan Byrne	Rachel Hawks
Victoria Confeiteiro	Julie Martinelli
Yuma Hanane	Qadan Muhamad

SUNY NEW PALTZ

Morgan Wells

Additionally we have the following student volunteers joining us today.

Tessa Kilmer, Pine Plains High School
Maya Tirone-Goehring, Pine Plains High School
Joel Friedman, SUNY New Paltz
Ricky Pierorazio, Dutchess Community College

“The future belongs to those who believe in the beauty of their dreams”.

– Eleanor Roosevelt

WORKSHOP SESSION DESCRIPTIONS

In support of the LYD Girls' Conference mission and purpose, workshop topics focus on girls' personal development and how girls can have a positive impact in their community. You will learn how you can live your dream!

Cultural Immersion... What Makes Me, Me?

Presented by Jacqueline Goffe-McNish, Professor, Department of English and Humanities, Dutchess Community College

In this workshop the girls will take a look at the many cultures in our society. We will discuss the difference between culture and ethnicity and look at how they intersect. There will be opportunity to explore all the different cultures represented in the room and to participate in craft activities to clarify meaning.

The Incredible Journey of the American Eel

Presented by Sarah Mount, Environmental Educator, NYS Department of Environmental Conservation

Learn about the amazing journey of the American eel! They hatch in the salty waters of the Atlantic Ocean and migrate to the Hudson River where they will spend many years growing before swimming back to the Atlantic Ocean to spawn. We will map this incredible migration on charts and talk about a volunteer project that you can get involved in to catch and count young eels. There will even be a live eel!

"A single dream is more powerful than a thousand realities."

-J.R.R. Tolkien

WORKSHOP SESSION DESCRIPTIONS

Women Codebreakers: Deciphering Secret Messages

Presented by Anthula Natsoulas, Professor Emeritus of Math Education, University of Toledo

Important messages, whether sent by paper and pencil or through today's powerful electronic devices are often encrypted so that only the person for whom the message was intended, can read it. In this workshop you will find out how to break the code of a secret message and how to write your own secret message. Participants will use a pocket cipher machine that mimics the one used by women in World War II to crack the code used by Germany. You will learn to construct a device to decode and code secret messages.

“Yes, I Play” – The Pigskin Princess Project

Presented by Laura Bagnarol, MSW, Social Advocate

Having children of her own helped Laura Bagnarol develop an interest in gender stereotypes. She created the Pigskin Princess Project in hopes of encouraging girls to dream big both on and off the playing field. This interactive workshop will provide you with an understanding of what gender stereotypes are and how they contribute to a culture of inequality. You will discover exceptional athletes and local girls and woman who are using their smarts and strengths to change the world. Laura graduated with a Master's degree in social work from Fordham University and is now a stay at home mom who specializes in working to end violence against women through gender equity and social advocacy.

WORKSHOP SESSION DESCRIPTIONS

“Cross the Line”

Presented by Christie Van Horne, Community Educator

This workshop will provide a powerful activity to show us that we are not alone and we actually share many life experiences with others. Knowing you have an ally among your peers can help when you're feeling down. Also learn ways to help a friend in need. Christie develops health and advocacy programs for a national healthcare organization based in Washington DC. In the past she has worked and volunteered in countries such as Australia, South Africa and Uganda. She has over 15 years of experience in educating youth and adults. Christie loves her dog, traveling and hiking.

F-O-C-U-S G-R-O-U-P – Defining Who You Are

Presented by Ivy Reeves, Motivational Speaker, Founder and Program Director of “Important Values for Youth”

You will discuss the importance of character versus charm to be a positive contributor to your community. This workshop will emphasize respecting oneself and developing social skills, based on the F-O-C-U-S G-R-O-U-P principles, including: **F**ace your reality - **O**pportunity is available - **C**hallenge yourself and control your emotions - **U**nderstand that you are special and have a specific purpose - **S**ervice to others - **G**rowing - **R**ecognizing your potential - **O**pen your heart and mind to others - **U**ltimately, you are the master of your own destiny - **P**eace of mind, heart and spirit will result in true prosperity. Ivy is the former director of student activities at Marist College, a candidate for city council in Yonkers, NY and a community relations representative for Scenic Hudson Land Trust.

WORKSHOP SESSION DESCRIPTIONS

“Mindful Yoga”

Presented by Liz Torres, Children, Teen & Young Adult Certified Yoga Instructor, Mindful Yoga with Liz

Join Liz as she presents the practice of Yoga as a way of improving your strength, both physical and mental. Open your body, hearts and minds to a practice that will help you live your dreams, every day.

“The Masks We Wear” – Defining Who We Are

Presented by Monica Idema, Community Educator, Grace Smith House

We all wear masks at some time in our lives. The problem comes when masks become the norm and we lose ourselves in the process of trying to please others. It is important to have self-awareness about the different masks we wear and the reasons behind it – recognizing the masks we wear is one way to make sure that they do not gain control of our true “self”. We will explore the different masks that people wear and how they can be used in a positive or negative way.

Monica has been working at Grace Smith House for more than seven years, the last two as a Community Educator in the Violence Prevention and Education Program. As an educator, Monica goes into middle and high schools throughout Dutchess County, facilitating workshops on different types of Interpersonal violence, such as bullying and teen dating abuse. She is a survivor of domestic violence who has spent the last decade sharing her personal story to inspire others and to advocate for children and families.

WORKSHOP SESSION DESCRIPTIONS

Dreams – “A Poetic Experience”

Presented by Poet Gold Wilkerson, Spoken Word Performance Artist and member of Arts Mid-Hudson

To fill her passion of mentoring and fostering young talented minds, Poet Gold created a poetry group under the moniker of “The Evolving Wordsmiths.” Poet Gold is a published writer, spoken word performance artist, poet and community “artist”. She is an active member of Arts Mid-Hudson and the Arts & Community Action Group. Her work is driven by the desire to triumph over personal challenges and the belief that everyone has greatness inside of them. As a participant in this workshop, you will learn how to express yourself in words and actions.

Gaila – The Therapy Dog

Presented by Roza Makhmudova, Coordinator of Transfer Services at DCC, and Therapy Dog Handler

Meet Gaila the Golden Doodle who is a Therapy Dog. She loves meeting new friends and is excited to meet girls who want to Live their Dreams. Her favorite treat is popcorn and she loved fetching a tennis ball. Gaila visits nursing homes, hospitals and libraries and she is happy to show you what she does at those places. Service Dogs have become an important part of today’s life. Whether they are guiding the blind, offering solace to people with PTSD or helping the disabled, these loving animals are more than pets. You’ll learn about the special training that Gaila has gone through and how she helps the people she visits. .

LUNCH WITH WOMEN LEADERS

Spend time today at lunch, talking with women leaders from our community. Learn more about them, find out how they achieved success and what leadership means to them.

Camille Adoma	Assistant Principal, Haviland Middle School
Molly Ahearn	President, Full Deck Design
Francena Amparo	Assistant Minority Leader, DC Legislature
Didi Barrett	New York State Assemblymember
Lydia Biskup	District Office Director for Senator Sue Serino
Sarah Bower	Amateur Pilot
Erin Cafarelli	Director of Development & Public Relations, Children's Home of Poughkeepsie
Kara Chadwell	Chair, Youth Advisory Committee, GSH
Eileen Daly	Director of Quality and Safety, Mid-Hudson Regional Hospital
Mary Lou Davis	AAUW Woman of the Year – 2015 and AAUW New York State Board Member
Maria DeWald	President, Poughkeepsie Branch, AAUW
Pamela Edington*	President, Dutchess Community College
Pari Forood	Executive Director, Miles of Hope Breast Cancer Foundation
Domonique Garrett	Therapist, LMSW Astor Services for Children and Families
Betty Harrel	AAUW Woman of the Year – 2010 and AAUW New York State Board Member
Monica Idema	Community Educator, Grace Smith House
Sarah Lee	Executive Director, Think Dutchess
Crys McCuin	Executive Director, The Arc of Dutchess
Lauree Ostrofsky	Director, Hudson Valley Women in Business
Michele Pollock Rich	Executive Director, Grace Smith House
Ivy Reeves	Founder of "Important Values for Youth"
Liz Torres	Certified Yoga Instructor, Mindful Yoga with Liz
Christie VanHorne	Community Educator & Motivational Speaker
Carole J. Wolf	Artist and AAUW Woman of the Year – 2009
Cindy Worrada	Assistant Dean, School of Computer Science and Mathematics, Marist College

ACTIVISM ACTIVITIES

Find your place in the world by taking part in activism activities. Representatives of local agencies ask for your help in providing crafts and activities for those less fortunate in our area. Agencies include:

AAUW “Art on the Go”
AAUW “Leading to Reading”
AAUW “Days for Girls”
Children’s Home of Poughkeepsie
Grace Smith House

“GIRL TALK” DISCUSSION CIRCLES

In small groups, girls from diverse backgrounds will get together along with the “Big Sisters” to create sisterhood and promote empathy and courage. You will discuss friends, relationships, school, sisterhood, and safety.

GIRL TALK FACILITATORS

Mary Camburn	Guidance Counselor, Todd MS
Kate Collins	Academic Coach, ACT Center, DCC
Domonique Garrett	Therapist, LMSW, Astor Services for Children & Families
Sue Kennen	Professor Behavioral Science Department, DCC
Paula Lockshon	Human Services Field Lab Supervisor, DCC
Aimee Paola	School Counselor, LaGrange MS
Ivy Reeves	Program Director, “Important Values for Youth”
Lacie Reilly	Human Services Field Lab Supervisor, DCC
Michele Pollock Rich	Executive Director, Grace Smit House
Christie Van Horne	Community Educator
Cindy Worrad	Assistant Dean, Marist College
Jennifer Wrage	Director, Academic Services & Testing, DCC

CLOSING CELEBRATION – “MAKING CONNECTIONS & APPRECIATING MENTORS”

You will join in a closing ceremony celebrating YOUR dreams, your vision, and your new friends. Your parents/guardians and other loved ones are invited!

Gwen Higgins is a diversity trainer and motivational speaker who will lead us in a closing that you will not soon forget, including a singing performance by Athena Davis, a freshman at Vassar College.

I am My Sister's Keeper

*I am my sister's keeper,
We're in this together.*

Not to win

Not to compete

Not to conquer

But to educate

To nurture

To help.

*We are each other's
keeper.*

Let us celebrate

The power within us all

To make the difference

To change the world!



-author unknown

SPECIAL GRATITUDE

Dr. Pamela Edington, President, Dutchess Community College

Maria DeWald, President, Poughkeepsie Branch, AAUW
Association of Women at Dutchess Community College
(AWDCC)

Administrators, Staff and Faculty of Dutchess Community
College, especially the Offices of Admissions, Academic
Services and Testing, Communications and Public
Relations, Instructional Media Services and Physical
Plant/Housekeeping

Dutchess County School District Administration, Staff and
Faculty for the Recruitment and Registration of Girls

Investigator Timothy Milone, New York State Troopers
Joann Klein, School Social Worker, Spackenkill Union Free
School District

Rocco and Ellen Staino

Steve and Judy Clarke, Prospect Hill Orchards

AAUW members who hand-decorated the journals as gifts
for the girls

Members of the Math & Science Matters Committee

Tim Vermilion, Community Services Division, DCC

DCC Foundation

DCC Campus Safety and Security

The Francis U. and Mary F. Ritz Library

Amanda Langlitz and Chartwells Catering Services

DIVAS, DREAMERS, & DARLINGS

Fund-Raising Campaign

The wonderful, generous women of AAUW and AWDCC have come forward again to support the **Live Your Dream Girls' Conference** by sponsoring girls. Thank you for your support!

Lula Allen
Bonnie Auchincloss
Jocelyn Banfield
Carol Barmann
Margaret Barton
Linda Besimer
Leah Berkowitz
Linda Beyer
Mary Ann Boylan
Mary Lou Davis
Lillian DePasquale
Barbara Donegan
Barbara Durniak
Gloria Gibbs
Vivian Guardino
Jan Halsbond
Betty Harrel
Eileen Hayden
Pauline Herr
Mary Anne Hogarty
Barbara Hugo
Marcine Humphrey
Mildred Jones
Monique Jones
Sue Kennen
Cathleen Kinn
Shaileen Kopec
Joanne Long
Pat Lucazai

Barbara Markell
Marcy Marlow
Linnea Masson
Carol Mastropietro
Michele Moloney
Flo Mondonaro
Margaret Nijhuis
Jacqueline Prusak
Stephanie Pyrek
Ruth Ray
Patricia Reilly
Vivian Rose
Erica Salzmman-Talbi
Amy Schwed
Lori Scolaro
Arlene Seligman
Celia Serotsky
Ruth Sheets
Erin Teichman
Barbara Van Itallie
Liz Villanti
Mary Jane Von Allmen
Ann Wade
Sally Weglinski
Mary Ann Williams
Jennifer Wrage
Miriam Zimet-Aaron
Sheila Zweifler

PARENT/GUARDIAN WORKSHOP SERIES

Check-In and Mingling – Human Bingo Game

Welcome and Introductions

What is Live Your Dream About?

Workshop Session 1

“Guiding Our Girls Through Middle School Transitions”

Joann Klein, School Social Worker

Spackenkill Union Free School District

Break

Workshop Session 2

“Social Media & Internet Safety”

Investigator Timothy Milone, Compute Crimes Unit

New York State Police

Open Discussion – Q & A

“College Prep and Planning”

Diana M. Babington, Retired School Counselor

We invite parents/guardians to join us at 3:00 pm to witness our Closing Celebration, followed by a tour of the Dutchess Community College campus.

“You are never too old to set another goal or to dream a new dream.”

– C.S. Lewis



American Association of University Women (AAUW), founded in 1881, has more than 100,000 members and

1,300 branches committed to education and equity. The local Poughkeepsie Branch has over 350 members. Among our eight current community initiatives are “Leading to Reading” which supports literacy programs throughout Dutchess County, “Live Your Dream” Girls’ Conference, a day long program at Dutchess Community College for 6th and 7th grade girls to increase their self-esteem and self-image, and “Court Watch Initiative,” which provides trained court monitors that ensure victims are taken seriously and receive just treatment. AAUW holds monthly meetings of general interest and currently has twenty-one special interest groups.

The AAUW Educational Foundation is the world’s largest source of funding exclusively for graduate women. Approximately four million dollars is awarded annually in grants. AAUW membership is open to all individuals holding an associate or equivalent, baccalaureate, or higher degree from a qualified institution of higher education. Membership information may be obtained from www.aauwpoughkeepsie.org or by calling (845) 462-7074.



Our Community. Our College.
Our Future.

VISION – Dutchess Community College aspires to be an innovative, transformative community of learners that promotes exemplary student success.

MISSION – Dutchess Community College offers educational opportunities that prepare individuals to realize their full potential and contribute to a diverse and global society.

NEW PEOPLE I MET TODAY...

JOURNALS

A special gift to each girl today are hand-decorated journals made with love and care by members of AAUW Poughkeepsie Branch. We are pleased to give these to promote reflection and writing.

The Poughkeepsie Branch of the American Association of University Women, Inc. is a non-profit 501(c)(3) organization. All contributions to our organization are tax exempt.

Contributions to continue our 6th and 7th grade girls program can be sent to:

**AAUW
PO Box 1908
Poughkeepsie, NY 12601**

Make your checks payable to "Poughkeepsie Branch AAUW, Inc." and indicate that the funds are for "Live Your Dream."

Thank you for helping us continue "the dream."