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, 7th and 8th 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.”

“Every great dream begins with a dreamer.
Always remember, you have within you
the strength, the patience and the passion
to reach for the stars
to change the world.”

-Harriet Tubman

November 3, 2018
Dutchess Community College
Presented through a partnership between

The American Association of University Women,
Poughkeepsie Branch
and
Dutchess Community College
Welcome to the Twelfth 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 twelve 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-Schwatrz 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
Salsberg, Pat Lucai, Peggy Kelland, Marcine Humphrey, Gwen Higgins, Diana Babington

**PARENT/GUARDIAN WORKSHOP SERIES**

9:00 – 9:20 am  Registration and Mingling

9:30 – 9:45 am  Welcome and Introductions
   What is Live Your Dream About?

9:45 – 10:30 am Workshop Session 1

**FINDING YOUR BRAVE** presented by Laura Bagnarol

Laura is a Mom, Social Worker, Coach and entrepreneur. Her company, Be Big, Be Brave, LLC provides educational and recreational programs that inspire children and adults to be their big, brave, best selves!

10:15 – 10:30 am  Break

10:45 – 11:30 am Workshop Session 2

**KEEPING YOUR DAUGHTER SAFE** presented by Megan Bejana and Claire Viau

Megan and Claire are community educators for Grace Smith House. They present at middle schools and high schools on various types of violence such as cyber-bullying, Internet safety, bullying and teen dating violence.

We invite parents to join us at 3:45 pm to witness our closing ceremony, followed by a tour of Dutchess Community College.

---

**CONFERENCE MISSION**

To provide a forum for girls from diverse backgrounds that promotes sisterhood, fosters healthy decision-making, nurtures a vision for the future and strengthens 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
"LIVE YOUR DREAM"
CONFERENCE SCHEDULE
Check-In and Entrance Activity – “Self-Portrait” Collage
Opening – Diana Babington & Lori Scolaro
Welcome Remarks –
   Diane Jablonski
   President, Poughkeepsie Branch, AAUW
   Dr. Pamela Edington
   President, Dutchess Community College
“Big Sister” Mentor Self-Introductions
Game Playing/Ice Breakers
Snack Break
Workshop Session 1  Washington Hall
Lunch with Women Leaders
Activism Activities
Workshop Session 2  Washington Hall
“Girl Talk Circles”
Closing Celebration

“Don’t Dream your Life, Live Your Dreams”

-Malala Yousafzai

SPECIAL GRATITUDE
Dr. Pamela Edington, President, Dutchess Community College
Diane Jablonski, 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
Laura Bagnarol, Social Worker, Coach and Entrepreneur.
Megan Bejana & Claire Viau, community educators, Grace Smith House
Days For Girls International
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 Langlitiz and Chartwells Catering Service
Steve and Judy Clarke, Prospect Hill Orchards
AAUW members who hand-decorated the journals as gifts for the girls: Mary Ann Boylan, Mary Ann Williams, Diana
INDIVIDUAL CONTRIBUTORS

*Divas, Dreamers, & Darlings*

The wonderful, generous women of AAUW, AWDCC and members of our community have come forward again to support the **Live Your Dream Girls’ Conference** by sponsoring girls attendance.

Christine Brady  Barbara Markell
Linda Beasimer  Linnea Masson
Lynda Byrne  Carol Mastropietro
Verna Carr  Patricia Reilly
Lillian DePasquale  Vivian Rose
Susan Doyle  Ruth Sheets
Susan Fink  Erin Teichman
Sandra Goldberg  Barbara Van Itallie
Vivian Guardino  Mary Jane Von Allmen
Betty Harrel  Marilyn Walsh
Diane Jablonski  Mary Ann Williams
Mildred Jones  Mirian Zimet-Aaron
Stephanie King  Sheila Zweifler
Cathleen Kinn  Members of Daytime Literature Group
Shaileen Kopec

“Let us make our future now,
and let us make our dreams tomorrow’s
reality.”

CONFERENCE PLANNING COMMITTEE

Conference Co-Chairs  Diana Babington
Lori Scolaro

Bonnie Auchincloss  Gwen Higgins
Mary Coiteux  Marcine Humphrey
Alyssa Covelli  Peggy Kelland
Mary Lou Davis  Jeanne Moseley

VOLUNTEERS

Bonnie Auchincloss  Diane Jablonski
Jocelynn Banfield  Peggy Kelland
Mary Coiteux  Suzanne Letterii
Lynda Crystal  Pat Luczai
Mary Lou Davis  Jeanne Moseley
Kathy Friedman  Sarah Moss
Dominique Garrett  Anthula Natsoulas
Gloria Ghedini  Patricia Reilly
Vivian Guardino  Diana Salsberg
Jennifer Hafner  Jacqueline Verno
Betty Harrel  Liz Villanti
Gwen Higgins  Janna Whearty
Marcine Humphrey  MaryAnn Williams

“The future belongs to those who believe in the beauty of their dreams.”
- Eleanor Roosevelt
“BIG SISTER” MENTORS

Big Sisters are college students from Dutchess Community College, Marist College, SUNY New Paltz 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
Alyssa Covelli   Brianna Sanders Sabrina Grandinetti  Karisma Sanmiguel-Smith Dainelle Hyman  Jina Shah  Kaila Lasher  Joan Stein Cora Oakley  Kayla Tracy Sarah Petty

MARIST COLLEGE
Yuma Hanane  Kate Murray

SUNY NEW PALTZ
Jennifer Beahan  Kayla Bowen

SUNY BROCKPORT/DCC
Shannon Casey

CLOSING CELEBRATION “LIVE YOUR DREAM”

You will join in a closing ceremony celebrating YOUR dreams, your vision, and your new friends.

Gwen Higgins is a diversity trainer and motivational speaker who will lead us in a closing that you will not soon forget.

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
ACTIVISM ACTIVITIES

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

The Children’s Home of Poughkeepsie  
Grace Smith House  
Days for Girls  
AAUW “Leading to Reading”  
Meals on Wheels

“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  School Counselor Todd MS  
Domonique Garrett  Therapist LMSW, Astor Services  
Sarah Hicks  LMSW Hudson Valley Bridge Builders  
Sue Kennen  DCC Faculty  
Michele Pollock Rich  Executive Director, Grace Smith House  
Ivy Reeves  Program Director “Important Values for Youth”  
Cindy Worrad  Assistant Dean, Marist College

WORKSHOP DESCRIPTIONS

PUZZLES, PATTERNS AND WOMEN DOING MATHEMATICS

Presented by Anthula Natsoulas, Professor Emeritus,

Throughout history women have played important roles through their mathematical activities. Mathematics is more than numbers. It is about solving puzzles, looking for patterns, designing, and playing games. In this workshop you will use models to solve puzzles and look for patterns in the solutions. You will then see how patterns created with geometric figures and colors are used to design the quilt on your bed. Create your own quilt pattern using grids and colors of your choice. Understand more about women’s contributions to our knowledge.

Anthula Natsoulas is a professor emeritus of Mathematics Education at the University of Toledo, Ohio. She loves opening the world of mathematics to young people.

MINDFUL YOGA

Presented by Liz Torres, certified Yoga instructor

Teen Girls practicing Yoga is so much more than just exercise. It’s an empowering opportunity for Girls to dig deep to find their full potential. Through yoga poses and breathing exercises, we will increase concentration, courage, self-esteem and so much more. Expect lots of laughs and maybe even handstands and arm balances.
CROSS THE LINE
Presented by Christie Van Horne, motivational speaker

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 experience in educating youth and adults. Christie loves her dog, traveling and hiking.

DREAMS – A POETIC EXPERIENCE
Presented by Poet Gold Wilkerson, NYS 2017 Dutchess County Poet Laureate

To fill her passion of mentoring and fostering young talented minds, Poet Gold created a poetry group under the moniker of “The Evolving Wordsmiths”. As a participant in this workshop, you will learn how to express yourself in words and actions.

Poet Gold is a published writer, spoken word performance artist, poet and community “Artivist”. Poet Gold is the NYS 2017 Dutchess County Poet Laureate. She is an active member of the 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.

LUNCH WITH WOMEN LEADERS

Spend time today at lunch, talking with women leaders of our community. Find out how they achieved success and what leadership means to them.

Camille Adoma Assistant Principal, Haviland Middle School
Francena Amparo Member, Dutchess County Legislature
Sheila Appel DCC Board Member
Didi Barrett New York State Assembly Member
Lydia Biskup District Office Director, Senator Sue Serino
Erin Cafarelli Director of Development and Public Relations, Children’s Home of Poughkeepsie
Gloria Cukar Regional Director, External Affairs, MHRH
Mary Lou Davis AAUW Woman of the Year – 2015, AAUW New York State Board Member
Pamela Edington President, Dutchess Community College
Jacqueline Goffe-McNish Professor, Department of English and Humanities, DCC
Domonique Garrett LMSW, Astor Services for Children and Families
Elizabeth Harrell AAUW Woman of the Year 2010
Sarah Hicks LMSW, Hudson Valley Bridge Builders Inc.
Dena Hirsh Corporate Manager of Licensing and Education for Washington Fine Properties
Marcine Humphrey Founder, Live Your Dream Girls Conference
Diane Jablonski President, AAUW Poughkeepsie Branch
Antoinette Jackson Active Member, Junior League of Poughkeepsie
Peggy Kelland President, Wappingers School Board
Sarah Lee Executive Director, Think Dutchess
Michele Pollock Rich Executive Director, Grace Smith House
Ivy Reeves Motivational Speaker
Rachel Reuben Chief Marketing Tech Therapist, Marking Tech Therapy
Shirley Roberts-Brereton Nursing Director, Fishkill Correctional Facility Regional Medical Unit, DCC Foundation Board Member
Julianne Ross Board Member, International Society for Technology in Education
Senator Sue Serino New York State Senator
Liz Torres Certified Children, Teen and Young Adult Yoga Instructor, Mindful Yoga with Liz
Cynthia Worrad Assistant Dean, School of Computer Science and Mathematics, Marist College
WRITING A MEMOIR  
Presented by Jacqueline Goffe-McNish, Professor Dutchess Community College

Students will recall Autumn Rituals and create narratives highlighting these occasions. They will be instructed to use sensory appeal descriptions. These will be decorated with fall encroachments and framed.

Jackie is a professor in the Department of English at Dutchess Community College, a member of AAUW and teaches courses for older adults at Marist College.

FASHION FORWARD  
Presented by Lydia Biskup and Breanna Nussbickel, fashion professionals

Live your dream through this fashion creative workshop as we explore fashion trends. Create your own fashion mood board. This workshop gives students the opportunity to examine their own ideas about clothing, fashion and the impressions they create. Students create fashion mood boards and engage in conversation with fashion industry professionals.

Lydia is former Vice President of Merchandising and Product Development for Loehmann’s Inc. and Lord and Taylor. She was a Professor of Fashion Merchandising and Internship Director for the Marist College Fashion Program.

Breanna is an alumna of the Fashion Institute of Technology, former designer for Victoria’s Secret and currently works in product development and design for Haldora in Rhinebeck.

F-O-C-U-S GROUP –Defining Who You Are  
Presented by Ivy Reeves, motivational speaker,

You will discuss the importance of character vs. charm to be a positive contributor to your community. This workshop will emphasize respecting oneself and developing social skills, based on the Focus Group principles, including: Face your reality - Opportunity is available - Challenge yourself and control your emotions - Understand that you are special and have a specific purpose - Service to others – Growing - Recognizing your potential - Open your heart and mind to others - Ultimately, you are the master of your own destiny - Peace of mind, heart and spirit will result in true prosperity.

Ivy is the former director of student activities at Marist College, the founder and program director of “Important Values for Youth”, a candidate for city council in Yonkers, NY and a community relations representative for Scenic Hudson Land Trust.

MAPPING EEL MIGRATION  
Presented by Aidan Mabey

The American eel, a species from our very own Hudson River, is a master migrant of the sea and river. In this workshop, we will be mapping the migration of the eel from where they hatch in the Bermuda Triangle to where we find them in the Hudson to see just how far they have to swim!

Aidan is a Citizen Science Educator who works with the New York State Department of Environmental Conservation right here in the Hudson Valley.
GAILA THE THERAPY DOG  
*Presented by Roza Makhmudova, Therapy Dog handler*

Meet Gaila the Goldendoodle who is a Therapy Dog and learn about the difference between service dogs and therapy dogs. 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.

She loves meeting new friends and is excited to meet girls who want to Live their Dreams. Her favorite treat is popcorn and she loves fetching a tennis ball. Gaila visits nursing homes, hospitals and libraries and she is happy to show you what she does at those places.

HIT LIKE A GIRL!  
*Presented by: Sarina Teuschler, Ladies self defense instructor*

Build confidence, boost internal positivity, set boundaries, and kick butt! Hit Like A Girl focuses on preventing bad situations through learning self-love and practicing how to set boundaries; and teaches how to respond in bad situations through situational awareness and learning how to effectively kick and punch. In this workshop, we will focus on 3 things: positive self-talk, knowing it’s ok to say *NO!*, and learning basic kicks and punches.

HIT LIKE A GIRL! is a self-defense program created by two women, for women and young ladies. Our approach to self-defense is unique not only because we are women, but also because we teach more than kicking and punching.

“LOVE YOUR UGLY”  
*Presented by Sara Nowlin, professor, speaker, consultant, coach*

In this highly interactive workshop, you will discover how you can unlock your power and truly achieve your dreams by simply looking at the things we think are ugly. It may sound ridiculous but your real power lies within ugly stuff. Join Sara Nowlin as she helps you unlock your power so you can follow your dreams.

Sara is a professor in Communication at Marist College, specializing in public speaking. Sara has also been the program director for Girls’ Leadership Worldwide at the Eleanor Roosevelt Leadership Center, an international program that empowers adolescent girls to become the next generation of social justice leaders.

FINDING YOUR BRAVE  
*Presented by Laura Bagnarol, motivational Speaker*

Abuse against girls and women is a huge problem in our society. In this workshop, you will learn why this is and ways to stay safe. The inspiring stories of survivors will be highlighted and you will also participate in an activity that explores the way we, as a society, contribute to this problem and how we can instead be part of the solution.

Laura is a Mom, Social Worker, Coach and Entrepreneur. Her company, Be Big, Be Brave, LLC provides educational and recreational programs that inspire children and adults to be their big, brave, best selves! She is the founder of the Pigskin Princess Project, a flag football empowerment program for girls, ages 3-10, here in Dutchess County.