



DUTCHESS
COMMUNITY COLLEGE



November 5, 2016
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 Tenth 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

ABOUT LYD 2016

Through a “grassroots” movement, several AAUW members came together in December of 2015 to get Live Your Dream going again. In 2015, the conference was not held for the first time in nine years, and it could have been the end of LYD, but today proves that thought wrong. Built on a foundation of partnership between AAUW and DCC, Live Your Dream is back in 2016! LYD 2016 includes a record-setting attendance with 120 sixth and seventh grade girls from over 25 local elementary and middle schools. New this year – the Lunch with Women Leaders and simultaneous Parent/Guardian Workshop Series, to name a few! Dreams are alive and well, and Live Your Dream will be here for years to come!

“LIVE YOUR DREAM” CONFERENCE SCHEDULE

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

Welcome Remarks – Diana Babington & Lori Scolaro

Welcome Addresses –

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 Circles”

Closing Celebration – “Dreams Come Alive”

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

CONFERENCE PLANNING COMMITTEE

Conference Co-Chairs – Diana Babington & Lori Scolaro

Bonnie Auchincloss

Mary Coiteux

Mary Lou Davis

Sue Doyle

Carol Gray

Sabashnee Govender

Betty Harrell

Gwen Higgins

Marcine Humphrey

Cammie Jones

Monique Jones

Peggy Kelland

Jeanne Moseley

Michele Murasso

Anthula Natsoulas

Margaret Nijhuis

Vivian Rose

Goldy Safirstein

Suzi Stoller

Christie Van Horne

CONFERENCE VOLUNTEERS

Bonnie Auchincloss

Mary Coiteux

Kate Collins

Mary Lou Davis

Maria DeWald

Sue Doyle

Domonique Garrett

Barbara Gill

Carol Gray

Vivian Guardino

Betty Harrel

Gwen Higgins

Marcine Humphrey

Monique Jones

Peggy Kelland

Sheryl Miller

Jeanne Moseley

Anthula Natsoulas

Margaret Nijhuis

Betty Olson

Margaret Quart

Michele Pollock Rich

Vivian Rose

Goldy Safirstein

Diana Salsberg

Lorraine Schwinger

Christine Southard

Brooke Simmons

Suzi Stoller

Cathy Varunok

Christie Van Horne

Cindy Worradd

Jen Yanoti

“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

Brianna Bolettieri
Veronica Domer
Jaesha Freeman
Nicole Gee
Betsy Greenyer
Deborah Jenks
Jesse Leaver
Karisma Sanmiguel-Smith

MARIST COLLEGE

Brooke Peterson
Astrid Skjaerp
Katherine Tijerina

VASSAR COLLEGE

Athena Davis
Sophie Kaplan
Zoe Walker

“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

Known as the "melting pot," America is home to many different cultures. Based on her vast knowledge of cultural awareness topics, Jackie Goffe-McNish will lead this workshop to help you discover what makes up your culture. Using a multi-sensory approach, each of you will leave the workshop with a better understanding of your own culture and how it can affect your future choices.

It's the Journey, Not the Destination – How Our Values Shape our Lives

Presented by Honey Minkowitz, Bullying Prevention Coordinator, Mediation Center of Dutchess County

The choices we make, every day, effect where we are headed. Our families teach us what is important and how to act properly. Honey Minkowitz will lead you in exercises that will help you better understand what is important to you and how to deal with issues when making important choices. Ms. Minkowitz is an expert on bullying and is a bullying prevention trainer. She designed this course specifically to help young people stand up to bullying. She will help you take a closer look at yourself in this workshop.

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

“Love Your Ugly”

Presented by Sara Nowlin, Publisher of “Breaking Free to Simply Be,” a weekly newsletter and Speaker, Consultant, Coach @SarahNowlin.com

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 has 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.

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

“Stand Up... Be Inctrl”

Presented by Christie Van Horne, Community Educator

In our digital world, cyber drama and cyber bullying are all too real. What does it mean to be an up stander? You'll have the opportunity to create a campaign message to create action and awareness in your schools to prevent cyber bullying. Through an interactive project, you'll learn ways to stop the drama and helpful ways to handle being the victim. Christie Van Horne is a public health professional with over ten years of program and youth development experience.

“How to be a Good Friend” – Developing Healthy Relationships

Presented by Monica Idema, Community Educator, Grace Smith House

Monica Idema is a supervisor at Grace Smith House, a local women's shelter and violence prevention organization. She was offered a position on the Prevention Team, which led her to the United Peer Council. Her work with the Council, which is a student run organization, has led her to develop this workshop for you. In this workshop you will learn the characteristics of healthy relationships, how to attract healthy friendships and how to keep them.

“A single dream is more powerful than a thousand realities.”

-J.R.R. Tolkien

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.

Lula at Work – Fuzz Therapy

Presented by Annie Alison Gordon, Therapy Dog Handler, B.S. in Biology, New College of Florida

Therapy dogs have become an important part of today’s life and these loving animals are so much more than pets! Annie will explain the difference between therapy and service dogs and describe the training she went through to train and certify Lula. You will meet Lula and learn more about the life of therapy dogs and those they serve. One of Annie and Lula’s regular jobs is hosting a children’s book club at a local library.

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.

Molly Ahearn	President, Full Deck Design
Sheila Appel	Community Relations Coordinator, IBM
Didi Barrett*	New York State Assemblymember
Sasha Barnes	Asst. Principal, 6 th Grade, Poughkeepsie MS
Lydia Biskup	District Office Director for Senator Sue Serino
Gloria Cukar	Senior Director, External Affairs, MHRH
Maria DeWald*	President, Poughkeepsie Branch, AAUW
Pamela Edington*	President, Dutchess Community College
Pari Forood	Executive Director, Miles of Hope Breast Cancer Foundation
Gabriella Fryer	Executive Director, Stringendo, Inc.
Domonique Garrett	Therapist, LMSW Astor Services for Children and Families
Terri Hall	Directory of Philanthropy, ERVK
Sarah Lee	Executive Director, Think Dutchess
Gaye Mallet	Director of HR, Adams Fairacre Farms
Jody B. Miller*	Human Rights/ EEO Officer, Dutchess County Human Resources
Crys McCuin	Executive Director, The Arc of Dutchess
Lauree Ostrofsky	Director, Hudson Valley Women in Business
Michele Pollock Rich	Executive Director, Grace Smith House
Raquel Ringgold	Teen Miss NY and Teen Miss USA 2016
Senator Sue Serino	NY State Senator
MaryAnne Seelke	Assistant Principal, Haviland Middle School
Elizabeth Waldstein-Hart	Executive Director, Walkway Over the Hudson

*Indicates AAUW, Poughkeepsie Branch member.

Dream It. Wish It. Do It.

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”
- The Children’s Home of Poughkeepsie
- Grace Smith House
- Youth Mission Outreach

GIRL TALK 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

- | | |
|----------------------|---|
| Linda Bertalozzi | Coordinator of Accommodative Services, DCC |
| Mary Buglion | Human Services Field Lab Supervisor, DCC |
| Kate Collins | Academic Coach, ACT Center, DCC |
| Kathleen DeFreest | School Counselor, Spackenkill Union Free SD |
| Michelle De la Cruz | Facilitator |
| Domonique Garrett | Therapist, LMSW, Astor Services for Children & Families |
| Paula Lockshon | Human Services Field Lab Supervisor, DCC |
| Honey Minkowiz | Bullying Prevention Coordinator, Mediation Center of DC |
| Aimee Paola | School Counselor, LaGrange MS |
| Ivy Reeves | Program Director, “Important Values for Youth” |
| Michele Pollock Rich | Executive Director, Grace Smit House |
| Christie Van Horne | Community Educator |
| Jennifer Wrage | Director, Academic Services & Testing, DCC |

CLOSING CELEBRATION – “DREAMS COME ALIVE”

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

The Association of Women at Dutchess Community College

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

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

Investigator Thomas Roidl, New York State Troopers

Honey Minkowitz, Bullying Prevention Coordinator, Mediation Center of Dutchess County

Rocco and Ellen Staino

Steve and Judy Clarke, Prospect Hill Orchards

Patricia Luczai

AAUW members who prepared the journals as gifts for the girls

Tony Zito and the Math & Science Matters Committee

Tim Vermilion, Community Services Division, DCC

DCC Campus Bookstore

DCC Foundation

DCC Campus Safety and Security

Amanda Langlitz and Sodexo

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!

Molly Ahearn

Lula Allen

Bonnie Auchincloss

Diana Babington

Margaret Barton

Linda Beyer

Mary Ann Boylan

Lynda Byrne

Diane Closs

Maureen Crush

Mary Lou Davis

Lillian DePasquale

Arlene Dyer

Pamela Edington

Susan Fink

Gloria Gibbs

Sandra Goldberg

Jennifer Browning Hafner

Kathleen Hanlon O'Connell

Elizabeth Harrel

Mary Anne Hogarty

Barbara Hugo

Marcine Humphrey

Mildred Jones

Monique Jones

Bonnie Kieffer

Doris Kelly

Tina Kiernan

Stephanie King

Cathleen Kinn

Barbara Markell

Marcy Marlow

Carmen Mc Gill

Sheryl Miller

Susan Moore

Margaret Nijhuis

Anne Pinna

Jacqueline Prusak

Amelia Roger

Vivian Rose

Terry Schneider

Lori Scolaro

Celia Serotsky

Ruth Sheets

Gail Simon

Rae Slingerland

Lee Swartz

Erin Teichman

Barbara Van Itallie

Mary Jane Von Allmen

Marilyn Walsh

Sally Weglinski

Mary Ann Williams

Jennifer Wrage

Jennifer Yanoti

Miriam Zimet-Aaron

Sheila Zweifler

PARENT/GUARDIAN WORKSHOP SERIES

- 8:30 – 9:00 am Check-In and Mingling
- 9:00 – 9:15 am Welcome and Introductions
What is Live Your Dream About?
- 9:15 – 10:15 am Workshop Session 1
- “Mean Girls & Combating Bullying”
 Honey Minkowitz, Mediation Center of DC
- 10:15 – 10:30 am Break
- 10:30 – 11:30 am Workshop Session 2
- “Social Media & Internet Safety”
 Investigator Thomas Roidl, New York State Trooper
- 11:30 – 12:00 pm Open Discussion – Q & A
- “College Prep and Planning”
 Diana M. Babington, School Counselor

We invite parents/guardians to join us at 2:00 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...

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.”