

making skills. By providing a full collegiate experience, the College seeks to ensure that all students achieve their individual potential.

*“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*

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 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> 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.”**



**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-Schwartz from New Moon Girls Magazine. (Check out [www.newmoon.com/girls](http://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



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 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> 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 \$4 million 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](http://www.aauwpoughkeepsie.org) or by calling 845/462-7074.



Dutchess Community College in Poughkeepsie is part of the State University of New York (SUNY) system. The College was founded in 1957 and has just celebrated its 50th Anniversary. During those 50 years,

almost 40,000 people have graduated and made their mark on the community, the county, and the region. With more than 8,000 students, DCC is the largest college in the region. Currently over 60 degree and certificate programs are offered and new programs are added each year.

The mission of Dutchess Community College is to provide open access to affordable, quality post-secondary education to citizens of Dutchess County and others. As a comprehensive community college, DCC offers college transfer and occupational/technical degree programs, certificate programs, lifelong learning opportunities, and service to the community. The College provides educational experiences that enable qualified students to expand their academic capabilities and further develop thinking and decision

# CONFERENCE MISSION

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

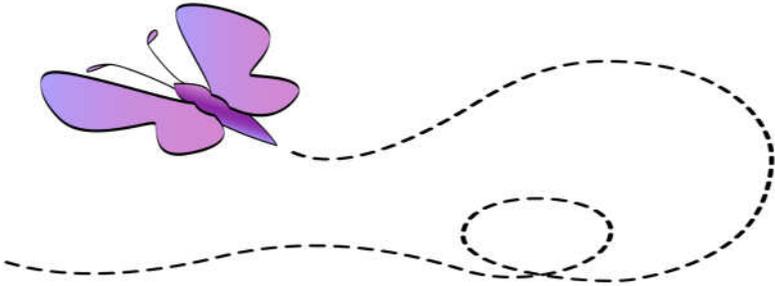
Megan and Claire are community educators for Grace Smith House. They present at middle schools and high schools on various types of violence such as cyber-bullying, Internet safety, bullying and teen dating violence.

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

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 Langlitz 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  
Mary Coiteux  
Alyssa Covelli  
Mary Lou Davis

Gwen Higgins  
Marcine Humphrey  
Peggy Kelland  
Jeanne Moseley

## VOLUNTEERS

Bonnie Auchincloss  
Jocelynn Banfield  
Mary Coiteux  
Lynda Crystal  
Mary Lou Davis  
Kathy Friedman  
Domonique Garrett  
Gloria Ghedini  
Vivian Guardino  
Jennifer Hafner  
Betty Harrel  
Gwen Higgins  
Marcine Humphrey

Diane Jablonski  
Peggy Kelland  
Suzanne Letterii  
Pat Luczai  
Jeanne Moseley  
Sarah Moss  
Anthula Natsoulas  
Patricia Reilly  
Diana Salsberg  
Jacqueline Vierno  
Liz Villanti  
Janna Whearty  
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*

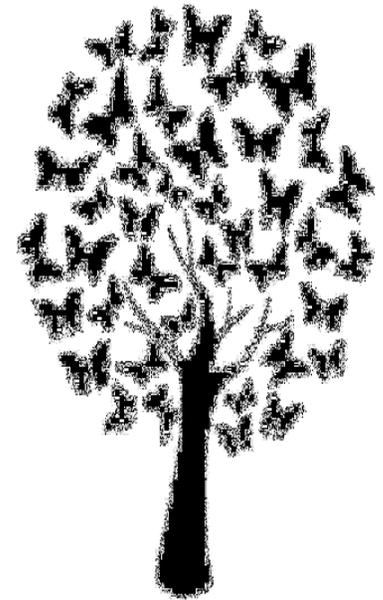
*Let us celebrate*

*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 "Artist". 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,<br>Children's Home of Poughkeepsie                       |
| Gloria Cukar             | Regional Director, External Affairs, MHRH  |
| Mary Lou Davis           | AAUW Woman of the Year – 2015,<br>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<br>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<br>Medical Unit, DCC Foundation Board Member |
| Julianne Ross            | Board Member, International Society for<br>Technology in Education                                     |
| Senator Sue Serino       | New York State Senator   |
| Liz Torres               | Certified Children, Teen and Young Adult Yoga Instructor,<br>Mindful Yoga with Liz                     |
| Cynthia Worrad           | Assistant Dean, School of Computer Science<br>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: **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, 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.