



Live Your Dream



GIRLS' CONFERENCE

November 2, 2019
Dutchess Community College

Presented by
Poughkeepsie Branch of the American
Association of University Women, Inc.
and
The Association of Women at
Dutchess Community College

WELCOME TO THIS YEAR'S *LIVE YOUR DREAM CONFERENCE*

Fourteen years ago, a few members of the American Association of University Women had a dream to create a day where middle school girls could be inspired to dream of their futures. Today young college women, educators, successful businesswomen, retired women, are here today – all are women who believe in the future of our world. 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 for more than fourteen years. It is our hope that you will leave today, inspired, empowered and happy. It's been said, "Little girls with dreams become women with vision."

You will be inspired to take the first step of following your dreams, after today. You will meet many women - college women, leaders in their chosen careers and women who have been following their dreams for years. We hope you will look differently at yourselves and the world in which you live. Throughout this day, you will meet girls from diverse backgrounds and other schools from Dutchess County and other parts of the Hudson Valley. Our goal is for you to leave here feeling more confident and even make some 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 led the way for your success.

Diana Babington
Conference Co-Chair

Lori Scolaro
Conference Co-Chair

CONFERENCE MISSION

Our mission is 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

Photographs will be taken at this event for publication in local newspapers and AAUW reports and publicity. If you do not want your child's photograph published please notify us.

TODAY'S SCHEDULE

Registration and Entrance Activity
"Self-Portrait" Collage

Welcome Dr. Pamela Edington
President, Dutchess Community College

Diane Jablonski
President, Poughkeepsie Branch, AAUW

Introductions of "Big Sisters"

Game Playing/Ice Breakers

Workshop Session 1 Washington Hall

Snack Break

Workshop Session 2 Washington Hall

Lunch with Women Leaders

Activism Activities

"Girl Talk Circles"

Closing Celebration

LIVE YOUR DREAM CONFERENCE COMMITTEE

Diana Babington
Co-Chair LYD

Lori Scolaro
Co-Chair LYD

Bonnie Auchincloss
Mary Coiteux
Alyssa Covelli
Mary Lou Davis
Domonique Garrett
Gwen Higgins

Marcine Humphrey
Linnea Masson
Jeanne Moseley
Ashley Romer
Norma Vazquez
MaryAnn Williams

VOLUNTEERS

Bonnie Auchincloss
Lynda Byrne
Mary Coiteux
Alyssa Covelli
Mary Lou Davis
Kathy Friedman
Bonnie Gallagher
Gayle Garin
Domonique Garrett
Vivian Guardino
Jennifer Hafner
Betty Harrell
Gwen Higgins
Marcine Humphrey
Diane Jablonski
Peggy Kelland
Pat Luczai

Linnea Masson
Flo Mondanaro
Jeanne Moseley
Sarah Moss
Anthula Natsoulas
Margaret Njihuis
Blanca Parks
Pat Reilly
Amelia Roger
Chris Romano
Jan Sabellico
Diana Salsberg
Breanna Syslo *
Sally Taylor
Norma Vazquez
Mary Anne Williams
* former LYD participant

BIG SISTERS

Big Sisters are college students from Dutchess CC, Marist, New Paltz and Vassar who are here today to assist facilitators and help you consider your dreams.

Dutchess
Community College
Macarous Ansah
Kayden Beck
Alyssa Covelli
Victoria Kristoferson
Martina Meyer
Angela Ramos
Ashley Romer
Vera Ruiz
Marisa Smith

Marist College
Mariama Ceesay

SUNY New Paltz
Kayla Bowen
Cora Oakley *

Vassar College
Ada King

*former LYD participant

*"Let us make our future now,
and let us make our dreams tomorrow's reality."*

-Malala Yousafz

WORKSHOP DESCRIPTIONS

Puzzles, Patterns and Women Doing Mathematics

Presented by Anthula Natsoulas, Professor
Emeritus, Mathematics Education,
University of Toledo, Ohio

Throughout history, women have made important contributions to mathematics. Mathematics is about solving puzzles, looking for patterns, playing games and designing. In this workshop, you will use models to solve problems and look for patterns in the solutions. You will identify geometric patterns in quilts used by southern slave women to send messages to those fleeing through the Underground Railroad. Finally, you will learn about the game of mancala that is played throughout Africa, construct your own playing board and develop a strategy in a game with your partner.

Come Find Your Own Voice with Poetry

Presented by Raphael Kosek
Poet Laureate of Dutchess County

Come read and write with the Dutchess County Poet Laureate where each poem you read or write offers you a new way to see, a new way to be you, and beyond!

Raphael is a professor in the Department of English at Marist College. She has taught English at the high school level and enjoys helping students find their voice with the power of words.

Mindful Yoga

Presented by Liz Torres, Owner and Founder
Certified Children, Teen and Adult Yoga Instructor

Tween 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, healthy peer interaction and so much more. Expect lots of laughs and maybe even handstands and arm balances!

The Confidence Check Up

Presented by Laura Bagnarol

Laura is an entrepreneur and motivational speaker. Her company, Be Big, Be Brave LLC provides empowering recreational and educational programs here in the Hudson Valley. Through these programs, Laura seeks to eliminate harmful gender stereotypes and inspire kids to be their big, brave selves! For more information on Laura's work, visit www.BeBigBeBrave.com or follow her on Facebook, Instagram, Twitter, Pinterest, or YouTube @bebigbebrave.

How comfortable are you raising your hand in class? Making friends? Trying new things? We get yearly checkups to make sure all is good with our physical health. But what about our mental health? How often do we check in about our thoughts, and emotions? Even the most "put together" girls and women lack confidence from time to time. Through fun scenarios and discussion, this workshop will explore why confidence is so important and how you can become your most confident self.

Gaila the Therapy Dog and Lola the Service Dog

Presented by Roza Makhmudova,
Therapy Dog handler
and Britney Semenovich, Service Dog Owner

Meet Gaila the Goldendoodle 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 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.

In addition to Therapy Dogs, you may have heard of Service Dogs, which have become an important part of today's life.

Service dog Lola and Britney have been a team for over 7 years, and over those years, Lola has saved the life of Britney many times. Britney and Lola love educating about service dogs, and the differences between all working dog types. Additionally, they work in the community to do presentations and bring awareness to mental health to all ages. Britney and Lola are excited to share their journey, educate about service dogs, and meet everyone at the Live Your Dream event.

Whether they are guiding the blind, offering solace to people with PTSD or helping the disabled, these loving animals are more than pets. You will learn about differences between Therapy and Service dogs and about the special training they have to go through.

Theatre Games and Improvisation

Presented by Kristen Masson-Diedhiou
Fifth Grade teacher at J. Watson Bailey MS and
co-founder of Akimbo Theatre – a theatre and
self-empowerment group for pre-teen and teen
girls in New Paltz, NY

Explore your silly side and find your voice! This workshop will include warm-up activities to break the ice. Improvisation games and theatre exercises will have participants laughing, taking risks and supporting one another.

Herbs, Art and Inner Peace

Presented by Larissa Alvarado
Art Teacher, counselor, studio assistant and herbalist

Join Larissa today as she takes you on a journey of discovery. Working at the Poughkeepsie Farm Project in their herbal meditation garden, Larissa will help you find the peace that is brought to you with healing properties of herbs.

Larissa was born and raised in Poughkeepsie, NY and has a passion for her community. She is a graduate of Dutchess CC where she studied Visual Arts. Currently, Larissa is working in the Education department for the Poughkeepsie Farm Project and is the lead steward of the meditation herbal garden. She teaches at Fallkill ceramics as well. Her artwork and pottery can be found throughout the community in which she serves. Larissa highly values her Christian upbringing and teaching others about the Bible.

F-O-C-U-S GROUP –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 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.

“It’s nice to be important, but it’s more important to be nice.” Ivy’s favorite quote

Developing Healthy Relationships

Presented by Megan Behana and Bekah Polonsky
Community educators, Grace Smith House

Within this workshop you will learn about healthy traits of a relationship and the warning signs of an unhealthy relationship. You will learn effective ways to communicate within a relationship and how to develop healthy skills for success in a relationship.

Megan is a community educator who presents to students from middle to high school ages on various types of violence, bullying, internet safety and relationship violence.

Cultural Awareness

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

This is 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.

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.

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.

The Children’s Home of Poughkeepsie

Days for Girls

Grace Smith House

Meals on Wheels

AAUW “Leading to Reading”

AAUW “Art on the Go”

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.

Molly Ahearn	<i>President, Full Deck Design</i>
Larissa Alvarado	<i>Artist and Educator, Poughkeepsie Farm Project</i>
Laura Bagnarol	<i>Founder, Be Big, Be Brave</i>
Megan Bejana	<i>Grace Smith House</i>
Mary Lou Davis	<i>AAUW Woman of the Year – 2015</i> <i>AAUW New York State Board Member</i>
Pamela Edington	<i>President, Dutchess Community College</i>
Jacqueline Goffe-McNish	<i>Professor, Dept. of English and Humanities</i> <i>Dutchess Community College</i>
Domonique Garrett	<i>LMSW, Astor Services for Children and Families</i>
Betty Harrell	<i>AAUW Woman of the Year 2010</i> <i>Leading to Reading,</i> <i>LMSW, Hudson Valley Bridge Builders Inc.</i>
Sarah Hicks	<i>Motivational Speaker</i>
Gwen Higgins	<i>Founder, Live Your Dream Girls Conference</i>
Marcine Humphrey	<i>President, AAUW Poughkeepsie Branch</i>
Diane Jablonski	<i>Board of Education, Wappingers School District</i>
Peggy Kelland	<i>Dutchess County Poet Laureate</i>
Raphael Kosek	<i>Co-Founder, Akimbo Theatre</i>
Kristen Masson	<i>Math Professor, U of Toledo</i>
Anthula Natsoulas	<i>Grace Smith House</i>
Bekah Polonsky	<i>Motivational Speaker</i>
Ivy Reeves	<i>Nursing Director Fishkill Corr. Facility</i>
Shirley Roberts-Brereton	<i>Board Member, DCC Foundation</i> <i>Board Member, ISTE</i> <i>(International Society for Tech in Education)</i>
Julieanne Ross	<i>Lola's Owner</i>
Britney Semenovitch	<i>Certified Yoga Instructor,</i> <i>owner Mindful Yoga with Liz</i>
Liz Torres	<i>Past President, AAUW Poughkeepsie Branch</i>
Barbara Van Itallie	<i>Chief Advancement Officer, ARC of Dutchess County</i>
Sarah Weikel	<i>Director, Academic Services and Testing,</i> <i>Dutchess Community College</i>
Jennifer Wrage	

GIRL TALK CIRCLES

Girls are randomly placed into small groups for chance to speak with girls from diverse backgrounds to create sisterhood and promote empathy and courage. Girls will be given the chance to discuss friends, relationships, schools, sisterhood, and safety.

GIRL TALK FACILITATORS

Mary Camburn, School Counselor, Todd Middle School
Domonique Garrett, Therapist LMSW, Astor Services
Sarah Hicks, LMSW, Hudson Valley Bridge Builders
Ivy Reeves, Program Director, Important Values for Youth
Jennifer Wrage, Director, Academic Services & Testing, DCC

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, motivational speaker and a former teacher who will lead us in a closing that will bring together all that you learned today.

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



DIVAS, DREAMERS AND 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.

Thank you for your support.

Lula Allen
Bonnie Auchincloss
Jocelyn Banfield
Mary Ann Boylan
Shirley Brereton
Susan Budson
Verna Carr
Lilian DePasquale
Diana Devlin
Christine Eidel
Sandra Goldberg
Betty Harrel
Pauline Herr
Mary Anne Hogarty
Janet Houston
Marcine Humphery
Diane Jablonski
Mildred Jones

Cathleen Kinn
Sandra Lash
Patricia Luczai
Elyse Mansfield
Barbara Markell
Marcy Marlow
Linnea Masson
Kara McKenna
Arlene Seligman
Cynthia Smith
Erin Teichman
Barbara Vanltalie
Mary Jane VonAllmen
Marilyn Walsh
MaryAnn Williams
Miriam Zimet Aaron
Sheila Zweifler

SPECIAL GRATITUDE

Dr. Pamela Edington, President Dutchess Community
College

The Association of Women at Dutchess Community
College

Staff and Faculty of Dutchess Community College

Steve and Judy Clarke, Prospect Hill Orchards

Administrators, School Counselors and Teachers in
Dutchess County, Orange County and Ulster County
School

The Women of AAUW who prepared the journals as gifts to our
participants, work as volunteers at this event and support our
program with financial donations.

Marcine Humphrey
Diana Babington
Christine Ansorge Eidel
Gwen Higgins
Pat Luczai
MaryAnn Williams

“Dreams are extremely important. You can’t do it unless you
imagine it.” – George Lucas

PARENT THREAD

9:00 – 9:20 am Registration and Mingling

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

9:45 – 10:00 am Diane Jablonski, President
Poughkeepsie Branch, AAUW

Dr. Pamela Edington, President
Dutchess Community College

10:00 – 10:30 am Workshop Session 1

Confidence Check Up
Presented by Laura Bagnarol, MSW
How comfortable is your daughter at raising her hand in class,
making friends, trying new things? Laura will help parents
explore why confidence is so important and how you can help
your daughter become her most confident self.

10:30– 11:00 am Workshop Session 2
Keeping Your Daughter Safe
presented by Megan Bejana and Bekah Polonsky

Megan and Bekah 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

11:30 – 12:00 pm Q & A Session

We invite parents to join us at 3:15 pm to witness our closing
ceremony, followed by a tour of Dutchess Community College.



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 group.

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 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 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 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."