

**INDIVIDUAL PROJECT/PROGRAM/EVENT:****Category:** Women (girls) and Education**Title:** SISTER TO SISTER SUMMIT

**Other Community groups involved:** Cornell Cooperative Extension, Planned Parenthood Mohawk-Hudson, Montgomery County Drug Court, Mental Health Association of Fulton and Montgomery Counties, Project Action and Reality Check both tobacco free coalitions, HFM Prevention Council, Fulton county Public Health, Fulton Montgomery Community College staff

**Number of members involved:** 15**Number of non-members involved:** 25**Number of members who attended or benefited:** 15**Number of nonmembers who attended:** 210 - 182 students 18 advisors**Number of new members who joined:** 2**PART II - Project/Event Description**

The Amsterdam, Gloversville, Johnstown Branch coordinated their 10<sup>th</sup> Sister to Sister Summit. This event is a conference for Middle School girls and was attended by 182 6<sup>th</sup> - 8<sup>th</sup> girls from 16 schools in three counties. We hold the event at Fulton Montgomery Community College, using the college classrooms and facilities as workshop rooms. This gives each girl the added benefit of experiencing the feel of attending college. The girls each attend three workshops in the morning and then we have a motivational keynote program in the afternoon.

The goals of the summit are as follows:

- To provide a forum for middle school girls to discuss and learn about issues important to them.
- To give girls an opportunity to interact with other girls their age
- To allow girls an opportunity to express their opinions, thoughts and ideas

Attendees are chosen by their home schools. We set a limit of 15 girls from each area school district due to the limitations of the cafeteria facility at the college. Registration packets are sent to the schools in April. These contain an informational brochure that describes each workshop. The girls then indicated their 5 top workshop choices and the school contact person sends this in to us. We then assign each girl 3 workshops and try to see that they get at least two if not all three that they indicated they wanted.

The program takes almost a entire year to plan and execute. We meet in the summer to go over evaluations and program suggestions from that year's participants. We then formulate workshop topics and spend the fall checking back with our school contacts to run these ideas by some students. Then we contact area agencies and individuals that have the expertise in these topics. We also are always looking for a keynote program that is inspiring for the age group. At the same time we send out fund raising letters and write grants for funding. Stewart's Shops have given \$1,000 each year for t-shirts for each girl. Also, the Youth Bureau has funded us each year. We charge a registration fee to cover lunch costs. Total costs are about \$4,000.

Each committee members has jobs to do. One is Public Relations and we have articles in the local paper throughout the year. This keeps the public aware of the workshops planned, speakers we have arranged for, and dates and deadlines. This also is a reminder for school personnel to get their delegations together and send in their materials. The paper has also been very good about covering the event that day.

The program definitely responds to the mission and vision of AAUW as it promotes education, growth and development of girls helping them to see that the future is open to them to explore and conquer.

# What is Sister To Sister?

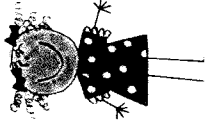
a summit for & about girls

## Summit Goals:

\*To provide a forum for middle school girls to discuss and learn about issues important to them

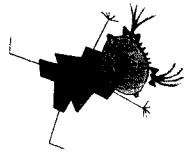
\*To give girls an opportunity to interact with other girls their age

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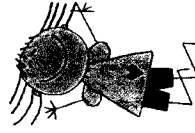
# \*Workshop Descriptions\*

1. **EAT RIGHT - FEEL RIGHT** - Food preparation fun for healthy eating.  
Roscaann Doran Cornell Cooperative Extension
2. **THE POWER OF ME** - Discover ways to embrace your fears, angers and difficulties with trust and confidence in yourself and without hurting yourself or others.  
Darlene Rose Counselor - Northville Central
3. **WHAT'S A GIRL TO DO?** - Sexual Decision Making - Sexual pressures are all around us, how can you do what's right for you?  
Christy O'Callaghan-Leue - Planned Parenthood Mohawk Hudson Inc.
4. **IT CAN HAPPEN TO YOU** - Discuss, with someone who has been there, how drugs and alcohol can affect your life and how difficult the road to recovery can be.  
Claudia McDuffy and guests  
Montgomery Co. Drug Court
5. **"QUEEN BEES"** - Take the "sting" out of being bullied, teased and bothered by "mean girls" Get ready to deal with bullies once and for all!  
Renee Carr - Mental Health Assoc.  
Fulton / Montgomery Counties



# \*Schedule of Events\*

- 8:15 ~ 8:45 Registration ~ Student Union Bldg
- 8:45 ~ 8:55 Welcome
- 9:00 ~ 10:00 Workshop I
- 10:05 ~ 11:05 Workshop II
- 11:10 ~ 12:10 Workshop III
- 12:15 ~ 12:45 Lunch  
Fun with Reality Check and Project Action
- 12:45 ~ 1:30 Keynote ~ **You Are Good Stuff!!!**  
Susan E. McNeil  
Motivational Inspirational - Singer Songwriter
- 1:30 ~ 1:45 Evaluations, Giveaways & Dismissal



6. **UP IN SMOKE** - Activities to discover the impact of tobacco promotion and advertising in the retail environment on young people.  
Sue Arminio Project Action
7. **"AM I WEIRD?"** - Looking at our self-image. Getting a positive view.  
Cassie Walters  
Planned Parenthood Mohawk Hudson
8. **SELF PROTECTION** - Simple techniques to increase your street smarts and awareness  
Michael Campos - Zen Do Kai Martial Arts
9. **LINE DANCING** - Exercise, fun and stress reduction all at once.  
Sue Kauplis - Dance Instructor
10. **GAMBLING JEOPARDY** - Come and play Jeopardy and learn of the pitfalls of gambling  
Rachel Trunkenmiller  
HFM Prevention Council
11. **KEEPING POSITIVE INSIDE AND OUT** - How to stay "up" when we are down hygiene for the outer and inner "us"  
Christina Akey - Health Educator  
Fulton Co. Public Health
12. **PRESCRIPTION FOR TROUBLE** - Are Over-the-Counter or prescription drugs safer than illegal drugs. Find out the truth!  
Margaret Clark  
HFM Prevention Council
13. **YOGA/PILATES** - Stress reduction and physical fitness for mind and body  
Sue Williamson - Health teacher Wells Central Schools
14. **"ZUMBA"** - Aerobic fitness in a fun way with exciting music and dance moves  
Patty Brown - Aerobics Fitness Instructor
15. **THEATER GAMES** - Fun on the stage  
Jason Radalin - Theater Instructor - FMCC

Name \_\_\_\_\_

Read the following workshop descriptions and write the number of your five favorites in the spaces below. We will try to give you 3 of your 5 choices for workshops. These will be assigned on a first come first served basis.

1st \_\_\_\_\_ 2nd \_\_\_\_\_ 3rd \_\_\_\_\_ 4th \_\_\_\_\_ 5th \_\_\_\_\_

Tara M. Nellis, Fort Johnson.

### May 18

**Admissions**  
L. Carentz, Gloversville.  
L. Schrom, Gloversville.  
**Discharges**  
Maryjane Blanchard, Specular.

Debra M. Snoke, Gloversville.

### Births

Jessica Carentz and John Brayman, Gloversville, a girl, at 12:50 p.m.  
Loretta Schrom and Robert E. Lee Taylor Jr., Gloversville, a girl at 10:37 a.m.

### Tuesday

**Admissions**  
A. Ambrosino, Gloversville.  
Lisa Dopp, Wells.  
Karl Gerlach, Johnstown.  
Evelyn M. Jensen, Mayfield.  
Miranda D. VanNostrand, Mayfield.

**Discharges**  
Barbara Day, Gloversville.  
George L. Decker, Gloversville.  
Kevin M. Delong, Amsterdam.  
Miranda D. VanNostrand, Mayfield.

### Births

Beth Ambrosino and Joshua Hodgson, Gloversville, a boy at 11:12 a.m.  
Lisa Dopp and John Mattice, Wells, a girl at 5:22 p.m.

## Sister to Sister Summit celebrates 10th year

**JOHNSTOWN** - The 10th annual Sister to Sister Summit organized by the Amsterdam-Gloversville-Johnstown branch of the American Association of University Women, recently took place at Fulton-Montgomery Community College.

A total of 182 girls and 20 adults from 15 middle schools attended the conference. The event is organized yearly to help girls address mental, emotional, social and physical fitness issues.

Those attending this year's conference were involved in a variety of activities and discussions, such as making pretzels and friendship bracelets, taking the pride walk, discussing gambling, alcohol, tobacco and prescription drug use, as well as healthy decisionmaking and self esteem. Girls also were given the opportunity for new experiences in workshops like theater games and self defense. They also were introduced to new forms of exercise and stress relief such as zumba, line dancing and yoga.

In addition, they were introduced to new forms of exercise and stress relief such as zumba, line dancing and yoga. In an interactive capnote presentation, Sue McNeil provided an upbeat ending to the day with the message, "You are Good Stuff" to the group. McNeil shared uplifting comments from girls who had participated in the first Sister to Sister Summit which was held 10



Photo submitted

Anne Campos, Sister to Sister organizer from 2005 to 2009, Murray DaBiere and Megan Ashley, sixth-graders from Fonda-Fultonville Middle School, and Liz Russo, the original Sister to Sister Summit organizer, hold the T-shirts given to attendees.

years ago. She said the way girls think has not changed in the 10 years since she first assisted with the planning and served as the capnote speaker for that original local summit.

In celebration of the 10th year of the event, this year's organizer, Anne Campos, recognized Liz Russo, who in 2000, took the initiative to bring the AAUW program for girls to the area. Russo learned about the Sister to Sister Summit while attending an AAUW leadership conference in the summer of 1999. She oversaw the local Summit through 2004 with Campos taking over for the

last five years.

Sister to Sister Summits are an initiative of AAUW and are presented nationwide. Anne Campos and Dianne Kierpicek served as co-chairpeople for this year's Sister to Sister Summit. Committee members were Barbara Nigro, Melanie Pombrio, Sue Summerfield, Maryann Abad and Liz Russo. In addition, AAUW members who assisted with registration the day of the event included Ginni Mazur, Linda Zilka, Nancy Krawczeski and Gloria Kimball. A \$1,000 donation from Steward's Shops provided T-shirts for participants.

how they'll respond to an unfavorable bill.

In Memory

Lester Andrews  
Sr. (Dutch)  
Who passed away  
10/10/2009

Some day we hope  
to meet you,  
Some day, we know  
not when,  
We shall meet in a  
better land and never  
part again.

From:  
Wife, Children &  
Grandchildren

In Loving  
Memory of Our  
Husband,  
Son of a Good Mother

Leonard R.  
Burgess, Sr.

Who passed away on May 13, 2002



Your presence is ever near us;  
Your love remains with us yet;  
You were the kind of father,  
Your loved ones will never forget.  
Wife, Children & Grandchildren

I U U.

Nora, Julie, Gene,  
Ron & Rose



In Loving Memory of  
Theodore E.  
McDougall III  
4/1/72 - 11/15/05

Not a day goes by that we  
don't think of you and miss  
you. You were very devoted  
to your country and family.  
We were so proud of the man  
you became. May the angels  
watch over you and until  
we meet again.

May God hold you in  
the hollow of his hand.  
We love you very much.

Love Always,  
Mom, Dad, Angie, Missy,  
Brian, Nieces & Nephews,  
Aunts & Uncles

Thank you ad we put in  
local paper. You can see all of  
the people & organizations involved

# Sister to Sister Summit



## Thank You



AMERICAN  
ASSOCIATION OF  
UNIVERSITY  
WOMEN

The American Association of University Women of Amsterdam, Gloversville and Johnstown would like to thank all who helped make the 9th Annual Sister to Sister Summit, a great success. Over 230 participants from sixteen area Middle Schools came together on May 14 at FMCC for a day of learning, reflection and fun.

**Thank You to the Workshop Presenters:** Sara Hand - Cornell Cooperative Extension; Darlene Rose - Counselor Northville Central; Molly Slingerland - Princeton Public Affairs Group; Christy O'Callaghan Lette - Planned Parenthood; Renee Carr - Mental Health Association; Claudia McDuffy and guests - Montgomery Co. Drug Court; Sgt. David Gilbo - Johnstown Police Dept.; Lisa Queoney - Wachovia Securities; Michael Campos - ZenDoKai Martial Arts; Linda Horan - Family Counseling Center; Laurie Snell - Catholic Charities; Dianne Kierpiec - AAUW; Sue Williamson - Wells Central School; Patty Brown - Fitness Instructor; Keynote Margie Wood - Humor Project, Saratoga.

**Thank You to Supporters:** Stewart's Shops; Montgomery County Youth Bureau; Reality Check; Project Action; NYS-AAUW; FM United Scholarship Fund; Soroptimists of Fulton Co.; Wal-Mart Distribution; Delta Kappa Gamma; Coldwell Banker; Delaney Construction; Fulton Co. Federal Credit Union; State Farm Ins. - Nancy Persse Langdon; Finkle Distributors; Frontier Communications; The Teachers Association of Gloversville, Johnstown, Fonda-Fultonville, Northville and Mayfield; Canajoharie School Employees; the PTA's and PTSA's of Fonda-Fultonville, Ft. Plain and Mayfield.

**Thank You to Contributors:** Washburn's Dairy; Culligan Water; McDonald's Corp; Price Chopper's of Johnstown, Gloversville and Amsterdam; Hannaford's of Gloversville and Amsterdam; Dunkin' Donuts of Johnstown, Gloversville, Fultonville and Amsterdam; Johnstown Holiday Inn; Johnstown Movie Plex; Key Bank of Fultonville; Herff-Jones Yearbooks - Christine Buyce; Salvione Insurance; Fly-92.3 Radio; Amsterdam Printing & Litho - Helen Trasky; Jodi Gualano - Mary Kay Inc; FMCC Library Staff, Custodial Staff and Food Service Staff.

**Thank You to the Planning Committee and AAUW Volunteers:** Anne Campos, Dianne Kierpiec, Melannie Pombrio, Sue Summerfield, Barbara Nigro, Liz Russo, Maryanne Abad, Jean Karutis, FFCS students with teachers - Theresa House and Paula Vunk, Knox students and teachers - Elaine Hitchcock, Kristie Lynch and Angelo Yetto; Northville students and teacher - Mary Habla; Mayfield students and teacher - Pam King; AAUW volunteers Michelle Acquaro, Linda Betz, MaryAnn Hafzinski, Bonnie VanWie.

MOHAWK

# Girls bond, learn, have fun at Sister to Sister Summit

BY JESSICA HARDING  
Gazette Reporter

Area middle school girls experienced a day of bonding, team-building and commiserating Monday for the 10th annual Sister to Sister Summit at Fulton-Montgomery Community College.

More 180 middle school-aged girls took part in the event from schools throughout Hamilton, Fulton and Montgomery counties.

The goal of the summit sponsored by the American Association of University Women was to create a forum for girls to express their thoughts and opinions about issues important to them and interact with other girls their age.

Each student participated in three workshops out of the 15 that were offered. Workshops covered a variety of issues from sexual decision-making and eating right to the dangers of prescription drug abuse and bullying. Fun workshops were also offered such as zumba (an aerobics dance), line dancing and theater games.

Melanie Pombrio, who is president of the Amsterdam, Gloversville, Johnstown chapter of American Association of University Women and teaches eighth and ninth grade at Fort Plain Middle School, said one of the positive things about the program is it gives participants a chance to interact with girls they may not know and they begin to realize that they aren't alone in their fears or insecurities.

"Girls tend to personalize a lot and this is a great way for them to learn that they aren't alone," she said.

Patty Brown's Zumba class left no room for insecurities. Brown said Zumba, a new dance and fitness trend involving moving

to Latin rhythms, is a good way for girls to let go of their self-consciousness.

"Zumba is really about a person's willingness to have fun. There is no right way to do the moves," Brown said. "It's all about moving to the music as you feel it."

The girls learned various moves associated with Zumba for the first half of class, then broke into small groups to create a choreographed dance of their own to go along with the Latin beats. Each group then performed in front of the class.

Bailey Ward, 13, of Mayfield, said she had never tried Zumba before, but said she has performed in front of a crowd through drama and other types of dance.

Ward said her class was full of girls she had just met, but she loved it anyway. "It is good to meet new people," she said.

Ward was also taking a serious class about prescription drugs and how they are often abused by teenagers.

Ward said she hopes to attend college in Manhattan and study journalism.

Pombrio said the program involves middle school girls because they are old enough to start thinking about their future but young enough to have not made up their minds.

"We feel it's important to get them on the right path before they've already established their life." Participating schools are allowed to bring up to 15 girls to the program.

Pombrio said each school approaches selecting girls differently. Some are awarded based on grades, some are selected because they may benefit from the program and some schools just take everyone that signs up.

"Everyone has a different life experience



to bring, and that adds to the program," Pombrio said.

Megan Adams, a seventh- and eighth-grade science teacher at Oppenheim-Ephratah Central School, said she thinks the program is a valuable thing for the girls, especially since they can meet so many other girls from different communities.

There are only 70 middle school students at Oppenheim-Ephratah, so Adams said the girls can become cliquish. After last year's event, Adams said, the girls bonded during the activities with people they wouldn't normally associate with, within their own school and from different ones.

"This forces them into groups and makes

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843-

## AMSTERDAM \* GLOVERSVILLE \* JOHNSTOWN BRANCH

- The American Association of University Women advances equity for woman and girls through advocacy, education and research.
- In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of gender, race, creed, age, sexual orientation, national origin, disability, or class.

**2009 – 2010**

**Branch Officers:**

**11<sup>th</sup> Sister To Sister Summit Underway**

The annual Sister to Sister Summit for middle school girls is set for Tuesday, May 18, at FMCC. Each year, for 11 years, volunteers from our Amsterdam, Gloversville, Johnstown branch of AAUW have worked tirelessly to bring this Summit together for young teen girls in our tri-county area. The Summit features fourteen

workshops for the girls to choose from during the three morning workshop sessions and a cap-note presentation after lunch.

This year's volunteer summit workshop presenters and their topics: Fast Food Nutrition Jean Budlong - Cooperative Extension; Dealing With Stress Darlene Rose - Northville Central Schools; Sexual Decision Making Christie O'Callaghan-Leue - Mohawk Hudson Planned Parenthood; Addiction Panelists from Montgomery Co. Drug Court with Claudia McDuffy; Friendship/Bullying Issues Rene Carr - Fullch Co. Mental Health; Self-Protection Michael Campos - ZenDoKai Martial Arts; Self-Image/Body Image Cassie Walters - Mohawk-Hudson Planned Parenthood; Relationship Violence Martha Lasher Warner - Pres. Of Friends of Lisa Ellen Warner; Adventure/Leadership Games Laurie Snell - Edinburgh School; Creative Art Experience Kari Laubscher - College of St. Rose; Animal Rescue Joan Nehrbauser - Brennan Humane Society; Yoga/Pilates Sue Williamson - Wells Central School; "Zumba" Patty Brown - Fitness Instructor; Theater Games/Self Expression Jason Radlin - Theater Instructor FMCC.

Pombrio. Liz Russo. Gloria Kimball. Mary Ann Abad. Sandy Maceyka. Paula Vunk-Carnevale.

After lunch, the girls will join together in their home school groups and each group will be joined by a SUNY Albany grad student. The Cap-Note speaker, Sandra McGarraugh, from the SUNY Center for Government and Civil Society, will then lead the group in thinking about the role of women in our society today. The grad students will then help each group process the day's activities and help the girls make plans for using the information in their lives and back in their home environment.

Over 200 girls from 17 schools in the tri-county area are expected to attend. Stewart's Shops have again

Article from our newsletter on this year's Summit. The same type of article was in last year's newsletter.