

Category: (Please circle or highlight the category for which this program is being submitted.)

- Women – Education – Community – International – Cultural – Diversity

Title: 9th Annual Sister to Sister Summit

Describe your project/ program/ event in **150-300 words**. Be sure to include:

- how the project addressed **AAUW's mission** (15 points)
- **branch goals** in doing this program (10 points)
- **specific action steps** in planning this program (15 points)
- involvement of **other community groups** (if any) (10 points)
- **number of members** (5 points) and **nonmembers** (5 points) **in planning and in putting on the program**
- steps taken for **community visibility** (10 points)
- **number of members** (5 points) and **nonmembers** (5 points) who attended or benefited
- **number of new members** who joined (if any) (5 points)
- measurable **impact on the community** (10 points)
- **lessons learned** for future programs/ projects/ events (5 points)

Starting young girls off with the knowledge and the desire to achieve is one of the prominent goals of AAUW and we address the mission by providing the attendees with a variety of workshops and also by choosing a keynote speaker that will extend our message in an informative and unique way.

Our branch is always striving to register as many girls at the middle school level as possible and to provide them with fun and educational activities. Our planning group consisting of seven branch members and five non branch members meets in the summer to review the prior year's program and begin planning for the next year's program. Upon deciding who we would like to have back and what programs we will need the following year we begin soliciting funds from community members. Some of last year's community groups assisting in the event were HFM Prevention Council, Reality Check, Project Action, Fulton Montgomery Community College, and many other local businesses as well. Of course, as we are planning the event one of our branch members continually updates the local newspapers through articles and photos both before and after

planning meetings occurred.

The day of the program our entire planning committee attends, each school brings another other adult, and another seven or eight AAUW members is in attendance. These additional chaperones are responsible for directing traffic, getting then lunch lines moving, newspaper reporters, and a variety of other as needed tasks.

As always we use an evaluation form to allow proper feedback from the attendees, the presenters, and the school personnel. These evaluations allow us to learn about what aspects need to be changed and to ensure that our goals are being met. In addition, we gained three new members this year as a result of this program.

**Attach copies of newsletter and newspaper articles about this project/ program/ event.
(No more than 4 pages maximum)**

Mail or email the original of your entire application with supporting materials to:

- Peggy Kelland, AAUW-NYS Program Vice President
- 13 Susan Lane, Poughkeepsie, NY 12603

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Questions? (845)297-0507

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Sister to Sister Summit receives contributions

The planning committee for the 9th annual **Sister to Sister Summit** recently received contributions from Reality Check of Hamilton, Fulton and Montgomery Counties, Delaney Construction and Coldwell Bankers. Additional contributions are still needed to fund the Summit. The Summit is a day long conference which will take place Wednesday May 14, 2008 at the Fulton-Montgomery Community College. Middle school girls from Hamilton, Fulton and Montgomery Counties will be invited to attend. **Sister to Sister Summits** were initiated by the American Association of University Women (AAUW) to assist teenaged girls in dealing with evaded curriculum issues such as self esteem, peer pressure and relationships. The next planning meeting for the 9th annual **Sister to Sister Summit** will be held Monday, Jan. 7 at 3:30 p.m. at the Johnstown Public Library. The conference is being organized by the Amsterdam-Gloversville-Johnstown branch of AAUW. The initial meetings were held at Knox Junior High School, Fort Plain and Fonda-Fultonville Middle Schools to give girls input in the planning process. Anne Campos and Diane Kierpiec are serving as co-chairmen for this year's **Sister to Sister Summit**. For further information or to make a donation to the 9th annual **Sister to Sister Summit**, call 762-1589.

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Project Action contributes to summit

Project Action of Montgomery County has joined others in making a donation in support of the ninth annual **Sister to Sister Summit**.

The staff from Project Action will also be on hand the day of the event to provide participants with interactive fun and information on drug and alcohol issues.

Reality Check of Fulton and Montgomery Counties has donated water bottles to give to the girls attending and will also be on hand that day to provide information during the lunch period. McDonald's Corp. has contributed food coupons that will be put into the water bottles. In addition, the Johnstown Holiday Inn and the Johnstown Movie Plex have both donated gift certificates for a "dinner and a movie" basket that will be raffled at the March AAUW meeting to raise funds for the summit.

The summit is a day-long conference which will take place Wednesday, May 14 at Fulton-Montgomery Community College. Middle school girls from Hamilton, Fulton and Montgomery counties are invited to attend. **Sister to Sister summits** were initiated by the American Association of University Women to assist teenage girls in dealing with issues such as self-

esteem, peer pressure and relationships.

The conference is being organized by the Amsterdam-Gloversville-Johnstown branch of AAUW. The initial meetings were held at Knox Junior High School, Fort Plain and Fonda-Fultonville middle schools, to give girls' input in the planning process. Anne Campos and Diane Kierpiec are serving as co-chairmen for this year's summit.

Registration will be done through the tri-county schools. Packets will be distributed to schools after March 10. The deadline for registration is April 11.

The next planning meeting for this year's summit will be held Tuesday at 3:30 p.m. at the Johnstown Public Library. The meeting will focus on preparing registration materials for distribution to the schools. Fundraising will also be discussed. For further information or to make a donation, call 762-1589.

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Summit planning committee to meet

The next planning meeting for the ninth annual **Sister to Sister Summit** will be held Thursday at 3:30 p.m. at the Johnstown Public Library. The summit is a day-long conference which will take place Wednesday, May 14 at Fulton-Montgomery Community College. Middle school girls from Hamilton, Fulton and Montgomery counties will be invited to attend.

Sister to Sister Summits were initiated by the American Association of University Women to assist teenage girls in dealing with issues such as self-esteem, peer pressure and relationships.

The conference is being organized by the Amsterdam-Gloversville-Johnstown branch of AAUW. Anne Campos and Diane Kierpiec are serving as co-chairmen for this year's summit. Registration packets have been distributed to the tri-county schools. The deadline for registration is April 11. For further information call 762-1589.



Photo submitted
Robert Barhydt, district manager for Stewart's Shops, left, presents a check for \$1,000 to members of the Sister to Sister Summit planning committee. The funds will cover the cost of T-shirts for tri-county middle school girls who attend the ninth annual Sister to Sister Summit May 14 at Fulton-Montgomery Community College. The event is being organized by the Amsterdam-Gloversville-Johnstown branch of the American Association of University Women.

Summit registration deadline nears

Middle school officials in Hamilton, Fulton and Montgomery counties are reminded that Wednesday is the deadline to register sixth- through eighth-grade girls to attend the AAUW's ninth annual Sister to Sister Summit. Registration packets were distributed to schools in early March. Registration is limited to 15 girls per school.

This year's summit workshops include: "Eat Right — Feel Right," presented by Sara Hand of Cornell Cooperative Extension; "Fighting Invisible Tigers," a discussion of

depression by Darlene Rose of Northville Central School; "Navigating High School," presented by Molly Slingerland, a graduate of Johnstown High School, attorney and lobbyist for Princeton Public Affairs Group of New York; "Flipping the Coin — Sexual Decision Making," presented by Christy O'Callaghan Leue of Planned Parenthood of Mohawk Hudson Inc.; "Standing up to 'Mean Girls,'" presented by Renee Carr of the Mental Health Association of Fulton & Montgomery Counties; "It Can Happen to You," a discussion of the effects of drugs and alcohol use presented by Claudia McDuffy and guests of the Montgomery County Drug Court; "Cyber Safety," presented by Sergeant Dave Gilbo of the Johnstown Police Department; "Financially Savvy Girls," presented by Lisa Queaney of Wachovia Securities; "Self Protection," presented by Michael Horan, Family Counseling Center; "New Games," team-building activities presented by Laurie Snell of Catholic Charities; "Line Dancing," presented by Dianne Kierpiec of AAUW; "Yoga/Pilates," presented by Sue Williamson of Wells Central School; and "Zumba," an aerobic music-accompanied activity presented by Linda Peterson, fitness instructor.

Stewart's Shops donates to upcoming women's conference

Stewart's Shops recently donated \$1,000 to the AAUW Sister to Sister Summit planning committee for the purchase of T-shirts for girls attending the May 14 conference which will be held at Fulton-Montgomery Community College.

According to a press release, "Stewart's is an employee- and family-owned business with a long-term commitment to their customers and the communities in which their shops are located. They make three-quarters of all the products found in their shops, showing a commitment to providing quality products at a good price. They make over 50 flavors of their own ice cream. Their milk is fresh from local farms, bottled at night and out to the shops the next day." Stewart's Shops support of the Sister to Sister Summit is part of the company's commitment to the children of area communities.

The upcoming conference is a program offered through the local Amsterdam-Gloversville-Johnstown branch of the American Association of University Women. An estimated 200 middle school girls are expected to attend. Co-chairmen for this year's event are Anne Campos and Dianne Kierpiec. For more information, call 863-9636.

Sister to Sister Summit attended by 234

A record number of girls representing 16 middle schools in Hamilton, Fulton and Montgomery Counties attended the American Association of University Women sponsored ninth annual Sister to Sister Summit, held Wednesday, May 14 at Fulton-Montgomery Community College. Girls attending the event had an opportunity to participate in three workshops from topics covering healthy eating, depression, navigating high school, sexual decision making, bullying, effects of drugs and alcohol use, cyber safety, finances, body image and abusive relationships.

Team building activities, self-defense, yoga, line dancing and zumba were also offered. Some of the girls attending made friendship bracelets and learned to walk the red carpet with confidence. Others got exercise doing zumba and line dancing or made healthy snacks like fake sushi and cheese tacos. The pleasant weather allowed self-defense and team building games to be held in the quadrangle while advisers and chaperones relaxed and watched from the picnic tables. In addition, Maggie Wood, from the Humor Project Inc., presented the keynote speech titled, "Mirror Mirror On The Wall, Ways to Fall in Love With Yourself." She encouraged girls to introduce themselves to the person next to them, make eye contact and give a firm handshake to express signs of self-confidence. Workshop presenters included: Sara Hand, Cornell Cooperative Extension of Fulton & Montgomery Counties; Darlene Rose, Northville Central School; Molly Slingerland, Johnstown High School graduate, attorney and lobbyist for Princeton Public Affairs Group of New York; Christy O'Callaghan Leue, Planned Parenthood of Mohawk Hudson Inc.; Renee Carr, Mental Health Association of Fulton & Montgomery Counties; Claudia McDuffy and guests of the Montgomery County Drug Court; Sergeant Dave Gilbo, Johnstown Police Department; Lisa Queaney, Wachovia Securities; Michael Campos, Zen Do Kai Martial Arts; Linda Horan, Family Counseling Center; Laurie Snell, Catholic Charities; Dianne Kierpiec, AAUW; Sue Williamson, Wells Central School; Nancy Brown, fitness instructor; Sarah Slingerland, Elaine Hitchcock, Aubrey Seppa and Debra Bartman assisted with the body image workshop. Participants in this year's conference were given T-shirts donated by Stewart's Shops as well as water bottles donated by Realty Check. Financial support for the summit came from local businesses and organizations, Project Action and Realty Check of Fulton and Montgomery counties. Sponsors and grants from the state AAUW, and the Montgomery County Youth Bureau.

Sister to Sister summits were initiated by the American Association of University Women to assist teenage girls in dealing with issues such as self-esteem, peer pressure and relationships, as well



Photo submitted
ABOVE: American Association of University Women member Michelle Acquaro directs Amsterdam students and advisers to the workshop areas as they sign in to participate in the ninth Annual Sister to Sister Summit which was held at Fulton-Montgomery Community College in Johnstown, May 14. BELOW: Sara Hand from Cornell Cooperative Extension of Fulton & Montgomery Counties demonstrates how to roll out bread to prepare fake sushi as part of the "Eat Right — Feel Right" workshop.



as meet and interact with other girls their age. The conference was organized by the Amsterdam-Gloversville-Johnstown branch of AAUW. Anne Campos and Dianne Kierpiec served as co-chairmen for this year's summit. Committee members included AAUW members Melanie Romblin, Sue Summerfield, Liz Russo, Barbara Nigro, and Maryanne Abad. Girls from Knox Junior High School, Fonda-Putnamville, Northville and Mayfield served on the committee offering suggestions for

workshop topics, making signs for the event, assembling folders and filling giveaway bags. Faculty members on the committee included Elaine Hitchcock and Kristy Lyach from Knox, Theresa Howe and Paula Vukic from Fonda-Fulkaville, Mary Habis from Northville, Paul King from Mayfield and Jean Karutis from FM. AAUW members assisting on the day of the summit were Mary Ann Harzinski, Bonnie Van Wie, Linda Betz and Michelle Acquaro.