

INDIVIDUAL PROJECT/ PROGRAM/ EVENT:

Note: Any program since last year's deadline is eligible.

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

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

Title: Category: Diversity "Live Your Dream" Girls' Conference

Part I:

Other community groups involved, if any (list):(5 points) Marist College, Dutchess Community College, Center for Prevention of Child Abuse, Dutchess Co. Guidance Assoc.

Number of members involved in **planning or putting on** the program (5 points) 16

Number of nonmembers involved in the program (5 points) 23 adults planning and leading

Number of members who attended or benefitted (5 points) 25

Number of nonmembers who attended or benefitted (5 points) 23 adults + 75 girls each year

Number of new members who joined (if any)(5 points) 4

Part II:

Describe your project/ program/ event in 75-150 **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)

steps taken for community visibility (Attach newsletter and newspaper articles.)(10 points)

measurable impact on the community (10 points)

lessons learned for future programs/ projects/ events (10 points)

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

smkell45@aol.com

Questions? (845)297-0507



October 17, 2009

Girls urged to live their dreams

Journal staff

The fourth Live Your Dream Girls' Conference will take place Nov. 7 at Dutchess Community College in Poughkeepsie.

The Poughkeepsie Branch of the American Association of University Women and Dutchess Community College are partners in the event, which is for seventh-grade girls in the greater Poughkeepsie area.

Girls will explore and develop their creativity and self-expression, and redefine beauty on their own terms. Some girls will be introduced to the art of yoga for relaxation and good health.

The day begins at 9 a.m. and ends at 2:30 p.m. Girls are given T-shirts and specially designed journals, and participate in an opening craft project.

The keynote address will be delivered by Assemblywoman Susan John, D-Rochester. John has represented the 131st Assembly District since 1991.

After the opening, girls will attend workshops. Following lunch, the girls will be divided into small groups for a "Girl Talk" led by area professionals.

Girls who attend the annual conferences are invited back to "reunions" and are asked to act as "big sisters" at future conferences.

Registration forms for the Live Your Dream Girls' Conference are available at area middle schools and libraries, and posted on www.aauwpoughkeepsie.org.

Seminar aimed at teen girls

Workshops seek to build self-esteem

By Scott Cornell
For Focus

Teen girls entering their teenage years find themselves struggling with the pressures of becoming a young woman. A local organization has created a forum for middle school students facing such issues.

Seventh-graders can participate in workshops with counselors and other girls their own age to address young women face during these awkward years in the third annual "Live Your Dream Girls' Conference" from 9 a.m. to 2 p.m. Nov. 1 at Dutchess Community College on Fendall Road in Poughkeepsie.

"We have young women come in and do interactive workshops," said Marcine Humphrey, a retired English teacher at Spackenkill High School and organizer of the conference. "We bring girls from different cultures and different school districts together so they

Resources

For more information or to register for the "Live Your Dream Girls' Conference," call Marcine Humphrey at 845-485-7697 or visit www.aapoughkeepsie.org. Cost to attend the seminar is only \$5, and advanced registration is required by Oct. 28. Lunch, T-shirts and other printed materials will all be provided to the girls.

"Statistics say that by the time these girls start high school, 30 percent of them are unhappy, so we want them to keep striving for their dreams and not let their self-esteem be eroded by the forces of society," she said.

The event is sponsored by the American Association of University Women (AAUW), Poughkeepsie branch and DCC. The AAUW has provided money to host a couple of local programs regarding various issues women face, and the conference is one of those programs, Humphrey said.

"We're moving in the direction of trying to develop a

DUTCHESS COUNTY FOCUS

SATURDAY, OCTOBER 18, 2008

PUBLISHED BY THE POUGHKEEPSIE JOURNAL

visit
the at
il.com

es,
hes,
POS

Activities, talk circles are planned

Continued from Page 1

community of girls where they can meet periodically with professionals who are trained to talk about their lives," she said. "Our talk circles at the conference last year were just a hit because it's nice for these girls to find out that they're not alone. We also do activities and games, but they're purposeful."

At the conference, girls can choose among a variety of activities during the first couple of workshop sessions. The sessions

include yoga and salsa lessons, a discussion on fashion trends, creative writing classes and even a workshop on how girls can discover their true inner beauty.

While participants can pick and choose workshops, all will participate in "Girl Talk Circles" after lunch. Led by professionals, the circles are made up of small groups that discuss various issues.

Chance to mingle

"They're all participatory workshops, and while some are movement groups, others are set up in more of a classroom style where they can talk in a circle, so it really depends on the particular workshop," committee member Betty Harrel said. "The workshops give the girls a chance to loosen up and meet other girls so by the end of the day, we want them to relax and talk amongst themselves."

A retired principal from the Wappingers school district, Harrel, like Humphrey, is a member of the AAUW helping to promote advocacy and education for women. Comprised of women who have gone through college, the AAUW holds national sister-to-sister conferences that foster good decision-making among young girls by allowing them to interact with mediators and peers.

The local "Live Your Dream" conference is modeled after the sister-to-sister forums, Harrel said. Formerly held at Marist College, it is the conference's inaugural year at DEC, but it is still Harrel's responsibility to recruit college students who can act as mentors and supporters for the seventh-graders.

"We hope the college girls

will be role models for them, and we hope each girl would accomplish their own thing during this conference," Harrel said. "We want to help them be more comfortable making positive decisions as they're going through school and we want them to feel like there's always somebody supporting them."

Twice a year, small reunions give the girls additional opportunities to reunite, reconnect and participate in other entertaining activities, Humphrey said. Imani Green attended the conference as a seventh-grader two years ago and will return for a third time to assist with the workshops and talk circles.

"During the conference, we talked about how making new friends can help with school and getting associated with teachers helps with choosing courses and which clubs to join that can help get college credits," Green said. "One of my favorite workshops was the one about inner beauty because we were made to look in a mirror and tell how we felt on the inside about the person we saw, and we learned that you should feel good about the image of yourself on the inside and not the outside."

Now a freshman at John Jay High School, Green has also attended the reunions and hopes one day to host her own workshop, following in the footsteps of her mother Jacqueline, a member of the AAUW and a past

facilitator of the talk circles. Before moving to Fishkill in 2007, Jacqueline Green had many many forums like this and was pleased when she heard a flyer Imani brought home from school.

"I was so impressed with the first conference, that's why I joined the second year, and we talk about a lot of the issues that 12- and 13-year-old girls go through, like how to handle peer pressure and which are good and negative images," Jacqueline Green said. "My daughters have made a friends with girls from LaGrange and Poughkeepsie that they still keep in touch with, so it's nice to meet girls from all over Dutchess County, girls going through the same things in different communities."

Attendance for this forum has grown each year and Humphrey expects at least 100 participants this year.

Now a freshman at John Jay High School, Green has also attended the reunions and hopes one day to host her own workshop, following in the footsteps of her mother Jacqueline, a member of the AAUW and a past

FOCUS Staff

- Theresa J. Marques**
Coordinating Editor
tmarques@poughkeepsiejournal.com
- Tecni Pansle**
Copy Editor
tpansle@poughkeepsiejournal.com
- Berry Rothfeld**
Publisher
brothfeld@poughkeepsiejournal.com
- Jan Dewey**
Advertising Director
jdewey@poughkeepsiejournal.com
- Stuart Shinake**
Executive Editor
sshinake@poughkeepsiejournal.com
- Jean Harris**
Market Development Manager
jharris@poughkeepsiejournal.com
- Nora Piotrowski**
Human Resources Manager
npiotrowski@poughkeepsiejournal.com
- Randy Sutherland**
Controller
rsutherland@poughkeepsiejournal.com
- Bill Farrell**