

**Title:** 12th Annual Sister to Sister Summit - May 16, 2011

**Part I:**

**Other community groups involved:**

30  
Fulton-Montgomery Community College, HFM Prevention Council, HealthLink, Montgomery Co. Drug Court, Catholic Charities, ZenDoKai Martial Arts, TRiO Learning Services, Reality Check, Project Action, Montgomery County Youth Bureau, Nathan Littauer Hospital ✓

**Number of members involved in planning or putting on the program** 11 ✓

**Number of nonmembers involved in the program** 14 ✓

**Number of members who attended or benefitted** 11 ✓

**Number of non members who attended or benefitted** 220 ✓

**Number of new members who joined** 3 expressed interest and were sent invite to join ✓

**Part II:**

Sister to Sister Summit, an AAUW initiative, got rural middle school girls together to address mental, emotional, social and physical fitness issues and gave them a chance to visit the local community college. Information packets sent to the schools as well as press releases, letter to editor and thank you ad provided visibility for our branch's signature event.

The Fulton-Montgomery Community College and schools were contacted to avoid conflicts. The 17 middle schools in Hamilton, Fulton and Montgomery Counties were invited to bring 15 girls each. Districts provided transportation and chaperones.

Local organizations provided workshop facilitators free. An \$8 registration fee covered lunch. Donations and grants covered facility use, speaker fee, t-shirts etc. Reality Check and Project Action provided displays and give aways. A tour of the new FMCC nanotech clean room was organized for chaperones. Our AAUW information table generated interest.

Deborah Borie, speaker at the 2010 NY State AAUW convention, presented the cap-note on how media and advertisers work hard at influencing the decisions young people make. Borie also presented at our May AAUW meeting on "Too Sexy to Soon" which we opened to other women's organizations in the Elizabeth Cady Stanton Women's Consortium.

In planning our upcoming Summit to held on May 22, we considered the economic difficulties local school districts are having. We will focus on Tech Savvy to encourage girls in STEM careers and help schools who have had to cut teachers and programs offer opportunities to their girls. Using a computer program for the first time at S2S 12 to sort 190 girls into their three top choices of the thirteen workshops saved time and effort and it will be used for Summit 13!

# Area schools registering girls for Sister to Sister Summit

**JOHNSTOWN** - The Amsterdam-Gloversville-Johnstown branch of the American Association of University Women has announced registration is under way for the 12th annual Sister to Sister Summit.

The conference is for girls in grades six through eight at schools in the Tri-County Area. It will take place from 8:15 a.m. to 1:30 p.m. May 16 at Fulton-Montgomery Community College. The day will include morning workshops, lunch and a capnote speaker. Sister to Sister Summits are presented by nationwide and were initiated by

AAUW to address the emotional, social and physical fitness issues important to teenage girls in order to help them succeed in the future, according to a news release.

Topics for this year's conference were chosen based on evaluations from girls who attended the 2010 Summit. Girls attending this year's event will participate in three of the 14 workshops offered in the morning sessions.

Topics for the summit workshops will include:

- Prescription Drug Abuse
- Put Your Best Face Forward

- Let Music Grab You With a Boom
  - Dealing with Stress
  - It Can Happen to You
  - Sexual Decision Making
  - Banish Bullying
  - Fun and Festive Snacks
  - Let's Face It
  - Zumba
  - Self-Protection
  - Fun in Your Backyard
  - Theater Games
  - Yoga/Plates
- After lunch, capnote speaker Deborah Borie will give a presentation on the topic "You Decide." Borie will focus on

helping girls become aware of media and advertisers try to influence the decisions young people make, in the hope that this information will help girls make good decisions despite the influences targeted at them.

In addition, adults attending as chaperones will be offered a tour of the new FMCC clean room led by Greg Truckenmiller, the college's vice president of academic affairs.

Information packets have been sent to the 17 middle schools in the area. The deadline for registration is April 1. There will be a registration fee of \$8 for each girl and chaperone attending to cover the cost of lunch and breakfasts.

Schools registering girls after April 1 will pay a late fee of \$10 per person. Patsy Suydam and Linda Bumpus are serving as co-chairwomen of the 12th annual Sister to Sister Summit. Susar Summerfield and Melanie Pombrio are overseeing registration.

All registrations will be handled through the area middle schools. For information about registration contact Summerfield or Pombrio at 922-6034 or 736-2265.

## Speaker announced for Sister to Sister Summit

**JOHNSTOWN** - Deborah Borie has been selected as the capnote speaker for the Sister to Sister Summit, a conference for middle school girls which will take place May 16 at Fulton-Montgomery Community College.

Borie serves as project co-director of the Training 2000+ program of the Just Kids Early Childhood Development Center. She was a speaker at the 2010 New York State Association of American University Women convention, where she discussed the negative aspects of mass media marketing of sex and beauty to young girls.

Borie's presentation at the Summit will be titled "You Decide." She will focus on helping girls become aware of how media and advertisers work at influencing the decisions young people make, according to a news release. Borie's presentation is being funded by Nathan Littauer Hospital.

Sister to Sister Summits are an AAUW initiative and are presented across the nation to assist girls in dealing with issues such as stress, self-esteem, healthy relationships, bullying and body image in their difficult transi-

tional years.

This is the 12th Sister to Sister Summit organized by the local Amsterdam-Gloversville-Johnstown branch of AAUW, serving girls from Fulton, Montgomery and Hamilton counties.

Patsy Suydam and Linda Bumpus are serving as co-chairwomen of the event. The summit will feature workshops on topics ranging from online social networking to dealing with stress. Adults attending as chaperones will be offered a tour of the new FMCC clean room led by Greg Truckenmiller, the college's vice president of Academic Affairs.

Registration for the event will be handled through area middle schools. Each district will be invited to bring 15 girls to the summit.

Last year's event drew more than 200 girls from Hamilton, Fulton and Montgomery counties. Information packets will be distributed to each school district in March.

There will be a registration fee of \$8 per person to cover the cost of lunch and breakfast snacks. The deadline for registration is April 1.

For more information, call Bumpus at 725-1927.

November 11, 2010

Leader-Herald

Local

## Sister to Sister Summit planning session slated

**JOHNSTOWN** - The Amsterdam-Gloversville-Johnstown Branch of the American Association of University Women has begun planning its 12th annual Sister to Sister Summit.

The conference day is especially designed for middle-school girls from Hamilton, Fulton and Montgomery counties. Last year's event drew more than 200 girls and advisers.

The Sister to Sister Summit is an AAUW initiative, and the events are presented annually across the nation to assist girls in dealing with issues such as stress, self-esteem, healthy relationships, bullying and body image in their often-difficult

transitional years.

The local AAUW branch has set May 16 as the date for the 2011 Sister to Sister Summit.

Linda Bumpus and Patsy Suydam will be serving as chairwomen for the event, which will take place at Fulton-Montgomery Community College.

A planning meeting will be conducted at 3:30 p.m. Monday in the Johnstown Public Library's community room.

Anyone interested in assisting with planning or providing workshops or funding sources is invited to attend the meeting.

For more information, call Linda Bumpus at 725-1927.

# Local

## Fonda-Fultonville girls help prepare for summit

FONDA - Girls from the Fonda-Fultonville Central School, under the direction of teachers Paula Carnevale and Theresa House, recently prepared the registration folders for the upcoming 12th annual Sister to Sister Summit.

The Amsterdam-Gloversville-Johnstown branch of the American Association of University Women will present the conference for area middle school girls Monday at Fulton-Montgomery Community College.

Conference attendees who pre-registered at their schools will report at 8:15 a.m. to the College Union lobby to receive their registration folders and schedules for the day. The attendees will then gather in the cafeteria to hear opening remarks by Summit co-chairwomen Patsy Suydam and Linda Bumpus. Breakfast snacks will be provided at that time.

At 8:55 a.m., the girls will proceed to their workshop sessions around the campus. Balloons will mark the way, and AAUW volunteers will direct the girls to their workshops.

Workshop I will run from 8:55 to 9:50 a.m.,

Workshop II from 9:55 to 10:50 a.m., and Workshop III from 10:55 to 11:50 a.m. During this time, adults attending as chaperones will be offered a tour of the new FMCC clean room led by Greg Truckenmiller, the college's vice president of academic affairs.

At 11:50 a.m., following the third workshop session, attendees will return to the College Union building, where a buffet lunch will be provided and displays by Project Action Coalition and Reality Check may be visited.

After lunch, the girls and chaperones will proceed to the theater to hear the capnote presentation by Deborah Borie, which will focus on how markets and media target young people, how they can learn to navigate this environment and where they can find information and support.

The summit will end at 1:30 p.m. with evaluations by the attendees and the distribution of commemorative T-shirts to the girls.

AAUW members who have volunteered to help set up for the summit are asked to report to the College Union at 3 p.m. Sunday.



Fonda-Fultonville students Jennie Youngs and Shania Snell are shown with teachers Paula Carnevale and Theresa House preparing for Monday's Sister to Sister Summit.

Photo submitted

## Stewart's supports event for girls

JOHNSTOWN - Stewart's Shops has donated \$1,000 to the Amsterdam-Gloversville-Johnstown branch of the American Association of University Women to provide commemorative T-shirts for the group's upcoming Sister to Sister Summit.

The conference for middle school girls in Fulton, Montgomery and Hamilton counties will take place May 16 at Fulton-Montgomery Community College.

The event will include morning workshops, lunch and a capnote speaker.

Sister to Sister Summits are presented nationwide and were initiated by AAUW to

address the emotional, social and physical fitness issues important to teenage girls.

The Summit will feature 14 workshops for the girls to choose from during three morning sessions and a capnote presentation after lunch.

A total of 193 girls from 17 schools in the area have registered to participate. This year's volunteer summit workshops will cover a range of topics, from the dangers of substance abuse to the benefits of exercise.

After lunch, capnote speaker Deborah Borie will talk about helping girls become aware of how media and advertisers work to

influence the decisions young people make. Her lecture's goal is to help girls make good decisions.

Adults attending as chaperones will be offered a tour of the college's new clean room, vice president of academic affairs.

Patsy Suydam and Linda Bumpus are co-chairwomen of the 12th annual Sister to Sister Summit.

Planning committee members include Susan Summerfield, Melanie Pombrio, Barbara Nigro, Anne Campos, Elizabeth Russo and Sandra Maceyka.



Sister to Sister Summit co-chairwomen Patsy Suydam, left, and Linda Bumpus are shown with John Maryanopolis, the manager of the Stewart's Shop in downtown Johnstown. The company is sponsoring T-shirts for the event.

Photo submitted

May 4, 2011 *hansen Herald*



## Summit was a success

The Amsterdam-Gloversville-Johnstown branch of the American Association of University Women would like to thank the volunteer workshop presenters, financial donors, and middle school teachers and counselors who took the time to register and accompany the girls to the 12th Annual Sister to Sister Summit on May 16.

Despite financial hard times, all 17 schools in the tri-county area once again were able to send girls to the conference. Rain the day of the event did not put a damper on spirits as 200 girls ran across campus to attend workshops in the classrooms, theater and Fulton-Montgomery Community College gym.

Use of the community college campus for the Sister to Sister Summit provided a wonderful opportunity for local girls to be in a college setting, perhaps for the first time, and to hopefully motivate them to go on to further their education. We were fortunate to have members of the college staff volunteer to facilitate some workshops. The food service provided delicious pizza and salads for lunch, and the maintenance staff was very helpful with our setup needs. Chaperones and AAUW volunteers were given a tour of the FMCC clean room by a very enthusiastic Kyle Bonfey, technician at the college.

The attendees had a chance to meet and work with girls from other schools by creating skits on the college stage, assembling snacks in the student kitchen, discussing bullying, drug and alcohol use in the classrooms, brainstorming about Facebook uses in the computer lab and interacting in Zumba, self-protection and fun-in-the-back-yard workshops in the college gym.

Reality Check was on hand at lunch with a display regarding tobacco advertising to youths and provided calculators to all the girls attending.

In the campus theater, cap note speaker Deborah Borie enlightened the girls about how preteens and teens are being targeted by businesses to try to influence them to buy their products.

Thanks go to co-chairwomen Patsy Suydam and Linda Bumpus and committee members Anne Campos, Mel Pombrio, Sue Summerfield, Peg Snyder, Bonnie Van Wie, Joan Clapper, Marie Wojeski and Sandy Maceyka. Not to be forgotten are the Fonda-Fultonville girls, who under the direction of teachers Teressa House and Paula Carnavale, assembled more than 200 registration folders for the summit. The efforts of all made this worthwhile conference for middle school girls a success.

**ELIZABETH RUSSO**

Member of AAUW Sister to Sister Summit Committee  
Johnstown

*Leader - May 25, 2011*

Letter to Editor



Thanks to you for making  
the 12th Annual  
Sister to Sister Summit  
a Success!

### SPONSORS...

Community Physical Therapy and Wellness,  
Delaney Construction, Delta Kappa Gamma,  
Fit Happens, Fonda-Fultonville PTO, Fort Plain Teacher's  
Association, Fulton County Federal Credit Union,  
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Northville Teacher's Association, Soroptimists  
International of Fulton County, St. Johnsville Teacher's  
Association, St. Mary's Hospital, Stewart's Foundation,  
Wells Central PTA, Wheelerville PTO

### SPECIAL THANKS TO FMCC AND...

Amsterdam-Gloversville-Johnstown Branch of  
American Association of University Women's 2011 Sister  
to Sister Planning Committee, Dunkin' Donuts of  
Gloversville, Hannaford of Amsterdam,  
Hannaford of Gloversville, Holiday Inn, Key Bank,  
McDonald's Corp, PostNet, Price Chopper,  
Reality Check & Project Action Programs of  
Montgomery & Fulton County, Washburn's Dairy

### WORKSHOP PRESENTERS...

Alexandra S. Henderson, Carol Tomlinson,  
Claudia McDuffee & Panel, Jason Radalin,  
Jennifer DeCuyke, Kate Schwan, Margaret Clark,  
Melanie Pombrio, Michael Campos, Michael Daly,  
Patty Brown, Shea Lauria, Shirl Doherty,  
Sue Summerfield, Sue Williamson

*Leader Herald May 24, 2011*

**SPONSORED BY ....**

Community Physical Therapy and Wellness  
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Mayfield Teachers  
Montgomery County Youth Bureau  
Nathan Littauer Hospital  
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Soroptimists International of Fulton County  
St. Johnsville Teachers Association  
St. Mary's Hospital  
Stewart's Shops  
Wells Central PTA  
Wheelerville PTO

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Hannafor  
Holiday Inn  
Key Bank  
McDonald's  
PostNet  
Price Chopper  
Reality Check & Project Action Programs of  
Montgomery & Fulton County  
Washburn's Dairy



**American Association of University Women of  
Amsterdam-Gloversville-Johnstown**

**Proudly Present**

**12th Annual  
Sister to Sister Summit**

**Fulton-Montgomery Community College  
Monday, May 16, 2011  
8:15 am - 1:30 pm**

**For Girls in Grades 6-8**

**Programs printed courtesy Nathan Littauer Hospital**



## Sister to Sister...

### A summit for and about Girls



- ◆ To provide a forum for middle school girls to discuss and learn about issues important to them.
- ◆ To allow girls an opportunity to express their opinions, thoughts, and ideas.
- ◆ To help young girls stay on a positive course through high school and beyond.

### Schedule of Events

8:15 - 8:40	Registration - Student Union Building
8:40 - 8:50	Welcome
8:55 - 9:50	Workshop I
9:55 - 10:50	Workshop II
10:55 - 11:50	Workshop III
11:55 - 12:25	Lunch
12:30 - 1:15	Keynote - YOU Decide ... Deborah Borie
1:15 - 1:30	Evaluations, Giveaways & Dismissal

**DEBORAH BORIE: CAPNOTE SPEAKER** Ms. Borie is an educator and trainer. She holds a BS degree from SUNY Potsdam, a Master's in Communication Disorders from The College of St. Rose, and a Diplôme Supérieure from the Institut de Touraine, Tours, France. Her talk will focus on media awareness: how media and marketers work to influence young people's decisions; how to navigate this environment; where to find more information and support; and how to take action.

*Ms. Borie sponsored by Nathan Zittauer Hospital*

## Workshop Locations

	Room	Workshop Description	Leader
A1	CI07	PRESCRIPTION DRUG ABUSE	Margaret Clark - Educator HEM Prevention Council
A2	CI06	PUT YOUR BEST FACE FORWARD	Kate Schwann Mary Kay Senior Sales Director
A3	CI30	LET MUSIC GRAB YOU WITH A BOOM	Shea Lauraia Musician/Performer
A4	CI08	DEALING WITH STRESS	Carol Tomlinson Community Health Educator, Healthlink
A5	CI09	IT CAN HAPPEN TO YOU	Claudia McDuffy & guests Montgomery County Drug Court
A6	CI10	SEXUAL DECISION MAKING	Christy O'Callaghan-Leue Planned Parenthood Mohawk Hudson
A7	CI11	BULLYING STOPS HERE	Jennifer DeCryke Prevention Educator Catholic Charities
A8	Student Kitchen	FUN & FESTIVE SNACKS	Alexandra S. Henderson FMCC Professor
A9	L207	LET'S FACE IT	Michael Daly FMCC Librarian/Instructor
B1	1/2 Gym	ZUMBA	Patty Brown Aerobics Instructor
B2	PI07	SELF-PROTECTION	Michael Campos ZenDokai Martial Arts
B3	1/2 Gym	FUN IN YOUR BACKYARD	Kristin Harrod Health Teacher Northville Central School
B4	NI10	THEATER GAMES	Jason Redalini FMCC Assistant Professor
B5	Large Lounge	YOGA/PILATES	Sue Williamsen Health Teacher Wells Central School