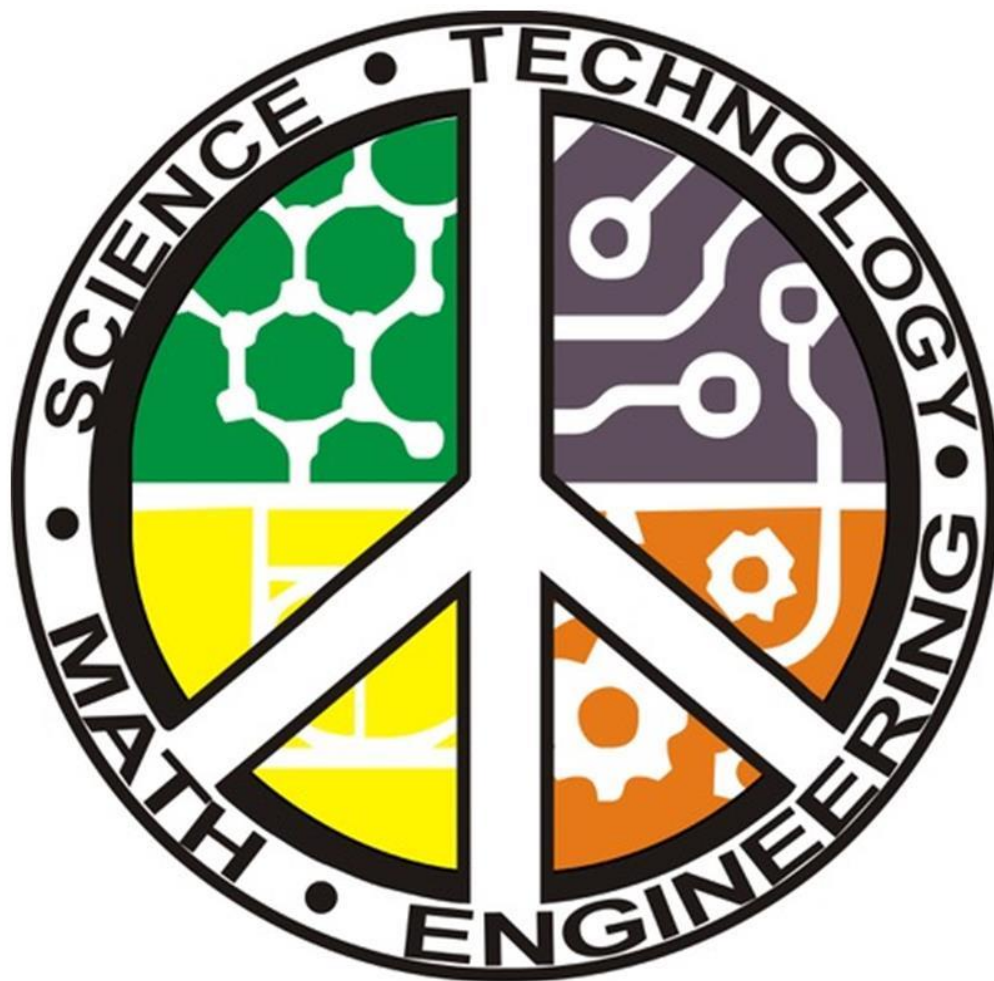


CONFIDENCE

APRIL 27, 2019 in GAYLORD, MI



TechSavvy
A program of AAUW

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con·fi·dence / 'känfədəns/

a feeling of self-assurance arising from one's appreciation of one's own abilities or qualities.

If you are presenting yourself with confidence, you can pull off pretty much anything.

- Katy Perry

Confidence is not "They will like me." Confidence is "I'll be fine if they don't."

- Christina Grimmie

You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, "I lived through this horror. I can take the next thing that comes along."

- Eleanor Roosevelt

2019 SCHEDULE – GIRLS

Time	Activity	Location
8:30–9:00 am	Check in and Breakfast	GHS Commons
9:00–9:20 am	Welcome (for girls and adults)	GHS Auditorium
9:30–10:20 am	Tech Workshop or College Savvy	UCG (see page 4 for room #)
10:30–11:20 am	Tech Workshop or College Savvy	UCG (see page 4 for room #)
11:30–12:20 pm	Tech Workshop or College Savvy	UCG (see page 4 for room #)
12:30–1:00 pm	Lunch	GHS Commons
1:00–1:15 pm	Special Guest Welcome <i>U.S. Senator Gary Peters feels strongly about the importance of encouraging females to pursue STEM careers. He brings a personal message for everyone.</i>	GHS Auditorium
1:15–2:15 pm	STEM Panel Presentation (for girls and adults) <i>Facilitated discussion with young women in STEM studies/careers talking about their journey, why they chose STEM, and how they've addressed challenges along the way.</i>	GHS Auditorium
2:30–3:15 pm	Savvy Skills Workshop	Assigned by grade (see page 5 for room #)
3:30–4:15 pm	Keynote Speaker (for girls and adults)	GHS Auditorium
4:15–4:30 pm	Closing Remarks/Evaluations/Prizes (for girls and adults)	GHS Auditorium

COLLEGE SAVVY

Girls start in UCG Room # U-101

COLLEGES / UNIVERSITIES / EXHIBITS

Tables Located in UCG-Central Corridor

Kirtland Gaylord M-TEC
Lake Superior State University
Northwestern Michigan College

Michigan Technological University
North Central Michigan College

Michigan Department of Transportation

2019 TECH WORKSHOPS – GIRLS

Morning Sessions

Confident CODING <i>Tina Norris Fields</i> <i>Tall Pines Computer Training</i>	Learn the logic behind Java computer code and create colorful, interactive programs. Room U-103
Nurture NATURE <i>Sarah Topp</i> <i>AmeriCorps Coordinator, Huron Pines</i>	Practice wildlife CSI and explore paths you can take to protect animals and the lands where they live. Room U-111
Crime Scene Investigators (CSI) <i>Sarah Forman</i> <i>Michigan State Police Forensic Laboratory</i>	Use science and problem-solving skills to locate evidence, investigate, and solve crimes like a forensic scientist. Room U-113
Good CHEMISTRY <i>Saskia van Bergen</i> <i>Washington State Department of Ecology</i>	Use “green chemistry” to make and test products that are safe for our environment. Room U-109
Dream DESIGN <i>Brittany Stripp</i> <i>Westward Architecture</i>	Architecture involves STEM skills which you’ll use in designing a sturdy structure with common items. Room U-107
Fantastic PLASTIC <i>Elizabeth Egan</i> <i>Hoffman Plastics</i>	Explore plastics through hands-on activities while learning about related careers in the real world. Room M-111
WATER Wonders <i>Christa Meingast</i> <i>Michigan Technological University</i>	Explore how to create clean and safe water for communities by building a model fog harvester. Room M-103
Light It Up <i>Lori Kindsvatter</i> <i>Gaylord High School</i>	Learn about electrical circuits by building a paper circuit to create your own LED light up card or display. Right brain meets left brain! Room U-112
College Savvy <i>Facilitated by Amanda Dobrzelewski</i> <i>AAUW Gaylord Area Branch</i>	Fill out a simplified college application, visit with college representatives, and vie for prizes. Room U-101

2019 SAVVY SKILLS WORKSHOPS – GIRLS

Afternoon Sessions

6th Grade Girls: Mindfulness for Life <i>Amy Mertz</i> <i>Co-owner Yoga-45</i>	Sixth grade girls will gain understanding of mindfulness and how it can aid success in everyday life. Girls will also have a chance to learn and practice yoga postures designed to enhance well-being and quiet the mind. Room U-107
7th Grade Girls: Addressing Stereotypes <i>Luann Mabarak</i> <i>Kirtland Gaylord M-TEC</i>	Seventh grade girls will discover that the way females are portrayed in the media can impact their self-image and learn how to overcome any negative stereotypes. Room U-111/112
8th and 9th Grade Girls: Building Self-Confidence <i>Kristy Torsky</i> <i>Northern Family Intervention Services</i>	Eighth and ninth grade girls will learn how confidence, the theme for this year's Tech Savvy event, is important to future success and gain valuable skills to boost their own confidence. Room U-103/105

STEM Panel Presentation (1:15–2:15 pm)

Meet a number of young women from northern Michigan who have chosen studies and careers in typically male-dominated STEM fields. Learn about their experiences, what led to their career choices, challenges they may have encountered along the way, and keys to their successes. Time will be allotted for Q & A with the audience. Questions are encouraged.

Moderator: Amanda Dobrzelewski, AAUW Gaylord Area Branch

Panelists: Katie Kierczynski, student at Michigan State University
Anya Leach, student at Michigan Technological University
Pilar Masserang, draftsman at Seidell Architects
Kristen McCormick, student at Wayne State University
Christa Meingast, student at Michigan Technological University
Adriana Sokalaski, electrical technology student
Anne Weitzel, Ph.D. candidate in biomedical sciences at U of M

2019 SCHEDULE – ADULTS

Time	Activity	Location
8:30–9:00 am	Check in and Breakfast	GHS Commons
9:00-9:20 am	Welcome (for girls and adults)	GHS Auditorium
9:30–10:20 am	<p>Encouraging Girls in STEM Pursuits <i>DJ Boehm, PhD – STEM Consultant</i></p> <p><i>Learn why females are underrepresented in STEM careers and how to support girls in pursuing STEM Studies. Based on <u>Why So Few?</u> – research funded by National Science Foundation.</i></p>	GHS Library
10:20–11:05 am	<p>Opportunities in STEM <i>Alayne Hansen – Michigan Works! Northeast Consortium</i></p> <p><i>Learn about career opportunities involving STEM skills here in northern Michigan and elsewhere – state and nationwide. Understand the qualities that employers are seeking in today’s job market and how girls can prepare to stand out.</i></p>	GHS Library
11:10–11:50 pm	<p>Parent Empowerment and Resources <i>Luann Mabarak – Kirtland Community College</i></p> <p><i>If you haven’t experienced the college scene yourself – and even if you have – it can be intimidating to navigate today’s world of STEM career options and know how to support teens in their journey and encourage their success. You’re not alone and there are resources available.</i></p>	GHS Library
12:00–12:30 pm	<p>Visit College Tables – Become College Savvy</p> <p><i>“College Savvy” shows <u>students</u> that going to college means taking initiative, showing their best, and using their voice. Students fill out an application, describe an achievement they are proud of, and interview with multiple college reps.</i></p> <p><i><u>Adults</u> benefit from talking to College Reps, too; stop by the various tables, discover programs they offer in STEM, and ask about how to prepare now for your student’s future success.</i></p>	UCG Corridor
12:30-1:00 pm	Lunch (girls and adults)	GHS Commons
1:00-1:15 pm	<p>Special Guest Welcome <i>U.S. Senator Gary Peters feels strongly about the importance of encouraging females to pursue STEM careers. He brings a personal message for everyone.</i></p>	GHS Auditorium

1:15 – 2:15 pm	STEM Panel Presentation (for girls and adults) <i>Facilitated discussion with young women in STEM studies/careers talking about their journey, why they chose STEM, and how they've addressed challenges along the way.</i>	GHS Auditorium
2:25–3:20 pm	Preparing for the Future – Options to Fund College <i>Katelynn Coon – Lake Superior State University</i> <i>Learn how to estimate the true cost of college (it may be lower than your worst fears), typical funding options, tools to assist the scholarship search, and benefits of planning in advance.</i>	GHS Library
3:30–4:15 pm	Keynote Speaker (girls and adults)	GHS Auditorium
4:15–4:30 pm	Closing Remarks / Evaluations / Prizes (girls and adults)	GHS Auditorium

CONTACT INFORMATION
AAUW Gaylord Area Branch
Membership Information at the University Center Information Desk
 PO Box 1455
 Gaylord, MI 49734
www.gaylord-mi.aauw.net
aauwgaylord@gmail.com

The American Association of University Women (AAUW) is a nationwide organization that advances equity and education for women and girls. The Gaylord Area Branch empowers through scholarships, educational programs and honoring the achievements of local women.

Join us and your membership can help make AAUW's powerful voice even stronger. In addition to membership meetings, learn from and connect with other members through both committee meetings and our local special interest groups including the Book Club and Gourmet Group.



Stop by and check us out. AAUW Gaylord Area Branch meets at noon the second Wednesday of each month at University Center Gaylord, 80 Livingston Blvd. Feel free to bring a sack lunch.

If you cannot make our lunch meetings, you can still be involved in our mission through various activities.

Visit aauw.org to learn about benefits of membership nationally.






gaylord-mi.aauw.net • aauwgaylord@gmail.com



Local Board Members

AAUW Gaylord Area Branch supports women & girls through:

- Tech Savvy Scholarships
- Used Book Sale
- Candidate Forums
- Woman Making History Luncheon
- Christmas Giving to Local Women
- Collaboration with Zonta & GACA



KEYNOTE SPEAKER

Amy Cannon, PhD

GHS Auditorium, 3:30-4:15 pm



Dr. Amy Cannon is a Founder and Executive Director of Beyond Benign, a non-profit organization in Wilmington, MA dedicated to green chemistry education. Green chemistry refers to the design of chemical products and processes that reduce the use or creation of hazardous materials.

Amy holds the world's first Ph.D. in Green Chemistry from the University of Massachusetts Boston where her research involved creating photoactive materials in an environmentally-safe manner. She received her M.S. in chemistry from the University of Massachusetts Boston and her undergraduate degree in Chemistry from Saint Anselm College in Manchester, NH. Having previously served as an Assistant Professor at the University of Massachusetts Lowell, Amy has also worked in private industry as an analytical chemist for the Gillette Company and as a scientist for Rohm and Haas Electronic Materials. She was awarded the Kenneth G. Hancock Memorial Award in Green Chemistry in 2004 for her work on titanium dioxide semiconductors and their application in dye-sensitized solar cells. Amy was awarded the 2012 EPA New England Environmental Merit award for her leadership and work on green chemistry education.

Amy credits an Earth Day Fair when she was in 8th grade for inspiring the career path she has followed. Learning about environmental issues and related challenges opened her eyes, and “from that day on I knew *‘I wanted to save the world’*, although I had no idea what that meant at the time.” Amy considers it empowering as a chemist to be able to look at a structure and draw conclusions about whether it would persist in the environment, or whether it has the potential to cause cancer. She feels it is important to know what to look for when designing materials and products, and feels that the field of chemistry offers many opportunities for innovation.

MEET THE PRESENTERS



Dr. D.J. Boehm

Dr. Boehm has a PhD in Cellular and Molecular Biology from the University of Michigan. She combined her love of science with communication skills in the medical device industry (Becton-Dickinson) to lead development of an instrument to detect deadly blood infections, edited a microbiology “best seller,” and headed the Global Technical Services Team for 15 years. Embracing change, she moved to Pfizer pharmaceuticals where she led a human clinical trial team working on the important medicines Lyrica™ and Chantix™. She’s an expert in large-scale change education. D.J. has served on several boards including United Way of Washtenaw County, Ann Arbor Area Community Foundation, Ann Arbor Hands On Museum and the University Musical Society. Currently an independent consultant, D.J. and her husband are avid golfers and love the Gaylord area.



Katelynn Coon

Katelynn is from St. Ignace, MI. She attended Grand Valley State University for two years and transferred to Lake Superior State University where she has been ever since. She earned an Associate’s Degree in Natural Resources, a Bachelor’s Degree in Parks and Recreation, and a Master’s Degree in Administration in Higher Education. Her husband, 3 children, 1 dog and 21 chickens live just south of Sault Ste. Marie. She has been working in the Financial Aid Office at Lake State University since 2009 and is now a Director. It is her passion to help students and families pursue their dreams of affording college.



Amanda Dobrzelewski

Amanda is a northern Michigan native, graduating from Johannesburg-Lewiston High School, and attending Central Michigan University, where in 2016 she received her Bachelor’s degree in Therapeutic Recreation. Amanda works as a Certified Therapeutic Recreation Specialist for the Otsego County Commission on Aging. She helps community members 60 or older live happy active lives with hiking, exercise, support groups, brain classes, and more. Amanda loves weightlifting, hiking, boating, backpacking, and most importantly being with family and friends. Amanda is married to her best friend, Josh Dobrzelewski, and they have two cute goldendoodles, Riley and Murphy.



Elizabeth Egan

Mrs. Egan attended Michigan State University and graduated with a Bachelor’s degree in Packaging Engineering and then earned a Master’s degree in Business Administration from Central Michigan University. She worked 18 years for The Dow Chemical Company Plastics, Consumer Products, and also automotive business units. She is a member of the Society of Plastics Engineers and a former member of AAUW in Midland, Michigan. She currently is the owner of Hoffman Plastics, an educational consulting business supporting the education of plastics in society. She is also an elected Trustee for the Clarkston Community Schools Board of Education. Her hobbies include gardening and playing and teaching the piano.



Tina Norris Fields

Tina Norris Fields has a M.A. degree in Leadership, a B. S. in Bus-CIS, and is the owner of Tall Pines Computer Training. She specializes in facilitating personal computer mastery. Her background includes export management, hazardous materials transportation, database systems development, adult education, and computerized genealogical research. She combines a passion for people with a solid understanding of computers to achieve a comfortable learning environment for students at every level.



Sarah Forman

Sarah Forman is a forensic scientist at the Michigan State Police forensic laboratory in Grayling. She is a 2007 graduate of Gaylord High School where she played the trumpet in the band and was a competitive and sideline cheerleader for all four years. Sarah has a Bachelor of Science in Forensic Chemistry and Criminalistics from Lake Superior State University. She has six years of crime scene investigation experience and four years of experience examining latent prints. When she's not investigating crimes, Sarah enjoys practicing yoga and painting.



Katie Kierczynski

Katie Kierczynski is a Master's degree student in the Fisheries and Wildlife Department at Michigan State University. She graduated from Johannesburg-Lewiston HS in 2013 before earning her B.S. in Fisheries and Wildlife with a minor in Science, Technology, the Environment, and Public Policy from MSU in 2017. Throughout her undergrad years, Katie worked in various MSU research labs investigating sea lamprey behavior, sampling trout streams, and identifying various aquatic organisms before sampling mountain streams for the U.S. Forest Service in Utah and looking at the habitat use and abundance of juvenile salmonids in glacial streams for the Aquatic Restoration and Research Institute (ARRI) in Alaska. Her current research focuses on predator diets in Lake Huron. Katie hopes to work in applied fisheries research when she graduates.



Lori Kindsvatter

Lori teaches physics and biology at Gaylord High School. She holds degrees from Michigan State University, Ferris State University and Central Michigan University in Medical Technology, Science Education and Biology. Prior to teaching, Lori worked in Research and Development at Dow Chemical and completed snake research at the CMU Biological Station on Beaver Island. Lori lives in Indian River with her husband, Chris, and her son, Kaleb, two dogs, a cat and four snakes. Her hobbies include hiking, biking, photography and anything to do with nature.



Anya Leach

Anya graduated from West Virginia University with a Bachelor of Science in physics and an area of emphasis in biophysics. In 2016, she began her Master's studies in Environmental Engineering at Michigan Technological University. A year later, she began working in the Great Lakes Research Center's Environmental Processes Lab at MTU and has assisted various water quality projects within the Great Lakes region. Last summer, she began her thesis research focusing on benthic health in the Torch Lake Area of Concern. She plans to spend her last summer at MTU wrapping up her thesis while continuing field and lab work with the Environmental Processes Lab.



Luann Mabarak

Luann is the Director/Academic Advisor for Kirtland Community College's northern site, the M-TEC in Gaylord where she blends her passions of positive thinking, servant leadership and compassion for others. She attained Master of Arts degrees in both Organizational Management and Counseling and is a Licensed Professional Counselor, HealthRHYTHMS Group Empowerment Drumming Facilitator and Certified Appreciative Inquiry Facilitator. Born with strong connections to nature, Luann credits some of her greatest lessons in life and leadership to her four-legged teachers.



Pilar Masserang

Pilar is a draftsman at Seidell Architects in Gaylord. Since childhood, she has been building, creating, and imagining new things out of anything she could; cardboard and hot glue were her best friends. She has always been interested in art and could clearly imagine her final creation before starting it. In high school she became more interested in graphic design. With her love for art and math, studying architecture seemed like the right path to take. She received her Bachelor's degree from Ferris State and lives near Grayling with her husband, 3 dogs, and a small zoo.



Kristen McCormick

Kristen graduated from Johannesburg-Lewiston high school and is currently in her second year of the chemical engineering program at Wayne State University. She works at the Greenberg Biological Sciences lab on campus as a lab assistant and is a part of a research group working on computational optimization of materials. In the summer, she will be interning at Asahi Kasei Plastics in Fowlerville, MI. She attended the very first TechSavvy as a student and has volunteered ever since. During high school, she also attended numerous other STEM camps. On campus she is a member of the Society of Women Engineers. After graduating with her bachelor's degree she plans on obtaining a graduate certificate in polymer science and a Master's degree in materials engineering.



Amy Mertz

Amy graduated from Saint Mary's College, Notre Dame, Indiana with a Bachelor of Science in Biology with a concentration in Chemistry and Education. For the past twenty years she has worked in the pharmaceutical industry in a variety of areas, most recently in education and sales in public health and prevention. Her passion, however, lies in mentoring girls and promoting the mind-body connection through yoga. Amy is co-owner of the Yoga-45 studio located in Gaylord. The studio strives to build connections, foster community and encourage growth. Amy is also the current programming director for the Guardian Gals (for girls going into 5th grade) which is a local summer mentoring program modeling leadership, philanthropy, environmental efforts and healthy life choices.



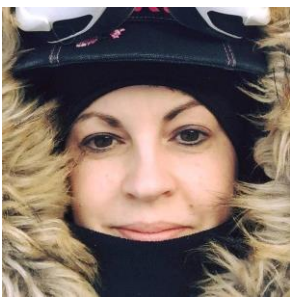
Christa Louise Meingast

Christa Meingast is a PhD student at Michigan Technological University in the field of Environmental Engineering. She is studying the mechanisms of viral inactivation in therapeutic protein manufacturing with the synergistic activities of the amino acid arginine. She plans to graduate fall of 2019 and obtain a teaching position in postsecondary education.



Adriana Sokalaski

Adriana will graduate from college in the winter of 2020 with a major in electrical technology. She is currently in her third-year apprenticeship with an electrical company in Grayling. She has also worked with an electrical company downstate. She enjoys working on cars, trucks and especially her classic muscle car. It is a part of the reason she's so motivated to continue in the electrical field. Adriana enjoys volunteering and being a part of her community. After graduation, she plans to continue her education and further her experience to become an electrical engineer with the goal of opening her own business one day.



Brittany Stripp

Brittany Stripp is an architect with her own firm in Gaylord, MI. She is originally from Northern Michigan, has a Bachelor's degree in Architecture from the University of Michigan, and a Master's degree in Architecture from Lawrence Technological University. She also attributes a lot of her knowledge to working for a custom home builder while in college. That spring-boarded her career into designing multi-million-dollar homes in Vail and Beaver Creek while living in Colorado. Now back in Michigan, she still focuses on custom residential homes, but also has a passion for new and remodeled commercial properties, including new restaurants, businesses, and apartment buildings.



Sarah Topp

Sarah Topp grew up in Gaylord, MI and earned a Bachelor of Science in Biology from Northern Michigan University in December 2013. After spending some time with seasonal jobs including two internships with the Pigeon River Country Association and a summer of building trails with the Southwest Conservation Crew in Colorado, Sarah served as a Huron Pines AmeriCorps member with Michigan United Conservation Clubs in 2015. Before joining Huron Pines as the Huron Pines AmeriCorps Coordinator, she was coordinating volunteers for MUCC's On the Ground Program. Sarah resides in Gaylord and enjoys hiking the forests with her dog, mountain

biking, fishing, and hunting upland birds, small game and deer.



Kristy Torsky

Kristy is a family therapist at Northern Family Intervention Services and works in conjunction with human service agencies all across Northern Michigan to provide home-based, intensive therapy for children and families. As a Solution-Focused therapist, Kristy is able to help those in her care discover what is going right and how to accomplish more of it! She graduated with a Master of Arts in counselor education from Western Michigan University and did continuing education in SFBT at the University of Wisconsin-Milwaukee.



Saskia van Bergen

Saskia van Bergen is the Green Chemistry Scientist at the Washington State Department of Ecology. Her focus is to build a technically strong and vibrant green chemistry program in the state. In this capacity, she works with regional and national partners to develop, support and sustain green chemistry and safer alternative efforts. Previously, Saskia worked as an analytical chemist at several organizations including East Bay Municipal Utility District, Madis Botanicals and the U.S. Naval Research Laboratory. She holds a B.A. in Chemistry from Vassar College and a M.S. in Agricultural and Environmental Chemistry from the University of California, Davis.



Anne Weitzel

Anne Marie Weitzel is from Ann Arbor, MI and graduated from Michigan State University with a degree in Nutritional Sciences in May 2018. She is currently doing pre-clinical research at University of Michigan testing new technologies and therapies to aid in emergency situations. In Fall of 2019 she will begin to pursue her Ph.D. in the biomedical sciences at the University of Michigan with research interests in cardiovascular disease, obesity, and diabetes.



MEET THE VOLUNTEERS

Chair: Mary Fox
Sharon Agren
Janet Allen
DeLayni Brown
Katie Canda
Lisa Charles
Maureen Derenzy
Amanda Dies
Amanda Dobrzelewski
Renee' Elias
Marty Goodman
Lily Graham
Rebecca Hoggard

Avery Jarski
Lori Jewell
Jessica Kane
Jan Kellogg
Janice Lampert
Emily Lauster
Luann Mabarak
Paula Markham
Julie Marlette
Helen Mate
Amber Maxwell
Margo Noss
Kristin McCormick

Ursula Owens
Pat Morse
Lisa Patishnock
Betsy Sanders
Jane Sekora
Sheila Simpson
Brandy Solak
Brittany Stripp
Amber Theriault
Lisa Marie Tobin
Mary Tomaski
Carrie Wilkinson

This event truly would not have been possible without all of our volunteers. If we have missed naming volunteers who signed up after our program was assembled, we sincerely apologize.

We greatly appreciate all of your time and energy. Thank you!

Watch for 2020 Tech Savvy registration information opening in March 2020.





Sponsors and Contributors

AAUW Gaylord Area Branch thanks these sponsors whose generous contributions have made Tech Savvy possible:

**Gaylord High School Culinary Arts Crew
Judy Burkhardt's Transition Class at Gaylord High School
Kimberly-Clark Corporation
Kirtland University Center/M-TEC
Kiwanis Club of Gaylord
Michael Cwik
Michigan Department of Transportation
Munson Healthcare Otsego Memorial Hospital
Pamela Spencer, Ph.D.
Rotary Club of Gaylord
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University Center Gaylord
Westward Architecture
Women's Giving Circle Fund of the Community Foundation of NE MI
Zound Industries**

And these funds from the Otsego Community Foundation

**Mary Kay (Smith) Sklarczyk Fund
Scott and Janice Lampert Fund
Treetops Charity Fund
Arbutus Beach JAC Fund**

Many in our town and the surrounding area believe in our goal to inspire girls toward STEM education and career opportunities. Thank you to everyone who had a part in supporting Tech Savvy.