

Notre Dame Club of the Mid-Hudson Valley

Presents

2011

Sisters Under Sail in Partnership with the Tallship Unicorn



This year your club is sponsoring six teenage girls from *Astor Services For Children and Families to take part in what may very well be, for them, a once in a lifetime experience.

** Astor Services For Children & Families is a community based, non-profit organization that provides children's mental health services, child welfare services, and early childhood development programs. Astor serves children and families in New York State's Mid-Hudson Valley region and the Bronx.*

Saturday July 2nd

A Leadership Program for Teenage Girls

A six hour adventure on the Hudson River.

Under the watchful eye of Unicorn's Professional, all women crew, together they will take the helm, set sails, navigate a course and climb the rigging.

The Sailing Departs from the docks at the
United States Military Academy, West Point, New York

(Over)



Here are the profiles of two of the Astor Services teenage girls who will participate:

Mary (Not her real name) This sixteen year old has been with Astor Therapeutic Foster Boarding Home for over two years. Her mother was diagnosed with Huntington’s disease several years ago and is unable to care for her and her sisters. Her father has not been present in her life for some time. She came to Astor after multiple placements in other foster homes. She has thrived in this therapeutic setting. She maintains above average grades, baby sits for several children in her neighborhood, and has developed a healthy sense of self. She is eager to obtain her learning permit and apply for part time jobs in the community. She keeps in frequent contact with her biological sisters and has established a life resource and support in her current foster parents. This young lady eagerly looks forward to bi-monthly visits with her mother and cares for her on these visits with ease and lots of love.

Wanda . This seventeen year old girl has been with The Astor Therapeutic Foster Boarding home for over six years. Her mother’s substance abuse issues and her father’s incarceration led to both of their parental rights being terminated. She has experienced multiple foster care and group home placements due to defiant behaviors. This young lady has shown tremendous growth and resilience in her current therapeutic foster care placement. She maintains good grades in school and is working on completing a pre-nursing program by the end of her senior year. She will be the first person in her biological family to graduate high school. Her career aspirations include becoming a Registered Nurse, she has applied to and been accepted to several local colleges. She is a responsible young lady who has maintained a steady part-time job at McDonalds and is helpful with her younger foster siblings at home. To her credit, she has balanced healthy relationships with both her foster parents and her biological mother, who she has re-established a relationship with and visits regularly.

The cost to have each girl participate in this “outward bound” type experience is \$225.00 per person. The club is committed to sponsor all six girls. If you would like to help us, and have not already contributed to this 2011 sail, please complete and return the slip below: (Note: If sufficient funds are raised, the club will sponsor a 7th teenage girl on a six day sail (June 26 to July 1 / NYC to West Point))



Mail Checks To: Les McCarthy, Sisters Under Sail Event Chairperson
 124 Skyline Road
 Ancramdale, NY 12503
(Please make checks payable to the Notre Dame Club of the Mid-Hudson Valley)

Name: _____ E-mail address or Phone #: _____

- Les, I would like to help the Club touch the life of a teenager who would otherwise be unable to attend. My donation of \$_____ is enclosed.
- Les, I am interested in learning more about the six day sail. Please contact me.

GO IRISH!