

# **be Positive Festival**

**Saturday, August 26 10 am-10pm Cooperstown**

**Be Informed...Be Inspired...Be Involved**

**Cooperstown Farmers' Market...Templeton Hall...First Presbyterian Church**

*Pre-festival coffee, tea and pastries are available from 8-10 a.m. at the Farmers' Market.*

*Some vendors are offering festival specials.*

## **WELCOMING : 10 am Serving Food for Change: Empowering the Next Generation**

Meet the motivated youth of our community who are bringing positive change to the world through their food choices. We'll explore the roots and aspirations of Carefree Gardens, Origins Cafe and the Otsego Youth Food Movement! *The Leonard Family* **Sanctuary of First Presbyterian Church**

**FARMERS' MARKET: 10 am-2 pm** Visit the market and look for the **Meet Your Farmer** signs and **Be Positive Specials** at each booth. Have fun painting **Kindness Rocks** with our friends from **Cooperstown Rocks** in our tent at the entrance and making a **Gratitude Prayer Flag** we can use to decorate for the Community Dance Party at the market 7-10 PM. Visit the volunteers from the **Cooperstown Food Pantry** and donate personal care items, toothbrushes, food or cash to purchase diapers for needy children. Join the **Scavenger Hunt**. **Enjoy a LOCAL LUNCH.**

**ORIGINS CAFÉ FOOD TRUCK:** Will be stationed at the church with healthy lunch options.

**BE INFORMED (and inspired!): 11 am-5:45 pm** Listen, meet and dialogue with members of the community and area professionals as they speak on important topics and engage us in action and activities. Events held both in the chapel and church house lounge of the First Presbyterian Church. **Pioneer and Church Street** *See full list of talks and activities below or on reverse side.*

**BE KINDNESS BEEHIVE 11 am-5 pm:** Be Inspired with acts of kindness as you meet the Pollen People throughout the festival and visit their HIVE at the corner of Pioneer and Church Streets. Fill the honeycomb and hive with kindness. See **Dana Leonard with her hula hoops at 11 am** and try them out yourself! Play with **bubbles, sidewalk chalk & hula hoops**. **Make music! Drum!**

**SPEAK YOUR MIND: 11 am-5 pm** The NY GRID Project will be visiting us. Across New York State, people like you are dreaming of a world that's healthy, happy and hopeful. We know you're working hard to make these dreams real -- and the folks at GRID want to help. Please join them at **Pioneer and Church Streets** to talk about two questions: 1. What are you doing to make your community strong? 2. What does your community need that you want help with?

**BE INVOLVED: 11 am-3 pm** Visit **Templeton Hall on Pioneer Street**. Learn about community services and organizations, and ways you can Be Involved to help create positive change. The following groups will be represented (subject to change): Otsego County Conservation Association, Family Planning of South Central NY, Gomde Meditation Center, Sustainable Otsego, Oneonta Community Health Center, FOMA, PTA, Friends of the Library, Milford Rotary, Living Waters, NYCAM – offering blood pressure and vision screening, Otsego County Department of Social Services, Positive Action Cooperstown, Positive Action Cherry Valley, Pridefest – photo booth, League of Women Voters, Gratitude Prayer Flags.

**DRUMMING CIRCLE: 6:30 pm Farmers' Market:** Join with a drum or listen to this circle of sound.

**FREE COMMUNITY DANCE PARTY at the Market: 7-10 pm** **All music, all ages, all fun! \***

## **Be Positive Festival- Cooperstown BE INFORMED! Talks and Activities**

### **FIRST PRESBYTERIAN CHURCH: Chapel Pioneer Street Entrance**

**11 am-12:15 pm: Yes, We Can!** Emeritus Teaching Professor Ashok Malhotra will share what he believes are the steps necessary to accomplish anything of significance in life. A Vision: Articulation through Dialogue, Faith through Love, and Walk Your Talk.

**12:45-1:45: The Search for Safe Haven: US Refugee Policy and Resettlement in Utica** by Ellen Percy Kraly, Director of Environmental Studies Program at Colgate University and member of the Board of Directors of the Mohawk Valley Resource Center for Refugees.

**2:00-3:15: Climate Change: It's Time for All Hands on Deck!** Dr. Mike Hoffman, Director of the Cornell Institute for Climate Smart Solutions, will cover the basics of climate change – how it affects our food supply and how it is a national security issue, a food security issue and a moral issue.

**3:15-4:00: Art and Justice:** Glimmerglass Festival Director Francesca Zambello and attorney Faith Gay will explore the questions: Who is our community and what is our duty to care for those suffering injustice? Does art have a role in an unjust society? Do artists have a duty to make social change?

**4:15-4:45: Cool Down Stretches and Meditation:** Katherine Walters of *Love Your Life Yoga* will lead attendees in a short and easy standing and sitting yoga stretch followed by a brief meditation. (No mats or experience required.)

**5:00-5:45 POETRY SLAM: Join students and community members in this fun event.**

### **FIRST PRESBYTERIAN CHURCH: Church House Lounge Church Street entrance**

**11 -11:45 am We Thank You for Your Service:** Artist Ashley Cooper will talk about the art she created when her husband was deployed to Afghanistan and lead an art and letter-writing project to send to troops overseas.

**12-12:45: Positive Psychology 2.0: The Science of Being Positive** A short history of positive psychology and how we can change our brains with methods toward becoming happier, more engaged, more at peace, and more in love with life itself. Presented by Karen Henry MA, a holistic practitioner.

**1:100-1:45 Environmental Justice and the Power of Hopelessness:** Virginia Kennedy, PhD is the former Director of the Otsego County Land Trust and currently teaches literature at West Nottingham Academy. Her presentation will focus on Euro American and American Indian literary stories that construct paths through hopelessness toward a more just and nurturing world.

**2:00-2:45 Mindfulness:** School psychologist Mary Havlik will explain what mindfulness is, why it is important, and share studies about its effects. She will also lead attendees in mindfulness techniques and explain how it is being used in the Cooperstown Central School.

**3:00-3:45: Rise and Resist!** An entry point to effective grassroots activism...how to start, what tools and resources are available, matching passions with opportunities. After attending the Women's March in DC, Elayne Mosher Campoli started the Tri-County Women's Coalition and organized the Oneonta Pridefest. She will share her experiences and how she was inspired to take on a greater role in activism.

**4:00-4:45: Living Simply and Sustainably:** Panel discussion with Rick Weeks, Mary Jo Cronin of Revolution Solar, Shannon Hayes of Radical Homemaker and Doris Motta of Gomde Center. \*