

Her Story Matters

WE IGNITE 2024



**FEBRUARY
9-10, 2024**

CONFERENCE PROGRAM

ACTION STEPS

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HIGHLIGHTS



Resource Tables

RESOURCES IN SKAGIT COUNTY

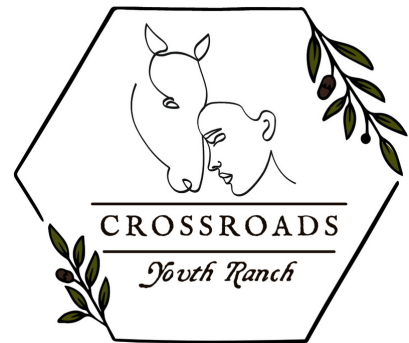


THRIVE DIRECT HEALTH CARE

Dr. Brianna Wilson, DNP, ARNP, FNP-BC



Kara Stamback
MIDLIFE COACHING & RETREATS



Bow Sanctuary

Welcome

We are grateful you are here for WE Ignite 2024 - Empowerment: Her Story Matters. Our vision for this event is that each of you find **Connection** with yourself and other women, seek **Intention** throughout the event, find a path to your own **Transformation** and both give and receive **Inspiration and Empowerment**.

In Gratitude, Erin, WE Ignite CEO/ Founder & The WE Ignite Board

CEO/ FOUNDER



Erin Long

WE IGNITE BOARD



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About Us

Our Mission: To ignite the inner spirit of women to connect, inspire and empower each other.

Our Story: WE Ignite began as the vision of one woman, Erin Long. A vision to connect, inspire and empower other women.

That vision became a reality with WE Ignite 2019 and carries on into our sixth conference: WE Ignite 2024.

Erin's goal remains constant: To create a place for women to connect and have their voices heard. Where each participant can both be inspired and inspire others. It's an avenue for women to empower each other and ourselves.

Each of you are an integral part of her movement: women changing the world!

CONFERENCE COMMITTEE

This day couldn't have happened without the hard work and dedication of the WE Ignite Conference Committee. With the utmost respect for giving of your time, your talents, your inspiring ideas, and your undying support; my heart is filled with gratitude and appreciation for the following women:



Erin Long



Jen Westra



Tiffany Kilpatrick



Sherri Lynch



Monica Wales



Kerrie Miles



Kristina Strong



Elisha Heath



Karen Cash



Kara Stambach

Special thanks to all the folks behind the scenes who help make WE Ignite a tremendous success this year and every year!

Carried by the Current

An original play by
Nicola Pearson



Sometimes we need to look back to see the way forward. Women's Work Productions presents *Carried by the Current*, an award-winning play by local author Nicola Pearson about The Women's Commonwealth of Belton, Texas. In 1870 Martha McWhirter created the first safe house for women and led all who joined her on a journey to financial independence and great success.

Join us to watch the dramatization of this captivating true story of struggle to triumph from our own history.

Get Tickets



At the Snohomish PUD Theatre from March 7th - 17th, 2024

www.womensworkproductions.com

Conference Information

EMCEE

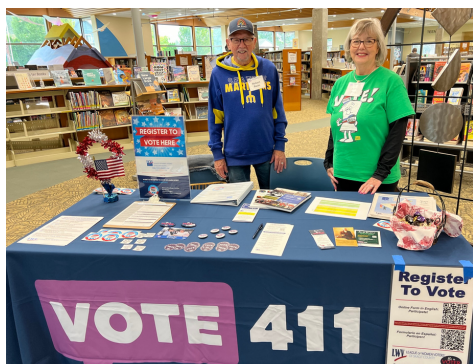
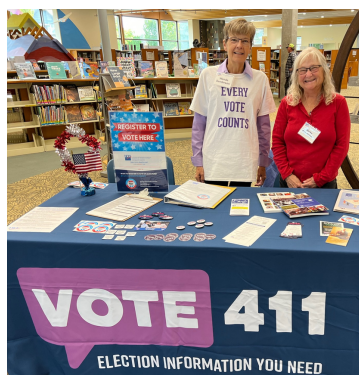


ERIN LONG

(she/her/hers) WE Ignite Founder & CEO, Coach

Erin Long is the founder and dynamic force behind the WE Ignite Women's Conference and WE Ignite, the educational non-profit with a mission to connect, inspire, and empower women. Erin is energized by organizing events that are evocative and enlightening; where participants can connect with others and improve both their personal and professional selves. With a deep joy for lifelong learning and a tremendous sense of community,

Erin's passion is to create opportunities to connect and empower women for years to come. Initially inspired by being asked to speak on a panel, Erin's vision for WE Ignite is one of expansion and possibility. February of 2024 marks the sixth WE Ignite Conference with speakers and attendees from all over the country and the globe.



**Empowering Voters.
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The League of Women Voters®, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

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Full Program

MOUNT VERNON

FRIDAY, 2/9

- 9:00 AM** Welcome
Doors open at 8:30
- Opening Ceremony
- Opening Keynote
What's In Your
Dream Closet?
Rebecca P. Murray
- 10:45 AM** Featured Speaker
Loly Gómez Fermín
*presentation in Spanish,
English Interpretation
Available*
- Featured Speaker
Sara Harlan
- 12:15 PM** Networking &
Resource Info
and Lunch
- Featured Speaker
Dr. Miriam Mickelson
- 2:15 PM** Closing Keynote
Angela Logan
- Appreciation & Closing
Ceremony
- 3:00 PM** Complete

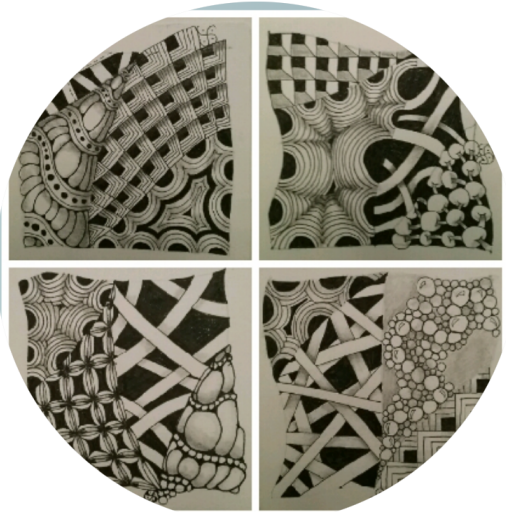
SPOKANE

SATURDAY, 2/10

- 9:00 AM** Welcome
Doors open at 8:30
- Opening Keynote
Camerina Zorrozuza
- Stretch: Michele
Vickerman
- 10:00 AM** Featured Presenter
Kiantha Duncan
- Stretch: Michele
Vickerman
- 11:45 AM** Closing Keynote
Carolyn O'Neill
- Closing and
Appreciation
- 1:00 PM** Complete



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CONFERENCE 2024



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Keynote Speaker: Carolyn O'Neill

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Program

IN-PERSON EVENT

LIVE STREAM:

FRIDAY, FEB 9TH

MCINTYRE HALL, MOUNT VERNON, WA

FRIDAY, 2/9

**DOORS OPEN AT 8:30 AM FOR NETWORKING,
CONNECTING, AND BREAKFAST**

Welcome and Opening Ceremony

Opening Keynote: Rebecca P. Murray

Featured Presenter Loly Gómez Fermín

Presentation in Spanish with English Interpretation

Featured Presenter Sara Harlan

Lunch

Featured Presenter Dr. Miriam Mickelson

Closing Keynote: Angela Logan

Closing and Appreciation



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MAUREEN HARLAN



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Friday Welcome

OPENING CEREMONY

RAY SORIANO

(he/him)



Ray Soriano, MSW (he/him) is a local social worker, community leader, educator, and music/drumming facilitator. Sharing rhythm instruments from diverse cultures, Ray has led rhythm events across Washington State for two decades.

Ray is honored to engage WE Ignite participants in creating joyful, community-building drum rhythms to start and end an enriching day of conference sessions. All are welcome to join, let's create a powerful heartbeat that will resonate throughout the conference!
<https://raysoriano.net/>

Land Acknowledgement

SVC and McIntyre Hall Performing Arts Center acknowledge we are on the traditional and unceded territories of the Coast Salish Peoples, especially on Swinomish Indian Tribal Community, Upper Skagit Indian Tribe, Samish Indian Nation, Nooksack Indian Tribe, and Sauk-Suiattle Indian Tribe.

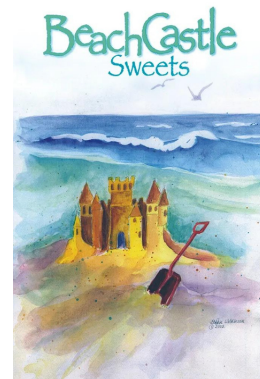
SVC and McIntyre Hall commit to understanding the longstanding histories of each of these nations and our place within these histories, to support students from each of these nations who attend SVC to pursue their educational goals and to build relationships that support indigenous organizations.

Welcome to

WE Ignite 2024
Empowerment
Her Story Matters



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Her Story Matters



Your Speakers



OPENING KEYNOTE

WHAT'S IN YOUR DREAM CLOSET ? STEP INSIDE TO REALIZE YOUR HEART'S DESIRES

Inspired by an unwelcome diagnosis on the heels of achieving a 20-year dream, What's in Your Dream Closet? invites you to take inventory of your dreams. Then determine which still fit, which do not, and whether it's time to go Dream Shopping.

Audience participation, music, and a visit from a villainous character combine into a powerful and unforgettable experience.

What's in Your Dream Closet? fuses content and concepts from Rebecca's most popular shows, gift-wrapped in a medley of music, comedy & inspiration. A 5 x 8 Dream Closet Conversion Card serves as a session memento.

Attendees are inspired to:

- Reflect upon, share, and celebrate recent achievements.
- Discard old dreams that no longer serve to inspire.
- Discover new dreams and reclaim those lying dormant.
- Come to terms with thoughts that derail most dreams.
- Create a 5-step dream-to-reality conversion plan.



REBECCA P. MURRAY

(she/her) Edutainer

Rebecca P. Murray is a director, producer, emcee, parody songwriter, singer, actor, author, tap dancer, and retired dog-whisperer. With over 15 years of experience in the communications industry, Rebecca has left her mark in various public and private sectors. Her versatile career spans from presenting in college classrooms to leading conference break-out rooms, youth activities, corporate auditoriums, and even dog parks in times past. She is a Certified Virtual Presenter, boasting a portfolio of 1500+ audio/video projects. She's addressed a staggering 500+ live and virtual audiences, reaching clients across three continents. An expert in storytelling, presentation skills, and inspiration, she is deeply passionate about helping individuals communicate their ideas effectively.

The Ins and Outs of: 2024 Presidential Primary

How is it different from regular elections?

State law requires voters to mark party declarations on the envelope in this March election

Learn why (and more!) at this community education event

Our Guest Speakers:

- Gabrielle Clay, Skagit Elections Manager
- Bill Bruch, Skagit Republican Party Chair
- Lynn Campbell and Nathaniel Block, Chair and Vice-Chair of Skagit Democratic Party

When: Monday February 12, 2024, 6:30 PM to 8:00 PM

Where: Skagit PUD meeting room

1415 Freeway Drive, Mount Vernon

(Also available via Zoom. Check our website for the link <https://www.skagitlww.org/>)

This is not a campaign event and no candidate names will be involved



We are a non-partisan organization which believes that voters should play a critical role in democracy

You can sign up to Observe the Election Process and see how ballots are counted during an election. Contact the schedulers below to sign up:

- **For those affiliated with the Republican Party**, sign up for a time slot through the Republican Party HQ at (360) 424-9792 weekdays between 10AM-2PM
- **For those affiliated with the Democratic Party**, sign up for a time slot through the Democratic Party HQ at (360) 336-1555 M,W,Th between 12-4PM, Tues 10AM-4PM)
- **For independent, non party affiliated voters**, sign up for a time slot. Contact scindobservers@gmail.com or 360-322-8204.

Your Speakers

FEATURED SPEAKER

YO INMIGRANTE/I'M AN IMMIGRANT

Sharing her story and the poetry inspired by her personal transformation since leaving Venezuela. Loly explores how this journey has taught her that even the greatest misfortune can be a huge blessing in life if we know how to see the opportunities.



LOLY GÓMEZ FERMÍN

(she/her) Library Technology Specialist

With over 20 years of experience in systems development, Loly Gómez Fermín has built a strong reputation in the information technology field. She also dedicated a decade to teaching as a university professor at Universidad de Oriente in Venezuela, sharing her knowledge with aspiring professionals. Following an unexpected migration journey, Loly found a new home in Skagit Valley. Here, she is actively involved in the Concrete area and its surroundings, focusing not only on technology projects but also on social initiatives aimed at supporting the neediest in the Upriver area.

Beyond her technical and academic pursuits, Loly is deeply passionate about literature. She engages in writing poetry and essays as a therapeutic outlet for expressing her ideas, transforming complex thoughts into accessible and enjoyable works she shares with others.

Contact: Lolygomez.com



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Your Speakers

FEATURED SPEAKER

YOU HAVE MORE THAN ENOUGH

My impoverished life in the Philippines precluded me from doing something good for a young friend that would have changed the trajectory of his life. I realize now that even when we are mired in poverty or any challenging circumstance, we can still give, do good, and contribute to society.

What participants will learn from my session:

- Challenging circumstances in our lives may lead us to believe that we are powerless to do something good. This is not true. Despite challenges, we have the capacity and the power to do good.
- As we navigate these challenges, it is important to remain hopeful and confident that we will overcome.
- We have more than enough to give and contribute to society, no matter what circumstances we find ourselves in.



DR. MIRIAM MICKELSON
(she/her)

Dr. Miriam Miralles Mickelson has been the Superintendent of Sedro-Woolley School District since 2021. Previously, Dr. Mickelson was the Executive Director of Teaching and Learning Services in the Snohomish School District.

She served Edmonds-Woodway High School as principal and Lake Washington High School as associate principal. She started her career in education in the Clover Park School District, where she worked as a substitute teacher, National Board-certified high school English teacher, and instructional coach.

Dr. Mickelson was born and raised in the Philippines and immigrated to the U.S. at age 22.

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Your Speakers



FEATURED SPEAKER

CREATING CALM THROUGH CREATIVITY: A ZENTANGLE JOURNEY

By guiding the audience through a Zentangle experience, participants can hope to feel how the Zentangle drawing method helps to create:

- A calm mind
- Artistic confidence
- Some really cool looking art!
-

With continued practice, participants will soon discover:

- Better control of fine motor skills
 - An awareness of patterns all around (the world begins to look different!)
-



SARA HARLAN
(she/her)

Sara Harlan is a certified Zentangle Teacher, artist, and surface pattern designer nestled in the magical wildlands of the Pacific Northwest. She loves to learn and think, create interesting images through artful practice, and spend quality time with friends and family.

CLOSING KEYNOTE

INVESTING IN OUR OWN HEALING: POETRY, SONG, AND A STORY INSPIRED BY STUDENTS

Sharing her story of teaching and learning, Angela expresses poetry, song, and journey in self-healing to inspire hope for all to be led by light, social justice, and love.



ANGELA LOGAN
(she/her) teacher/organizer/creator/leader

Angela's passion is in and of Black Feminisms, and the Black Radical Tradition. Angela collaborates with artists to produce transformative art that reimagines world-making and inspires consciousness raising and empowerment to align with work rooted in equity and social justice. Angela is a Professor and Department Chair of Communication Studies and Journalism at Skagit Valley College.

Announcement

WE IGNITE SPOKANE *POSTPONED*



Camerina Zorrozuza



Kiantha Duncan



Carolyn O'Neill



Michele Vickerman



Jessica Southwick

**WE IGNITE SPOKANE WILL FEATURE THREE SPEAKERS,
MOVEMENT, AND A COMMUNITY CAMEO**

Postponed until mid-May, still at Gonzaga University.

Camerina Zorrozuza will be our opening keynote.

Kiantha Duncan will share her documentary "In His Eyes" with the audience and create space to have an in depth conversation.

Carolyn O'Neill will share her "Ignite Your Worth" presentation.

Michele Vickerman will share stretches and movement.

Jessica Southwick will share her heart and inspire us all.