

**February 2022 Newsletter**

The American Association for Women in Community Colleges is the leading national organization that champions women and maximizes their potential at community colleges. Founded in 1973, AAWCC provides education, career development, and advancement to women educators and students at community colleges. As a council of the American Association of Community Colleges, AAWCC and its members are committed to equity and education of all women students at community colleges across the nation.

**Region 8:** Oregon, California, Nevada, Arizona, Hawaii, Washington, and Alaska

**Director:** Lynn Irvin, [Lynn.irvin@chemeketa.edu](mailto:Lynn.irvin@chemeketa.edu)

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**Please join us and our Guest Speaker, Angie Gallagher, next week on  
February 16<sup>th</sup>, 2022 @ 12: 00 pm**

**“Secrets to Improve Your Health (that don’t include intense exercise)”**



Angie Gallagher is a clinical exercise physiologist and Functional Medicine Wellness Coach.

For 25 years she worked in cardiac and pulmonary rehabilitation. She now enjoys using her passion for functional medicine in her own wellness coaching business where she does both group and one on one wellness coaching.

**“Our goal is to help people achieve their most optimal health and wellness from the inside out.”**

She is passionate about lifestyle medicine and exemplifies this in her own life by creative healthy cooking, trail running, cycling, yoga, meditation and fostering community. In her spare time, she also enjoys songwriting and jewelry making she has an amazing 18-year-old son and a couple of awesome cats.

**Bullet points that will be discussed in the meeting:**

1. Why people get frustrated and give up on their health
2. The importance of getting enough sleep
3. Being healthy doesn't have to be complicated
4. How a guide can help you get the results you want

Join Zoom Meeting [HERE](#) next Wednesday, Feb. 16<sup>th</sup> @ noon.

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**In Celebration of Black History Month**

Ida B. Wells is an African American civil rights advocate, journalist, and feminist. She is an American Hero. She led an anti-lynching crusade in the United States in the 1890s. She also fought for woman suffrage (nps.gov)



[View a short video here](#) about her work to guarantee access to the vote.

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**Upcoming Events:**

**March 9, 2022:** Working Women's Day Tea- More information coming soon!

**Thank you to everyone who participated in our Holiday Basket Auction back in December! We raised \$850 for LBCC student scholarships!**

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**Getting to know our AAWCC LBCC Chapter Executive Board Members:**

**Name:** Claudia Davila – AAWCC LBCC Chapter President

**A little bit about me:** Born in Mexico, my parents brought my siblings and I to the United States when I was 2 years old. We lived in Texas for a couple of years until we headed north to Oregon and have lived here ever since. (With the exception of my 5<sup>th</sup> grade year in grade school, we moved back to Texas, but couldn't handle the heat so back to Oregon!). I have 2 beautiful daughters of which one, Kamryn, attends GCU in Arizona and is set to graduate with her Biological Science Degree in 2023. And Kayla, who graduated from OSU a couple years back and is working on her Master's in Psychology and will graduate this coming April 2022. Yes...I am a proud mama! My

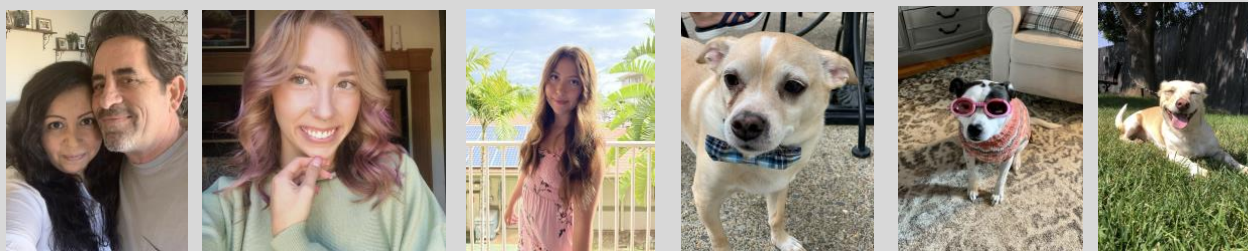
partner, Jimmy, and I also have two additional kids, Zeus and Bella and a grandkid, Blu..(okay, they are our pups) who keep us from experiencing “empty nesters” syndrome and make sure to remind us EVERYDAY that there is no such thing as rest. (he he).

**Education:** I went back to school in my 30’s and graduated from Portland State in 2013 with a bachelor’s degree in Social Sciences. My goal is to someday finish a master’s degree in Student Affairs or “Raising Obedient Dogs” but which way I will go is still undecided. (It depends on if I can convince Jimmy in letting me adopt more dogs). I will keep you posted ☺. I like to use humor to break the ice.

**Hobbies:** Honestly, I don’t really have any hobbies. Don’t get me wrong, there are many things I have tried to take on such as knitting, hiking, scrapbooking.... But nothing has really stuck. I do, however, have a deep passion to help break down any barriers under-represented students may face when considering college.

**My Connection to AAWCC:** Using student support services as well as taking part in other college life events helped me become a better student at PCC and PSU and it kept me from quitting during hard times. I didn’t know much about AAWCC until Amanda Stanley, our chapter’s past president and a close friend, asked me to come to one of the general meetings. I started to build great connections and friendships. It has also given me a sense of belonging to something real important that has positively changed the lives of many women. It’s like a big boost of positive affirmations when you attend an AAWCC Conference, retreat or even a one-hour meeting. It has made me want to be a better person, employee, advocate for students and mentor.

PS: I didn’t have a current pic with all of us in it and I didn’t want to leave anyone out so here is my family!



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## Become a Member

The LBCC Chapter of the American Association of Women in Community Colleges cordially invites you to join us for a year filled with opportunities for personal growth, community service, and a whole lot of fun! This organization is open to all employees and students (both women and men) of LBCC. [Check out our webpage!](#)

Join others who have a firm commitment to creating equity and excellence in education and employment for women in community and technical colleges. An AAWCC membership offers women in the community college environment a national and local platform to further key issues. [Join Us!](#)

## **AAWCC LBCC Chapter Executive Board**

***Claudia Davila- President***

***Jo Ann Yonemura- Executive Vice President***

***Lena Spencer- Vice President***

***Jeanine Howell- Treasurer***

***Marci Johnston- Secretary***

***Kristina Holton- Member-At-Large***

***Kate Griensewic- Member-At-Large***

***Amanda Mendell- Member-At-Large***