

## October 2021 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)

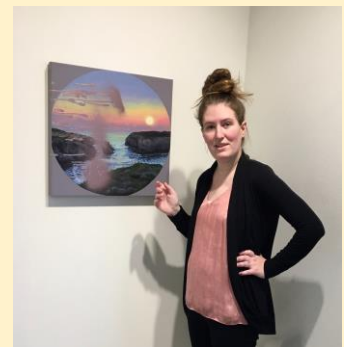
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### October 20<sup>th</sup>, 2021 @ Noon: Engaging with Art

**Guest Speaker:** Anne Magratten

Please join us over zoom next Wednesday for a special presentation on Engaging with Art.

Visual Arts faculty member, Anne Magratten, will discuss ways to connect with your creativity! Her suggestions include activities right in your home, a plethora of local classes, art shows, and free days at our regional museums.



**[CLICK HERE](#)** to join Zoom Meeting on Wednesday, Oct. 20<sup>th</sup>, 2021 @ Noon.

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## Upcoming Events:

**October - November 2021** - Thanksgiving Food Drive (More information coming soon)

**November 18-19, 2021** - **Save the Date** for **HER Conference**, 2021 AAWCC Oregon Virtual Fall Conference. ***More information about our speakers and sessions, as well as registration, will be coming out soon!***

In honor of what we hope will be our last virtual gathering, registration will be **free** to our members and colleagues.

Please note that although we have intentionally placed an emphasis on "her" for the theme of this conference, we strive to be inclusive of all genders, sexual orientations and pronouns, and welcome everyone to attend.

- **When:** Thursday, November 18 from 1:00 pm to 3:30 pm and Friday, November 19 from 1:00 pm to 3:30 pm.
- **Where:** This is an online event.

**December 2021** - Basket Fundraiser (More information coming soon)

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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!](#)**

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As you peruse the aisles of your favorite department store, you start to notice a trend: pink scarves, pink socks, pink shirts, and pink coffee mugs. Then pink blenders, pink vacuums, and is that a pink microwave?!? Ahh yes, the pink explosion is everywhere, and that can only mean one thing: October is upon us, and everyone is preparing for National Breast Cancer Awareness Month. It is a reminder that there is a gruesome disease that is out to get second base. These sweet, pink pastels are there to nudge us, saying “hey, don’t forget to examine your breasts, get your doctor to check them out too, and schedule your mammogram.” After all, about 1 in 8 U.S. women, and 1 in 1000 U.S. men will develop invasive breast cancer over the course of their lifetime, and being proactive in this fight is crucial.

There are some guidelines, though. Breast self-exams are to be done monthly, and the best time to do them is about 10 days after the onset of your menstrual cycle. Breasts can be capricious, and they will change texture over the course of the monthly cycle, so sticking to one time of the month is best. If you no longer menstruate, then choose a day of the month and do it that same day from then on. If your breasts are generally lumpy and you don’t know what is normal and what isn’t, the best strategy is to simply become familiar with them. Become so familiar with each ridge and curve that if something was to change, you’d notice it right away. Also, look in the mirror. Look for dimpling, swelling, or redness by standing with your hands on your hips, then with your hands in the air, standing straight, then leaning forward. You can dance if you want to, just make sure the door is locked because if someone walked in, it’d be really awkward for everyone involved.

The second guideline is to have your doctor examine your breasts. Find a doctor that you’re comfortable with because he or she will be squeezing your breasts and looking at them rather closely every year. A lot of people would rather do it themselves, but if you were to find an abnormality, you’ll need your doctor’s help in getting the proper tests done to determine what is wrong. Only your doctor can provide an order (prescription) for a breast sonogram or diagnostic mammogram.

The last guideline is to get a mammogram. This only applies to certain people: women over 40 (or mid to late thirties if breast cancer runs in the family because a woman’s risk of breast cancer approximately doubles if she has a first-degree relative who has had breast

cancer), and patients with an abnormality in the breast. It is not generally recommended to get a mammogram before the age of 35. If a patient younger than 35 finds a lump, the first exam ordered will likely be a sonogram because it does not utilize radiation. And you know what? A mammogram really isn't that bad. It is only a few seconds of pressure on each breast, and that's it. The discomfort is worth it when it helps detect cancer in its earliest stages when it is most easily treated.

**Doctors are so confident that they can treat stage I breast cancer that they give patients a near 100% five-year survival rate.**

So there you have it, folks: monthly breast self-exams, annual doctor's exam, and a mammogram. These three things are your best bet for catching breast cancer in its earliest stages. Trust your judgment when it comes to your body. Don't ever feel like you are overreacting if you "think" you feel something in your breast. If it doesn't feel right, have it checked out. The worst (or best) thing that can happen is that you get checked and it turns out to be nothing.

**For more info visit:** <http://www.nationalbreastcancer.org/breast-cancer-awareness-month>

Article written by Lucy M. Riojas, RT(R)(M)

## **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***

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