

American Association for Women in Community Colleges-Oregon Chapter

2013 Fall Conference

Conference-at-a-Glance

“Reboot, Refresh, and Restore: Igniting Your Potential”

Wednesday – Nov 6

Noon – 4:00 pm	State Chapter Board Meeting	Presidential Suite, 907
7:00-8:30 pm	Welcome Reception, Hosted by AAWCC Board	Presidential Suite, 907

Thursday – Nov 7

6:30-8:30 am	Continental Breakfast	Embassy 1 & 4
8:00 – noon	Registration Desk Open	Embassy 1 Foyer
8:40 – 9:00 am	Welcome/Introductions	Embassy 1 & 4
9:00-10:15 am	Keynote Speaker: Gwendolyn Trice	Embassy 1 & 4
10:15-10:30 am	Break	Embassy 1 Foyer
10:30-11:45 am	Workshops	
Noon-1:30 pm	Awards Lunch Introduction of College Presidents Campus Contact Recognition Community College Excellence Awards	Embassy 1 & 4
1:30-2:30 pm	Keynote Speaker: Dr. Allatia Harris	Embassy 1 & 4
2:30-2:45 pm	Break	Embassy 1 Foyer
2:45-4:15 pm	Workshops	
4:30–6:00 pm	AAWCC Reception	Embassy 1 & 4
7:30-8:30 pm	Good Reads <i>Logger’s Daughter</i> viewing with Gwen Trice	Embassy 2 Embassy 3

Friday – Nov 8

6:30-7:15 am	Zumba	Regency One
6:30-8:30 am	Continental Breakfast	Embassy 1 & 4
8:00 am-noon	Registration Desk Open	Embassy 1 Foyer
8:40-9:00am	Announcements	Embassy 1 & 4
9:00-10:00 am	Keynote Speaker: Dr. Nancy Golden	Embassy 1 & 4
10:00-10:15 am	Break (Silent Auction closes)	Embassy 1 Foyer
10:15-11:30 am	Workshops	
11:30-noon	Hotel Check Out-Networking Time	
12:00-12:45 pm	Annual Business Luncheon Election Results, Door Prizes, Special Drawing, Awards	Embassy 1 & 4
12:45-1:45 pm	Special Musical Performance by: <i>Re-Choired Element Chamber Choir</i> from Linn-Benton Community College	Embassy 1 & 4
2:00-3:30 pm	State Chapter Board Meeting with New Officers	Embassy 1 & 4

Wednesday Afternoon and Evening - November 6

12:00 -4:00 pm	State Chapter Board Meeting	Presidential Suite, 907
7:00-8:30 pm	Welcome Reception, Hosted by AAWCC Oregon Board	Presidential Suite, 907

Thursday Morning - November 7

6:30-8:30 am	Continental Breakfast	Embassy 1 & 4
8:00 am-noon	Registration Desk Open	Embassy 1 Foyer
8:40-9:00 am	Welcome and Introductions	Embassy 1 & 4
9:00-10:00 am	Keynote Speaker: Gwendolyn Trice	Embassy 1 & 4



Gwendolyn Trice is the founder and Executive Director of the Maxville Heritage Interpretive Center in Wallowa County. In 2009, Oregon Public Broadcasting produced the *Logger's Daughter*. That same year Senator Wyden championed a land use bill that was signed into law by President Obama in 2012 providing historical buildings for the Heritage Center. In 2013, Ms. Trice was appointed by Governor Kitzhaber to the Commission on Black Affairs to work for the implementation and establishment of economic, social, legal, and political equality for Oregon's African American and Black populations.

10:00-10:15 am	Break	Embassy 1 Foyer
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10:15-11:45 am	Concurrent Workshops (Choose from the following)
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7 Steps to Creating Your Authentic Life**Regency One**

Lisa Renee Anderson – Exceptional Living Coach

Are you living up to your potential? Are you clear on what your potential is? Are you ready to get clear on what's truly important, dig to a deeper level of authenticity and accomplishment, and create a simple action plan to make it happen? Join us to explore how to create your genuine life, voice and message.

Creative Desk Spaces**Ambassador South**

Heidi Dombeck, Amber Parke – Portland Community College

Many of us spend over 1,000 hours at our desks every year. Are you working from an office space that enhances your well-being and creativity or are you wilting under negative influences? Come discuss different strategies for enhancing your potential through physically changing your desk area.

Thursday Morning - November 8 (continued)

LinkedIn: Why it Matters and How to Improve Your Profile**Regency Two**

Becky Washington-Portland Community College

Want to learn how LinkedIn works? Want to rock your profile or just be a role model for your students?

Learn to enhance your engagement with colleagues in your profession using LinkedIn.

Breaking Barriers: Increasing Students' Potential**Embassy 2**

Julie Huckestein -Chemeketa Community College

In this interactive session, participants will view their college campus through the eyes of a potential student. Participants will discuss scenarios with various barriers to enrolling and attending their first class and propose solutions to overcome them. Participants will learn how every one of us has the potential to become the reason prospective students transition successfully from enrolling in his/her first class to graduation/completion.

Wellness at Work: Let's Hook It Up!**Embassy 3**

Heidi VanBrocklin and Caralee Angell – Portland Community College

This interactive workshop identifies why a wellness program is a huge asset to your workplace. You will gather information on wellness, hear about the progress and setbacks experienced in employee wellness, and even have time to brainstorm about the essential building blocks that you have and need to create and sustain an employee wellness program.

“Snapshot of Self: Reflection, presentation, and a true story”**Ambassador North**

Jessica Howard-Portland Community College

What does it mean to present your essence, your journey, and your cumulative self to an audience? How do your personal and professional selves combine for that story's telling? Jessica Howard will tackle these questions and tell her own tale of how she came from India to Texas to Oregon, and how she became PCC's newest campus president.

Thursday afternoon - November 7

Noon-1:30 pm**Awards Luncheon****Embassy 1 & 4**

Introduction of College Presidents, Campus Contact Recognition, Community College Excellence Awards

1:30-2:30 pm**Keynote: Dr. Allatia Harris**

Dr. Allatia Harris is the Vice Chancellor of Strategic Initiatives at San Jacinto College in Houston, Texas. She works to expand partnerships with industry, K-12, universities and the public sector to increase the workforce capacity of East Harris County where the maritime, petrochemical, and allied health sectors are growing rapidly. She also leads community outreach efforts and diversity initiatives, as well as overseeing the college's Division 1 NJCAA athletics. Dr. Harris came to San Jacinto College from the Dallas County Community College District (DCCCD), where she served in a variety of roles at several colleges and in the system office. She left the multi-college DCCCD as the district director for academic curriculum initiatives. A full-time faculty member for many years, she has taught in malls, jails, airplane hangars, factories, and on-line.

2:30-2:45 pm Break

Thursday Afternoon – November 7 (continued)

2:45-4:15 pm**Concurrent Workshops (Choose from the following)****Ancient Qigong & Modern Health****Regency One**

JoAnn Albrecht – Portland Community College

Participants will learn an easy yet powerful form of self-healing to reboot, refresh and restore your energetic being. Qigong is slow, gentle movement using visualization and the infinite power of your mind to help restore physical well-being, mental clarity and enable you to fire up potential to accomplish what your passion desires for work and play. This session is experimental, and any attire will do.

Stress Less for Success**Regency Two**

Sarah Johnson-Sausser – Chemeketa Community College

This workshop will focus on identifying stressors and incorporating stress-busting techniques for everyday life. Also covered is an overview of how chronic stress breaks down the body and mind, the power of positive thought, chair exercises and strategies and tips for staying consistent. Chronic stress creates a barrier to being our best selves. Identifying stressors and bringing them to our awareness allows us to “reboot.” Positive thoughts and exercise are proven strategies that bust stress, allowing our minds and bodies to “refresh.”

Moving Policy to Practice

Camille Preus – Blue Mountain Community College

Embassy 2

Join Dr. Camille Preus as she shares her journey from policy work as the Commissioner of Oregon’s community colleges to practice as the President of Blue Mountain Community College.

Service Learning Travel: Transformation for Students**Embassy 3**

Cecelia Monto – Chemeketa Community College

Cecelia will talk about models for international service learning that benefit students and colleges. Cecelia will show slides of students at work, share samples of her syllabi to show how coursework can be integrated into travel experiences, and how transformation happens for students when they fully participate and serve in a new and different cultural environment. Cecelia has been leading service travel for 15 years, and manages an adult literacy project in Oaxaca, Mexico.

Daring Greatly- Renewing Connections with Our College and Co-workers**Ambassador North**

Linda Reisser – Portland Community College

What causes disconnection between colleagues, and disengagement when organizational or cultural change is underway? Dr. Brene Brown, Social Work Educator, has done 15 years of research on the anatomy of connection. Drawing on lessons from her latest book, [Daring Greatly](#), we will discuss the forces that lead us to turn away, turn against, or turn toward our leaders and colleagues with renewed optimism and authenticity.

Local, State, National AAWCC: Tying it All Together**Ambassador South**

Cherie Maas-Anderson, Julie Kopet – Portland Community College

Allatia Harris – San Jacinto College, Jan Woodcock – Umpqua Community College

Join for an interactive talk about starting and maintaining healthy local chapters; connecting your local chapters at the state level, and understanding the national’s goals and initiatives of AAWCC.

4:45-6:00 pm**AAWCC Leadership Reception****Embassy 1 & 4**

Wrap up your Thursday conference activities at the AAWCC Leadership Reception, open to all attendees. Meet or reunite with Oregon Institute for Leadership Development and National Institute for Leadership Development attendees. No host bar.

Thursday Evening – November 7 (continued)

7:30-8:30 pm Evening Book Discussion or Film

Good Reads

Facilitators: Carol McKeil, Julie Kopet, Jan Woodcock

Come join us for a bit of sharing about good books you all have been reading, followed by small group discussions of the following three books:

Lean In: Women, Work, and the Will to Lead by Sheryl Sandberg

Flight Behavior by Barbara Kingsolver

My Beloved World by Sonia Sotomayor

Film – *Logger’s Daughter*

Gwen Trice-Inspired Journey

Inspired Journey: Answering the call keynote follow up discussion and *Logger’s Daughter* viewing. This 28 minute documentary follows Gwen, an African-American woman who was born and raised in Eastern Oregon, as she sets out to explore her family’s past.

Friday morning - November 8

6:45 – 7:30 am

Friday Early Morning Activity

Regence One

Zumba Fitness

DeAnne Hardy – Portland Community College

Zumba fitness invites you to shake your booty and move your hips with no shame or embarrassment! Zumba is a Latin inspired fitness program that is easy to follow and fun to do – Join the Party. Zumba invites you to step away from your daily stress by feeling the music and moving in ways you never knew you could.

6:30-8:30 am

Continental Breakfast

Embassy 1 & 4

8:00 am- Noon

Registration Desk Open

Embassy Foyer

8:40- 9:00am

Announcements

9:00-10:00 am

Keynote Speaker: Dr. Nancy Golden

Embassy 1 & 4



In August 2013, Dr. Nancy Golden accepted the position as Oregon’s Chief Education Officer. Dr Golden obtained her Ph.D. in Curriculum and Instruction from the University of Oregon and has over 35 years’ experience in the educational field, beginning her career in 1974 as a special education teacher. Dr. Golden formerly served as the superintendent for Springfield Public Schools in Springfield, Oregon from 2003-2013. She served as Educational Advisor to the Governor during the 2011 legislative session and continues to act as the alternate chair of the Oregon Investment Board. In 2011, Dr. Golden was selected as Oregon’s Superintendent of the Year. Under her leadership, the Springfield District developed the Springfield Quality Education Model, significantly increased student achievement, and successfully passed a \$42.7 million bond. In addition, the district was the first in Oregon to implement a One-to-One Initiative and opened a new school, the Academy of Arts and Academics. Dr. Golden is highly regarded for her interest in promoting equity in our schools.

10:00-10:15 am

Break (Silent Auction closes)

10:15-11:45 am

Concurrent Workshops (choose from the following)

Friday Morning – November 8 (continued)

The Value of Having A Mentor**Embassy 2**

JoAnn Zahn – Clatsop Community College

A personal perspective will be shared demonstrating the value of developing professional relationships with respected and trusted colleagues. This is an interactive session to address questions on how to develop a mentor/mentee relationship and sharing experiences as a mentor or mentee.

Rebooting and Rejuvenating Through Poetry**Embassy 3**

Jane Zunkel – Portland Community College

“In the end, we go to poetry for one reason, so that we might more fully inhabit our lives and the world in which we live them” (Christian Wiman). Come to this interactive workshop to encounter some amazing poems that help us step into our lives more fully. Create some poetry “starts” as well, phrases and ideas that might become poems one day.

1 Workplace 4 Generations: Effectively Navigating Generational Differences**Regency One**

Karin Magnuson, Linn-Benton Community College

We need everyone’s skills and abilities if we are to ignite our professional potential and maximize our ability to serve students. Are you facing challenges with intergenerational dynamics and communication in your workplace? There are real differences among the generations at work, including difference in attitudes, priorities, and in behaviors that can have a negative impact on relationships and productivity. This fun, interactive workshop explores these difference and identifies ways to capitalize on the many values and needs we actually have in common.

Refresh Your Personal Wellness**Regency Two**

Holly Nelson & Alice Sprague- Chemeketa Community College

Are you ready to refresh your personal wellness plan? Need some extra motivation to take the next step on weight loss, exercise goals, or understanding what you eat? Want to fit wellness into your daily routine without struggling to attend meetings or trying to figure out how to pay for membership fees? It only takes a small commitment to make a difference. Join us for an interactive work group to talk about refreshing your wellness goals, and take home a plan to help set up some accountability for yourself! Come with a motivated mindset to help you move forward and ready to take the next steps. We will also be active during this workshop, so be ready to “move”! (bring your Ipad, smartphone, or device that connect to the internet! We will have a few Ipads available for use during our session).

Ignite Your Gifts of Contagious Conversation**Ambassador South**

Danese Jundt – Portland Community College

Have you ever sat in or led a meeting that was unproductive and a time waster? Many of us ask ourselves why meetings aren't more engaging and what we can do to make them more interesting.

You are invited to join us in discovering a re-invented process of engaging members of a group, committee or class. You will be thoroughly engaged without being intimidated. Introvers and extroverts will find that their unique personalities can guide group conversations that are fun and captivating.

In this session we will practice;

- shifting the focus from problem solving to engaging in meaningful dialogue
- developing the skill of asking questions that build relationships and accountability
- setting up the room so that everyone's voice is brought into the discussion
- creating hospitality and energy within our conversations that are contagious

Answering the Call**Ambassador North**

Gwendolyn Trice

Keynote continuation with an introduction to equity and perception along with *Logger's Daughter* viewing. This 28 minute documentary follows my journey, an African-American woman who was born and raised in Eastern Oregon, as I set out to explore my family’s past. Viewing will be followed by roundtable/perceptions discussion.

Friday Afternoon – November 8 (continued)

11:30am-Noon	Hotel Check Out/Networking Time	
Noon-12:45pm	Annual Business Luncheon Awards, Election Results, Door Prizes, Special Drawing	Embassy 1 & 4
12:45pm- 1:45pm	Special Musical Performance by Re-Choired Element Chamber	Embassy 1 & 4

The Re-Choired Element Chamber Choir is the select, auditioned choral ensemble of 34 mixed voices from Linn-Benton Community College in Albany, Oregon. The Re-Choired Element Chamber Choir has performed throughout the Pacific Northwest, United States, and Europe. Performances have included invited performances in Washington, Nevada, California, New York, Honolulu, and London, UK. They have received top honors for their performances in the Oregon ACDA Small Ensemble Choral Festival, and Heritage Music Festivals and Festivals of Gold. In addition, the ensemble has performed for the Oregon State Senate, Northwest ACDA Convention, Oregon Music Educator's Convention, and Oregon School Board Association. In 2014, they will travel to Finland, Estonia, and Latvia to compete in the 8th World Choir Games.

Past winners of the Carolyn DesJardins Leadership Award:

Linda Reisser, Cam Preus, Dawn DeWolf, Jan Woodcock, Cherie Maas-Anderson, Julie Huckestein, Angela McMahon, Carol Schaafsma, Nan Poppe, Gretchen Schuette, Shirley Anderson, Brenda Brecke, Carolyn DesJardins, Nikki Harrington, Alice Jacobson, Terri Johanson, Marcia Keith, Rebecca Kenney, Dan Moriarty, Mary Spilde, Stephanie Sussman

Community College Excellence Awards

The AAWCC Board of Directors celebrates individuals chosen by local AAWCC membership whose accomplishments made a difference for women at their own community colleges over the past year. The recipients need not be members of AAWCC to receive the award.

Previous winners of the Community College Excellence Award:

2012: Donna McGeehon, Jen Piper, Vickie Keith, Jennifer Wheatley, Lynn Irvin

2011: Susie Johnston, Mary Kramer, Cathy Yasuda, Debbie Hill, Kirsty Wineland, Linda Reisser, Barb Horn

2010: Sue Owens, Becky Washington, Victoria Sawyer, Barbara Cowlshaw, Alice Sperling

2009: Karen Sorenson, Ginger Peterson, Karen Reynolds, Rita Blaisdell, Theresa Bosworth, Dora Daniels, Nancy Nowak, Lori Gates, Sharon Smith, Susan Wolff, Joanne Truesdell.

2008: Valerie Ziegler, Donna Zmolek, Kimberly Hutchinson, Pam Shields, Cherie Maas-Anderson, Denise Cadwell, Lee Salter

2007: Karen Carter, Phoebe Anderson, Joanne Apter, Linda Neumann, Linda Gerber, Michelle Bergman, Jill Ward

2006: Jeannie Odle, Gayle Lawn-Day, JoyLynn Woodard, Tammi Drury, Jackie Bryson, Ann Baumgardt, Carla Bee, Gina Roper, Joanne Truesdell, and Cindy Harboldt.

2005: Angela McMahon, Cathy Edmonston, Wanda Clifton-Faber, Julie Peters, Julie Kremers, Sally Wright, Victoria Flag, Shirley Lukacs, Pam Green, Sandy Newman, Patty Lamoureux.

2004: Deborah Evind, Kristen Jones, Cynthia Kimball, Maureen McGlynn, Kathy Metzger, Becky St. Clair, Tracy Simms, Denise Swafford, Kathy Thomason

2013 Oregon Institute for Leadership Development Participants

Holly Adair, Rogue Community College
Heather Arbuckle, Clackamas Community College
Simone Chaves, Portland Community College
Sydney Eustrom, Mt. Hood Community College
Erin Fivecoat, Portland Community College
Valerie Heinrichs, Community Colleges and Workforce Development
Danese Jundt, Portland Community College
Colleen Keen, Southwestern Oregon Community College
Barbara Kessel, Oregon Coast Community College
Donna Larson, Clatsop Community College
Elizabeth Mela, Portland Community College
Rebecca Ocken, Portland Community College
Jeri Reed, Portland Community College
Lisa Reynolds, Community Colleges and Workforce Development
M'Liss Runyon, Linn-Benton Community College
Bonnie Ryan, Rogue Community College
Diane Schmitz, Chemeketa Community College
Mary Schroeder, Chemeketa Community College
Roberta Stitt, Lane Community College
Eleanor Sumpter-Latham, Central Oregon Community College
Mulu Terefe, Portland Community College
Heather White, Mt Hood Community College

2013AAWCC-Oregon Campus Contacts

Blue Mountain Community College, Tammie Parker
Central Oregon Community College, Jenni Newby
Chemeketa Community College, Lynn Irvin
Clackamas Community College, Melissa Pirie
Clatsop Community College, Lois Tivey
Columbia Gorge Community College, Lori Ufford
Community Colleges and Workforce Development, Debbie Moller
Klamath Community College, Rachel Spoon
Lane Community College, Jackie Bryson
Linn-Benton Community College, Jeanine Howell
Mt. Hood Community College, Christy Weigel
Oregon Coast Community College, vacant
Oregon Community College Association, vacant
Portland Community College, Cherie Maas-Anderson
Rogue Community College, Daniella Bivens
Southwestern Oregon Community College, Deb Nicholls
Tillamook Bay Community College, (vacant)
Treasure Valley Community College, Jessica Breidinger
Umpqua Community College, Debbie Hall, Nancy Nowak

2013 AAWCC-Oregon Board

This conference was brought to you by these talented and dedicated women.

Annual Conference Program Chair

Cherie Maas-Anderson, Portland Community College

AV Equipment Planning and Services

Shally Hartman, Portland Community College, Audio
visual equipment courtesy Portland Community College

Program Cover Design

Chantalle Guptill, Graphic Design student,
Portland Community College

Silent Auction

Rita Blaisdell, Chemeketa Community College
Erika Coker, Chemeketa Community College

Presidents

Cherie Maas-Anderson Portland Community College
Jan Woodcock-Umpqua Community College
Conference: Planning, keynote speaker host, awards,
scholarships, welcome reception, hotel relations

Past President

Karin Magnuson, Linn-Benton Community College
Conference: Planning, Awards, Silent Auction

President Elect

Julie Kopet, Portland Community College
Conference: Planning, awards, elections, AAWCC/OILD
reception

Vice President – Finance

JoAnn Zahn, Clatsop Community College

Vice President – Membership

Carol McKeil, Linn-Benton Community College

Vice President – Communications

Donna Zmolek, Lane Community College

Vice President – Summer Conference

Donna Leweling, CCWD

Vice President – Annual Fall Conference

Lynn Irvin, Chemeketa Community College
Conference: Planning

Board Member at Large – Registration

Vacant

Vice President of Records

Deb Nichols, Southwestern Oregon Community College

Board Member at Large – Special Projects

Vacant

Web Master

Melissa Aaberg, Portland Community College
Conference: Web site

Ex-Officio Member

Mary Spilde, Lane Community College

Ex-Officio Member

Julie Huckestein, Chemeketa Community College

Thanks also to the many volunteers who helped with
photography, registration, the silent auction, and in a
thousand other ways.