

# OCWC Newsletter

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PO Box 2102 | Oregon City, OR | 97045-0058 | [www.oregoncitywomensclub.org](http://www.oregoncitywomensclub.org)

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## A Note From Bev...

Friends, it was great seeing so many of you at our first meeting of our new year. Sounded like our summer days were full of family gatherings, cool vacations, stay cations & relaxation when we could get it. I want to thank all members who took precious time this summer to continue working toward our goals. Planning continued, fundraiser were attended, committee work continued & school supplies were packed. Don't forget our paint night! So much fun! Fall has definitely arrived indicating its time for all of us to get busy again.

Now on a personal note.

Breast Cancer Awareness month is October with National Mammogram Day on Oct 18. Breast cancer is a scary thought & most of us know someone who has it but we never think it will happen to us. 2003 found me procrastinating about my overdue mammogram. Finally tired of being pestered by reminders, I scheduled it in May. As I was getting dressed the technician told me not to leave because the radiologist wanted to speak to me. Immediate tears as I knew this was not good. He told me I needed to see a surgeon. No! Not me! Long story, short version. I had a biopsy followed by two lumpectomies for low grade ductal carcinoma. I'm so thankful for early detection & those pesky reminders.

This was not a lump to be felt but small calcium deposits the size of a grains of sand! Most of us have them. It's if they begin to clump together that they are of concern. I'd never heard of them. I'm fine but am sure to follow up every year. I know some of you have faced this yourselves. If you've fought breast cancer & won, we are so very thankful.

I'd like to challenge everyone of you to GET YOUR MAMMOGRAM THIS YEAR! An added bonus is that the hour of your time is reported under GFWC Home Life. Be sure to let Vanessa know.

013-030 Breast Cancer (formerly "Breast Cancer Examination"; Convention 1986; Amended and Reaffirmed 1989; Reviewed 1993; Amended 1997; Amended 2001; Amended 2005; Amended 2006; Amended 2010; Amended 2014; Reviewed 2018)

**WHEREAS**, The Center for Disease Control reports that one in eight women and one in 1,000 men will develop breast cancer in his/her lifetime; and

**WHEREAS**, A woman's risk of developing breast cancer increases as she ages; and

**WHEREAS**, The stage at which breast cancer is diagnosed is a major predictor of survival, with early detection significantly lowering the mortality rate; and

**WHEREAS**, Self-examination by palpation, regular physical examination by a physician, especially when there is a family history of cancer, and mammography (x-ray) and other imaging technologies are screening methods that assist in early cancer detection; and

**WHEREAS**, Mastectomies and lymph node dissections are common treatments of breast cancer; and

**WHEREAS**, Many are forced to go home from the hospital hours after breast cancer surgery due to hospital stay restrictions imposed by their insurance companies; therefore

**RESOLVED**, That the General Federation of Women's Clubs urges its member clubs to continues to raise awareness and encourages participation in breast cancer screening and early treatment; and further

**RESOLVED**, That the General Federation of Women's Clubs urges its member clubs to supports legislation requiring insurance companies to cover hospital stays for recovering breast cancer surgery patients including a 48-hour minimum hospital stay for mastectomy patients and a 24-hour minimum hospital stay for those undergoing lymph node dissection surgery.





Little Library at Rivercrest Park

## Rivercrest Library

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Our little library at Rivercrest Park is in need of Childrens Books. Please consider bringing children books to our October meeting.



## October Birthday's

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- 10/07 Sherry Highland
- 10/26 Bev Simpson
- 10/28 Grace Humberston

## October General Meeting

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Hostesses - Judy Albin & Lynn Banta

Program - Maureen Cole, Director Oregon City Library

Monthly Club Project - Patterned scrapbook paper for children's crafts at the Library and/or skillet meals for HOPE



## Purify Your Air With Daisies

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Placing gerbera daisies, mums, English ivy and golden pathos around your home can remove 87 common indoor pollutants, research shows. Jon VanZile, author of Houseplants for a Healthy Home, explains, “Plants breathe in toxic chemicals from the air, which they filter and “exhale” as oxygen.”

Brain - boosting bonus: Breathing in a plant’s earthy aroma reverses mental fatigue by activating alertness - triggering brain regions, per a recent study.



**“Good Morning, class.**

**I’m Mrs. Jones, your first-grade teacher, and also one of your security questions for the next 60 years of your life”**

## Order Up!

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Can you guess which happened first, second and third?

- \_\_\_A. “Imagine” by John Lennon tops the music charts
- \_\_\_B. Nabisco releases a new snack cracker, Teddy Grahams
- \_\_\_C. Volkswagen introduces the Jetta

There is always, always, always  
something to be thankful for

## Person, Place or Thing?

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Can you guess what I am?

- I can be very, very sweet
- I got started in 1950
- I have more than 1.5 million followers on Instagram
- I'm related to Baskin-Robins
- I prefer coffee to tea
- I have 15,000 locations worldwide
- Boy, do I love breakfast
- My favorite colors: Pink and Orange
- Krispy Kreme and Starbucks are my main competition

You deserve Good Things!

You have the magic that makes  
dreams come true

Sure, luck and connections are  
helpful. But they're absolutely not  
essential!

All you really need to succeed is a  
potent blend of positivity and  
productivity, imagination and action  
- and it's free to all.

The best part? You've already got it!

## *HAPPINESS IS A CHOICE*

Not a result.

Nothing will make you happy until you choose to be happy.

No person.

No thing.

Your happiness will not come to you.

It can only come FROM YOU.



## Oregon City Woman's Club

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### Annual Auction & Fundraiser

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Sunday, October 20, 2019

1:00 PM - 4:00 PM

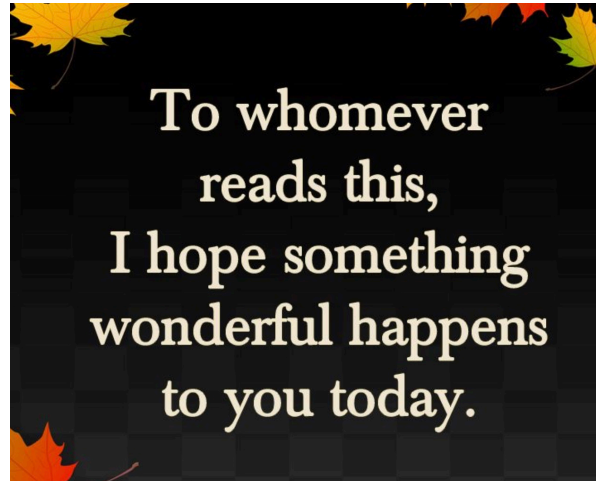
Oregon City Elks Lodge - 3rd Floor Ballroom

610 McLoughlin Blvd. Oregon City, OR

Please contact Robin or Sheila for arrangements to have gift baskets delivered.

### *Life is short*

Spend it with people who make you laugh and feel loved.



A. 1971 C. 1979 B. 1988

Person, Place or Thing? Dunkin Donuts