

October 2022

VOL
3



REGION IV

Newsletter



REGION IV COLLEGES

1. Cabrillo College
2. De Anza College
3. Evergreen Valley College
4. Foothill College
5. Gavilan College
6. Hartnell College
7. Mission College
8. Monterey Peninsula College
9. Ohlone College
10. San Jose City College
11. West Valley College

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LETTER FROM REGION IV RAD

Hello Region IV

Hello everyone! Hope everyone is thriving and remaining safe. As October is amongst us, I wanted to elicit a few things:

1. The October Delegate Assembly is scheduled for October 28, 2022 @ 5:00 P.M. Within that meeting, we will be holding special elections for the Treasurer and Communications Officer vacancies, starting the dialogue for Region IV Legislative Priorities, and having a dialogue as to what the goals and achievements for Region IV going forward. I humbly implore you to attend if you can and be a part of this important conversation.
2. October is filled with celebratory and awareness days. As this newsletter continues, I want to elicit that everyone celebrates and commemorates differently, and that we should all be mindful of that, and continue to lead with compassion and kindness.
3. Throughout this newsletter, there's an array of opportunities and events that allows everyone to be engaged in the SSCCC. If you have any questions, comments, or just want to contact me, please do not hesitate to email me @ radregioniv@ssccc.org
Please stay safe and have a great October everyone.

Thanks a bunch,

Robert Andrade

Regional Affairs Director



MONTHLY FEATURES

Active Colleges

Delegates of Region IV

As of the last delegate assembly Region IV currently has 9 out of the 11 colleges active! Listed are the names of the delegates and their respective college.

- | | |
|-----------------------------|----------------------------------|
| 1. Cabrillo College | Fiona Murphy (She/Her) |
| 2. De Anza College | Mohammad Khan (He/Him) |
| 3. Evergreen Valley College | Arshmeet Kaur (She/Her) |
| 4. Foothill College | Chamu Palaniappan (She/Her) |
| 5. Gavilan College | Mikhaila-Joi Tamondong (She/Her) |
| 6. Hartnell College | David Orta (He/Him) |
| 7. Mission College | Alec Perekhodnik (He/Him) |
| 8. Ohlone College | Gwen Tam (She/Her) |
| 9. West Valley College | Kalle Gluttig (He/Him) |

**"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."
Mother Theresa**

EVERGREEN VALLEY COLLEGE SBA attending the 2022 SSCCC Professional Development & Training Event





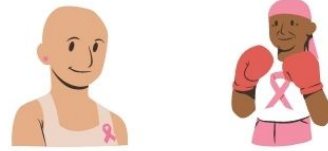
OCTOBER CELEBRATORY & AWARENESS DAYS

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, and Region IV recognizes, empathizes, and supports anyone who's personally endured or bare witness to another suffering from this heinous, unfortunate disease. Enclosed are a couple quick facts and a link to resources and more information.



1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime



In 2022, an estimated 2,710 men will be diagnosed with breast cancer in the U.S. and approximately 530 men will die from breast cancer.

For more information on breast cancer is available at: [Cancer Gov](https://www.cancer.gov) or [Breast Cancer Awareness Feature | CDC](https://www.cdc.gov/cancer)

LGBTQ+ History Month

For all students who identify within the LGBTQIA+, Region IV wants to reiterate that you should be proud of who you and we stand for LGBTQIA+ equality. October 11 is considered "National Coming Out" an LGBTQ awareness day that celebrates and supports any individuals who feel comfortable enough to "come out of the closet." This celebratory day first was observed in 1988, on the anniversary of the National March on Washington for gay rights. In honor of National Coming Out Day, Region IV supports students who are out and proud, still in the closet, still questioning, newly out, or healing.

For more information regarding coming out or National Coming Out Day, visit one of the links below:

LGBTQ Resources | The Center's Free, Online Resource Center ([gaycenter.org](https://www.gaycenter.org))
Human Rights Campaign Celebrates National Coming Out Day and the Significance of Chosen Family - Human Rights Campaign ([hrc.org](https://www.hrc.org))
Coming Out: A Resource for LGBTQ Students | GLSEN





OCTOBER CELEBRATORY & AWARENESS DAYS



October 10: World Mental Health Day

October 10 is World Mental Health Day. The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. Your mental health is more important than that test or quiz, that interview, that meeting, that dinner, than that prior engagement you committed too, Region IV contextualizes that mental health is important and an ongoing issue throughout all community college students, please take care of yourself and others, as you never know what anyone is feeling. For more information and resources, please click on one of the following links:

Mental Health Resources:
Please click the link for different resources.



Mental Health First Aid
from National Council from
Mental Wellbeing



National Institute
of Mental Health



Department of
Health Care Services



OCTOBER CELEBRATORY & AWARENESS DAYS

OCTOBER 10: INDIGENOUS PEOPLES DAY



Honored and celebrated on the second Monday of October, Indigenous People's Day will be on October 10th. The purpose behind this important day is to honor and observe the history and cultures of the Native American individuals and is focused on their tribal roots and stories that strengthened their communities. Region IV respects and honors all students who identifying with the Native American Heritage.

Halloween & Día de Los Muertos



Whether you celebrate Halloween, or Día de Los Muertos (Day of the Dead), both, or neither, Region IV wants to elicit that we respect whatever you honor and celebrate. As we continue to go through the tail end of October, please continue to coexist with others by leading with respect and empathize with individuals who may differ from your celebratory styles. Please if you trick or treat, please be mindful of your surroundings, and remain safe.





WHAT TO LOOK FORWARD TO

VOTER REGISTRATION BALLOT BOWL COMPETITION



Compete with us to win the most registered students to vote for this year's 2022 Ballot Bowl!

Register to vote now, click the following link to visit the California Voter Registration site: RegisterToVote.ca.gov/?t=s.

#SSCCC #2022BallotBowl

#SecretaryOfState

#CaliforniaCommunityColleges

For any questions, please email Region IV Legislative Affairs Director, [Jerry Vakshlyak](mailto:jerry.vakshlyak@ssccc.edu).

↓ DOWNLOAD

Click the Download Button to for more information!

REGIONAL OFFICER VACANCY

REGION IV WILL BE HOLDING A SPECIAL ELECTION
ON OCTOBER 28, 2022 DELEGATE ASSEMBLY.

TREASURER

The Treasurer shall:

- Create financial budget for the region for the next year
- Submit monthly treasurer report to RAD
- Serve as a member of the statewide SSSCC Regional Finance and Fundraising Committee.
- Provide a quarterly budget update to the delegate assemblies
- Chair regional finance committee meetings

COMMS OFFICER

The Comms Officer shall:

- Attend monthly Comms Committee
- Chair the regional Comms Committee
- Collaborate with RADs to discuss social media and outreach efforts
- Disseminate content on social media platforms for the region
- Produce a monthly regional newsletter



WHAT TO LOOK FORWARD TO

REGIONAL COMMITTEES

PLEASE REACH OUT TO THE CHAIR OF THE COMMITTEES FOR MORE!

COMMS

Chair Comms Officer

This committee works on creating and disseminating the monthly Region Newsletter.

RADRegionIV@ssccc.org

LEGISLATIVE AFFAIRS

Chair LAD Jerry Vakshlyak

Prepare for legislative visits to legislators in the Region.

LADregionIV@ssccc.org

INTERNAL AFFAIRS

Chair VC Daniel Orta

Develop regional training, policies, and accountability reports.

vicechairregioniv@ssccc.org

EVENT CALENDAR

THESE ARE SOME OF THE UPCOMING EVENTS

Regional Events:

Region IV Executive Board Meeting

First Sunday of Every Month @ 3:00 P.M.
Location: Zoom
Meeting ID: 915 420 4984

Region IV Delegate Assembly

October 28th, 2022 @ 5:00 P.M.
Location: Zoom
Meeting ID: 915 420 4984

Some items on the Delegate Assembly include:

- Region IV Special Elections
- Regional Budget
- Discussing Region IV Legislative Priorities
- Discussing the next steps for Region IV Delegate Assembly,
- Establishing internal committee assignments.
- AND SO MUCH MORE.