

Oregon FCE News

Volume 21 Issue 3

Oregon Association for Family & Community Education

August 2014

President's Comments



President Barbara Voltin – 2012-2015

High from the desert,

What a busy summer so far...and hot!

I was hoping we would have as good a turn out for the **National FCE Conference in Tucson, AZ** as we had for **Fargo, ND** but only six **Oregonians** attended: **Bonnie and Scott Teeples, Anne Engen, Patti Malanaphy, and Bernie Voltin and myself.**

Did you know **Tucson** is the oldest continuously inhabited city in the **United States?** It was only 2 ½ hours by plane to **Tucson from Portland.** Sure beats 30 hours by train. I was most impressed with how clean **Tucson** is and how nice and wide their roads are, at least where we traveled.

It was another great conference with learning, laughter, renewing friendships and making new ones. The general session had three informative topics: "Heart Health for Women" presented by **Dr. Divya Kapoor**, "Using Social Media to Advance FCE" presented by **Kerry Stratford**, and "Stepping Stones to Success" presented by **Lynn Maples and Betty Schalk.**

Three of the breakout sessions covered the new **Hearth fires** now available. They are #56 Someone is saying...Strut your Stuff, Developing Great Brochures; #57 Someone's asking...How Can We Stretch Our Food Budget?; #58 Someone's Asking...What Are Your Fingers Saying, When You're Typing on Electronic Devices? How many of the **Hearth fire Series** have you used in your **FCE Study Groups?** They can be used as a lesson by themselves. They can be used as a starting point and added to or why not use them as eye openers. There are 15 of the 58 **Hearth fires** dealing with health.

Have you ever heard of **Pearl Hart "The Lady Bandit?"** She was the first known woman and the last to rob a stagecoach on **June 1, 1899.** She escaped from the **Tucson jail**, was recaptured, sent to the **Yuma Territorial Prison.** She was the only

woman there at the time. **Shirley Pinkerton** portrayed her at the **FCL Benefit Dinner Saturday** night.

On **Sunday, Con Tempo Quartet-Sweet Adelines International** entertained and taught volunteer members of the audience the four voices of the quartet. After that, on a more serious note, **Neelam Sethi** told of her sheltered life in **India** until she got married at 21 and came to the **USA.** After her pictures and talk, her husband, **Dr. Gulshan Sethi** taught us Laughter Yoga, a newer form of exercise/therapy to relieve stress and make a person feel happy and healthy. Don't be surprised if you get a dose at the conference in **Pendleton.**

I hope you all are saving your money so you can attend the annual **FCE conference in Pendleton.** I am looking forward to seeing you there in **October.** It will be my last conference as your president. **Patti Malanaphy** will be talking over the leadership in **2015.** I know she will do a great job for you.

If you have any questions or concerns contact me at Barbara.the541@gmail.com or 69380 Buckhorn Rd, Redmond, OR 97756 Cell 541-420-2999.

Barbara Voltin

Oregon FCE President

Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2014.

~Next deadline-January 9, 2015~

Send articles and/or change of address to:

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More State Conference Info

Marlene tells me the motel offers a breakfast buffet for \$4.95. There are no refrigerators in the rooms.

For those that want to walk in the morning, we will meet at the hotel front desk at 6:00 am and walk for about 1/2 hour, so you can get back and have breakfast before you start your day. **Lynda Nyseth**, editor

Treasurers Request

Since **Ida Lee** has resigned as **Youth Rep.** and is no longer doing the **State Character Counts** program, **I** have agreed to take over the **Character Counts** on the State level. Please send me your Counties first place winner in early **March** next year so **I** will have them before the **Spring Board** meeting. Send to **34043 Hwy 97 N Chiloquin, 97624.**

Be sure to fill out the **Seibold** scholarship to help you defray the cost of attending the **State Conference in Pendleton** and get it to me by **August 15th.** You can get a copy from the handbook or your **District Director** or contact me to get a copy 541-892-2336 or fluffy66@centurylink.net.

I received checks from different counties for help with the cost of our web site which is a very important tool for marketing **FCE** as well as to keep our members informed and publicizing our upcoming events. In the past **Scott and Bonnie Teeples** have been paying for this, since they are so generous toward **FCE** in other areas we feel that they should not have to continue paying for the web site.

If any **County Council** wants to donate to this worthy project please send a check of any denomination to me, make sure you designate on the check or a note that it is for the web site.

In **2008** there were **664 FCE** members in **Oregon**, as of **March Spring Board Meeting** we had **435.** Remember to take advantage of the generous offer for **Keepers Corner Scholarship** for new members and those who have been out of **FCE** for 5 years. We have brochures telling about **FCE**, we have a great web site www.Oregon-FCE.org, so let's get this information out to our friends, neighbors and family. Let's get our membership built back up! In **2013** sixty-one people took advantage of the **Keepers Corner Scholarship.**

New registration forms for 2015 have been sent to county treasurers. **Be sure to get yours filled out, signed and back to your county treasurer** so they can send your signed form to your state treasurer before December 1, 2014. It is important that the registration goes to your county treasurer so they can send them on to me. Forms are also located at www.Oregon-FCE.org.

Submitted by **Sandie Bolyard**, State Treasurer

Linn County Hosts District IV

June 18, 2014 District IV held their annual meeting at the **IOOF Hall in Lebanon.** Members came from **Prineville, Redmond, Creswell, Springfield, Fall Creek, Sheridan, Amity, McMinnville, Dayton and Salem.** We started the morning with coffee, tea, muffins and fruit. We then headed out to **MoonShadow Lavender Farm** to meet up with owner **Gale Blasques.** She led us on a tour of her picturesque farm. **Gale** and her husband **Ric** along with **Lily** a Chocolate Lab grow several varieties of Lavender and Pinot Noir grapes. They also have a quaint little gift shop. We returned to The **IOOF** hall for a Potluck lunch. Door prizes were four lavender plants and two beautiful lavender bunches, a house plant and a pair of potholders. **Janice Gregg, Linn County Extension Faculty, Family and Community Health** presented a lesson on Lavender.

We reminded everyone about the **Annual Millersburg picnic** to be held **Wednesday, August 13.** The picnic will also be the first **2016 State Conference** planning committee meeting.

District IV thanks everyone for participating in our **District IV meeting** and helping to make it a fabulous day!

Submitted by **Vickie Graves**, Linn County Council President

Web Site for Oregon FCE www.Oregon-FCE.org

Again, please check out the web site and let me know what you think. Contact me on my home phone 541-882-4374, on my cell phone 541-892-6456, or my email (my best contact) sfteeples@charter.net.

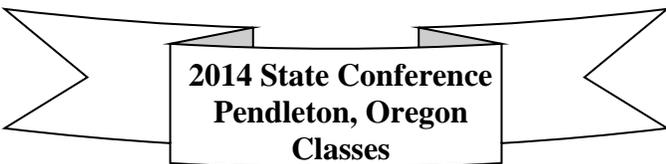
Please check out the web site. **I** have posted the **2014 Oregon FCE Fall Conference** registration on the **Oregon** web site. It is very easy to print a copy from it. Just use the link on the Home Page and follow the printing link.

Submitted by **Scott Teeples** – Oregon FCE Secretary

Ladies, If a man says he will fix it, he will. There is no need to remind him every 6 months about it. *(In some cases this could be true of women too!)*

Door Prize Rule Change

Conference door prize rule change was discussed after conference in 2013. It was decided that in order to get the door prize you must be in the room during the drawing, you cannot let someone else pick up your prize for you. Some have gone home or for some other reason were not present during the drawing. So to make it fair for those who are at all of the meeting events you need to be present to win. If you are not in the room your number can be put back in the can for another drawing during the conference. Drawings where tickets are purchased, are different, you do not need to be present to win.



Tuesday Afternoon Workshops

(1:45 - 3:00 pm)

Sugar Sugar

Presenters: **Anne Engen and Lynda Nyseth**

According to **New Guinean myths** the first man made love to a stalk of sugar cane yielding the human race. My, my. Follow sugar's travels, why we love it, places it loves to hide and the debates surrounding high fructose corn syrup, and sugar free sweeteners. Quizzes and lots of visuals, with no extra calories.

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Fixing Soups

Soups of All Sorts

Presenters: **Sally Wyffels and Sharyl Michael**

Do you love soups? Soup is an incredibly versatile food. They can be hearty and chunky, or light and refreshing, or vegetable based or full of meats, beans, and grains. It can be a meal in itself or a side dish. It can be made using specific, fresh ingredients, or very fugally by pulling together the week's leftovers. They are a delicious, simple meal that can be tailored to any season, and contain almost any flavors. There are even chilled soups and dessert soups. Mankind has been making and

eating/drinking soups for over 6000 years. Soups can be fast and easy or simmered all day. The lesson will also include how to thicken properly, prepare stocks and apply cooking methods to the preparation of various types of soups.

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Parliamentary Procedures (National FCL Presentation given at 2014 National FCE Conference)

Presenters: **Scott Teeples (FCL Trainer) and Bernie Voltin**

Why Parli Pro? -Understanding and Using **Robert's Rules of Order** for Better Meetings
Goals and Objectives

- Participants will gain a general understanding of **Robert's Rules** for meeting participation
- Participants will gain a comfort level in the way motions are handled
- Participants will become familiar with the terms frequently used in the parliamentary process.

Participants will understand that **RONR** and other resources are available as handy references.

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All days are good... just some are better; and if we don't have a bad day... how do you know what a good one is? **Scott F Teeples**

(3:15 - 4:45 pm)



"How To Feed A Family On A Budget"

Presenters: **Jan Allen and Rosalee Ratto**

To feed a family on a budget involves more than stretching our money at the store. This lesson covers menu planning, shopping, storing of our food, how to get 4 main dishes out of 12 foods, how to make casseroles with the things you have on hand and recipes.



Save the Bees

Presenters: **Phyllis McIntire and Sandie Bolyard**

Honey Bees are very important for many of our crops here in the Northwest. Honey Bees can be raised in your own backyard. Raw honey has some very good medicinal uses as well as for eating. Cooking or baking with honey is also popular. We will show what a hive box looks like on the inside where they produce their honey.

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Build a Brochure

(National FCE Presentation given at 2014 National FCE Conference)

Presenters: **Scott Teeple and Patti Malanaphy**

Strut Your Stuff – Developing Great Brochures

Have you ever stopped for a moment at one of the brochure displays found in the lobby of a hotel, a motel, an airport or some other public place and thought about all of the information that is being presented there? You can learn the “how’s and why’s” of building a professional looking brochure for use anywhere in your life. You can also learn about the brochure used in the National FCE Awards Book/Brochure Contest.

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Wednesday Morning Workshop O CANADA

Presenters: **Patti Malanaphy and Lendamai Poole**

We will bring interesting and informational history about beautiful **Canada**. We will focus on the three **western Canadian provinces. British Columbia, Yukon and Alberta.** Also touch on the **Native Haida and First Nation.** Please join us for some fun and learning about our neighbor and ally.

Books for Babies & Youth

Clackamas Co. FCE groups delivered 117 books to the **Shriner's Children's Hospital on June 30, 2014.**

Marion County also delivers books, bibs and bags to the **Salem Hospital** for newborns.

Heart of FCE

I am pleased to announce that the **Oregon Heart of FCE** has been selected and this year the award goes to **Morna Bastian**, a long-time member from **Chiloquin Study Group in Klamath County.**

Everyone is making plans for **Conference in Pendleton** this year but it’s not too soon to be thinking about the **Heart of FCE for 2015.** Most groups will be getting together in **September** after their summer break and that is a great time to start thinking about who you would like your nominee to be. Think about the doers and the helpers, the members who are the backbone of your group. Think about how you are going to write the nomination, how you can get as much information as possible in just 100 words. You do not need to include your county or group name in the 100 word or which offices your nominee may have held as that information should have been already filled in on the nomination form. Remember, the **Heart of FCE** committee has only what you write to base their decision on and the more information there is about the nominee and their involvement with **FCE** the better. Do not forget the photograph, it must be 2” x 2”. There is only one nomination from each county so if you have more than one group in your county then you will need time to get all the groups nominations in and pick which one will represent your county, so **I** encourage you all to start on this early and make sure that you get your nomination to me by or before the deadline of **March 15th.**

Thank you for all the thought and effort that you put into this award and the more difficult you make it for us to choose, the better.

Gay Jarvinen, Vice President for Public Policy
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What are Grandparents?

(Comments by 8-year-olds)

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also why we shouldn't step on "cracks".

They wear glasses and funny underwear.

They don't say, "Hurry up".

They can take their teeth and gums out

Character Counts
"Respect"
(Umatilla/Morrow FCE)

Contest is a treat for Ione children



Marilyn Perkins brings certificates and treats to students who participated in the family and community education art and essay contest. This year's theme was respect. Pictured are Jayne Simpson, Faviola Juarez, Kayla Rodriguez, Hailey Heideman, Emily Ehrmantraut, Colt Parker, Morgan Aldritt, Grace Ogden, Taylor Rollins and Marilyn Perkins. —Contributed photo

Garden Sloppy Joes

Ingredients:

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound ground meat (turkey, chicken or beef)
- 1 can (8 ounce) tomato sauce
- 1 can (15 ounce) whole tomatoes, crushed
- 1 can (8 ounce) mushrooms or 1/2 pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

Directions:

1. Sauté onions, carrots, green pepper and ground meat in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
5. Refrigerate leftovers within 2 hours.

Notes:

- Add your favorite fresh, canned or frozen chopped vegetables.
- Try whole wheat English muffins instead of buns.

OSU Extension Service, Food Hero.
www.foodhero.org



Jan Blankenship, District IV FCE, gave me this recipe while we were having lunch at the **District IV Annual Meeting**. It is sure to please and so easy to make. **Jan** was told any cake mix will work, but she says yellow cake mix is by far the best.

Mix a yellow cake according to the directions on the box. Mix into the cake batter, 1 (one) can of Pecan/Coconut frosting (German Chocolate type). Pour mixture into a greased and floured 9 X 13 cake pan, bake according to the package or until done.

It is a moist cake and very delicious. Thanks **Jan**.

Tour of Lavender Farm

On a overcast rainy day in **June**, eleven members of the **Creative Homemakers** study group carpooled to the **Lavender Lake Gardens of Independence, Oregon**. **Dr Don Roberts**, the founder and owner of the gardens gave the ladies a tour of the lavender fields. **Dr. Roberts** is the developer of the lavender varieties, **Buena Vista, Sharon Roberts, Sachet, and Eola**, they are tolerant to the **Northwest** weather. He also showed their distillery making lavender oils. The smells were heavenly. 400 lbs makes 1/2 gallon oil of the **Sharon** variety and for **Eola** the 400 lbs makes 1 gallon of the oil. After the tour the group visited the gift shop and saw and purchased many items made with lavender oils, flowers, etc. The **FCE** lesson for lavender will be given in **September** and the group will be well prepared.

Comments made by **South Carolina Troopers**:
"You know, stop lights don't come any redder than the one you just went through."
"If you run, you'll only go to jail tired."

OR Assoc. Family & Community Education

Oregon FCE News
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2014 Oregon FCE Calendar

August

13 Linn County Annual Picnic, 11:00-2:30

Millersburg Park

15 Deadline for Margaret Seibold Scholarship Applications

22 Oregon State Fair begins

September

1 Oregon State Fair ends
Labor Day

15 Deadline for Hotel Group Rate
Pendleton, Red Lion Hotel
1-541-276-6111

October

6-8 Oregon FCE State Conference
Pendleton, OR

13 Columbus Day

31 Halloween

November

11 Veterans Day

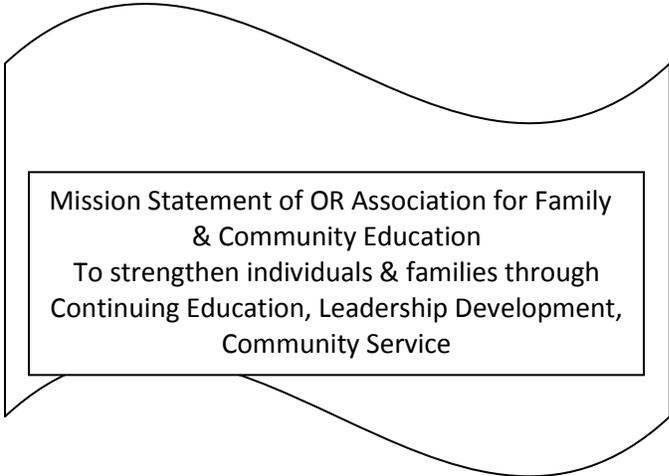
27 Thanksgiving Day

December

25 Christmas Day

January 2015

9 Deadline for Oregon FCE News
Articles



Mission Statement of OR Association for Family
& Community Education
To strengthen individuals & families through
Continuing Education, Leadership Development,
Community Service

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