

Oregon FCE News

Volume 20 Issue 1

Oregon Association for Family & Community Education

March 2013

President's Comments



President Barbara Voltin – 2012-2015

“Hi” from the Desert,

WOW! We just zoomed from 32 degrees to 62 degrees in one day. Can **Spring** be far away? I actually saw some daffodil blooms just ready to burst forth when we made a quick over the mountains and back home yesterday. No offense to the **Willamette Valleyites** but it was so good to get back here to **Central Oregon**. We are always reminded of that song from *Winnie the Pooh and the Blustery Day* movie. “The rain, rain, rain came down, down, down...” Well, enough on the weather, let's get down to **FCE** business.

How many of you have planted a tree for the **ACWW** project **Helen Tamke** told us about at the **October 2012 FCE Conference**? Take pictures of all your **FCE** activities and send them to **Lynda** for the **Oregon FCE News**.

I hope you are keeping track of the miles you are walking for the **ACWW Women Walk the World** project and/or for our **Oregon FCE** walks to **Fargo, North Dakota** for the **July 18, 2013 National FCE Conference**.

Some of us have been talking about taking the train to **Fargo** so we can see some of the scenery instead of flying, driving or horrors...taking the **BUS!!!** It would be fun for a group of us to go together, kind of like our own little tour. Are you interested in joining us?

Did you send in your **Oregon Heart of FCE** nomination to **VP for Public Policy, Gay Jarvenin**? The state winner will be decided on at the **Spring Board** meeting in **April** and sent on to **National FCE**.

Don't forget to let **VP for Programs, Deanna Hadley** or your **District Director** know which topics you would like to learn more about in **2014**. When your **Board of Directors** meet **April 1-2** they will be deciding on the lessons to present at the

annual **FCE Conference October 7-9 in Medford**. Mark your calendars now so you can attend and receive all that information first hand.

Fill out those monthly volunteer hours pages and turn them in to your **District Director** so they can be turned in with your ½ yearly reports.

Thanks for your support. I hope to see you all at a **District** meeting and/or at the **Conference in October**. Send comments and questions to me at **69380 Buckhorn Road Redmond, OR 97756**
E mail Barbara.the541@gmail.com
Cell phone # 541-420-2999

Have a great **Spring**,

Barbara Voltin,

Oregon FCE President

Margaret Seibold Scholarship

It's not too early to be thinking about and applying for the **Margaret Seibold Scholarship** for the **State FCE Conference in Medford, October 7-9**. The application is in the **Oregon FCE Handbook** on page **B-40**, ask your **District Director or County Council President**, for a copy. The application is due **August 15th** and needs to be sent to:

Sandie Bolyard, Oregon FCE Treasurer,
34043 Highway 97 N,
Chiloquin, OR 97624-8747

The purpose of the scholarship is to provide partial payment of the cost for you to attend the **FCE State Conference**. The recipient must apply the monies to such expanses as registration, travel, meals and his/her motel room. You must write a paragraph stating why you want to be considered and what you hope to gain from the conference and how you will share the information.

The application must be postmarked no later than **August 15**.

Margaret was tragically killed in a head on collision when an oncoming car swerved into her lane.

Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2013.

~Next deadline-May 24, 2013~

Send articles and/or change of address to:

Lynda Nyseth, Editor

21461 S. Hwy 99W

Amity, OR 97101-2239

E-mail LYNDATrose@aol.com

Half Yearly Reports

March is the month to deliver the Half Yearly Reports to your **District Director**. Forms to record volunteer hours are on page E-6 of the **Oregon FCE Handbook**. Some people feel as though their work is not that important or that it's boasting or bragging to keep record. Those thoughts are farthest from true. To show record is to show that we as a group are active and vital to our communities, schools, libraries, churches, charities and families existence. We make differences in peoples lives and it's worth keeping record.

When your study group gives a lesson, please take a moment to fill out evaluation form (handbook pg B-36). It is not necessary to send me each individual form, a condensed version on one sheet noting the number of participates would be fine, would also save postage too. Unless your lesson is an **OSU** written program and the **University** is asking for an evaluation, please send all forms to me, the **VP of Programs**. I can be reached by **USPS**, email and phone.

Thank you,

Deanna Hadley

PO Box 1144

Oakridge, OR 97463

Hadley_dd@yahoo.com

541-782-5882



District V Invitation

Mark your calendars now for the **District V's "Days of Wine & Roses" in Medford, Oregon, October 7th through the 9th, 2013.**

Rosalee Ratto and Winnie Earl, Co- directors
District V.

Membership

Jan 1, 2013

Our membership this year is still going down, we are at 450 members which is over 100 lower than last year, it is very depressing to see this great organization losing so many members. When **I** joined in 2000 we had over 900 members, it's like watch dominos go down when **I** compare the totals over the years. If we want to see this organization survive we need to get out there and talk to everyone we meet about **FCE** and offer to pick them up and take her/him to a meeting.

I sent a letter in **October** to all **Council Treasurers and District Directors** because of confusion about what a **Family Membership** really is. According to **National** guidelines it is: **A member and spouse plus any dependent children living in the same household**. Also **I** have been getting **copies** of the membership forms so **I** also reminded the **County Treasurers** to send me the **original** membership form.

Through the kindness of **Scott and Bonnie Teeples** we still have a lot of **Keepers Corner Grants** they will pay for the first year for a new member or anyone who has been gone over 5 years.

Sandie Bolyard, State FCE Treasurer

FCE Spring Board Room Reservation

Just a reminder to reserve your room at the **Super 8 Motel in Redmond** for the spring board meeting. There is a block of rooms being held until **March 20th** at our group rate for **March 31st – April 3**. There are single queens (\$59) and double queens (\$69). You are responsible for reserving your own room. We encourage sharing a room with another board member to reduce expenses. Be sure and save your motel receipt and keep track of your mileage. We pay \$.28 a mile for the driver of the car. Please carpool if possible. We will pay half the room rate for each board member. **Co Directors** are considered as one member for reimbursement purposes and for voting. Of course, both are welcome to attend all board meetings.

The address for the **Super 8** is **3629 21st Place SW, Redmond, OR 97756** Phone # 541-548-8881. Be sure to mention you are with **Oregon FCE Board**.

can find out more about that on the ACWW web site www.acww.org.uk

Alpaca Sock Brigade 2012 State FCE Challenge



Thanks to the generosity of the women and men of **FCE** throughout **Oregon**, \$1500 was collected and the troops were sent 150 pairs of socks. We are thrilled at the support given this project and the support given the men and women serving in the military.



Giddy up Go Study Group Members (from left to right): **Maxine Haines, LeeAnn Baastad, Mary VanEtta, Marlene Currin-Study Group President, Donna Evans, Glenna Maine-Oregon State FCE District VII Director, Gay Lee Rasmussen, Shirley Hollibaugh and Tom Currin** (who dug the hole for the tree!).

“On **Friday, November 16, 2012**, members from the **Umatilla/Morrow Giddy Up Go FCE Study Group**, along with **President Marlene Currin’s** husband **Tom**, planted a tree at the **West Hills School**. The study group did this in conjunction with the **Associated Country Women of the World’s 2010** recommendation of planting trees to help combat climate change. While at the school, members of the study group discussed climate change with the 4th and 5th grade class members who were in attendance. The children thought the tree planting was a wonderful idea and promised to protect the tree and thought that everyone should do this for the environment.

Submitted by **Mary VanEtta**, OSU Umatilla County Extension Service, 4-H Administrative Assistant, phone 541-278-5404

Walk to Conference

Bonnie Teeples encourages all members to start walking and try to walk the distance to **National FCE Conference in North Dakota and/or FCE Conference in Medford**. There will be an article and a form in the **FCE Today**, that will tie into the **ACWW Walk the World** and the presentation given by **Dr. Jo** at the last **National Conference**.

There is a challenge from **ACWW “Women Walk the World”** that takes place **April 29th**. You

Study Group Report

“**Happy New Year – 2013**” Let’s hope that this **New Year** will bring a more “positive direction” for all people!

Woodmere ladies did several blood drives until **October** when we decided to discontinue them due to the lack of volunteers. We are busy doing other events besides doing blood drives. In **December**, we donated clothing, food items and monies to **SnoCap and Francis Center**. There is a great need for all donations.

I’ve been using **Bottle Drop Recycling Center in Troutdale** for the past 2 years now and it’s really very clean, organized and efficient. You are allowed two green bags of bottles/cans per day in the outside deposit door. You can put bottles, cans and glass inside in the machines up to a certain number. Because of the popularity the company plans to open another **Bottle Drop** recycling center in the **Gateway** area this year. (*Editor’s note: my daughter-in-law informed me that there is one of these facilities in South Salem.*)



Lendamai Poole has been busy collecting “**Books for Newborns and Children**” and on **May 15th, 2012 Multnomah County Advisory** donated 51 bags, 3 bags from **Clackamas Co.** and one bag from **Washington Co.** Each bag contains a book and baby item or item for older child. Thank you EVERYBODY for a successful event, it was greatly appreciated at **Children’s Hospital**.
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Don't forget **FCE Oregon State Conference in Medford, October 7th – 9th**, start saving up for a fun and learning good time. **Patti, Lendamai and I** attended the **2012 State Conference in Salem** and what fun. **I** was able to go on a tour of an **Alpaca farm in Amity**, visiting the **Brigittine Monks in amity**, buying and sampling their fudge. There were 10 of us; we had lunch in **Dallas**; toured **Grandma's Attic**, quilting store. It is a **MUST SEE, VISIT** store if you are a **QUILTER**, lots of history and information. Our final stop was to a **Goat farm** where we sampled cheeses, yogurts and ice cream. The drivers did a **WONDERFUL JOB** of showing their guests interesting places on tours. Then it was back to work that afternoon, taking a class, "Donor Program" and **I** decided to present it in **October, 2013** to our groups. Hope to see you all in **October in Medford at Oregon FCE State Conference**.

Submitted by **Cathryn Schabell**, District X

Tualatin FCE collected personal care items, in **October**, totaling \$150 for the **Tigard Good Neighbor House**.

Holidaze Faire was very enjoyable and the antique appraiser very knowledgeable and interesting.

Ida Johanson planned a most pleasant **Christmas** party complete with lunch, gift and cookie exchange. We all contributed gift cards for the **Good Neighbor House** in the amount of \$350. Submitted by **Kay Ferguson**, District X

Leisy Schefflin FCE donated goods and clothing for "**Homeplate for Youth**" at their **Christmas** party. A delicious potluck luncheon was enjoyed by all, followed by socializing and relaxing. Submitted by **Claire Enloe**, District X

Groner FCE enjoyed a cool and rainy morning, **June 12**, as they met garden columnist **Marci Degman** at her beautiful home on a wooded hillside. **Marci** designed the landscape and graciously took us around the different planting areas.

Our **Christmas Dinner** was held at **Leila and Jack Steele's** home. Members and their spouses enjoyed the good food and fun games that **Gretchen Donaldson** brings. Members brought

donations for **St. Childs** home for young mothers and this year we had enough for two gift baskets filled with items for the teen moms and their babies. A check for \$100 was also presented to the organization for their best use. We also give **4-H Scholarships** to summer camp. Submitted by **Jane Jenkins**, District X

Happy Valley FCE enjoyed the lessons on "**The Healing Value of Foods**", "**Berries and Nuts: Nature's Gift for the Healthy Body**" and "**The Efficient Cook**". In **December** we got together twice, once for our annual **Christmas** lunch at **Albertina's Restaurant in NE Portland** and then our annual **Christ** party hosted this year by **Doris Bergstrom**. **Doris** had beautiful decorations in every room of her home. In **January** we heard about the characteristics of the various living generations and how understanding these characteristics will help us to understand each other better.

Submitted by **Karen Hicks**, District X

Highland FCE our members volunteered in many ways: Helping and donating to a local food bank, a Church, Hospital, cooking & baking meals for others, transportation, sewing for missions, foster children, teen pregnancy groups, recycling, phone calls, garden clubs, Grange, schools and much more. We don't think we are doing much until we make a list.

Our **Christmas** party was a special time with a lively gift exchange.

Our wish for **2013** is better health for everyone. Continue with our groups, no matter how small. Submitted by **Shirley Bicket**, District X

Rural Dell FCE enjoyed our final summer outing at the home of **Florence Peace**. We enjoyed our salad luncheon on the front porch, it was a beautiful setting. **Florence** served dessert consisting of different flavors of cheesecakes, coffee and juice.

In **September** our lesson was "Healing Power of Foods".

Submitted by **Helen Reeder**, District X



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Clackamas County Advisory Council, as usual our year ended with a flurry of activities. **Share Fair** was well attended and **Happy Valley** did a great job with the theme of “How Do We Give Back”. In **October** seven of us attended the **State FCE Conference**.

Our **District X** meeting will be “**Where in the World is Chennai**” presented by **Anne Engen** and helpers. If you are in the area and would like to attend contact **Jesse Tucker, 18900 Shenondoah, Oregon City, OR 97045**. The date is **March 25, 2013 at 9:30**, cost is \$15.00 per member and \$16.00 for guest. You are asked to bring non-perishable food for the Food Bank. You are asked to reply by **March 11**, but since that time is past get in touch with **Edgel Sudul, eddiesu@aol.com** if you are interested in attending.

FCE Presents Fair Share 2013, Monday, April 22, 2013 9:30 am – 2:00 pm, “Add a Little ‘spice’ to Your Life!” at **First Presbyterian Church, 1321 Linn Ave, Oregon City**. Registration is \$4.00, bring your favorite dish to Share for the Potluck, a “White Elephant” item for the Silent Auction. Guest speaker is **Jack Campbell**. Event is hosted by **Carus FCE Study Group**. Questions contact **Mary Kunze 503-632-4031**
Submitted by **Edgel Sudul, District X**

Amity FCE chooses two names from the “Tree of Giving” at **Christmas** and purchase gifts for them. We also give a **4-H** scholarship and this past year gave donations to the **Amity Library** in memory of members that passed away during the year. To raise money for these worthwhile projects we make and sell **Christmas Wreaths**. We enjoyed a **Christmas** lunch at **Antonio’s in Lafayette in December**. We shared **Christmas** cards, looked at the gifts purchased for the children and had a great time visiting.

In **January, Becky Dyche**, visited and shared her experiences working with children with autism. There was a lot of discussion and informative information. After her visit we had a lesson from the **Hearth Fire Series** on “**Looking Fit and Fabulous at Any Age**”.
Submitted by **Lynda Nyseth, District III**

Oak Meadows FCE enjoyed touring **Hallie Ford Museum**, where one of our members showed us the various galleries, after exploring on our own we went to **McGrath’s** for a seafood lunch. The museum has a large collection of **European, Asian and Native American** art plus a room devoted to prints. A very educational and fun place to visit.
Submitted by **Linda Schollian, District III**

Amibitious Annies FCE has a used book sale at each of their meetings. In **2012** the money was used to help with expenses for the **2012 State FCE Conference**.
Submitted by **Edith Perry, District III**

Creative Homemakers FCE gather gifts we provide for a family from **YCAP**. We also collect items such as wash cloths, baby wipes and hand towels for the residents at **Vineyard Heights Assisted Living**. In **January** we have an annual outing, this year 9 members toured the **Antique Schoolhouse in Lafayette**. After a few purchases were made we headed back to **McMinnville** for lunch at **The Sandwich Express**. Following a delightful lunch we went on to **Homeward Bound Treasures**, a thrift shop for **Homeward Bound Pets** a rescue for homeless animals.
Submitted by **Sally Wyffels, District III**

Sheridan FCE has collected pull tabs for the **Elk’s**, they are then given to the **Veterans**. We also collect Embroidery Thread for **India**, coupons for the **VFW**, which they send to the military bases.

In **January** we used the **Hearth Fire Series** lesson on **Osteoporosis**. It was very interesting and contained good information.
Submitted by **Claudine Eden, District III**

Let me know what your study groups are doing so that our **FCE** members will get ideas about things to do in their area and perhaps be able to attend some of your activities. We are getting smaller in numbers but we can still get together and have a great time and also invite others to these events and in that way give them a taste of **FCE** and hopefully get some new members. Maybe we can’t put on a special event but we might be close enough to enjoy what some other **FCE** group is putting on and we can attend. Thanks, Lynda.

LYNDATrose@aol.com

Children's Programs

I hope that your county is taking part in the "Books for Newborns" and "Books for Children". If you don't want to do the bags then just do the books. There is a lot of need to get books in the hands of our children. The **County Councils** could be in charge of this program with all the **Study Groups** helping. If you need any information on these programs contact **Ida Lee Knapp, 13737 Hal Lane, White City, OR 97503-9531** or phone 541-826-3754 or e-mail kiathal@yahoo.com

The **FCE Essay and Artwork Contest** ended on **January 31, 2013**. I hope that you took part in this contest also.

French Fries

Is it lack of willpower that makes you incapable of having just a few of those fast-food fries and instead polishing off the whole greasy bag? The siren song of fatty foods is caused by powerful marijuana-like chemicals-endocannabinoids that surge in your gut as soon as a rich food lands on your tongue. This is the result of a study from the **University of California at Irvine**. Your only defense against these natural attacks of the munchies is to, well, go cold turkey. A smear of peanut butter on an apple slice sounds more virtuous, but it risks the same can't-eat-just-one reactions.

Source: Prevention Magazine, October 2011

Submitted by **Ida Lee Knapp**, Youth Education Representative.

YAMHILL/POLK SPRING FESTIVAL

March 20, 2013

"Faces Around the World"

Registration begins at 9 am with coffee or tea, cinnamon rolls, muffins, scones or coffee cake. Registration fee is \$5.00 and the program starts at 9:30. We will accept registrations at the door so you don't have to pre-register. Come and have fun.

Ann Scott will be speaking to us about the **Mt. Barclay Christian School in Liberia** that she is working with. **Mt. Barclay** is a large, permanent refugee area in **Liberia, West Africa**. "The meal that we give them every day is often their only meal, and the education that we are providing gives them the hope of being prepared for a better tomorrow."

We will also have an oral auction. You are welcome to bring nice items for the auction or just come and join in the fun with a bid or two. **Patsy Tinkham** is our auctioneer, she does a fantastic job and you will have a great time.

We are having a used book sale: paperback books 50¢ each or 3 for \$1.25; hardback books \$1.00 each.

Community project is non-perishable food for the **Dallas** food bank.

Potluck lunch of salads and desserts, bring your table service please.

Oh yes, there are door prizes!!!!

19th Annual Amity Daffodil Festival

March 23rd & 24th, 10 am to 4 pm

Amity Elementary School

Amity, Oregon

The **Amity Daffodil Festival** began in **1995** as a class project of the **Hospitality, Tourism and Recreation** class. Students work on planning and organizing the Festival throughout the school year as part of their curriculum. Proceeds go toward future **Daffodil Festivals** and the **Lynn Ramsdell Amity Daffodil Festival Scholarship Fund**.

There are activities for the kids as well as the display of daffodils, art show and sale, tour of daffodil farm, Volkswalk, plant sale and presentations by local **Historian and Master Gardners**.

*~In Deepest Sympathy for
our FCE Friends and their
Families ~*

*Clarice Ross
Garden Home FCE*

*Faye Wolf
Woodmere FCE*



Chicken and dumpling Casserole

Ingredients:

- 3 Tablespoons oil
- 1 cup chopped onion (about 1 medium)
- 1 cup chopped celery (about 2 stalks)
- 1 cup chopped carrots (about 2 small)
- 3 cups low sodium chicken broth
- 3 Tablespoons flour
- 2 cups cooked chicken, bite sized
- 1 cup frozen peas
- + salt and pepper (try ¼ to ½ tsp.)

Dumplings:

- 1 cup flour
- 2 Tablespoons baking powder
- 1/4 teaspoon salt
- 1 egg
- 1/3 cup low fat milk

Directions:

1. Heat oil in a large skillet and sauté onions, carrots and celery until soft.
2. Add a small amount of unheated broth to the flour and stir until smooth. Slowly stir in remaining broth and add to skillet. Stir over medium heat as the mixture thickens.
3. Add the chicken, peas, salt and pepper. Heat on low while making dumplings.
4. Dumplings: sift the flour, baking powder and salt together into a mixing bowl.
5. Add the egg to the milk and beat until well blended. Stir into the flour until well combined.
6. Pour the chicken mixture into a lightly oiled or sprayed casserole dish. Drop dumpling dough by spoonfuls onto chicken mixture. (makes about 8 dumplings)
7. Bake uncovered at 400 degrees for 15 minutes or until the dumplings are golden brown.
8. Refrigerate leftovers within 2 hours.

(We did not precook the cut up chicken, we added it with the vegetables after they had started to soften.) One less pan to wash.

This recipe is from FoodHero.org web site, it is from the **Oregon State University Extension Service**. The recipes contain nutritional information and are funded by **OSU Extension and USDA SNAP**. There are lots of good recipes at this site, go and check it out.



What's So Great About Hugs??

There's no such thing as a bad hug—only good ones and great ones. They're not fattening and they don't cause cancer or cavities. They're all-natural, with no preservatives, artificial ingredients, or pesticide residue. They're cholesterol-free, naturally sweet, 100 percent wholesome. And they're a completely renewable natural resource.

They don't require batteries, tune-ups, or X-rays. They're non-taxable, fully returnable, and energy efficient, and, in fact, promote healing!

They're safe in all kinds of weather; in fact, they're especially good for cold or rainy days. And they're exceptionally effective in treating problems like bad dreams or the **Monday blahs**.

Never wait until tomorrow to hug someone you could hug today!



The newsletter committee that was formed at the **2012 State FCE Conference** is asking you to check with your study group and send your comments on doing the newsletter by e-mail to LYNDATrose@aol.com . I have talked to **Sandie Bolyard**, she would have to make another list of members as **National** does not want the e-mail addresses. It would be easy to leave a member off one of the list and it would mean more work for **Sandie** and me. Most members I have talked to like to have the hard copy so they can reread the information and also have registration forms in their hands. I'll be sending a report to the **Spring Board Meeting**. Thanks, Lynda

