

# Oregon FCE News

Volume 19 Issue 2

Oregon Association for Family & Community Education

May 2012

## President's Comments



President Barbara Voltin – 2012-2015

### Greetings from the Desert

According to the calendar, the weatherman and the crocus, daffodils and early blooming trees it's **Spring** but the feel of the wind when we step outside still has that winter chill to it.

Between snow showers, sixteen of your **Oregon FCE Board of Directors** attended the **April Spring Board Meeting in Redmond**. We had two visitors: **Jesse Tavernia, Prineville** and **Phyllis McIntrie, Oregon City**.

Before the board met, I received an e-mail of resignation from **Marjorie Holland**. She is unable to complete her term as **Vice President for Public Policy** due to her health. A big "Thank You" to **Marge** for her years of service to FCE and also to **Past President, Marlene Currin**. She has graciously agreed to accept an appointment as **VP for Public Policy** to finish out **Marge's** term which expires **December 31, 2012**.

Unfortunately, after the board meeting I also received a letter of resignation from **Connie Leavitt**. She is unable to complete her term as **Oregon FCE Secretary** due to health and family issues. Without a secretary we will not be able to function as a viable organization. I am putting out a call for someone to step forward and be appointed to complete **Connie's** term which will be up **December 31, 2013**.

The duties of the secretary are listed in the **Oregon FCE Handbook**. And there are only three meetings left in this term that the secretary would be required to attend: the **FCE Conference in Salem, October 1-3**; the **Spring Board Meeting in Redmond, April 1-2, 2013** and the **FCE Conference in Medford, October 7-9, 2013**.

Our new **Vice President for Programs, Deanna Hadley**, did a great job at the **Board** meeting in getting the programs lined out for the **October Conference**. Be sure and thank her and the other **FCE** members for volunteering their time to develop and present the following programs for you. (*This is a tentative list*): "Protecting Yourself Against Burglars" – **Patti Malanaphy**; "Landscaping With Edible Plants" – **Deanna Hadley**; "Cons and Scams... How To Avoid Them" – **Kerry Mauk**; "Wolves, the Controversy Surrounding Them" – **Sandie Bolyard**; "How To Be An Organ Donor" – **Leeann Baarstad**; **A National FCE** program—"Where in the World is Chennai?" – **Anne Engen** and "Quick Breads" – TBA or one of **National's** programs.

Congratulations to **Sandie Bolyard, Klamath County**, your **2012 Oregon Heart of FCE** winner. Other nominees were: **Hanna Schink, Multnomah Co.**; **Evelyn Forbes, Jackson Co.**; **Joan Monnier, Marion Co.**; **Leona Johnson, Clackamas Co.**; **Anna Massingham, Lane Co.** and **Lois Enstrom, Washington Co.**

Remember, **Margaret Seibold Scholarship Applications** are due to **Treasurer Sandie Bolyard** by **August 15, 2012**. **Margaret Seibold** was the **Oregon FCE President 1985-1987**. She was tragically killed in a head on collision when an oncoming car swerved into her lane.

Don't forget to attend other **District Meetings** when you are traveling in their area. A lot of planning and work goes into putting them on. There are some interesting programs coming up in **May and June**.

**District VI** is having their meeting at **Izzy's** on **May 18 in Redmond**. They plan on having a **Master Gardner** talk on **Cactus and Central Oregon Native Plants**.

On **May 19 District V** is having their meeting in **Central Point** at the **OSU extension office**. They are going to learn about the **Victorian Era**.

Then on **June 6, District IV** will be meeting at the **Covered Bridge Café in Scio** to learn about the **Oregon Connections Academy**.

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They also plan on visiting the **Scio Historical Museum** and carpooling to see five covered bridges in the area.

Support your fellow **FCE** members and get to know some great volunteers in other parts of the state. Which reminds me...Did you know you are so valuable that an hour of volunteering is now worth \$21.36? Don't forget to fill out those monthly volunteer hour pages and turn them in with your 1/2 yearly reports.

**Good news from National FCE:** The late registration fee for the **July 19-22 Conference in Erlanger, Kentucky** is being waived, for those who are signing up after **May 1**. This will last until they have enough full time registrants to cover expenses (90). So, it's not too late to apply for monies from the education fund through the finance committee for help you attend the **National Conference**. Let me know ASAP if you are interested. We need more people to attend the workshops and programs so they can bring that information back to **Oregon**.

Also, **National FCE's** policy is that husbands may go on tours without paying the registration fee for the conference. They may attend conference events (usually meals) for a \$50 event fee.

**National** is accepting donations of NEW children's books for the **Cincinnati Children's Hospital Medical Center**. They require cloth books be in original packaging.

Get those creative juices flowing because once again **National** will be holding their apron and bra auction. This was one of the funniest events of the conference last year. We laughed until the tears flowed and our cheeks ached. Let me know by the first of **July** if you would like to decorate an apron or bra to donate for the auction. I will transport these items when I travel to the conference.

Thanks for your support and I hope to see you all at a **District** meeting and/or at the **Conference in October**.

Send comments and questions to me at  
2919 SW Cascade Vista Dr  
Redmond, OR 97756-0286  
E mail [puppylove2u@Q.com](mailto:puppylove2u@Q.com)  
New phone # 541-420-2999

Have a great summer!

**Barbara Voltin, Oregon FCE President**



**Big SALE**

## MARKETING REPORT

During the **Spring Board meeting** it was voted on to purchase vests with the **FCE** logo embroidered on them. The vests will be sold to the membership as a tool to market **FCE** and as a fund raiser. Wear your **FCE** logo vest to all events to show pride in your organization. Be prepared to explain what **FCE** stands for when people ask.

Samples of the sizes and colors of the vests will be available to try on at some **District** meetings and at the **Annual Conference in October**. There are ten color choices and the prices range from \$30 - \$34 depending on the size. The sizes available are from S to 4XL. The two styles are fitted and straight sides. Payment must accompany an order. Make checks payable to: **Oregon FCE**.

Contact me for more information.

**Bernie Voltin**, Marketing Chair

2919 SW Cascade Vista Dr

Redmond, OR 97756-0286

Phone #541-420-2999

E-mail: [puppylove2u@Q.com](mailto:puppylove2u@Q.com)

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*Oregon FCE News is sent 3 X year to FCE members  
paying dues for Jan. 1 to Dec. 31, 2012.*

*~Next deadline: July 20, 2012~*

*Send articles and/or change of address to:*

**Lynda Nyseth**, Editor

21461 S. Hwy 99W

Amity, OR 97101-2239

E-mail [LYNDATrose@aol.com](mailto:LYNDATrose@aol.com)

**If you know of someone that did not get their  
newsletter get their address to me. Thanks, Lynda**

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## Margaret Seibold Scholarship

The application was in your last **Oregon FCE News**. If you need a copy ask your **District Director** or **County Council President**, it is on page B-40 of the **Oregon FCE Handbook**.

The purpose is to provide partial payment of the cost for you to attend the **FCE State Conference**. 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.

## State Conference Committee Issues Challenge



**Districts III and IV** are issuing a challenge to the members of **Oregon FCE**. We have chosen a community project for the **2012 Annual Conference**, called **SUPPORT OUR TROUPS: Alpaca Sock Brigade!**

The story behind the project: when the mom of a young soldier asked her son what special item he wanted in his next care package, the soldier quickly responded, "Alpaca socks!" The young man was familiar with socks made from alpaca wool and their special wicking and warming qualities. His family raised alpacas in the **Willamette Valley in Oregon**. He was also aware of the horrible sweating his feet endured in the daytime in **Iraq** and the numbing cold they experienced during the chilly night time patrols. The answer for both conditions was **ALPACA SOCKS!**

The Alpaca Sock Brigade was started as a means of getting this product onto the feet of service personnel in **Iraq and Afghanistan**. Local alpaca growers produce the wool and local companies turn the wool into socks, among other items. The **Conference Planning Committee** can purchase the socks from a local vendor at a much reduced price, **\$15 per pair**.

Our challenge to the membership is: **start collecting pennies, dimes and dollars to purchase at least 50 pairs of socks**. This number would cost \$750, a much smaller amount than we collected for the **ACWW Project** last year. (Wouldn't it be great if each study group purchased at least one pair?)

Although we're getting a late start, let's all get behind this very worthy project. It not only benefits our troops, it also promotes local farmers and businesses. **Bring your donations to the Annual Conference or mail the money to Linda Bird, Conference Treasurer, 13600 SW Gopher Valley Road, Sheridan, OR 97378.**

**Connie Leavitt** also reports that she took another supply of books to the **Salem Hospital**. The bags contain a book, a bib, MPY Newsletter and brochure about **FCE**.

**Alene Showers, District III Director**

## County Council Report Forms

This reminder is either early or late, depending on whether your **County Council** sent in the required report form following your annual election. Please take a look at the form (**C-5 in your State FCE Handbook**) and put this task on your calendar for 2013.

Your **FCE State Board** is committed to keeping the **Board/County Council** lists current. We cannot do it without your help.

## FCE State Board

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## DISTRICT X ANNUAL MEETING

**Washington County** hosted the **District X 2012 Annual Meeting March 26th**. Thanks for all the hard work from **Washington County Council** and **Study Groups** that made this a successful and entertaining meeting.

Thank you **Barbara Voltin, Oregon FCE State President** for attending and providing information on what's happening around the state. Also to **Bernie Voltin**, marketing director for his display and information regarding sale of Vests, T-shirts to **FCE** members. A beautiful program was presented on **Switzerland**. Guest speaker **Pierre Vireday and Tom Imholt** guided us through a picturesque slide show of their travels in **Switzerland**. **Shelby Aepli-Imholt** offered traditional folk music, songs and yodeling. A delicious lunch was served by **Celebrate Catering**.

**District X** co-director **Patti Malanaphy** announced **Heart of FCE** nominations. **Lois Enstrom** received **Heart of FCE** from **Washington County, Hannah Shink from Multnomah County and Leona Johnson from Clackamas County**. These special ladies have illustrated that with hard work, being diligent and dedicated you can accomplish good for all through your **FCE** work. **Lendamai Poole District X** co-director presented **Edgel Sudel and Phyllis McIntire** their **50 year** member pins. **Hannah Shink** received her **55 year** pin. These ladies have shown spirit and a desire to Volunteer their time and knowledge to their family, friends and community working through **FCE** study groups. (continued on page 4)

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Thanks to **Jeanne Brandt, Washington County FCH** for her report and continued service and support to all the **FCE** members. A special thanks to **Kathy Starr, Washington County President and Dawn Westphal, Vice Chair, Myrna Loucks, Treasurer** and all the other ladies who gave so much of their energy and time making this one of the best **District X** meeting. **GOOD JOB!!!!**

**Patti Malanaphy District X co-director**

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### **Vice President of Programs**

**Deanna Hadley**

Programs have been chosen for this **October's State conference**. Thank you all for your wonderful suggestions. If yours was not chosen, please re-submit next year. Here is a list of the program titles now being written and a big "Shout Out" to those who volunteered to write them. "*How the Organ Donor Program Works*" by **LeeAnn Barrstadt**, "*Landscaping with Edible Plants and Shrubs*" by **Deanna Hadley**, "*Wolves: The Controversy*" by **Sandie Bolyard**, "*Avoid Home Invasion and Burglarizing*" by **Patti Malanaphy**, "*How To Recognize Cons and Scams*" by **Mary Van Etta**.

**I still need one last volunteer to develop a program for "Quick Breads"**. I know there is a lot of experience out there. Please come forward to help.

When writing your program use a wide variety of sources and be sure to cite/credit your sources. The "original" program should cover a broad spectrum of information so that the Study Group Presenter can choose what information best suits her audience. **The first draft of your written program is due before July 15<sup>th</sup>**. Please don't wait until that date. The final product is due no later than **August 15<sup>th</sup>**.

Thank you everyone for your help and guidance as I learn my new post. Please feel free to contact me with any information or questions.

Sincerely **Deanna Hadley**, VP of Programs  
PO Box 1144  
Oakridge, Or 97463  
(541) 782-5882  
[Hadley\\_dd@yahoo.com](mailto:Hadley_dd@yahoo.com)

### **Vice President of Public Policy**

**Marlene Currin**

The **Spring Board Meeting** was held **April 2 & 3 in Redmond, Oregon**. **President Barbara Voltin** announced that **Marge Holland, VP of Public Policy** had resigned her office. She appointed **Marlene Currin** to fill the unexpired term. As the newly appointed **VP Of Public Policy I** was assigned the **Oregon "Heart of FCE"** contest. You, as **FCE** members can be proud of your nominees and celebrate their achievements locally. The candidates were all extremely qualified and each of them are deserving of the award. I am happy to report the following nominees for the **Oregon Heart of FCE Award**:

**Lois Enstrom from Washington Co.**  
**Hannah Schink from Multnomah Co.**  
**Evelyn Forbes from Jackson Co.**  
**Anna Massington from Lane Co.**  
**Joan Monnier from Marion Co.**  
**Sandie Bolyard from Klamath Co.**  
**Loretta McDonald from Crook Co.**  
**Leona Johnson from Clackamas Co.**

This was a very difficult decision. I suggest that every study group honor their nominee as each of them are very deserving. However, only one candidate can be selected and **Sandie Bolyard from Klamath Co** is the **2012 Oregon Heart of FCE** winner! Congratulations.

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### **Nomination Committee**

According to our handbook page B-3 Section 3: "Nominations and Elections" - 2013 is in Group III. This group shall be elected for 3 years and the nominations shall consist of a Treasurer, Vice President for Public Policy and Directors from Districts III (Marion-Polk-Yamhill), V (Jackson-Josephine-Klamath) and X (Clackamas, Multnomah, Washington). It is important to be thinking of these nominations within your own districts and study groups; people that are enthusiastic and willing to expand their involvement to greater things. Interested persons should consult their handbooks for job descriptions. It is not at all too early to be considering this. Pat Wallin 541-923-9937 [pwallin@bendroadband.com](mailto:pwallin@bendroadband.com)

## State FCE Essay & Artwork Contest Winners



### First Place Winner

#### Journey to Citizenship By Talia Hutchins

This is a story about Humberto Serrano my greatgrand father. He was born in Mexico and had too sisters and one brother. When he was seven years old, his mom died so his dad decided to take him and his sisters to El Poso, Texas to live with ther aunt.

Humberto and his family travlled over 200 miles by horse back on ther journey to Elposo. Their route was hot and dangerous, and along the way they ran out of food and water.

Humberto's sister died of dehydration and Humberto became very sick. Eventually Humberto remaining family arrived in El Paso, where his father left him and his sisters.

Humberto lived with his aunt from age seven until he graduated from high school. Hearnd to speck English and and became a very good sudent. After he graduated he joined the U. S. Navy during Wrold War II. He was wounded in combat and got a purple Hart. My greatgrandfather was abel to become a U. S. citizen becase he served in the U. S. navy.

Humberto Serrano was very proud to serve his country and to become a citizen. He valued his education and belived everyone who lives in the U. S. should speak English. He was a hard working, Amarican who loved his country. I am proud to be an American and grateful for his sacrifice.  
*(Talia is a 4<sup>th</sup> grader in Jackson County but I don't know what school. Because the copy was so light I typed each of the winners essay. I could not include the artwork as it was also too light.)*

### Second Place Winner

#### Clarks Great Adventure By Carson Chester

Clark, was on his way home from work and noticed the world was out of control. There was trash and graffiti everywhere. He knew that he could make a difference in the world. He started by

cleaning up the local parks. One park had graffiti on the playground, tree and the bathroom. So he went to the store to buy paint. He had to buy 5 gallons of paint. It was very expensive but he knew it was for a good cause. He picked up trash for three days. After that he city board relized that they needed to start a fundraiser for all the parks and city property.

*Carson is in Ms. Denman's class at Freewater School, Umatilla County.*

### Third Place Winner

#### Citizenship By Cami VanArsdale

Citizenship is important. In my picture three people are being good citizens. One person is opening the door for another person.

The other person is donating clothes for the orphans and he's happy about it. The last person is carrying groceries for an old lady. Those are some examples of what being a good citizen is all about.

If you are in your community make sure you're a good citizen. Be polite when you can and help others when it's possible.

*Cami is a 4<sup>th</sup> grader at Heppner Elementary, Morrow County and Mrs. Gibbs is the teacher.*

### Honorable Mention

#### The lake By Kaithynn Telford

I think citizenship is that you care for the enviornment and others. Like one time my friend and I were walking by brixner and we saw a frozen lake and we went down to check it out. We were looking and saw something trying to get out so we started walking towards it and I started to walk on the ice.

The thing started to move and I was on the ice and we saw it was a otter and we were wondering why it was in there.

We got big sticks and started to break the ice and we made a hole big enough for it to climb out so we backed away and it climbed out.

That was when I saved an animal.

*(Kaithynn is from Klamath County.)*

## Greetings from District VII

District VII's FCE Annual District meeting was held at the Saddle Restaurant on April 19, 2012 in Pendleton, Oregon.

Pine City study group took care of registration and nametags.

The Giddy Up-Go group did icebreaker.

The Athena study group furnished table decorations.

Flag Salute and FCE creed was given by the Fruitvale study group.

Welcome and introductions was given by Marlene Currin, President U/M Advisory Council.

Glenna Maine, District VII Director gave the reports of what each FCE study group was doing in Umatilla/Morrow County.

She reported on Heart of FCE and Character Counts in which Umatilla/Morrow County had a second and third place winner in state. She reported on the Oregon State FCE Conference when, where and what will be happening in Salem, October 1-3, 2012. She also gave news of the ACWW Triennial that will be held in India in 2013.

Marlene presented Gay Lee Rasmussen a name badge and pen for being Umatilla/Morrow County Council Treasurer.

Ron Reinhart who played the accordion and Everett Ripler the guitar was the entertainment. Everyone enjoyed them and even sang along sometimes.

During lunch, Jim Schlenker, Ceo of St. Anthony Hospital, spoke about the new hospital that is being built south of Pendleton.

After lunch, Marissa Hascall and Vickie Rodriguez, from the Domestic Violence Service for Umatilla and Morrow Counties, gave a presentation on Domestic Violence. This was our lesson for April.

After a piece of cake, that was made by one of our members daughter the meeting was adjourned.

Door prizes were given out throughout the meeting.

Submitted by Glenna Maine, District VII Director



## Picnic in District IV

Wednesday August 15 District IV will hold their annual picnic at Millersburg Park. 11:00-3:00.

Families welcome. Potluck and bring your own table service. We look forward to seeing everyone!

*(District III has attended this picnic for the past 3 or 4 years and we do have a lot of fun. The park is very nice and of course the company is great. Try to attend if you are in the area. Lynda's comments)*

Submitted by Vicki Graves, District IV FCE.

## District III Meeting

Places were set for 43 to attend our District III Meeting. We met at Red Lion Inn, the location of our State FCE Conference this October. We introduced "Sock it to um", the Alpaca sock brigade. We collected \$373.00 to go toward Alpaca socks for our troops. Thank you for your donations to this worthy cause. We will still be collecting throughout the summer and at our conference.

Barbara and Bernie Voltin reported on the FCE Spring Board Meeting and the Marketing items. Several put their order in for vest.

Jean Rogers gave a very interesting and informative program on West Africa. She and her husband lived there for about 1 1/2 years, while there she taught in a school. Jean and Penny White modeled clothing worn by the women.

After our delicious lunch we held a planning meeting for our state conference. Then there was a tour of the facilities.

Submitted by Lynda Nyseth, Yamhill/Polk County Council

## Challenge from Helen Tamke International Representative

"Floss for India Project" is still a viable project and the donations are much appreciated. She is asking each county to send one package of floss to her for a special package to be taken to the ACWW meeting in India in 2013. A member from Oregon is planning on attending and will take the donations with her. Thank you to each one for your donations and those who are donating, continue to send your packages as usual also.

~In Deepest Sympathy for our  
FCE Friends and their Families

Helen Schultz  
(Barbara Voltin's Mother)

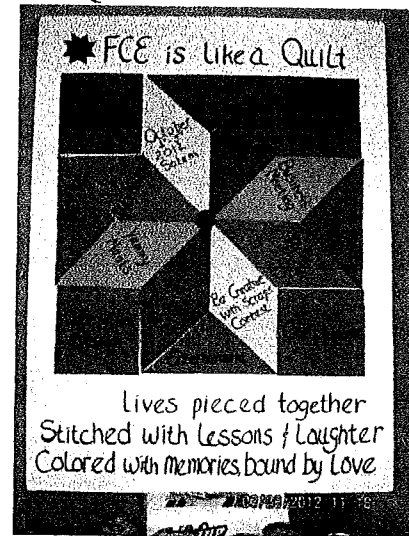
### Three Things You May Not Know About Diabetes

1. Prediabetes doesn't always lead to full-blown diabetes. Prediabetes is also known as impaired glucose tolerance, which means that the amount of glucose, this is sugar, in your blood is higher than it should be but not high enough to qualify as type 2 diabetes. According to the **American Diabetes Association**, making three lifestyle changes: losing weight; watching your diet and exercising can increase your chances of preventing or delaying type 2 diabetes by up to 58%.
2. There's more to eating right than cutting out sweets. All carbohydrates, whether starchy or sweet, quickly turn into glucose in your bloodstream. A bagel can hike blood sugar as much as a doughnut. The more processed and refined the food, the more quickly the conversion occurs.
3. Exercise is just as crucial as diet. Here's where insulin comes in: This hormone helps transport glucose from your blood into your body's cells, which burn the sugar for energy. When you have prediabetes or type 2 diabetes, either your body doesn't produce enough insulin or your cells don't use it efficiently; as a result, glucose builds up in the blood. When you exercise and lose weight, your body is better able to employ its supply of insulin for decrease "insulin resistance," making it easier to control blood sugar levels.

Source: **Parade**, November 2011 by Catherine Price. Submitted by **Ida Lee Knapp**, FCE State Board

## New Contest for 2012 State FCE Conference

Our theme for the 2012 State FCE Conference is  
"FCE is like a Quilt"



So we are having a "People's Choice" Contest. We would like everyone to participate, be creative and make something any size, any shape, using scrap quilt or other fabric pieces. Bring it to conference and enter in the contest. We will let the members vote on them.

If you have questions call **Elsie Gabrisch**, 541-933-2113 in District IV.

### Bullying Linked to Social Status

A while back I wrote an article about bullying. Recently I read an article about teenagers bullying for social status, which is a different way to look at bullying. Scientists have confirmed an axiom of teenage life: kids intent on climbing the social ladder at school are more likely to pick on their fellow students. The findings were in the **American Sociological Review** and it suggests that efforts to combat bullying in schools should focus more closely on to social hierarchies. The study involved 3,722 middle- and high-school students over an academic year. **Sociologist Robert Faris** of the **University of California at Davis** along with a colleague did the study. They found that the teenager's inclination toward aggression rose along with their social status. Aggressive behavior peaked when kids hit the 98<sup>th</sup> percentile for popularity, which suggests that they were working hard to claw their way to the very top. Bullying was higher in the fall than it was in the spring. Although, I believe, this study reinforces popular stereotypes about social cliques in schools this behavior can carry over into adulthood social climbing.

Source: **Mail Tribune** – February 2011 Submitted by **Ida Lee Knapp**, Youth Education Representative

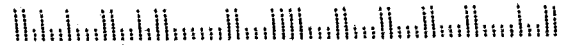
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## 2012 Oregon FCE Calendar

**May**  
28 **Memorial Day Observed**  
30 **Memorial Day**

**June**  
6 **District IV Meeting**  
**Covered Bridge Café, Scio**  
14 **Flag Day**  
17 **Father's Day**  
20 **First Day of Summer**

**July**  
4 **Independence Day**  
19-22 **NAFCE Conference**  
**Erlanger, Kentucky**  
20 **Deadline for articles for Oregon FCE News**  
22 **Parent's Day**

**August**  
3 **Mail Oregon FCE News**  
5 **Friendship Day**  
15 **District IV Picnic**  
**Millersburg Park**  
**Deadline for Margaret Seibold Scholarship Applications**

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

### National FCE Headquarters

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