

Oregon FCE News

Volume 26 Issue 3

Oregon Association for Family & Community Education

August 2019

President's Comments



Scott Teeples – Oregon FCE President

Sometimes I wonder why time goes so fast and then I realize that a lot of it is because I am so busy with all the things that I do. FCE keeps me very busy and I love doing it and supporting it. FCE is one of the loves of my life. Even though we don't meet in our local FCE Study Groups during the summer, it seems that I am busier than ever during the summer months doing FCE things.

Bonnie and I returned home yesterday after a three-week trip on the road and traveling in 13 states and driving a total of 5,089.7 miles. We were very tired but excited with all of the places we had been and more excited about the old, and new, friends that we met with. We stopped briefly, to see our youngest son and his family, in Great Lakes, Illinois, where he is a Commander for the recruits at the Navy Training Center. From there we traveled to the National FCE Conference in St. Louis, Missouri. After that conference was over, we traveled to Springdale, Arkansas for the National Conference for the National Volunteers Outreach Network (NVON). Bonnie, being the ACWW-USA Area President needed to be there at their Conference.

At the National FCE Conference, Bonnie was the Conference Chair, so she was really busy preparing for and maintaining all of the things that needed to be done there. We were in St. Louis for a total of 8 days, preparing for, attending, and cleaning up after the Conference. It was a great Conference, and a lot was done. There were great meetings, great classes, a good tour, great presentations, a Sharing Time, and, as always, visiting with new and old friends.

The Oregon FCE members that attended were Patti Malanaphy and Bonnie and me.

During the business meeting at the Conference the subject of dues increase was brought up, discussed and voted on. The proposal was for a dues increase of \$5.00 for 2020, another \$5.00 dues increase for 2021 and another \$5.00 dues increase for 2022. During the President's meeting, there was a lot of discussion on the proposal of dues increases. A lot of information was given out on the National FCE budget, the increased cost of doing business, the increased cost of the required Liability Insurance, and the "Bottom Line" of the financial welfare of National FCE. It was noted that National FCE membership is again down slightly. There was a presentation given about all of the things that National FCE has done to greatly cut all of the expenses that they can. At the business meeting a formal motion for the proposed dues increase was made and there was a lot of discussion and testimony of the needed increase. All of the discussion and testimonies from at least 10+ people, including State Presidents and other members present, were 100% in favor of the proposal to increase the dues. The motion was voted on and passed 100% in favor of the motion.

After knowing all of the facts, I fully support the dues increase during the next three years. If we didn't do something, National FCE would be going away in 2 to 4 years. \$5.00 during a year is only 1.4 cents per day. Even in 2022 the extra \$15.00 per year will only be 4.1 cents per day. Many people spend \$15.00 on a meal out, or \$15.00 on a couple of specialty drinks at the local coffee shop. Keep a coin bottle and put your spare change in to help with paying your FCE dues. We also have various Oregon FCE scholarships to help with those that need help paying their dues. If, after you have done all that you can do, you still feel that you can't afford to pay the increase in the dues, let me know and I, Scott Teeples, will send you the money. Please support these dues increases because the very life of FCE depends on it.

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Oregon FCE won a 1st Place in the Brochure Contest- Membership; 1st Place in the Brochure Contest- Other; and a 2nd Place in the Brochure Contest-Promotion. Klamath County, of Oregon FCE also received the National Community Service Award.

After attending the National FCE Conference, Bonnie and I, at our own expense, attended the National NVON Conference in Springdale Arkansas. They are an organization, very similar to FCE, and it includes 8 states. We learned a lot about their organization, made a lot of new friends and enjoyed the time with them.

The 2020 Oregon FCE Conference Selection Committee has met and looked at 5 different venues for the 2020 Fall Conference in the Eugene/Springfield area. We need to meet and take one final look before signing a contract.

District 1 has been working hard planning for the 2019 Fall Conference. I thank all of those that are involved in this task. Please plan on attending the 2019 Oregon FCE Conference which will be held in Clackamas at the Monarch Hotel. Wonderful classes will be offered, and you can get information about those classes on the registration form that is included in this Newsletter and also on the Oregon FCE website www.oregon-fce.org. I'm sure that there will be lots of great speakers, activities and things to do. I'm going... how about you? I have some great news also, our National FCE President, Ardyce Snyder, will be attending our 2019 Fall Conference. We will also have a special guest... Ruth, the Hawaii FCE State President.

If you need some financial help to attend the 2019 State Conference, please remember that there is a Margaret Seibold Scholarship to help with this. Also check with your County FCE for help or to see if your FCE Study Group can help. Sometimes there are also individuals that would be willing to help.

A little reminder about the elections that will happen at the 2019 Conference. Officers will be elected to President Elect, Vice President for Program, Secretary, District 2 Director, and District 4 Director. I have had some people let me know they are interested in running for these positions but if you would like to run, or if you know of anyone that should run, or is interested in running, please contact either myself or a member of the

Nomination Committee (Sharyl Michael, Patti Malanaphy, or Kerry Mauk)

I would also like to announce that the 2020 National FCE Conference is going to be held in Oregon. It will be held in Clackamas, Oregon at the Monarch Hotel, which is the same hotel we are using for our 2019 Fall Conference. Be sure to attend. It won't get any closer. I have talked to a few of the Board Members about the possibilities of coming up with a way of offering some scholarships to help with the cost of attending. More information will be given out later.

Be sure to get ready for the new Volunteer Hours Award that was started last year. Last year we were honored to have 16 Individuals, 8 Study Groups, and 4 Counties earn a Volunteer Hours Award. We want to honor all of those Individuals, Study Groups and Counties that put in lots of volunteer hours. The application form can be found on the Oregon FCE website, www.oregon-fce.org, or from various FCE leaders.

If you haven't heard, we have a new State-Wide Contest that was started this last year. It is the 2nd and 3rd Grade Essay and Artwork Contest. The theme for 2020, is "What I love most about living in Oregon." This year we had 12 contestants. We hope to have more for next year. Complete rules and applications forms can be found on the Oregon FCE website www.oregon-fce.org.

As always, I want to address the subject of increasing FCE membership. Please remember that everyone of us was "invited" by someone to join FCE. Everyone has and remembers their story. It's now time for you to "invite" someone to join FCE. Invite them to all of the great FCE activities that you have during the year. If every FCE member found, recruited and retained just one member each, we could double our membership numbers. And if every FCE member found, recruited, and retained several members...

This has been a great year for me in Oregon FCE. I have been working hard to make Oregon FCE the best it can be. I challenge each of you to do the same.

I, as always, am excited about the things that we have done, can do, and will do in Oregon FCE. With all of us working together we can make Oregon FCE all that it can be. **"It is what you will it to be"**.

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Final Thoughts

- Please invite me to any of the FCE activities that you are having. I love going and sharing your time. I love participating. I might even teach one of your classes or do a presentation if you'd like me to.
- Please let me know if there is anything, I can do for you or any of your FCE members. I live to serve... and serve to live.
- Again....“Thanks for all you do”.

Scott Teeples – Oregon FCE President

Come and Get Your Passports!

Join us for “Passport to FCE 2019”, October 7-9 at the Monarch Hotel in Clackamas, OR. A fun and informative 3 days of activities have been planned for you. We will travel to a Hawaiian Luau, Tuesday night, (wear your Hawaiian attire) and go to Ireland (our study country this year). We will experience the new 2019-2020 programs, hear interesting speakers and learn to pack our bags.

Our charity this year is the Oregon City Pioneer Pantry which supplies food to over 150 homeless students. Please bring non-perishable foods which can be put in backpacks.

SEE YOU SOON!

Kay Gooding, District I Director

Special Events at State Conference

There will be lots of great classes including a leadership class on Monday afternoon, 6 various classes on Tuesday afternoon and a country class about Ireland on Wednesday morning. Other activities will include great speakers and presenters. We will also hold our Business Meeting on Tuesday and elect our new Oregon FCE Officers. **The National FCE President, Ardyce Snyder, is**



planning on being there to meet and greet all of you. We have also invited the Hawaii State FCE President and she will be there. We will also have our Sales Room, various drawing and of course... our yearly Fundraising Auctions. Also, tours and nearby shopping.

Hope to see lots of you there.

If you need some financial help to attend the Oregon FCE State Conference, please check out the Margaret Seibold Scholarship. Forms are available: in this newsletter; on the Oregon FCE website or in the Oregon FCE Handbook. You might also check to see if your FCE District, County or Study Group has any scholarships that you might be able to use.

Information for self-guided tours include “End of the Oregon Trail Museum”; “Bob’s Red Mill”; “Clackamas Town Center” (Hotel has a shuttle bus as needed); “Clackamas Promenade” which includes Hobby Lobby for your crafting needs. There is a 20-mile jogging path adjacent to the hotel, just be back for dinner.

Monday afternoon 2pm-3:15pm, “Travel Tips and Trips” workshop.

Monday afternoon 3:45pm-5:15pm, FCE Workshop “Changing Your Cultural DNA”. **What is DNA? It’s what makes you who you are.** Just as every person has their own DNA, every organization has cultural DNA. Your group/club has it. Your county council has it. Your district has it. Your State FCE has it. Most organizations fail to examine their cultural DNA. We fail to look at the “Sacred Cow”, or the things we continually do that continually get the same negative results.

It’s time to examine the way we are functioning. Come participate in a learning discussion and share ideas about what we can do to build FCE.

Monday evening – after dinner “Game Night”.

2019 Fall Conference
Clackamas, Oregon
“A Passport To FCE”
Lesson Blurbs

“Mindfulness & Stress Relief through Art”

Is your Mind Full, or are you Mindful? This workshop is designed to help you understand the practice of mindfulness, what it is and isn’t; help you learn a few beginning mindfulness exercises; and discuss how you can incorporate being mindful into your everyday life. We will also discuss the benefits of using art to relieve stress.

Presented by Bonnie Teeples and Barbara Voltin.

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“Natural Home Remedies”

Remember when Grandma gave you a concoction to get rid of your cough? Or the natural, simple remedies that Mom gave you for your headache or stomach ache? Those were the days! Our class on “Home Remedies” will share with you natural ways to relieve aches and pains, using teas, salves, essential oils, and other old-time formulas. We will also share beauty tips for your skin and hair, using only natural ingredients, and natural household cleaning formulas

Presented by Sandie Bolyard- VP for Public Policy, and Cynthia Gibson-District 5 Director

“The Night Janitor – The Brain at Night”

Sleep may be more essential than food. As you cycle 4 or 5 times through several stages of sleep, for awhile you’re almost paralyzed, you can’t even shiver. Your brain isn’t less active when you sleep – that’s when your busy night janitor takes over cleaning, repairing and storing memories. Learn why the saying “Sleep on It” is so true.

Written & presented by Sally Wyffels, retired High School teacher and former District 3 Director. Anne Engen current District 3 Director. Both are members of the Creative Homemakers FCE group in McMinnville celebrating 46 years together.

“Writing Personal Histories”

Have you ever had the opportunity to read some interesting history about one of your deceased family members... especially if they were the one that wrote it? And, then suddenly you feel as if you know them a little better. Take this opportunity to learn how to leave some of the memories of your life to your children, grandchildren and your posterity. Find out the simple and easy way to write those personal memories using the “Remembering” method.

Written and presented by Scott Teeples and Patti Malanaphy.

“Things to Know when I’m Gone”

End of life planning is something we tend to put off, sometimes until it is too late and others are left

to take care of your estate. This class will help you organize and record your final wishes in a simple and effective manner.

Presented by Kay Gooding and Bonnie Teeples.

“Medical Cannabis; Benefits and Ill Effects”

Cannabis has been used for thousands of years for its medical properties such as Glaucoma, stops growth of cancer cells, stops seizures for people with epilepsy and M.S., pain relief, anxiety etc. Come and learn the different types and safe uses and warnings, get literature and knowledge to help you work with your Doctor.

Written and Presented by Sandie Bolyard V.P for Public Policy and Barbara Voltin V..P. for Programs

Ireland

Green, Clean, Moist and Windy

Welcome to a little bit of Ireland. You’ll enjoy some Irish music, places to visit, recipes, look at Celtic crosses, be heart broken by the heroic struggles of these hardy Irish and hear how this island got cut in half. Look at photos of interesting Irish signs. We’ll welcome visitors who will come out of the mists of ancient Irish history to share their stories with you.

Written and presented by Cynthia Gibson, District 5 Director who lives in Prospect which is near Crater Lake. Anne Engen, District 3 Director who lives between hazelnut orchards and vineyards in McMinnville.

Oregon FCE and National FCE Websites

Please take some time and check out the websites for Oregon FCE (www.oregon-fce.org) and National FCE (www.nafce.org). They are both great tools where you can find a lot of information about FCE at both the state and national level. Did you know that the complete Oregon Handbook is available on the website? Please let me know if you have any questions, comments or suggestions about either website. (I know the webmaster well) While you are there you might check out the LINKS page and check out the websites for other FCE states and also the ACWW website. (Scott Teeples)

Keeper's Corner LLC – Fundraising Booth

The Oregon FCE Fundraising Booth at Keeper's Corner is still doing very well and is raising over \$2,000.00 a year to help Oregon FCE out. The booth is donated and doesn't cost Oregon FCE anything (no charge for the booth). All of the money raised goes to Oregon FCE. Please remember that it is filled with items that are donated by FCE members throughout the state and also other various donors including some of the vendors of Keeper's Corner. If you have items for donation, please let me know and we will get them there. Without your donations, the booth is not possible.

I would also like to thank all of those local Klamath Falls area FCE members, including Bonnie Teeples, Sue Campbell, and Barbara Loungnot, that help keep the booth clean and well organized. It takes a lot of work to keep it going.

Submitted by Scott Teeples

Standing Rules for Margaret Seibold

Oregon FCE State Conference Scholarship

PURPOSE: The scholarship shall provide a partial payment of the cost attending the Annual Oregon FCE State Conference. The recipient may apply this to any expenses such as registration, travel, meals and motel costs.

AMOUNT: The amount and number of scholarships to be given will be determined by the Oregon FCE Board of Directors on a year to year basis.

ELIGIBILITY: The applicant must be a dues paying member of Oregon and National FCE. A person may receive the State Conference Scholarship as well as County and or local scholarships.

An applicant may not receive the scholarship more than once in a five year period.

The award is not transferable.

APPLICATION: The applicant will write a paragraph stating why she/he wants to be considered for the scholarship, what he/she hopes to gain from the conference and where, with whom and how the information will be shared with others.

HOW AWARDED: The Margaret Seibold FCE Conference Scholarship Committee will review the applicants and select the recipient(s). Questions may be addressed to the State Treasurer. The award will be in the form of a certificate and check given during the conference.

WHEN DUE: Applications must be postmarked or emailed no later than August 30. Scholarship recipients will be notified no later than September 15.

ADMINISTRATOR: The Oregon FCE State Treasurer will be responsible for maintaining a separate interest bearing account and distribution of funds.

POLICY CHANGE: Rules governing this scholarship may be made by a vote of two-thirds of the Oregon FCE Board of Directors.

You will be required to fill out an evaluation sheet, which will be given to you with the check after the conference and submit to the treasurer.

You must be registered for the complete conference to receive this scholarship.

Revised October 2017

OREGON FCE STATE CONFERENCE MARGARET SEIBOLD SCHOLARSHIP APPLICATION

Sponsored by Oregon Association for Family and
Community Education

Each scholarship is for UP TO

\$100.00

Name _____

_____ Phone _____

Address _____

_____ County _____

City _____

_____ Zip _____

What is your age group? 18-30 _____ 31-40 _____ 41-55 _____ 56 & over _____

Are you an FCE member? Yes ___ No ___ How many years have you been a member? _____

Name and location of your study group _____

Have you attended the State conference? Yes ___ No ___

Last year of attendance _____

Have you been awarded this scholarship before?

Yes ___ No ___ What year _____

Will you have to pay for child or elder care expenses to attend? _____

In order to receive this award you must attend the whole conference.

Tell us why you want to be considered a State FCE Conference Scholarship. Include what you hope to gain from the conference and how, where and with whom you will share the information you learn at the conference. (Attach a second page to your application, if you need more writing space).

Application to be sent to State Treasurer:

Bonnie Teeples

4338 Arthur Street, Klamath Falls, OR 97603

Or email to: bdteeples@charter.net

Revised October 2017

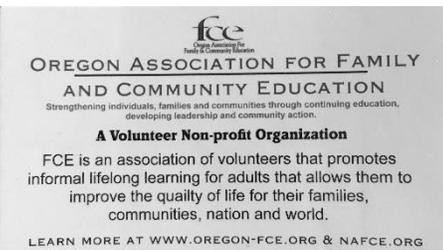
2019 Oregon FCE Volunteer Awards



Now is the time to start preparing to earn your 2019 Oregon Volunteer Award. 2018 was the first year that we gave this award and we gave out several. Those that put in the many hours of

volunteer time, including yourself, deserve the recognition. Add up all of your volunteer hours for you as an individual, your Study Group, your County, or even your District. All Award winners will be recognized at the 2019 State FCE Conference and certificated given to those that attend the Conference. Those not attending will be sent their certificates. Full details and forms can be found on the Oregon FCE website www.oregon-fce.org.

What is FCE? – Business Cards



With the idea coming from Bonnie and a card that she had from past years Bonnie and I have developed a

“What is FCE?” business card. I ordered and paid for 2,500 of them and I want them used. I have enough for everyone to have some. I have started giving them out and have done so in the various statewide meetings that I have attended. I will get you some if you are interested in having some. I have already given out several in District 1, District 3, and District 5 but you may not have got any. Please let me know if you would like some.

They can be used as a great recruiting tool. How many times have you been asked “What is FCE?” and now you have the answer. Use the back of the card to write down the next FCE activity that you are having and give it to someone. Be sure to include the name of the activity, the date, the time, address, phone numbers and contact information they may need. Use one and write, on the back, the name of the person you are going to invite to your next FCE activity.

Submitted by our State President, **Scott Teeples**.

Report from District III

District III is planning on hosting the 2020 Oregon FCE conference, October 5,6 & 7, 2020 in

Springfield, Oregon. We’ve named the conference “**Cheers for FCE!**” So, it’s time to shake your pom poms!

The Amity FCE Study Group took a field trip to Tillamook, they visited a quilt store, Lathimer Museum, Blue Heron for Samples and lunch, Tillamook Cheese Factory for education, samples and ice cream and on the way home stopped in Cloverdale at another quilt store. A long but educational and enjoyable day. There were 5 on the trip. We think it would be fun to ride the train that leaves Garibaldi and travels along the coast, maybe some others would like to go and we could have a nice group outing.

Creative Homemakers visited a lovely private peony garden. The Polk/Yamhill County Council went on an “educational tour” of the new Cracker Barrel restaurant in Tualatin to check out the food and gift shop.

Members we have lost in 2019

Bonnie Burck – Born 5-30-1932 and Died 5-28-2019. Bonnie was a member of the Highland Study group for many years. She was very into painting on wood, fabric and making craft items. She made a beautiful poinsettia from toilet rolls and taught the group how to make one. We will all miss Bonnie for her friendly face and gentle voice.

Betty Beaudry – Born 10-3-1930 – Died 6-17-2019. Betty was a member of the Highland Study group. She moved from her home to a Care Center in Oregon City. Her daughter always came and brought her to our Christmas party, always added a lot of extra laughs. Betty will be missed.

Submitted by Cathy Schabell

Hazel Dyche was a member of the Amity FCE Study Group. Hazel held several offices in FCE and was always ready to help anyway she could. She attended several State Conferences and when she was unable to attend, she helped pay the way for others to attend. We helped with the Books for Babies project and she would cut out bibs and I would sew them. Anne Engen recalls when they served on County Council together, Hazel brought prunes to a potluck, there were no desserts but Hazel tried to convince them that prunes were dessert.

Submitted by Lynda Nyseth

At the District III Spring Fling in Jasper, we were told that Ella Lang would celebrate her 100th birthday. Happy Birthday Ella, glad that you are still active in FCE.



INTERNATIONAL DAY OF FAMILIES 15 MAY 2019

The Associated Country Women of the World was instrumental in the conception, implementation, and promotion of the International Year of the Family in 1994. Then, we focused on the problem of global warming, and the uneven burden carried by rural women. As we mark the International Day of Families, we highlight the fact that since 1994, this burden has not been lightened or adequately addressed. In fact, rural communities are the most likely to suffer the consequences of climate change, despite contributing least to global emissions. Families all over the world are feeling.

Rural areas are home to around 80% of the world's populations living in poverty. This poverty, and the lack of access that comes with rural living, means that rural populations are more vulnerable to the impacts of Climate Change. Whilst living in a non-urban area increases the challenges and susceptibility to climate-related risk, the impacts aren't limited to developing countries.

Highlighting some examples, the United States Census Bureau shows that 97% of land area is considered rural, and provides a home for 19.3% of the population. These rural communities rely on natural resources and climate patterns, which are inherently more vulnerable to climate change. Not only do rural communities rely on these at-risk

resources, but urban and suburban areas rely on the productivity and health of these rural areas for food, energy, and water. This chain limits national resilience and puts all those in poverty at risk for catastrophic life change. To put this in context, a 2017 report from the United States Federal Reserve showed that 44% of adults could not cover an unexpected \$400 emergency expense or would rely on borrowing or selling something to do so. Combined, these precarious conditions illustrate just how global a problem this is.

Whilst initiatives to limit single-use plastic, reduce food waste, limit air travel, and take actions like switching from cars to bikes all help, the responsibility for large-scale, genuine action on climate change rests with national governments and big businesses. Corporate entities, fuel suppliers, and those that sell us food, are responsible for significant amounts of pollution, and are far more likely to take mitigating actions if pressured by their customers. Governments set national policies, and can incentivize corporate action through tax processes and legislation. As citizens, we each have a role in holding our governments to account, and can hold our service and goods providers to a higher standard of environmental responsibility.

Supporting local farmers and small businesses with lower carbon-footprints will do more to increase our resilience to climate change. We welcome the forthcoming Decade of Family Farming, and will be working to support ACWW's agricultural members with lobbying resources throughout this period. The Paris Agreement on climate change makes clear that vast amounts of mitigation and adaptation by existing communities is necessary, but cannot be the only solution. Whilst we all realize that change is slow, we must also realize that change is critically necessary. We must do all we can and, crucially, force those industries who rely on our custom, to do more, and do it quickly.

Magdie de Kock ACWW World President

Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2019.

~Next deadline-January 3, 2020~

Send articles and/or change of address to:

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Oregon Association for Family & Community Education

August 2019

OR Assoc. Family & Community Education

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2019 Oregon FCE Calendar

August

23 Oregon State Fair begins
30 Deadline for Margaret Seibold
Scholarship Application

September

2 Labor Day
State Fair ends
8 Grandparents' Day
9 Deadline for hotel group rate
Monarch Hotel, Clackamas, OR
23 Conference Registrations due
Late fee after the 23rd

October

7-9 Oregon State FCE Conference, Clackamas, OR
14 Columbus Day
31 Halloween

November

11 Veterans Day
28 Thanksgiving Day

December

7 Pearl Harbor Day
25 Christmas

January 2020

3 Deadline articles Oregon FCE News

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

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