

# Oregon FCE News

Volume 20 Issue 3

Oregon Association for Family & Community Education

August 2013

## President's Comments



### President Barbara Voltin – 2012-2015

“Hello everyone,

We are back in **Oregon!** Because the grandkids missed us so much we are bringing them back to **Redmond** for a week. No rest for the wicked, huh?

The train experience was great. We got to see lots of country you don't get to see even in a car. Kind of like taking the back roads. Saw lots of glaciers in the upper part of **Idaho and Montana**. At one point we were within 25 miles of the **Canadian** border.

Are you enjoying the warm weather? It seems like we went from winter to summer, skipping spring this year.

I am excited to report we will be having ten members attend the **National FCE Conference in Fargo, North Dakota**. The following five members are receiving scholarships from the education funds: **Marlene Currin, Connie Leavitt, Sharyl Michael, Lynda Nyseth and Bernie Voltin**. They will be bringing back lots of information to pass on to you. To receive the help with expenses they have promised to develop and/or teach a lesson at the state conference or give a presentation of the information at your district meeting.

This year, **Bernie and I** will be traveling by TRAIN to the conference. I'll let you know how it goes in the next newsletter and at the **Oregon FCE Conference in Medford this October**. Be sure and make plans to attend. There will be interesting classes, lots of good food, the opportunity to make new friends, and of course, fun for all.

A Train Joke: Two elderly women were traveling across country on the train. They spent a couple hours watching their fellow passengers lurch back and forth down the aisle grabbing onto the back of the seats as they made their way from the dining car back to their seats. Finally one woman turned to the other and shaking her head said, “That last guy was really drunk.” The other woman asked, “How do

you know that?” The first woman replied, “Because he was the only one walking down the aisle in a straight line without holding on.”

Do any of you Skype? Please contact me if you know how.

Don't forget to read over the changes being proposed for the bylaws. We will be voting on them at the state conference. Also we will be voting on a Secretary, VP for Programs, President Elect and District Directors for districts IV and VI. Also I will be appointing a Youth Representative. Let me know if you are interested.

Please contact me if you have any questions or comments. E-mail: [Barbara.the541@gmail.com](mailto:Barbara.the541@gmail.com) or 541-420-2999 by mail 69380 Buckhorn Road Redmond, OR 97756

Thank you for your continued support.

*Barbara Voltin,*

Oregon FCE President

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## NOTE FROM THE TREASURER

Be sure to fill out the **Seibold** scholarship to help you defray the cost of attending the **State Conference in Medford** 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](mailto:fluffy66@centurylink.net)  
**Sandie Bolyard**, State Treasurer.

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

~Next deadline-January 17, 2014~

Send articles and/or change of address to:

**Lynda Nyseth**, Editor

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Amity, OR 97101-2239

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

**Threads for India**

The Threads (aka floss) for **India Project** has been an on-going service activity for **Oregon FCE**. In 2012, **Helen Tamke, Oregon's International Representative**, issued a challenge for members to collect embroidery thread that could be brought to the **Annual Meeting** and given to **State Officers** who would be traveling to **India** for the next **ACWW Conference**. The **State Officers** were unable to transport the floss and a decision was made to have the floss mailed, using monies from the **Enhancement Fund** to cover the costs.

**Alene Showers of Open Arms Study Group** volunteered to take on the mailing project. She asked her study group to help with the packaging of the thread and she agreed to purchase mailing envelopes and pay the postage, until reimbursement could be arranged. Approximately 1900 skeins of floss, weighing 15 lbs and 1 oz., were mailed, at a cost of \$148.54.

**Oregon FCE** is very committed to the concept of "community" in its truest form—assistance to those in need, worldwide. Issuing and meeting this challenge honors our commitment. **Well Done, Oregon FCE!**

**Alene Showers**



### Walk to Conference

**Bonnie Teeples** encourages all members to start walking and try to walk the distance to **Oregon FCE Conference in Medford**. Use 2200 steps to equal one mile so we are all using the same measurement. Count your miles from last **October**.

### Editor's Note

If you have misplaced or have not gotten your registration form for the **2013 State Conference in Medford**, go to the web site for **Oregon FCE**. It is [www.Oregon-FCE.org](http://www.Oregon-FCE.org), Click on **Oregon Association for Family & Community Education**, when there go to "home" there should be a blue box with **2013 Oregon FCE Fall Conference**. On that page will be a yellow box for the printable copy of the **2013 Conference registration form**. Back to the original web page you should also find **PDF**

**Oregon FCE News**, that will be the last newsletter. Check it out!!!!

## 2013 FCE State Conference

### Wednesday morning class

### "The Genius of America"

This is the story of **America's** creativity and inventiveness. We will review where she began and how she advanced. We will discuss her current status and what the future holds. We will walk you through a succession of inventions and concepts from stone tools to our most advanced technology, using samples, posters and a time line. You will learn and learn to appreciate how far we have come and how far we could go.

Presented by **Gay Jarvinen & Kerry Mauk**



**Marlene Currin & Bonnie Teeples**

**Heart of FCE Winner, Marlene Currin from Pendleton**. Congratulations!!

The other nominees were: **Inez Griffels, Washington County; Peggy Berthold, Wasco & Hood River Counties; Halie Maurer, Jackson County; Alene Showers, Marion County; Judy Pedder, Klamath County; Cathryn Thomsen, Multnomah County; Phyllis Bocks, Yamhill County; and Sue Gilbert, Clackamas County.**

### ADDED DRIVING DIRECTIONS FOR 2013 CONFERENCE

For those approaching **Medford** on **Highway 62**, here are your directions to get to the **Rogue Regency Inn & Suites**.

Coming from the **EAST on Highway 62**, turn right immediately after the lights at **Bullock Rd** (this is almost down to **I-5**). Follow this road around to the left and turn left at the T-junction. You will see the hotel on your left, go past it and turn left **BEFORE** you go under the freeway, parking area will be on your left.

Questions call **Gay Jarvinen 541-891-9082**

## 2013 NAFCE Conference Fargo, North Dakota



Ten members from **Oregon FCE** attended the **National Conference in Fargo, North Dakota**. **Scott and Bonnie Teeples, Bernie Voltin, Sharyl Michael, Connie Leavitt, Anne Engen and Lynda Nyseth. (Front Row) Marlene Currin and Barbara Voltin. (Not pictured Tom Currin).**

The **Teeples and Currin's** traveled by car, the **Voltin's** by train and the rest by plane. **Sharyl, Connie and I** had a special tour on **Wednesday** when **Sharyl's** sister and brother-in-law picked us up and took us on a road trip to **Maddock** to visit places **Sharyl** had not been to for 50 years. We traveled around **Devils Lake**, which is called a "slow growing monster". It has an estimated shore line of 1,000 miles and covers nearly 150,000 acres of land, it is up to 75 feet deep and attracts tourists from across the nation with excellent fishing and other recreational activities. It has steadily expanded over the last 20 years and has swallowed up thousands of acres, hundreds of buildings and at least two towns in its rising waters. Since the early 1990's more than 400 homes around the lake have been relocated or destroyed. The tiny town of **Minnewaukan**, where the lake was once 8 miles away is now relocating the town. Some buildings have been moved and a new school is being built on higher ground. Read about this lake on the internet.

I went on two tours that were scheduled for the conference, one in **Minnesota** to see an ancient **Viking ship**, toured an authentic **German** family farm and enjoyed an authentic farm-style lunch and then we went to the **White Earth Cherokee Indians** to learn about them and many on the tour purchased the wild rice that the tribe grows and

harvest's. The other tour was in **North Dakota**, we visited **John D. Odegard School of Aerospace Sciences**, it is one of the top aerospace pilot training centers in the country. It is located at the **University of North Dakota, in Grand Forks**. From there we crossed the **Red River into East Grand Forks in Minnesota** for lunch and some shopping. Back on the bus and back to the **University of North Dakota** for a tour of the **Ralph Engelstad Arena and Betty Engelstad Sioux Center**. **Ralph's** dream was to build the finest hockey arena in the nation for his team at the **University of North Dakota**. **Ralph** announced that he would donate \$100 million to the **University** and use the bulk of the money to build the best possible hockey arena for his team, he was a former **UND** goalie. There are many events that happen at this arena. For more info check out [theralph.com](http://theralph.com).

Then it was back to **Fargo** and a visit, tasting and buying at **Carol Widman's Candy Company**. Ever wanted to try a chocolate covered green olive or dill pickle or jalapeno or maybe a potato chip? Well we did at this candy company. I liked the olive, dill pickle and the potato chip but the pickles that I brought home were questioned by some of my family. There is also the regular hand dipped chocolates that we find here.



Of course we had programs offered by the **FCL** team for us to bring back to our states and study groups. They included "Quilts—Working Together"; "Power of Teaching—Media Presentations"; "What is Your Style of Learning?" another option was "Eat Well, Exercise and Be Well". After dinner we gave presentations on what we had learned in the working together class. There were some very interesting and funny presentations. The next day we had three general sessions: "Nourish and Exercise Your Muscles"; "It's Up to You (and me)" and "Connecting Generations through Family Treasures". After lunch **Merrill Piepkorn and Loy Larson, "House Band" from "Dakota Air"** radio station, provided great



entertainment.

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**Saturday** afternoon we had a choice of classes: “Someone’s Asking...What is Chronic Pain?”; “Digital Citizenship”; “Is There a Vaccine to Cure Rudeness?”; “Dress for Success-Teen Edition”; “Officer Information Class” (dealing with forms); “Future Stars” (program for the young people attending conference); “Recycled Plastic Coin Purse” and “Once Upon a Time” (**FCE Character** storybooks).

**FCL Benefit** entertainment was “**A Voyageur’s Tale**”. We learned customs, clothing and dances in the history of **Minnesota** and the **Upper Midwest** from this presentation.

**Sunday’s** Inspiration/Memorial started with “**North Dakota Pioneer Women**” with **Chandice Johnson**; then “Postive Motion – Movement with a Message” with motivational speaker/fitness guru **Patric Kasper**. He got everyone laughing and moving. Followed with a presentation from “**Future Stars**”, the “**FCL Certificates**”. **Marlene Currin** receiving her “**Heart of FCE Award**” for **Oregon**. **Scott Teeples** received his **FCL Certificate**.

We had a great conference and a wonderful time. Thank you **NAFCE Board and ND FCE!!**

Submitted by **Lynda Nyseth**, Amity FCE

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## **Community Project and Fun Competition**

For our **State Conference in Medford** this year, **District 5** has picked a community project to provide adult diapers and wet wipes to the residents of foster and care facilities in our area. This is a subject that is not much talked about but is of vital importance for seniors in retaining their independence, mobility and dignity. It is also something that is not adequately covered by **Medicare** and can be financially beyond some of our seniors. So, we are asking that you collect and bring packs of incontinence supplies to kick off this project that, we hope, can be continued when the conference is over.

We also came up with a fun competition to go along with the project. Let’s face it, adult diapers are pretty boring, at least the kids get all kinds of fun cartoons and comic characters on their diapers, so why not the rest of us! We are having a

competition to see who can bring the best decorated diaper to the conference. You don’t have to wear them, just make them pretty or funny, thought provoking or just plain fun. We will display them in the banquet room and will either vote for the winners or have a judge pick them. Then on **Tuesday** evening **Scott Teeples** has very kindly offered to auction them off to raise funds for the **State Organization**. I have heard a rumor that, for the right amount of money, he might actually model one for us!! Can’t wait to see what everyone comes up with.

Submitted by **Gay Jarvinen**, District V

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## **INVITATION**

The ladies of **Linn County** would like to invite you to our annual picnic. This year it will be **Wednesday August 14** at **Millersburg Park**, from 11 – 2:30. Please bring a dish to share and your own table service. Please feel free to invite family and friends to enjoy the lovely park! We look forward to seeing everyone! Have a fabulous summer.

Submitted by **Vicki Graves**, District IV

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### **2013 Conference lessons**

#### **Jackson County: “Are You Prepared?”**

Learn basics of wills and estate planning, differences between wills & living trust.

Advantages and disadvantages of both. We are working on getting a lawyer to teach this lesson.

“**Lavender 101**” What can you use lavender in. Learn different ways to use lavender and get recipes too.

“**Civility**” with **Anne Engen**. Is there a vaccine to cure rudeness? It’s an honest conversation about civility.

“**Fixing Soups**” with **Giddy Up Go, FCE**.

“**Root Vegetables**” with **Geri Gustafson and Anna Massingham**. Recipes and methods of preparing vegetables.

“**Bee a Member**” with **Bonnie & Scott Teeples**.

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### **PUNS**

The roundest knight at **King Arthur’s** round table was **Sir Cumference**. He acquired his size from too much pi.

She was only a whiskey maker, but he loved her still.

**New Web Site for Oregon FCE**  
**[www.Oregon-FCE.org](http://www.Oregon-FCE.org)**



If you haven't taken the time to check out the new web site for **Oregon FCE**, now is the time to do so. 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](mailto:sfteeples@charter.net).

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

### **District Director & Study Group reports**

**Patti Malanaphy, District X Director**, attended the **Rural Dell's 4-H Benefit Luncheon in March**.

This is a special annual event to raise funds that support the **4-H Camp scholarships** and prize money for the **Glenda Sano 4-H Photography Awards** at the **Clackamas County Fair**. Our youth are the adults of tomorrow and they will be the leaders. It is heartwarming seeing **FCE** members from many of the study groups attending and offering their support for this deserving community service. Yes, we can make a difference when we all work together for a good cause.

This is what **FCE** represents, offering opportunities that will develop skills, make new friends and provide educational programs and being involved in needs of our community.

I also enjoyed **Isabel Williams** who presented an informative history of the area in and around **Rural Dell, Oregon**. The ladies served a delicious homemade luncheon. My thanks to the dedicated women that give freely as volunteers and active members of **FCE Rural Dell Study Group**.  
**Salute!**



**Cathy Schabell** helping fill bags with books for **Doernbecher Childrens Hospital**

**BOOKS, BOOKS, BOOKS!** Boy have we been distributing childrens books. On **May 9<sup>th</sup>** **Patti Malanaphy, Cathy Schabell and I** took 96 books to the **Shriners Hospital in Portland**. The **Woodmere Study Group** had been collecting them for months. We also collected books for newborns. Since the **National FCE Day of the Family is May 15<sup>th</sup>**, we took 43 bags with a book in each to **Doernbecher Childrens Hospital** on that day. **Helen Tamke** from **Swap Panse'** donated 3 bags for us to take along. There were 22 separate books for other children. Since the older children are sometimes forgotten, we are trying to provide reading material for them.

Submitted by **Lendamai Poole**, Woodmere FCE Study Group



**Genezeive Layman – Volunteer, Lendamai Poole, Patti Malanaphy & Helen Tamke**

This year the **Multnomah County Advisory Council** decided to celebrate **Arbor Day** by planting a tree. It turned out we bought two dwarf apple trees for the **Volunteers of America's Family Relief Nursery**. The facility is located at **234 SE 7<sup>th</sup> and Pine St. in Portland**. **Helen, Patti and I** were invited to watch our trees being planted in the children's garden. The garden has raised beds in which the little ones get to help take care of the vegetables and flowers. It was so cute watching them take their little watering cans and water the plants. They even had fun pulling the radishes. This way they are experiencing eating vegetables they may otherwise not learn to enjoy. **Helen, Patti and I** were told that we would be invited back when the trees grow and produce fruit so we can watch the children reach up and pick their own apple.

The **Family Relief Nursery** is for mothers who are under stress and need time to themselves. This gives them 3 hours a day so they can get some relief or look for a job. The children get schooling during those 3 hours. Submitted by **Lendamai Poole**

### More District and Study Group reports:

The ladies of the **Riverside Study Group of Albany** meet each month and go to lunch. We don't have a regular meeting place anymore. We enjoy staying in contact with our members. We had \$19.00 in our treasury. We bought 2 - 22# buckets of laundry detergent & a box of baggies. We gave the items to FISH of Albany. They dispense the detergent in the baggies.  
Submitted by **Rita Wagar & Betty Holcomb**

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## Invitation

**Washington County** is holding their **Holidaze Faire, October 21, 2013.**

We will be having our luncheon and featuring **Grant McOmie of "Grant's Getaways" on KGW TV.**

The cost will be \$18.00 for **FCE** members. The location is **TBA** but the timing will be registration at 9:30 AM with the program starting at 10 AM. Lunch will be served at noon. We will have our usual drawing for gift baskets as well as door prizes. We'd love to see members from other counties there! Please call: **Dawn Westphal**, for information and registration at 503-692-0173 or email [westphal1738@comcast.net](mailto:westphal1738@comcast.net) .  
Submitted by **Dawn Westphal**, Washington County

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### Oregon's Seniors have more healthy years ahead of them.

Because they stay physically active and eat smart, **Oregon's** seniors have more healthy years ahead of them than folks in most other states.

The **Centers for Disease Control** released a report **Thursday** that put **Oregon's** healthy-life expectancy after 65 -- the length of the time after retirement-age that one can expect to stay healthy -- at 15 years, ranking it with the top quarter of **U.S.** states.

Improving healthy life expectancy is a major concern of researchers who study older populations.

Though the report also calculates total post-65 life expectancy -- for **Oregon** it's 19.3 years -- it's the first government study to give state-by-state data on seniors' estimated years of sound health.

As people live longer in the **United States**, focus has turned to increasing the proportion of those years that a person is healthy, and that's been tough, said **Dr. Balz Frei at Oregon State University**. "That's one of the big challenges we have in this country, to close that gap so that people live long healthy lives, and not long miserable lives," **Frei** said.

**Oregon** tied with four other states -- **Arizona, Massachusetts, South Dakota and Utah** -- for ninth through 13th place for number of healthy years after retirement-age. **Washington** did slightly better at 15.1 years, and **Hawaii** came out on top with 16.2 years.

The worst region for a long, healthy life? The **South**, by far.

**Mississippi** ranked last with a post-65 healthy life expectancy of 10.8 years, followed by nearly seven years of poor health. **Kentucky, Alabama and West Virginia** followed close behind.

**Southern** states tend to have higher rates of smoking, obesity, diabetes, heart disease and a range of other illnesses. They also have social issues that affect long-term health, such as less education and more poverty.

Because these problems build up over a lifetime, flocking to **Oregon or Hawaii** from the a **Southern** state after retirement may not improve your quality of life, says **Dr. Paula Yoon**, co-author of the report. It's impossible to determine whether states are providing healthier environments, or whether the people who live there are already healthier, she explained.

"It's a snapshot in time," **Yoon** said. The estimates were made using 2007 through 2009 data from the census, death certificates and telephone surveys that asked people to describe their health. Since they're based on past data, these numbers can't definitively predict today's 65-year-old **Oregonian's** healthy life expectancy.

However, that doesn't mean that **Oregon** itself isn't contributing to healthier lives, **Yoon** said. The four key factors for healthy aging -- a safe and healthy environment, healthy behaviors, clinical preventative services and access to quality health care -- are greatly influenced by where people live.



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Efforts to make **Oregon's** cities, including **Portland, Bend, Salem and Eugene**, more walkable and livable over past decades could be keeping older **Oregonians** healthier, said **Dr. Elizabeth Eckstrom**, a geriatrician at **Oregon Health and Science University**. She added that **Oregon's** at-home health care system allows **Oregonians** to live at home instead of in nursing homes, which could lead them to report their quality of life to be better.

Elderly **Oregonians** also are generally more active and eat a better diet than in other states, **Eckstrom** said.

In the coming years, **Oregon** must accommodate a burgeoning geriatric population. As baby-boomers hit their golden years, **Oregon's** elderly population will grow by 48 percent between 2010 to 2020, according to a state report. In 2012, 14.9 percent of the state's population was over 64 – the 12th highest in the nation.

Across all states, women fared better than men. Women, on average, lived 14.8 healthy years after retirement while men lived 12.9.

**Eckstrom** pointed out that the tool for measuring healthy lives is still quite crude, and that more robust data could lead to improved efforts to increase the percent of healthy years a person has left.

"I don't want to be 80 percent, I want to be 99 percent," she said. "I would actually like the healthy life expectancy and the life expectancy to be equal."

**The Associated Press** contributed to this report.  
By **Soumya Karlamangla, The Oregonian**  
**July 20, 2013**

### Keepers Corner Scholarships

**Scott and Bonnie Teeple**s are offering new members or members who have been gone for at least five (5) years a scholarship that will pay that members national and state dues for one (1) year. If there is a club or county fee the member will have to pay that. Let's bring in new members by taking advantage of this very generous offer. Contact **Sandie Bolyard**, State Treasurer 541-892-2336 for more information or [fluffy66@centurylink.net](mailto:fluffy66@centurylink.net)



## Quick Tomato Salsa

[Foodhero.org](http://Foodhero.org) OSU Extension Service

### Nutrition Facts

Serving Size 1/4 cup (78g)  
Servings Per Container 8

Amount Per Serving

Calories 20      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 170mg      7%

Total Carbohydrate 5g      2%

Dietary Fiber 1g      4%

Sugars 2g

Protein 1g

Vitamin A 4%      • Vitamin C 15%

Calcium 2%      • Iron 0%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Prep time: 5 minutes

### INGREDIENTS:

- 1 can (15 ounces) **diced tomatoes**
- ¼ cup **onion**, chopped (or 2 green onions, chopped including green tops)
- 1 clove **garlic**, chopped or ¼ teaspoon garlic powder
- 1 **lime**, squeezed for juice
- 1 can (4 ounces) diced **green chilies**
- ¼ cup fresh **cilantro leaves**, loosely packed

### DIRECTIONS:

1. Combine ingredients, except cilantro, in a blender or food processor and blend to desired consistency.
2. Finely chop cilantro and stir into other ingredients.
3. Can be made ahead to allow flavors to blend.
4. Serve immediately or refrigerate in airtight container for up to 1 week.

### NOTES:

No blender or food processor? Make a chunky salsa by cutting all ingredients to desired size before mixing. Try adding drained canned corn or black beans with cilantro.

### SERVING SIZE:

¼ cup

[Foodhero.org](http://Foodhero.org) OSU Extension Service

# OR Assoc. Family & Community Education

Oregon FCE News  
21461 South Hwy 99W  
Amity, OR 97101-2225

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## 2013 Oregon FCE Calendar

### August

- 14 Linn Co. Annual Picnic, 11:00 – 2:30  
Millersburg Park
- 15 Deadline Margaret Seibold
- Scholarship
- 23 Oregon State Fair begins
- 30 Deadline for Hotel Group Rate  
For Oregon State FCE Conference

### September

- 2 Oregon State Fair ends
- 17 Deadline for early registration for  
Oregon FCE State Conference,

### Medford

### October

- 7-9 Oregon FCE State Conference
- 14 Columbus Day
- 21 Washington County, Holiday Faire
- 31 Halloween

### November

- 11 Veterans Day
- 28 Thanksgiving

### December

- 24 Christmas Eve
- 25 Christmas Day
- 31 New Years Eve

### January

- 1 New Year 's Day
- 17 Deadline for Articles for Oregon FCE
- News
- 24 Mail Oregon FCE News

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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