

Message From the Editor

Diana Anderson

Greetings and Happy New Year 2018!! Hope this finds all members of Clackamas and Washington Counties FCE Study Groups starting 2018 in good health looking forward to a great year enjoying FCE, friends and family. As most of you know in January Scott Teeples began his duties as Oregon State FCE President. Best wishes to Scott! You can send your comments or questions to Scott at: sfteeples@charter.com.

Gone But Not Forgotten In Memory Of.....

Woodmere FCE Group has lost one of their beloved members. **Billie Dahl** passed away on November 4 at her home in the arms of her devoted husband, Raymond Dahl. Billie has been a member of the Woodmere Group for 50 years. She held the office of President for many of those years. Billie enjoyed Extention, then FCE, so much that she got her sister Faye Wolf, daughter Ellen Bradley and her mother to join. It was truly a family affair. Billie was 86 when she passed away.

Submitted by Lendamai Poole

Elizabeth P. Belles May 6, 1926 - November 10, 2017

Our group said good-bye to another of our beloved members, **Elizabeth "Betsy" Belles**. Betsy, as she was known to all of us, was a member of the FCE Happy Valley Study Group for 29 years. She shared her love of literature with the group by offering a poem or inspirational reading at meetings and she often astounded us by reciting entire poems from memory as recently as last year at age of 91. Betsy was born in Portland and attended Mills College and OSU. She married Edwin Belles in 1953, later moving to Cupertino, CA where they raised their children, returning to Portland in 1988. Betsy showed her love for others by teaching Sunday school at her church, serving as PTA Co-Chair with her husband and as a Campfire Girls leader. An avid gardener who loved to share her expertise as well as her plants, she was a longtime member of the Happy Valley Garden Club. Betsy was a true feminist who was not afraid to speak her mind and she passed on a sense of independence and self-sufficiency to her children and granddaughters. She was a great lover of the outdoors, with Mt Hood being her favorite to hike in earlier years and admire

from her living room window in later years. As a lover of nature, literature and classical music, Betsy was a unique person who will be missed by all who knew her, but especially by her friends in FCE.

Submitted by Karen Hicks and Sue Gilbert

Happy Valley Study Group By Karen Hicks, Co-President

We resumed our monthly meetings in Sept. 2017 at the home of Sandy Coats. The lesson on "How to Avoid Obesity" was presented by Sue Gilbert and Roma Bennett and we learned some new tips and tricks to help us in keeping our weight stable as we age.

In October, the meeting held at Gloria Cockburn's home featured a lesson presented by Sue Gilbert and Karen Hicks on "Tips for Staying Healthy and Independent as We Age" and covered a range of areas from staying healthy by eating a healthy diet and exercising regularly to managing our medications, maintaining vision and hearing, and assessing our living situation to see that it meets our needs. This was a very relevant lesson for our group.

In November at Sue Gilbert's home, we tried something new by presenting our own lesson on "Women of the Oregon Trail." The lesson was researched and developed by Betty Grady and Sandy Coats and was very interesting to our group. We learned many interesting facts about the Oregon Trail and about the very real problems encountered by women who made the arduous trip. We recommend trying this in your group if the current lesson does not strike them as relevant or interesting. We brought our annual donations of nonperishable food, usable clothing and monetary gifts to the Clackamas Service Center, an independent non-profit that serves the local N.

Clackamas area with a food pantry, clothes closet and multiple services for the homeless.

Once again our December meeting was held at Doris Bergstrom's lavishly decorated home. It really puts us in the Christmas mood after a December visit to Doris's. We don't usually have a business meeting, but this year we made the final decision on our theme for the 2018 FCE Clackamas Co. Share Fair-- "**Discover Oregon: Off the Beaten Path.**" We hope the study groups will share displays of some of their favorite out-of-the-way or little known places or events they have discovered over the years. We just received word from our first choice for guest speaker that he would love to come and speak at Share Fair. Adam Sawyer is a free-lance outdoor/travel, writer/photographer and guide who specializes in Oregon and the Pacific Northwest. See more information at www.AdamSawyer.com. We hope you will join us on April 23 at the First Presbyterian Church in Oregon City.

Groner Study Group By Gretchen Donaldson

We ended 2017 with a co-ed Christmas potluck at Gretchen Donaldson's followed by Bingo with white elephant prizes. We started 2018 with Cathy and Ed Gillenwater saying their vows of commitment to one another before flying away to Arizona to become snowbirds or rather lovebirds for the winter. Our very own Diana Evans-Baxter officiated the ceremony. Our ladies seem to be taking flight as Kathy Starr has been traveling out of state visiting family, and Leila Steele, after spending hours cracking the Groner walnuts, took off for Hawaii to relax in the sunshine. Our ladies will begin taking orders at \$8 a pound. Because of our

walnuts we were able to give \$100 to Groner school for a needy family at Christmas and \$100 to 4-H. Monthly we donate towards Monica's House for abused women and families. Jane Jenkins and her husband Bob (who has cancer) are going through a tough time, your prayers are greatly appreciated.

Tualatin Study Group

By Kay Ferguson

Last year's officers agreed to continue serving 2018 except our secretary, Ida Johanson, replaced by Pat Bassett.

In November our club toured the Community Transitional School in Portland. The school is pre-K-8th grade dedicated to the education of children whose families are homeless or in transition. The purpose is to provide at risk children with a stable environment that promotes personal and academic growth. After the tour we enjoyed lunch at McMenamin's "The Chapel".

Our Christmas party was at the Tualatin Golf Club arranged by Ida Johanson. In lieu of a gift exchange we voted to buy new T-shirts for the Transitional School children. Clothing is offered to students for achievement awards.

Our group also donated \$285 in gift cards to the Tigard Good Neighbor House.

Highland Study Group

By Shirley B. Bicket

Hi Everyone! We're back! The 2016-2017 FCE years were on again off again for us. More meetings were canceled than held. Snow kept us all at home for one meeting, but others were canceled at the last minute. Due to lack of communication we missed lessons and information from Council meetings. This year started with the September meeting being canceled, so we "started" in October. Half of our

members did not attend, but we elected officers and got our year rolling. Carolyn Bremer accepted President and Joyce Kime will be Vice-President. Kathy Hatfield will continue as Treasurer. Now we only need a secretary. Those present paid their dues and others will tend to that in November to give us a revised member list. After several years Laurie Wood and Wanda Marshall are stepping down as officers. We thank them for their years of leadership. We continue to meet at Clarkes Grange Hall with Jim and Wanda opening, warming and making coffee. We sure do appreciate them!

Our November meeting will be special. Our group will celebrate 66 years. Myra Schreiber, with help from Agent Helen McDowell founded our group with about a dozen ladies November 6, 1951. We've been up and down in membership, but continue to hang on. Our members all say that FCE meetings are important to them.

We hope to be an active group this year with thanks to the Council for their concerns. Best of luck to everyone in this "New" year.

Woodmere Study Group

By Cathryn Schabell

As we say Goodbye to 2017 and look forward to the New Year, I'll try to recap some activities of our busy members.

Patti, Lendamai and I drove to Klamath Falls for the 2017 FCE State Conference held October 2-4. It was quite a long drive but we saw lovely changes in scenery including the very large and gorgeous Klamath Lake. The attendance at the conference was 50 including new members and guests. We attended 2018 programs to be voted on by FCE members. There were walking tours of historic Klamath Falls and thrift and antique stores including Keeper's Corner which sales

support FCE. So conference isn't all work and no play. Ladies of District Five...Job Well Done!!! If you visit Klamath Falls do stop and shop at Keeper's Corner, 195 E Main St., 541-273-7553 (closed Sundays). Our ladies continue to collect bottles and cans to support our treasury with funds for 4-H, the Francis Center - \$50 at Christmas and canned foods/clothing throughout the year. Coupons are donated to My Father's House in Gresham along with toiletries, etc. to assist families getting back to normalcy in their lives. Our newest member, Lorene Van Hoeter volunteers at SnoCap Community Charities in Gresham. She keeps our group updated as we donate items to them also. October 31, Patti, Pattie Lee, Lendamai and I attended the Washington Co. Halloween Masquerade fund raiser. I dressed up as a Carnival Cruise passenger since my husband Orson and I recently took a cruise to Alaska. Washington Co always has a fun and enjoyable event. Good Job Ladies!! December 19th was our Christmas luncheon with installation of 2018 officers. The Woodmere Ladies want to wish all FCE Groups a Happy New Year, stay healthy and safe so you'll be able to attend the 2018 State Conference in Pendleton, October 1-3.

Garden Home Study Group By Patty Bonney and Diana Anderson

Greetings Ladies.....hope you're enjoying the mostly mild weather so far this new year. Happy to report our great successes the last few months both in raising more money than usual to make Christmas donations and logging in a variety of volunteer hours. Ladies have been sewing, knitting, crocheting items to donate, volunteering to keep a quilt shop open, cleaning a cemetery, visiting shut-ins,

helping at senior lunch program, volunteering at a Beaverton food pantry, assisting at golf tournaments and recycling cans and bottles. Last half of 2017 as a group we logged over 200 FCE hours and 1500 volunteer hours.

Turning our members bottles and cans into cash has been a easy way to add over \$135 to our savings. Having wall-hangings quilts, placemats, microwave bowl holders and more for sale at Holidayze was another success raising \$125. Thanks to all the shoppers!

And thanks to Sandy McKiernan, Martha Woodworth and Judi Nicholls, Diana's sister, talented sewers and quilters for all their work. Through additional sales of quilts another \$100 was added. We were on a roll!!

In November Martha Woodworth graciously hosted our meeting, potluck and annual auction. After sales were complete we added another \$125 to our treasury.

In December Karen Bondarowicz opened her home and served a wonderful luncheon. Members brought donations for the Tigard Good Neighbor home and we added \$100 to purchase requested items. This year we also donated \$150 in gift cards to the Tigard Senior Center.

Clackamas County Council By Jeanette Kmetic

Happy 2018 Everyone!

We elected new officers at our last meeting on January 22nd. They are:

President – Elizabeth Howley, Mt Pleasant
Vice President– Cathy Schabell, Woodmere
Secretary- Lendamai Poole, Woodmere
Treasurer- Jessie Tucker, Mt Pleasant
Patty Malanaphy will install them at our February meeting.

Clackamas County Council has been without a President since Jean Baker was

unable to continue. We miss her. Cathy Schabell has been interim President while still fulfilling her Vice President duties. Thank you Cathy, you have done a remarkable job.

Washington County Council By Dawn Westphal

Belated Happy New Year Everyone!!

As some of you may know we have a new Washington County President, Karen Walker of Tualatin Study Group. She is just back from a long trip to Germany but you will be hearing from her soon. County Secretary Jane Jenkins has stepped down due to her husband Bob's illness. Jane and Bob will be in our prayers. The Council has let me try to fill Jane's shoes, so lucky for me I'll still be around. Patty Bonney continues as Vice-President and Myrna Loucks as Treasurer. Kay Gooding begins duties as the new District One Director.

My heartfelt thanks to all the FCE ladies for being so supportive of me during my time as Council President. I have been truly blessed to know you. I look forward to seeing you at the District meeting March 19th or at Holidaze next October.

Many, Many Thanks to Dawn for her years of dedication to FCE and being a supportive and helpful Council President.

Oregon FCE – Facebook Pages

Checkout newest social media for FCE information and pictures. There is both a Facebook page – Oregon Association for Family and Community Education and a Facebook Group page -Oregon FCE.

From an email sent to me by Cathy Schabell

It's the Truth.....

The other day someone asked me a question. Why didn't we have a drug problem when you and I were growing up? I replied that I had a drug problem when I was young.

I was drug to church on Sunday mornings. I was drug to church for weddings and funerals.

I was drug to family reunions and social gatherings no matter the weather.

I was drug by my ears when I was disrespectful to adults, disobeyed my parents, told a lie, brought home a bad report card, spoke ill of my teachers, or did not put forth my best effort in everything that was asked of me.

I was drug out to pull weeds in the garden.

I was drug to the neighbors to mow the yard.

Those drugs are still in my veins. They are stronger than cocaine, crack and heroin. If today's children had my kind of drug problem America would be a better place to grow up. God bless the parents who drug us.

Fruit Cocktail Cake

Sift together:

1 cup flour

1 cup sugar

1 tsp baking soda and 1/4 tsp salt

add: 1 beaten egg and 2 cups drained fruit cocktail

Pour into an oblong cake pan and sprinkle with mixture of 1/2 cup brown sugar and 1/2 cup chopped nuts.

Bake one hour at 300 degrees.

Serve with whipped cream or ice cream.

This yummy recipe was made by Sandy McKiernan for a Garden Home Study Group meeting.