

Oregon FCE News

Volume 23 Issue 2

Oregon Association for Family & Community Education

May 2016

President's Comments



President Patti Malanaphy – 2015-2017

Well **I** have passed my first year as **Oregon State FCE President**. It has been a rewarding adventure. **I** have met so many talented and supportive **FCE** members as **I** visited district meetings and special events around **Oregon**.

It is hard to believe that **FCE** will be celebrating 80 years providing education and services that benefit all our members, communities and family's nationwide. **I** know that this organization has and will continue to make a difference.

I attended the **Spring Board** meeting **April 3-4, 2016 in Redmond**. **I** want to thank the Board members for their attendance and bringing their reports to the meeting sharing news and happenings within their districts. The **District Directors** will bring all the information from this meeting to their districts.

This year we will have some changes on the board. **Bonnie Teeples** has assumed the position as **Oregon State Treasurer**. **Sandie Bolyard** will take over as **V.P. for Public Policy**. We are fortunate to have their energy, knowledge and dedication to these very important positions. We say good-bye to **Deanna Hadley**. **Deanna** had to resign her position as **V.P. for Programs**. She has taken a new job that requires more of her time. Thank you **Deanna** for your service to the **FCE Board**. **Gay Jarvinen** will continue as **Oregon International Representative**. So please send her information about what you are doing for these special projects. This will be a busy time for the **Nominating Committee**. **Chair Bonnie Teeples, Barbara Voltin and Anne Engen** will be seeking

assistance in filling these positions: (1) President Elect; (2) V.P. for Programs; (3) State Secretary and (4) District II and IV Directors. Please contact them if you have someone to nominate. Due date to the Nominating Committee Chair is **August 1st, 2016**. Elections will be held at the **State conference in October**.

One of the hardest decisions the **Heart of FCE** committee has to make each year is to select our **Oregon State Heart of FCE**. This is the time we honor some very special women and men who have made a difference in their community. They have illustrated that hard work, being diligent and dedicated you can accomplish good for all through your **FCE** work. They have been recognized by their peers to receive the **Heart of FCE Award**. The nominees this year were: **Rosemary Barnard - Clackamas County, Alene Showers - Marion County, Ana Kramer - Crook County, Kathy Starr - Washington County, Anne Engen - Yamhill County, Joyce Tuttle - Jackson County, Scott Teeples - Klamath County**. After reading their resume and discussing the nominees, the committee selected **Anne Engen** as the **2016 Oregon Heart of FCE**. Thank you **Anne** for all the amazing contributions you've made to **Oregon and National FCE**.

I would like to recognize two exceptional ladies who have presented themselves as members of **Oregon FCE** for 50 years in **Washington County**. **Catherine Gillenwater** joined **Groner Study Group in 1963**. **Ernilie Storrs** joined **Garden Home Study Group in 1965**. Thank you ladies for your dedication and service to **Oregon FCE**.

I am happy that many **County Councils** and study groups are actively participating in the **National** program for **FCE** on **Human Trafficking**. **Oregon** along with other states are bringing awareness and providing needed items in the fight for "**Human Trafficking**".

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We have some interesting and educational lessons scheduled for **2016 Oregon State conference in Salem**. Thanks to the leaders that have volunteered to develop and teach these lessons.

- 1) "Grandparents Raising Grandchildren"
- 2) "Managing Obesity"
- 3) "Cooking for Two"
- 4) "Our Love Affair with Salt"
- 5) "Flags-Codes and History"
- 6) "V is for Very Valuable Volunteer"

At the **Wednesdays** general Session Class the lesson will be "**Human Trafficking**". Hope to see many of you at the **State Conference October 3-4-5, 2016**. Our host **District III** have dedicated many hours and hard work putting this conference together. So, "**BE A FAN OF FCE**" and join everyone there!!! **SUPPORT OREGON FCE!**

Most and foremost we must continue to make **RECRUITING** new members **TOP PRIORITY**. Our membership stands approximately 354 **MEMBERS**, down from 405. We know with the loss of membership we also lose revenue. This makes it difficult to balance the Adopted Budget, pay our obligations, provide scholarships to members and to assist with other financial needs of this organization.

I want to remind everyone to use our website www.oregon-fce.org. **Scott Teeples** has provided this website where we can access most information. Also, you can read/print minutes from the **Spring Board** meeting and the **Oregon FCE Handbook**.

I want to thank **Bonnie Teeples** for updating the **Oregon FCE Handbook** with changes to the **BYLAWS**, State Conference Guidelines and minor adjustments.

Thank you to the committee that developed our new brochure for **Oregon FCE**. We hope to have some new brochures for members at the **State Conference**.

I will be attending the **National FCE Conference, July 14-17, 2016 in Memphis, Tenn.** Theme: "**Celebrate! 80 Years of FCE!!**"

Also attending the **28th Triennial World Conference in Coventry, England, Aug. 17th-23rd, 2016**. I hope to bring back information to share with everyone.

Patti Malanaphy
Oregon State FCE President

REPORT FROM OREGON FCE TREASURER

Oregon FCE Newsletter

The newsletter is a perfect tool for getting information into the hands of the members of the organization. We all like to know what is going on around the state and articles about other groups and districts give us ideas for improving our own group or district. We all love the reports and the news from other groups and members. But this wonderful tool comes at a cost.

Broken down, the cost for the newsletter is about \$3.39 per member per year, roughly \$1200. Currently the Oregon FCE Newsletter is published three times per year. Several years ago the Oregon FCE Board and the finance committee voted to fund one issue of the newsletter out of the operating budget, funding the other two issues from the investment accounts. This means that we take an average of \$400 out of the Education Fund for one issue and about the same amount out of the Enhancement Fund for the third issue. This is placing a drain on our investments.

As a board we have been searching for ways to help the plug drain on our finances. A few ideas have been presented, some dealing with the newsletter.

One idea is to send the newsletter email and continue putting it on the web site. The members that have access to the internet can make copies for members in their groups that do not. District Directors can help make sure all members get the newsletter.

Another idea is to ask for donations to supplement the cost of the newsletter. Unfortunately, donations are not a reliable source of income and cannot be counted on to pay the price of the newsletters.

A third option is to charge the members who want a printed copy a fee each year along with their dues, then those who want it emailed or those that can get it off of the web site can do so. Many other states around the nation use this option and find it is very successful.

A fourth option is to raise the dues to cover the cost of the newsletters and hopefully help ease the strain on other areas of the budget.

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The last option is to do nothing and continue to deplete our funds until we can no longer function as an organization.

The board is hoping to start a discussion on what members feel would be the best option for the Oregon FCE newsletter. Please contact any member of the board with your thoughts or other suggestions.

Bonnie Teeples, Treasurer

Additional comments from Newsletter Editor.

Keep in mind that to keep the bulk mailing rate we do need to mail 200 copies.

Where Do My Oregon FCE Dues Go???

At the close of the 2005 membership year **Oregon FCE** membership stood at just over 900 members. As of May 1, 2016 we have 356 members. That is a significant drop in membership in just 11 years. Understandably, that translates into a drop in revenue to run the organization.

ITEM	PER MEMBER COST (based on 356 members)
MEMBER PUBLICATIONS	
Oregon FCE Newsletter-1 issue (2 issues paid by investments) Average \$400 per issue based on 2015 costs	\$1.13
PRESIDENTS EXPENSE (includes National Meetings)	\$2.81
TREASURERS EXPENSE (Bond)	\$.56
CPA Expense (Accounting and Tax Service)	\$1.13
OFFICE EXPENSE: Postage, misc. printing, supplies-- \$70.00; Mail permit \$110.	\$.50
2 Board Meetings Expenses \$3000 (see below)	\$8.43
Triennial Fund (to defray cost of President to attend the ACWW Triennial Meeting)	\$.55
ACWW Dues	\$.46
State Corporation Tax	\$.14
TOTAL:	\$15.91

Other fundraisers supplement the dues: Sales room at conference; State Conference income and sales of shirts, bags and vests. These non-dues funds usually do not total more than \$2000 per year.

*****Oregon FCE dues are \$8.00 but we are currently spending \$15.91 per member.*****

These expenditures also do not take into account **District Director** Expense; **Presidents** expense to visit the districts; any committee expenses and anything unforeseen that comes up after the budget is finalized.

Most expenses to run the organization have not dropped. In order to cut costs, the **Oregon FCE Board** cut board positions and made other cost saving measures as well. Many board members do not take a full reimbursement of their expenses to travel to board meetings, leaving money for other expenses.

Workshop expenses come out of the Education Fund. Workshop presenters, many times, do not ask for a full reimbursement for the materials they use when presenting at the state conference.

As you can see **Oregon FCE** is going in the hole each year!!! We make up the deficit by taking money out of our investments. We are slowly but surely depleting those investments by taking several hundred dollars from them some years to cover shortfalls in the budget.

The **Oregon FCE Board** welcomes your suggestions for cutting costs and or supplementing the budget. If you have ideas, please contact a member of the Executive Committee.

Web Site for Oregon FCE
www.Oregon-FCE.org

Again, please check out the web site and 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.

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

Keepers Corner helps bring in new members. This is a scholarship to help pay dues for new members or those returning after 5 or more years. Scholarship form is on the web site. Check it out.

District Reports 2015 & 2016

Reports from Spring Board Meeting

District I, no report was turned in. They had a busy 2015 preparing and hosting the **FCE State Conference**.

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**District II**, by **Marilyn Thompson & Loretta McDonald**.

**Crook County** has 3 members, **Deschutes County** has 2 members and they meet in **Crook County**. **Crestview FCE** gave \$50 scholarship to **4-H**. They had 295 volunteer hours which included **FCE**, Church and Thrift stores.

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District III, by **Sally Wyffels & Anna Massingham**.

We have 83 members and 8 study groups. **October** thru **February 2016** volunteer hours reported in **Marion County** totaled 158 **FCE** hours, 378.5 other hours, **Polk County** reported 24 **FCE** hours, 270 other hours, **Yamhill County** reported 635 **FCE** hours, 1325 other hours and 325 with kids.

These hours consisted of: **FCE** trainings, lesson planning, study group officers, County Council, mailing State **FCE** News and **MPY Tri-line** News, writing lessons, writing articles for newsletters, attending State **FCE** meetings, **National FCE** meeting and planning regional meeting.

Other hours and "kids" hours: **SMART** program in schools, tutoring students, teach Sunday school, knitting booties, hats and sewing blankets, "books for Babies Project" bags and bibs, hospital volunteering, senior centers, transportation for seniors and shopping for them, church, **Lions and American Legion, Eastern Star and Elks**, needlepoint club, food bank, libraries, clothing for homeless, adult literacy, working with **4-Hers**, serving on **Yamhill Extension Advisory Committee, Sheridan Museum, Yamhill Heritage Center** and Museum, **Habitat for Humanity, Homeward Bound** (pets), hospice, state fair and community theaters.

Donations from the three counties have been made to the **2016** state conference, extension service, layette program, books for babies, gift baskets for **Spring Festival**, food and money to food banks, the **MPY Tri-Line** News and **FCE** web-site and **ACWW**.

Yamhill/Polk held their **Spring Festival** in **March** with 45 in attendance. Special guest included **Oregon State FCE President, Patti Malanaphy and Cathryn Schabell** from **District I**. **Nita Belles**, author and

director of "**In Our Backyard**", working in the fight against human trafficking in the **US**. In preparation of the **2016 State FCE Conference**, 20 members attending a planning meeting in **Albany** in **March**.

Lane County reported they have 13 members. They are active in their community and **FCE**. Volunteer hours: **FCE** 340, Youth 25 and Community 531. These hours consist of giving lessons, serving on the **FCE Alumni** committee, driving people to doctor office and shopping, helping in the library, school, knitting and crocheting hats, teaching knitting to youth, taking dogs to visit shut-ins and nursing homes, helping with Parenting Now (program to help young parents) and collecting money for **ACWW**.

Linn County is also very active in **FCE** but no report was given.

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**District IV**, by **Marilyn Perkins and Rachel Eastman**.

We have 26 paid members: 2 from **Athena**, 5 from **Pine City (Morrow Co.)** and 19 from **Giddy-Up-Go (Pendleton)**. Regrettably, we have lost our **Milton-Freewater and Fruitvale** study group.

**Athena** has 527 volunteer hours.

**Giddy-Up-Go** has 11 1/2 **FCE** hours and 72 other hours. They collected \$79.79 for Coins for Friendship, 58 lbs. of "pull tabs" off cans for the **Portland VA Hospital**. At **Christmas** they had an ornament exchange, collected canned and dry goods to give to several local families through the **Eagles and VA**, they donated towards a local giving tree, donated to two pregnant wives of the **National Guard Servicemen** stationed overseas and gathered donations of misc. to send to **The NW National Guard in Kuwait**.

**Pine City** has 55 **FCE** hours and 95 other volunteer hours. They participated in "**Character Counts**" program for **Morrow Co.**, giving \$25 to the winner. At **Thanksgiving** they collected canned food for the city of **Echo's** food basket and at **Christmas** they donated unwrapped toys for the **Echo's Christmas Baskets**.

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District V, by **Janet Allen**

As of **December 2015**, **Jackson County** had a membership of 61 in five groups. They reported 1158 **FCE** volunteer hours and 1329 other hours.
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They participated in several group fund raisers, collected "Coins for Friendship" and thread for **India**. Other projects they participated in: Essay and Art Contest, sew and fill bags for babies and teens (91), provided a meal for a family for the holidays, food for food banks and church and quilts for seniors.

They presented several scholarships for students attending college, scholarships to attend **FCE** Conference and memorial scholarships to **OSU**.

Klamath County has 20 members consisting of two study groups. They have enjoyed the **FCE** lessons.

Volunteer hours for **FCE** 1950 and others was 2814.

They participated in: assisting with **Red Cross Blood Drive**; collecting and delivering donations for the **Veterans Home in White City**; books for newborns; books and toys for **Headstart**; floss for **India and South Africa**; **Character Counts Art and Essay Contest** and conference planning for **2017 Conference**. They participated in several fundraisers and donated several scholarships.

Brookings Nite (reported by *Vangie Andreason*) has 14 members and they meet the 2nd **Tuesday** of each month. They have various speakers come talk, **Stephanie Polizzi**, **OSU agent**, presented two programs: one on chocolate and one on nutrition; an agent from **Gold Beach** spoke on the many scholarships available.

Volunteer hours 1043 consisting of church, meals on wheels, knitting hats, **Red Cross**, **Marine Corp League**, **Lions**, **rotary**, **Soroptomist**, helping at football and softball games and many other activities.

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Not only are a lot of dollars donated by our groups but we give a lot through our hours. We can be proud of all that we as **FCE** members are contributing to our communities and around the world.

These are the reports that **I** collected from the **Spring Board** meeting. **I** hope that you enjoy reading what others are doing in the name of **FCE**. If you don't see what your group is doing it could be because **I** did not hear from you, let me know so we can recognize you too. Thank you to those that do give reports, our hats are off to you.

**Lynda**, editor

Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2016.

~Next deadline-July 29, 2016~

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## \$2.99 SPECIAL

I love it! If you are a senior you will understand this one, if you deal with seniors, this should help you understand them a little better and if you are not a senior yet, **God** willing...someday you will be.

We went to breakfast at a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$2.99.

"Sounds good," my wife said, "But I don't want the eggs."

"Then, **I'll** have to charge you \$3.49 because you're ordering a la carte," the waitress warned her.

"You mean **I'd** have to pay for not taking the eggs?" my wife asked incredulously.

"**YES!**" stated the waitress.

"**I'll** take the special then", my wife said.

"How do you want your eggs?" the waitress asked.

"Raw and in the shell", my wife replied.

She took the two eggs home and baked a cake.

**DON'T MESS WITH SENIORS!** WE'VE been around the block more than once.

Submitted by **Patti Malanaphy**

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## Remembering a former member

Some of you have been around long enough to remember when **Virginia Lucas** was our **Oregon FCE State President** (at that time it was **Oregon Extension Homemakers Council**). **Virginia** passed away **February 13th, in McMinnville**. She was 93.

As president **Virginia**, represented us at 3 world meetings of **ACWW** and at our **National** meeting too. At that time all 50 states were represented at national as well as **Puerto Rico**.

## Using herbal supplements? Why you should tell your dentist.

Everything you ingest, even vitamins, could possibly cause a reaction. If your dentist doesn't know what drugs or supplements you have taken, he or she will not know how to protect you from possible substance interactions. This is particularly important if you are undergoing any surgical treatment. Even seemingly innocuous herbal and vitamin supplements can have serious side effects for a few dental patients.

Here are some combinations to be aware of:

- **Ginkgo biloba** and **vitamin E** can be dangerous when taken with aspirin because they each can act as blood thinners. The combination may cause difficulties in blood clotting, which could be serious for patients undergoing surgery.
- Taking high dosages of vitamins before undergoing anesthesia can also cause concern. In particular, **vitamin C**-often taken in high dosages for cancer treatment-can weaken the efficiency of anesthesia, among other problems.

(from **Chatter**, the e-newsletter of the **AARP Dental Insurance Plan**)

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## The Hole

Two brothers once decided to dig a deep hole behind their house.

As they were working, a couple of other boys stopped by to watch.

"What are you doing?" asked one of the visitors.

"We're going to dig a hole all the way through the earth!" one of the brothers volunteered excitedly.

The other boys began to laugh, telling the brothers that digging a hole all the way through the earth was impossible. After a long silence, one of the diggers picked up a jar full of spiders, worms, insects and interesting stones. He removed the lid and showed the wonderful contents to the scoffing visitors.

Then he said confidently, "Even if we don't dig all the way through the earth, look what we found along the way!"

Their goal was far too ambitious, but it did cause them to dig.

That is what a goal is for, to cause us to move in the direction we have chosen. In other words, to set us to digging!

But not every goal will be fully achieved. Not every job will end successfully. Not every relationship will endure. Not every hope will come to pass. Not every love will last. Not every endeavor will be completed. Not every dream will be realized.

But when you fall short of your aim, perhaps you can say, "Yes, but look at what **I** found along the way! Look at the wonderful things which have come into my life because **I** tried to do something!"

It is in the digging that life is lived and it is the joy in the journey that truly matters!

~Author Unknown~

Submitted by **Donna Michaelson**, Ambitious Annies  
FCE

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## District III Annual Meeting

**May 2nd** we held our first **District meeting** as a new district. We had 26 signed up for a day of learning and fun. We had a book sale and a sale on lightly used items with the money going to the **MPY and State Conference**.

After a lunch of soups (prepared by **Sally Wyffels**) and salads and desserts we enjoyed a **Tour of England** with **Anne Engen and Sally Wyffels**. Several members then toured the **Yamhill Heritage Museum** and then we were back for door prizes and last chance to purchase sales items.

This year our host was **Yamhill County** and next year we look forward to the meeting hosted by **Lane or Linn County**.

We are also looking forward to the annual picnic hosted by **Linn County in Millersburg on August 16th**. This year they are having a BBQ, if you are interested in going call **Lynda Nyseth 503-835-2044** for more information.

## Time for some laughs!!!

Lexopohilia - Who on earth dreams these up?

A lexophile of course!

- How does Moses make tea? Hebrews it.
- Venison for dinner again? Oh deer!
- A cartoonist was found dead in his home. Details are sketchy.
- I used to be a banker, but then I lost interest.
- Haunted **French** pancakes give me the crepes.
- **England** has no kidney bank, but it does have a **Liverpool**.
- I tried to catch some fog, but I mist.
- They told me I had type-A blood, but it was a Typo.
- I changed my iPod's name to Titanic. It's syncing now.
- Jokes about **German** sausage are the wurst.
- I know a guy who's addicted to brake fluid, but he says he can stop any time.
- I stayed up all night to see where the sun went and then it dawned on me.
- This girl said she recognized me from the vegetarian club, but I'd never met herbivore.
- When chemists die, they barium.
- I'm reading a book about anti-gravity. I just can't put it down.
- I did a theatrical performance about puns. It was a play on words.
- Why were the **Indians** here first? They had reservations.
- I didn't like my beard at first. Then it grew on me.
- Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?
- When you get a bladder infection, urine trouble.
- Broken pencils are pointless.
- What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- I got a job at a bakery because I kneaded dough.
- **Velcro** - what a rip off!
- Don't worry about old age; it doesn't last.

Submitted by **Donna Michaelson**, Ambitious Annies FCE

## Editor note and request.

**July 29th** is the next deadline for articles for this newsletter. This is your newsletter and I need articles from officers and members to let others know what you are doing, things you have seen, things you are doing in your study groups and districts. How do you raise money to fund activities or organizations you are helping. What do you do for volunteer hours. How do you help your members attend meetings both local, state or national. In this newsletter we are told we are dropping in membership and running out of money, so do you have some ideas that could help all of us, if so let us know. These are things that we will be discussing and voting on in **Salem at the 2016 Conference**, so let us know your ideas.

Thank you in advance. **Lynda**

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## SHOPPING

Choices, choices, choices;  
The aisles are crowded with choices.  
Choices higher than I can reach;  
Choices lower than I can bend.

Rows of cereal; Bins of coffee;  
Fruit I can't name  
or know how to use.  
I get my exercise pushing my cart  
past aisles of choices.

Even to select a dozen eggs  
one must decide  
Brown or white;  
Large, medium or small;  
Organic, free range or traditional!

Only an affluent society  
has a market  
for  
So Many Choices.

I hope you choose right and realize how blessed we are.

Submitted by **Nancy Thornton**

## **OR Assoc. Family & Community Education**

Oregon FCE News  
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### **2016 Oregon FCE Calendar**

**May**  
**30**            **Memorial Day**

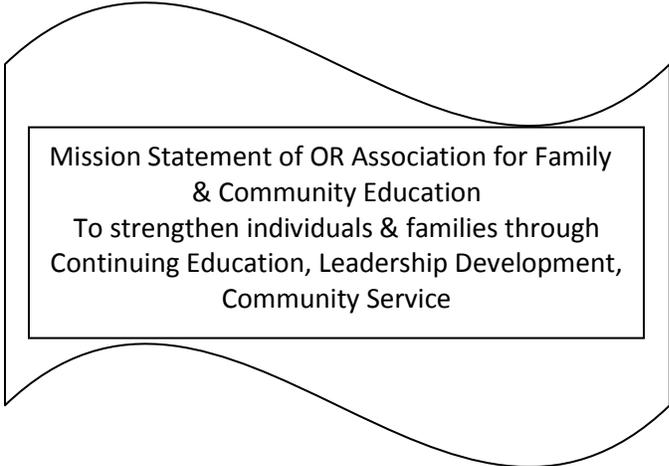
**June**  
**19**            **Father's Day**

**July**  
**4**             **Independence Day**  
**14-17**        **National FCE Conference**  
                  **Memphis, TN**  
**29**            **Deadline for Oregon FCE News Articles**

**August**  
**12**            **Mail Oregon FCE News**  
**16**            **Linn County Annual Picnic**  
                  **Millersburg Park**  
**26**            **Oregon State Fair begins**

**September**  
**5**             **Labor Day**  
                  **Oregon State Fair ends**  
**16**            **Room registration Cut-off date**  
                  **for State Conference**

**October**  
**3-5**           **"Be A Fan of FCE"**  
                  **Oregon FCE State Conference**  
                  **Red Lion Hotel, 3301 Market St. NE**  
                  **Salem, Oregon**



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

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