

# Oregon FCE News

Volume 25 Issue 3

Oregon Association for Family & Community Education

August 2018

## President's Comments



Here it is the end of July and it seems as if the year is flying by quickly. It just seems as if the year started. I have had lots of great visits with the various Districts, Counties and Study Groups from around the State of Oregon and across the nation this year.

I've picked up several good thoughts and ideas everywhere that I visit.

Before I start a more detailed report on some of the visits and conferences that I attended, I want to thank all of the members for their support, encouragement and friendship. I have a Board of Directors that are wonderful in all of the support they give me and the jobs that they do. Being your President is a wonderful opportunity for me. Without each of you, I could do nothing. "Thanks for all you do".

As I, along with Bonnie most of the time, traveled across the state of Oregon and visited the various Districts, Counties, and Study Groups we were met with nothing but friendship and open arms of welcome. I learned a lot about each group and members. I learned of all of the great things that we are doing across the state of Oregon and of all of the great members we have. I also learned that there are a few things that all of us need to improve on.

In April, at my own expense, I traveled alone to the North Dakota FCE State Conference because Bonnie had a conflict of time. Met several new friends and renewed the past friendships. I learned several ideas on a few things and will be bringing them up at our next Board Meeting.

Bonnie and I, at our own expense, traveled to Indianapolis, Indiana and attended the ACWW USA Summit Conference. There were about 23 in

attendance representing FCE and other similar organizations. Leading that Conference was Ruth Shanks, ACWW (Associated Country Women of the World) World President and Joellen Almond, ACWW USA Area President. In the 2 ½ days we met, we learned a lot more about the ACWW organization and how we are joined together. We were also introduced to the "Zero Hunger Challenge" which Bonnie and I will present at the 2018 Oregon FCE Fall Conference. It was at that conference that Bonnie was invited to, and challenged, to run for the position of USA ACWW Area President which will be open in April 2019 at the end of Joellen Almond's term.

Bonnie and I, along with Patti Malanaphy and Anne Engen attended the 2018 National FCE Conference in Austin, Texas. Bonnie and I drove 30+ hours each way but Patti and Anne flew. Bonnie Teeple was the Conference Chair and worked 10+ hours each day in the Conference Office making sure that all ran well before and during the Conference. I was there to help some in the office, represent Oregon FCE as your President and to enjoy the conference. Patti and Anne were there to enjoy the conference. All of us had the opportunity to meet with old friends and meet lots of new ones. While there the weather was HOT, HOT, and HOT but we were inside a nice cool... and sometimes cold hotel.

It was a great conference including a wonderful tour of the Austin area, lots of great FCL and Hearth Fire Lessons, great food, a President's meeting, A National FCE Business meeting, good entertainment, and great speakers including ACWW World President, Ruth Shank and ACWW USA Area President, Joellen Almond. I was asked to give a one hour presentation on "The Wizard of OZ... Team Building". The FCL lessons were: Grow as a Volunteer; Wills, Trust and Funerals; and Controversial Issues – Drugs. Hearth Fire lessons included: How does Aging Affect my Senses? ; and Eating Healthy Food.

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The “Zero Hunger Challenge” was introduced to the National FCE Conference attendees and challenged to take it back to their state organizations. During the Business Meeting there were a few amendments to the National By-Laws which were presented and voted on. Each of the proposed amendments passed. There was business on the floor to vote on an increase of National FCE dues. A motion was made, and passed, to postpone the voting on a dues increase until the 2019 National FCE Conference Business meeting.

Oregon was extremely well represented in the National FCE contests and awards including:

- Essay and Art Work Contest – 1<sup>st</sup> Place – Oregon - Rylee Palmer, Morrow County, Oregon
- Open Brochure Contest “Membership Promotion” - 1<sup>st</sup> Place – Oregon – Scott Teeples
- Open Brochure Contest “Tools” – 1<sup>st</sup> Place - Oregon – Scott Teeples
- Open Brochure Contest “ Other” – 1<sup>st</sup> Place -Oregon – Scott Teeples
- Community Service Award – Klamath County, Oregon
- Outstanding Unit Award – Contemporaries SG – Klamath Falls, Oregon
- Superior Unit Award – Contemporaries SG – Klamath Falls, Oregon

I would like to encourage everyone to learn more about the various contests and awards done by National FCE. You do not have to attend the National Conference to participate in the contests and awards but it sure is fun to be there. There is information on both the Oregon and National FCE websites. You can also ask me for help.

This would be a good time to start thinking about attending your first National Conference. The location of the 2019 National Conference has not been selected at this time. Please check out the scholarship that pays for your registration from National, and the scholarship given from Oregon to assist you with financial aid. More information from National will be presented at the 2018 Oregon FCE State Conference.

It’s getting closer to the 2018 Oregon FCE State Conference. This year we will be venturing to Pendleton, Oregon on October 1-2-3, 2018. The

theme will be “Reap The Benefits of FCE... Real Friendships, Education, Activities, and Personal Growth”. I give all members a “CALL TO CONFERENCE”. I challenge those of you who have never attended your State Conference, make this the year of meeting other members, making new friends, sharing, learning, and having ONE HECK OF A GOOD TIME!!! The Conference Registration form, with additional information, is enclosed in this Newsletter and also posted on the Oregon FCE website [www.Oregon-FCE.org](http://www.Oregon-FCE.org). I give my thanks to Districts 2 and 4 members who have worked diligently, with enthusiasm and planning for this year’s conference.

Please remember to fill out your “Volunteer Hours Award” application and turn it in by September 15. We would like to recognize all of you for the volunteer hours you all put in. The application form is on the Oregon FCE website.

Again, I thank each of you for all of your love and support. Please let me know if I can ever help you in any way. “Thanks for all you do!”

**Scott Teeples** – Oregon FCE President

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2018 Fall Conference  
Pendleton, Oregon  
“REAP the Benefits of FCE”  
Lesson Blurbs

**“Gas Lighting”**

Manipulation...whose purpose is to create doubt in a person or a group of people. Learn what it is, how to identify it, deal with it, stop it and prevent it.

Presented by: **Barbara Lougnot**, FCE member & Contemporaries Study Group President and **Scott Teeples**, Oregon FCE member, 2018 Oregon FCE President, Past Oregon FCE Secretary & Past National FCE Board Member.

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**“The History, Use and Misuse of Antibiotics”**

Learn more about Antibiotics, where they came from and how they can be used and misused and the benefits and problems with both.

Presented by: **Scott Teeples & Patti Malanaphy**, Oregon FCE member, Past Oregon FCE President and Past Oregon FCE District Director.

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**“The History of Vinegar”**

Have you ever wondered where vinegar came from? How it is made or the many, many uses of vinegar in the home?

How about tasting several vinegars and enjoying the different flavors? Come to my class and learn all about it!

Presented by: **Cynthia Gibson**, FCE member, present District V Director and County Council President.

**“Sleep Apnea and other Sleep Problems”**

This lesson will include an overview of sleep apnea, it’s symptoms, causes and treatments as well as a discussion of other types of sleep disorders. We hope this lesson will help you close your eyes and rest well.

Presented by **Kay Gooding**, District I Director, former FCL training leader and board member, along with **Dawn Westphal**, long-time FCE member and former Washington County President.

**“Instant Pot Cooking”**

“It ‘aint’ Your Granny’s Pressure Cooker”. If your first memory of a Pressure Cooker is of your grandma, or Mama, canning fruits, vegetables and meat, or maybe fixing a meal of ham-hocks and beans; you may remember the pot on the stove with a little knob jiggling madly on top of the pot and the instructions “Do Not Touch That”! If you do remember, then you may be approaching the use of an Instant Pot or other electronic countertop pressure cooker with some trepidation, maybe even a little fear. This workshop is to help alleviate some of your hesitation and help you understand how easy the appliance is to use.

Presented by: **Bonnie Teeples & Sally Wyffels**, District III Co-Director.

**“Aging in Place, Aging Well...”**

Nearly nine out of ten Americans report that they would like to stay in their home as they age. For many of us, a home may represent family, connections, independence and ties to history. It’s our place of being. Whether we would like to stay in our current home or not, staying healthy and independent as we age improves our quality of life.

Presented by: **Sandie Bolyard**, VP for Public Policy & **Bonnie Teeples**

**Australia-Land of the Kangaroo, Koala, Outback and Vegemite**

“G’day, put some snags on the Barbie, mate. No worries, she’ll be right, mate. Top Tip.” Welcome to Australia. Australia is a unique country in every way - in culture, population, climate, geography and history. Amazing ecosystems with unique flora and fauna including pristine rainforests, ancient rock formations, beautiful beaches, and thousands of kilometers of arid land. Listen to the stories of the Aboriginal people and early English settlers of the country continent. Discover the land of Australia.

Presented by: **Sally Wyffels & Cynthia Gibson**

**2018 Nominations for state offices**

**Vice President for Public Policy** – Sandie Bolyard from Chiloquin

**Treasurer** – serving her 2nd term, Bonnie Teeples from Klamath Falls

**District III Director** – Anne Engen from McMinnville

**District V Director** – Cynthia Gibson from Prospect

Suzanne Workman, Creative Homemakers Study Group, donated her beautiful quilted wall hanging to be auctioned at the national FCE conference in Austin, Texas. The bidding went higher and higher. For \$205 this colorful hanging went home to Nebraska with Connie Larrington National Vice President for Public Policy. Money goes for FCE scholarships.



## Patti and Anne's Adventure

In July Patti Malanaphy and Anne Engen flew to Austin, Texas to attend the NAFCE conference. In the shuttle to our hotel a couple sat behind us. Anne and Patti were chatting about our conference when the woman leaned forward asking in a lovely Australian accent "Are you two talking about the FCE conference?" What a surprise to realize she was Ruth Shanks, the ACWW World President and her husband, Craig. Anne chirped, "It's like turning around to find Queen Elizabeth in your back seat". Ruth laughed, "Not quite."

ACWW is 412 Societies in 80 countries, divided into 9 areas (USA is one), overseen by a board of 16 all speaking a different type of English. The board decides what projects are to be funded. Advocacy at the international level at the United Nations allows ACWW to give voice to more than 9 million rural women.

Ruth gave several talks during the conference. She was a nurse for 20 years after her children were grown. During her terms as World President she has traveled around the world on behalf of rural women, visiting ACWW projects, sharing stories with societies (groups) that belong to ACWW, and attending the United Nations. In India a worm farm helped 15 widows enrich their cornfield doubling the size of the ears of corn. In Africa, women took over an unused hillside, bored through sand for water, used a solar power pump and hand watered their vegetables. They put up net fences to outwit the wandering village pigs. All the while, men chided them. The abundant veggies fed a child care center and their own children with enough left to sell to a restaurant. \$\$\$

Ruth said her favorite places to visit were in the Pacific Islands where everyone brings food to a party and no one goes home until all the food is eaten which might be several days.

Oregon's Bonnie Teeples served as a super conference Chair, spending most of her time working in the office.

Oregon won **three** 1st place awards in the Brochure Category. Scott Teeples won an Outstanding Unit Award and a Superior Unit Award.

On Family and Community Leadership Day (FCL) three great new workshops were taught - "Grow as a Volunteer"

"Wills, Trusts and Funeral Plans"

"STOP this Epidemic Now: Opioids"

After the third class we formed groups of 6 or 7 people to put what we learned into a skit which we would perform after dinner. Skits were clever and hilarious.

New Hearth Fire presentations were -

"Asking for a Friend. . . How Does Aging Affect My Senses?"

"Someone's in your Home. . . Eating Healthy Food"

When Patti and Anne left Austin it was 109 degrees, Oregon looked mighty good.



Patti Malanaphy, Ruth Shanks, ACWW World President, Joellen Almond, ACWW USA Area President, Anne Engen, Bonnie and Scott Teeples

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Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2018.

~Next deadline-January 4, 2019~

Send articles and/or change of address to:

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21461 S. Hwy 99W

Amity, OR 97101-2239

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

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

Lots of information on the Web Site. Check our FCE Groups in Oregon, Minutes from Board Meetings, State and National Conferences, FCE Board Members, Newsletters, Scholarship Forms and so much more. Be sure to check it out.

**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](mailto:bdteeples@charter.net)

Application must be postmarked or emailed no  
later than August 30

Recipients of scholarship awards will be notified by  
September 15. Revised October 2017

## Oregon FCE Donation Form By Scott Teeples

The Oregon Association for Family and Community Education (Oregon FCE) is now offering a special Donation Form for those that would like to donate to the Oregon FCE organization. Oregon FCE is a 501(c) (3) nonprofit organization and is funded by membership dues, various fundraisers and donations from members of Oregon FCE and Friends or Supporters of Oregon FCE. Any donation that you, other members, groups or businesses can give will be greatly appreciated. They can only donate if you invite them to do so.

Donations will be accepted for General FCE Budget, FCE Newsletter, FCE Website, FCE Margaret Seibold Scholarship, and the FCE Angel Membership Scholarship. A receipt for your donation will be given for all donations. Donation forms will be available via the Oregon FCE website [www.Oregon-FCE.org](http://www.Oregon-FCE.org); emails or from various FCE leaders. (*Note: You can also donate to the Newsletter or Website on the Membership Application Forms*). Please contact Scott Teeples if you have any questions.

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## 2018 Oregon FCE Fall Conference Service Project

By Scott Teeples

At the 2018 Oregon FCE Spring Board Meeting it was decided that we would endorse and support the Altrusa Of Pendleton, K.A.R.E. (Kids at Risk Empowered) program at the 2018 Oregon FCE, Fall Conference. We need your support in helping the KARE students with donations. The following is a description of how homeless students are determined for this project.

“Altrusa international of Pendleton has a Service project, KARE (Kids at Risk Empowered), that focuses on helping our homeless students in the Pendleton School District. Our Pendleton School District had 56 students (K-12) that are considered homeless during school year 2017-2018. Homeless is defined as children “lacking fixed, regular, and adequate night-time residents.” This definition specifically includes, “children and youth living in

emergency shelters and transitional housing; cars, campgrounds, and other places not meant for human habitation; hotels or motels due to loss of housing, economic hardships, or similar reason.”

We need your help donating some of the following items during the 2018 Fall Conference. If you can't attend, please consider sending the following items with someone who is attending the FCE conference.

**Personal Hygiene items:** Shampoo, Conditioner, Soap, Deodorant, Toothbrushes, Toothpaste, Floss, Brushes, Combs, Shaving cream, Razors, Box of tissues, Chapstick, Baby wipes, Hand lotion, Sunscreen, Insect repellent, First Aid Kits, Band aides, Nail clippers, Laundry detergent (pods), Feminine Hygiene products. **School supplies:** Notebooks, Binders, Pens, Pencils, Erasers, Calculators. **Miscellaneous items:** Water bottle, Batteries: AA and/or AAA, Trash bags, Can Openers, Flashlight and batteries, Clothing (for winter), Coats, Long sleeved T-shirts or sweatshirts, Pants, shoes (tennis), Boots, Shorts, Pajamas, Bras, Underwear, Socks and other miscellaneous items. The boys' and girls' sizes range from Youth 6 to Adult XL.

If you have questions, please contact: Karen 541-969-3587 or [k\\_rose1232@hotmail.com](mailto:k_rose1232@hotmail.com)

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## Comfort Bears made by Amity FCE



## Comfort Bear – A State Service Project

At the 2018 Spring Board Meeting the Oregon FCE Board approved a new State Service Project. It consists of producing and distributing Comfort Bears. All Study Groups across the state are invited to take part in this project. The purpose of the Comfort Bears is to provide comfort for a child in the time of stressful situations. Complete instructions are given on the Oregon FCE website, [www.oregon-fce.org](http://www.oregon-fce.org), or from various leaders. These Comfort Bears can be given to Police, Fire Departments, Emergency Responders, Children's Shelters... any place they may be needed. Please report all of your successes with this service project. We give a big "thank you" to North Dakota FCE for sharing this idea with us.

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## Volunteer Hours Award

The Oregon FCE Board is honored to announce that they will now be sponsoring a **Volunteer Hours Award**. This award is to recognize those individuals, Study Groups or Counties that put in hours of volunteer time serving people in their communities. This is an Award, not a Contest. The application form will need to be filled out as accurately as possible. Hours are counted for both FCE and all Other Community Service hours. **Hours should be counted for the full year - September 1 thru August 31 (12 months)** - prior to the Oregon FCE Fall Conference. Hours counted are on an honor system and will not be checked. Awards will be given at the Oregon FCE Fall Conference. Send completed application to the Oregon FCE President. **The completed Application form is due on/before September 15.** Application forms will be available via the Oregon FCE website [www.Oregon-FCE.org](http://www.Oregon-FCE.org); emailed out; or from various FCE leaders. Please contact Scott Teeples if you have questions or comments.

*These three projects were submitted by our State President, Scott Teeples.*

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## Sausage Skillet Supper

(We like this one dish meal, easy to put together and taste good too)

### Ingredients:

1 lb. Polish Sausage (cut in chunks)  
¾ cup converted rice (brown or white)  
1 can (10 ¾ oz) cream of celery soup  
(could use cream of mushroom or other cream soup)  
¾ cup water  
1 TBS. butter  
1 pkg. (10 oz) frozen peas (broccoli, corn or your favorite vegetable)  
1 can (2 ½ oz) sliced mushroom, drained (optional)  
1 cup grated swiss cheese (or cheese of your choice)

Mix sausage, rice, soup, water and butter in large skillet or large cooking pot on medium heat. Cover and bring to boil. Reduce heat and simmer 5 minutes. Add peas and drained mushrooms. Sprinkle with cheese, simmer covered for 20 minutes or until rice is cooked.



## DESSERT

### Pumpkin Bars or Cake

Mix together till creamy: 4 eggs, 1 & 2/3 cup sugar, 1 cup cooking oil, 1-16 oz. (2 cups) can pumpkin.  
Add dry ingredients and mix thoroughly:  
2 cups flour, 1 tsp. salt, 2 tsp. baking powder, 1 tsp. soda & 2 tsp. cinnamon.  
Put in a 9' x 12" baking dish that has been greased and floured.  
Bake at 350 degrees for 25 to 30 minutes.  
Let cake cool and then frost.

Frosting: 1-3oz. pkg cream cheese  
½ cup soft butter  
1 tsp. vanilla  
2 cups powder sugar

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

Oregon FCE News  
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## **2018 Oregon FCE Calendar**

- May**  
28            **Memorial Day Observed**
- June**  
14            **Flag Day**  
17            **Father's Day**  
21            **First Day of Summer**  
28            **Registration Deadline for NAFCE**
- July**  
4             **Independence Day**  
19-22       **NAFCE Conference**  
               **Austin, Texas**
- August**  
3             **Deadline articles for Oregon FCE News**  
15            **Linn County Picnic**  
               **Millersburg Park**  
               **10 or 11 - ?**  
17            **Mail Oregon FCE News**  
30            **Deadline for Margaret Seibold Scholarship**  
               **Post marked by August 30**
- September**  
15            **Deadline for Volunteer Nomination forms**  
               **Hours from Sept. 1, 2017 thru Aug. 30, 2018**

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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