# Oregon FCE News

Volume 21 Issue 2

Oregon Association for Family & Community Education

May 2014

#### **President's Comments**



**President Barbara Voltin – 2012-2015** High from the desert,

I'm finding as I grow older all those saying I heard my parents and grandparents repeat as I was growing up seem to come back to mind. As I'm looking at the calendar I see spring is half over which makes me think most of you have planted your gardens and maybe even harvested some peas, lettuce or radishes. This thought brings me back to sayings. In central **Oregon** there is a saying, "Don't plant any garden while there is still snow on the peak of **Black Butte** or you will have to replant it." Last year we learned the hard way, that saying is true. We planted beans three times and had them freeze just as they were growing good.

Can you guess which two people are busily building raised beds and planting corn, peas, strawberries, zucchini, etc. this year while there's still snow on **Black Butte?** This reminds me of another saying which is true, "Some people never learn."

Anyway, I hope those of you who participated in the ACWW Women Walk the World on April 29th had good weather. If you took pictures of your walk and want to send them to ACWW's magazine, The Countrywoman, let me know and I can get you the address. It is different than the one where you send your donations.

We are still collecting embroidery floss to send to the women of **India**. Now some women from **Africa** that **Bonnie and I** met at the **ACWW** conference in **Chennai** have expressed an interest in receiving floss. It sounded like there is not so much of a hassle with their custom regulations as there is in **India**.

Ever since the first **ACWW Triennial Conference** in **1930**, member societies around the world have been urging their governments to recognize women and girls as humans worthy of the same rights and freedoms as men. Now in **2014**  **ACWW** members are STILL trying to convince their governments to actively protect their women and girls: by penalizing those who engage in all forms of violence and human trafficking; by banning genital mutilation; by providing quality maternity health care; by registering all births so children born under their jurisdiction will be recognized as citizens; and by banishing the use of **Bisphenol A (BPA)** a hazardous chemical used in sports equipment, toys, medical devices, and food and drink containers. that when heated or scratched can dissolve and leach into the contents and cause breast cancer and early development in young girls.

These issues are not just problems of third world countries as most of us think. There are areas of the **United States** where many if not all of these issues need to be addressed.

"Some people see what happened; some people do what happened and some people wonder, what happened? Which one are you?

I hope you all have a warm and relaxing summer. I look forward to seeing you either at the **National** conference in **Tucson**, July 17-20 or in **Pendleton**, **October.6-8.** Check out our website **Oregonfce.org** to catch up on all the **FCE** events.

Last year in North Dakota we had ten from Oregon, let's see if we can have that many or double it for this year in Arizona. Theme: "Team Work Makes Dreams Work." Oregon FCE Conference in Pendleton, October 6-8, "A Star is Born".

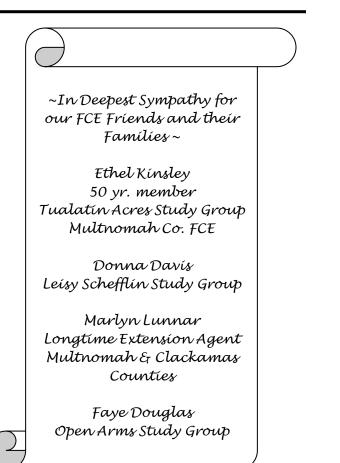
If you have any questions or concerns contact me at <u>Barbara.the541@gmail.com</u> or 69380 Buckhorn Rd, Redmond, OR 97756 Cell 541-420-2999.

Barbara Voltin Oregon FCE President

Only in **America....**do banks leave vault doors open and then chain the pens to the counters.

Only in **America...**do we leave cars worth thousands of dollars in the driveway and put our useless junk in the garage.

Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2014. ~Next deadline-July 25, 2014~ Send articles and/or change of address to: Lynda Nyseth, Editor 21461 S. Hwy 99W Amity, OR 97101-2239 E-mail LYNDATrose@aol.com



### Treasurers Report (from Spring Board Meeting 2014) Since Ida Lee has resigned as Youth Rep. and is no longer doing the State Character Counts program, I have agreed to take over the Character Counts on the State level. Please send me your Counties first place winner in early March next year so I will have them before the Spring Board meeting. Send to 34043 Hwy 97 N Chiloquin, 97624.

Be sure to fill out the **Seibold** scholarship to help you defray the cost of attending the **State Conference in Pendleton** 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 <u>fluffy66@centurylink.net</u>.

I received a check for \$25.00 from Jackson Co. for help with the cost of our web site which is a very important tool for marketing FCE as well as to keep our members informed and publicizing our upcoming events. In the past Scott and Bonnie Teeples have been paying for this, since they are so generous toward FCE in other areas we feel that they should not have to continue paying for the web site.

If any **County Council** wants to donate to this worthy project please send a check of any denomination to me, make sure you designate on the check or a note that it is for the web site.

In 2008 there were 664 FCE members in Oregon, in 2013 we had 485 members and as of March Spring Board Meeting we had 435. Remember to take advantage of the generous offer for Keepers Corner Scholarship for new members and those who have been out of FCE for 5 years. We have brochures telling about FCE, we have a great web site <u>wwwOregon-FCE.org</u>, so let's get this information out to our friends, neighbors and family. Let's get our membership built back up! In 2013 sixty-one people took advantage of the Keepers Corner Scholarship.

Submitted by **Sandie Bolyard**, State Treasurer with a few comments from Lynda (Editor)

# District Reports 2013 & 2014

Reports from Spring Board Meeting A Lot Happened

# **District III**

We have 120 members and 12 study groups. Each county has 4 study groups. July thru December 2013 volunteer hours reported in Marion County totaled 258 FCE hours, 936 other hours, Polk County reported 24 FCE hours, 120 other hours and 20 hours with kids, Yamhill County reported 479 FCE hours, 518 other hours and 100 with kids. Ambitious Annies (Polk Co.) collected underwear for school kids and for fund raisers sold used books at each meeting and had a white elephant auction. For Christmas, Amity FCE (Yamhill Co.) bought clothing and gifts for 2 children and they made and sold Christmas wreaths as their fund raiser. (Continued on page 3)

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Creative Homemakers (Yamhill Co.) donated 20 plus pairs of booties to the layette program plus crocheted baby blankets. They adopted two families and an adult care facility. They gave food, household supplies, gas cards, clothing and toys for the families and washcloths, body care products, wipes, lap robes and stuffed animals to the care facility. Sheridan (Yamhill Co.) had a "No Bake Sale" for their fund raiser, they collected cancelled stamps for a stamp camp for kids, collected pop tabs, donated to Habitat for Humanity, Grad Nite for the high school and other organizations. Open Arms FCE (Marion Co.) donated 90 bags with books, bibs, MPY newsletters and FCE Brochures to new mothers and their babies. They also donated to the MPY and local Salvation Army during Christmas Season. Salem West FCE (Polk Co.) held their December meeting at Rudy's at Salem Golf Course. They also enjoyed a gift exchange.

In August, four members form Marion County and three members form Yamhill County joined District IV for their annual picnic at Millersburg Park.

Eleven members from **District III** attended the **State FCE Conference in Medford.** 

Yamhill/Polk Spring Festival was held on March 19 in Amity was very successful. There were 51 participants attending this event. Mike Knutz, Yamhill Extension Agent spoke to the group about the 4-H Summer Camp, "Wild West", and the activities of 4-H in the county. Two 4-H Ambassadors, Madeline Knutz and Zachery Drew, spoke of their projects, leadership, activities, being a camp counselor, and how 4-H has helped them to be more confident and self-assured. As our community service project, we were able to raise \$262 for the 4-H summer camp.

FCE National President and Oregon's own Bonnie Teeples with her husband, Scott, also Western Region National Officer, brought greetings from National FCE and Oregon FCE. Scott is the appointed State of Oregon FCE Secretary, too. Bonnie gave a report from National, we need to grow and become younger. There is a new membership being recognized for teenagers and there are two clubs, one in Missouri and one in Tennessee. We also need to think outside the box by looking at a membership being virtual group on i.e. Facebook or some other type of social web. **Scott** give the group **''Be a Member''** lesson on finding, recruiting and retaining new **FCE** members.

**April 29,** four members for **Yamhill County** participated in the **ACWW ''Women Walk the World''.** It was a wonderful sunny day, we walked 3 1/2 miles at **Silver Creek Falls.** Several people and groups sponsored us walkers and we raised \$55.00 for **ACWW.** Maybe more people will take the time and walk with us next year or your group will walk in your area.



Sharyl Michael, Sally Wyffels, Lynda Nyseth & Lidia McRae

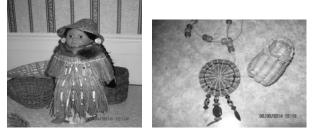
District III meeting was held Tuesday, May 6, in Dallas, Oregon. "A Tisket, A Tasket, What's in the FCE Basket" was the theme with Connie Graves, speaking on Native NW Baskets. Twenty-five attended the meeting including State FCE President, Barbara Voltin, Bernie Voltin (Marketing), Loretta McDonald & Marilyn Thompson (Co-Directors for District VI), Debra Minar Driscoll (Extension Educator) and 5 members from Linn County.

The highlight of the gathering was the guest speaker, Connie Graves, a member of the Confederated Tribes of Grande Ronde, she is a NW Native "basketmaker" and teacher. She stated that her basket making has been handed down as a family tradition. Her baskets are made of native materials readily available. She gathers year round and some of the items used will take a year to cure before they can be used in the making of baskets. Some of the materials she showed and discussed were cedar bark, root of the cedar and spruce trees, bear grass, cat tail, rushes, maidenhair fern, tinsel, tule (a common grass), willow branches, etc. Most anything you can see in the meadows or along streams can be used in some way for her basket creations.

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She passed around several of her baskets and **Native** items for us to examine. She is now teaching the youth of the **Confederate Tribes** as a gift of her heritage to pass on to future generations. She stated that she learned this art because it was becoming lost, within three generations it would have been gone. **Connie** teaches her classes at the **Confederation Center** of the **Confederation Tribes of Grande Ronde** located in **Grande Ronde, OR.** We learned basket making is from natural materials you collect, basket weaving can be from materials you purchase at stores. Dolls clothing (in the picture) is from natural materials and also something worn by adults.



Alene Showers introduced Marion Couinty's nominee for "Heart of FCE", Connie Leavitt. **OSU Extension Agent Debra Minar Driscoll**, announced her pending retirement effectively June 1, 2015. She donated to District III a gavel that was found in the storage area of Polk County Extension office. The gavel is engraved "Polk County Home Extension Council" and the box was addressed to a Mrs. Z. McGonegal, Polk County Council President of Monmouth, OR. Many of the long time Polk County FCE members were not familiar with the president. As the current District III Director, Sally Wyffels accepted the gavel to be handed down to future directors. Submitted by Sally Wyffels, District III Director 

#### **District IV**

Lost Creek FCE has 13 members. Nine members and one guest attend the Annual meeting in **Medford in October.** It was a great time enjoyed by all.

Our total **FCE** hours: 208 for **FCE**, 540 other and 100 with youth.

We do not have a lesson in **December** but have an auction of all kinds of items and the money goes to 3 local food banks and the **Veterans.** 

Linn County has 12 paid members. Our lessons are on the LAST Thursday of the month at the Lebanon Senior Center and most are given by Janice Gregg, Linn County Extension Faculty, Family and Community Health. We had 5 members attend the annual conference in Medford and we had a fabulous time. In March five of us attended the Yamhill/Polk Spring Festival in Amity. In June we will have our District Meeting, we will have a lesson on "Lavender" and tour a lavender farm.

Submitted by **Deanna Hadley and Vicki Graves** 

#### **District V**

As of **December 2013, Jackson County** had a membership of 67 with six study groups. **Klamath County** has 20 members consisting of two study groups.

Volunteer hours for Jackson County were 1578 for FCE 1267 for other hours. Donations were made to FCE Memorial Scholarships, embroidery thread, 4-H, bags for babies, teens and tweens, school scholarships, Hearts with a Mission, Salvation Army, Access, Heifer Foundation, Dogs for the Deaf and donations to help those staying at the State Conference.

Our largest function for 2013 was the **State Meeting in Medford.** Many hours were spent preparing, collecting and presenting. This was a lot of work but from the evaluations was well worth it. Our **Community Service Project** was collecting diapers and wipes for babies and adults and was well-received. A total of 1221 diapers and 1120 wipes were distributed in **Jackson County.** 

**Klamath County** volunteer hours for **FCE** and all others was 1843. Members donate 25 cents when they forget to wear their **FCE** badges and also raise money in our friendship basket each month. Submitted by **Rosalee Ratto**, District V Co-Director

#### -----District VI

There are two groups, one in **Deschutes Co.** and one in **Crook Co.** 

In **October**, we went to our local Senior Center for **Halloween** lunch and played Bingo. Four people from the two counties went to the **State Convention in Medford. In December** we went out for lunch and then to a members home for a gift exchange.

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We have lost several members this year so have decided to join our two county councils to meet once a month. Our members do service for FCE, schools (SMART) and church. Submitted by Loretta McDonald and Marilyn

**Thompson**, District VI Co-Directors

#### **District VII**

**Umatilla/Morrow County** has 4 study groups and 33 members. A total of 250 **FCE** hours and 1000 other hours were reported.

Athena Study group has 3 members and they participated in coins for friendship.

Fruitvale Study group has 8 members. For their Christmas project this year was to bring items for the Christian Aide Center. They brought hats, gloves, underwear and socks. They participate in Art and Essay Contest for the 4th grade classes in local, state and national. This year Character Count was on Respect. Alan Marin was the first place winner and received \$25.00, Eliza Gonzalez was the second place winner and received a \$5.00 gift certificate from Dairy Queen. All participants received a certificate.

**Pine City Study Group** has 5 members. They collected canned goods in **November for Echo** food boxes. At **Christmas** time they gave unwrapped toys for **Echo Christmas** baskets. They participate in **Art and Essay Contest** for the 4th grade classes, with two schools participating in **Morrow County.** First place winner **Roen Waite** received \$25.00, **Joce Coe**, 2nd place and honorable mention **Jayne Simpson** received a nice gift. All participants have received a small gift and certificates.

**Giddy-up-Go Study Group** has 18 members. They participate in coins for friendship. They held their **Christmas** party at the **Saddle Restaurant** with an ornament exchange. This year the group chose to help the women of the **Dominican Republic** by making sanitary napkins, they made 40 napkins. We supplied enough for 8 bags with 5 napkins and 5 pairs of panties in each bag. **Althea Gibbs** did most of the sewing. A big thank you goes out to **Althea**. This was a very rewarding project.

FCE Annual District VII Meeting held at the Saddle Restaurant, April 24, 2014.

<u>*Giddy-up-Go*</u> study group took care of registration and name tags.

*Fruitvale* study group handled the door prizes.

<u>*Pine City*</u> study group furnished table decorations. *Athena* study group lead the Flag Salute and

FCE creed.

Welcome and Introductions was giving by <u>Marlene Currin</u> President Umatilla/Morrow County Advisory Council. Opening Remarks was given by <u>Donnie Cook</u>. He is the Interim Director, City of Pendleton Parks & Recreation. He told us about what they are doing and planting to make the Parks beautiful and family friendly.

<u>Glenna Maine</u> District VII Director gave the reports of what each FCE study group was doing in Umatilla/Morrow County.

Guest *Barbara Voltin* President of **Oregon FCE.** Gave a report on her trip to **India** and what is going on in **National FCE** news.

**<u>Ron Reinhart</u>** playing the accordion and <u>Everett Pixler</u> playing the guitar were the entertainment. Everyone enjoyed them and even sang along some old but goodies tunes. After a wonderful lunch and a piece of cake. We had a lesson on <u>Genius of America.</u> given by <u>Marlene</u> <u>Currin</u> and two pinch hitters <u>Tom Currin</u> and <u>Donna Evans</u>. It was a very good lesson with a lot of information on inventions.

We all brought books to sell for a dollar a book. Now we are busy getting things ready for the

State Conference at Pendleton, October 608,
2014. We hope you will all join us here in
Pendleton we have some fun things planned.
Submitted by Glenna Maine, District VII Director

# District X

Multnomah, Clackamas and Washington Counties continue to serve their community and participate in FCE activities. Washington County hosted the Metro County meeting November 2013. Each county president gave a report of happenings in their county. District X has chosen to continue participating in Books for Youth. Each county collects books and delivers them to Children's Hospitals in their county.

Washington County held their annual Holidaze Fair, October 21, 2013. Their Appreciation Luncheon was held February 14, 2014. (Continued on page 6) (Continued from page 5)

Six members from **Multnomah County** attended the **State Conference in Medford, October 2013.** Several from **Clackamas County** also attended.

To celebrate **Arbor Day, Multnomah County**, planted two apple trees for the **Volunteer of American's Family Relief Nursery.** 

Clackamas County has nine study groups with ninety-five members. Volunteer hours: FCE 700 and other 6,800. Multnomah County four study groups with thirty members. Volunteer hours: FCE 606, youth 80 and other 2,000. Monetary donations to Charitable organizations was \$865.00. Washington County has five study groups with forty-six members. Volunteer hours: FCE 1,595 and other 4,746. Monetary donations to Charitable organizations was \$982.58.

Some of the tours included: Guide Dogs for the Blind Graduation, Museums, Japanese Gardens, Christmas Parties.

As of January 1, 2014, Multnomah County has joined with Clackamas County.

Clackamas County held the Share Fare program, April 28, "Grandma's Button Box". What a fun and delightful time shared with "70" attending. We were fortunate and pleased to have as our special guest, FCE National President, Bonnie Teeples and her husband, Pacific Region Program Coordinator, Scott Teeples. Scott also serves on the Oregon State FCE Board as secretary. Bonnie presented information on, "What's Happening at National." She allowed time for members to ask questions and invited members to attend the National FCE Conference, July 17-20, in Tucson, Arizona. Scott discussed the importance of recruiting and retaining FCE members. He provided brochures, "Hope on the Horizon", which contains information on how you can enlist new members. He encourages you to access our web-site and face book page. You may view any information needed regarding Oregon FCE.

Mr. Brian Gilbert from the Oregon State Button Society presented a slide show where we learned about collection and preserving buttons with historical significance. He stated his collection was worth close to a half million dollars. Several study groups displayed their button exhibit and shared stories. A delicious pot luck was served for lunch. The silent auction collected \$142.24 and Basket raffle made \$97.00.

Thanks to **Cathy Schabell, Jean Baker, Phyllis McIntire, Lendamai Poole, Elsie Dustin, Jessie Tucker** for their extra help. Special thanks to **Bonnie and Scott Teeples** for attending and providing so much of their heart and soul to this wonderful organization.

Submitted by **Patti Malanaphy**, Oregon FCE President Elect

## 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) <u>sfteeples@charter.net</u>. Submitted by **Scott Teeples** – Oregon FCE Secretary

Linn County Hosts District IV Wednesday June 18, 2014 IOOF Hall, 20 E. Ash St., Lebanon, OR Theme: Lavender Registrations starts at 9:00 a.m. Deadline for registrations June 4, 2014 Cost \$7.00 members, \$9.00 non-members

We will have coffee and treats in the morning. Around 10:00 a.m. we will head over to **Moon Shadow Lavender Farm** to meet **Gale Blasquez** who will guide us on a tour of their farm. We will then head back to **Lebanon** for a potluck lunch. Please either bring a salad or a dessert. We will provide paper plates and utensils. After lunch, **Janice Gregg, Linn County Extension Faculty, Family and Community Health** will present the lesson on Lavender.

Send your registration information, name, phone # and address with check payable to FCE Linn County Council. \$7.00 for FCE members and \$9.00 for non-members. Mail it to Lorraine Scott, 40660 Edwards Dr., Lebanon, OR 97355. You may contact Lorraine at 541-259-1676 if you have questions.

We look forward to seeing everyone!

# **Heart of FCE**

I am pleased to announce that the **Oregon Heart** of FCE has been selected and this year the award goes to **Morna Bastian**, a long-time member from **Chiloquin Study Group in Klamath County.** Once again it was a very hard decision with eight excellent nominees to choose between. Here is the recommendation written by her study group.

Morna Bastian characterizes the Heart of FCE. She consistently gives of herself. She gives her time, her talent, her knowledge and heart to FCE. She has served in all officers positions and willingly steps in to fill those jobs when needed. She does not hesitate to volunteer her time and talents for fund raisers, membership drives or community endeavors to promote FCE. She also sews and crochets for the Books for newborn project and collects floss for India. The way she values her community and FCE and truly gives of herself to their benefit epitomizes the Heart of FCE.

Congratulations **Morna** and we wish you well with your nomination for the **National Heart of FCE.** 

Gay Jarvinen, V.P. for Public Policy

### Garden Sloppy Joes Source: www.foodhero.org

Ingredients:

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound ground meat (turkey, chicken or beef)
- 1 can (8 ounce) tomato sauce
- 1 can (15 ounce) whole tomatoes, crushed
- 1 can (8 ounce) mushrooms or 1/2 pound chopped fresh mushrooms

1/4 cup barbecue sauce

6 whole wheat buns, split in half to make 12 Directions:

1. Sauté onions, carrots, green pepper and ground meat in a pan over medium-high heat for 5 minutes.

2. Add tomato sauce, crushed tomatoes,

mushrooms and barbecue sauce.

3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.

4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.

5. Refrigerate leftovers within 2 hours.

Note: Add your favorite fresh, canned or frozen chopped vegetables. Try whole wheat English muffins instead of buns. For nutrition facts go to www.foodhero.org

# A FCE T-Shirt Contest That Inspires & Educates

Wouldn't you love to design an awesome, clever, or memorable T-shirt? Visualize modeling your creation and winning a prize.

Your National FCE Board Alumni is sponsoring a NEW FCE aids in <u>F</u>unding <u>C</u>ancer <u>E</u>ducation contest at our National Conference in Tucson this July. It's titled "A T-Shirt Contest that Inspires and Educates". The money collected will be used for cancer education, to print a new Hearth Fire or to present a workshop or speaker at National FCE Conference.

Easy contest rules -

1. This contest highlights nation-wide cancer education.

You can choose a specific cancer or cancer as a whole.

2. Use family-friendly creative wording, inspirational sayings or slogans, simple pictures or drawings that impact and inspire. Your T-shirt could ask an educational question about cancer such as "Did you know \_\_\_\_\_?" with the answer on the back of your T- shirt. Your shirt could pay tribute to someone you treasured who battled cancer.

3. Please place somewhere on each T-shirt:

<u>FCE</u> aids in <u>Funding Cancer Education</u>. 4. Use a white or light colored T-shirt for each of your entries. You may enter as many T-Shirts as you wish. Ask your local FCE group for ideas and produce more T-shirts.

5. Bring your T-shirts with you to conference. If you cannot attend please send them with someone who is attending or mail to **Marian Hannon**, **1693 W Petunia Place, Oro Valley, AZ 85737-7253** 

6.There will be prizes and surprises. You need not be present to win.

Alumni Contest Committee - Anne Engen, Judy Fullmer, Sheila Jackson and Kristin Walker. Questions contact anne.n.engen@gmail.com

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

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

# 2014 Oregon FCE Calendar

May		
26	Memorial Day	
June		
15	Father's Day	
18	District IV Annual Meeting	
	Lebanon, OR	Mission Statement of OR Association for Family
July		& Community Education
4	Independence Day	To strengthen individuals & families through
17-20	National FCE Conference	Continuing Education, Leadership Development,
	Tucson, AZ	Community Service
25	Deadline for Oregon FCE News	
Articles		
August		
8	Mail Oregon FCE News	
13	District IV Annual Picnic	
	Millersburg Park	
22	Oregon State Fair begins	
September		
1	Labor Day	
	Oregon State Fair ends	
15	Room registration Cut-off date	National FCE Headquarters
		73 Cavalier Blvd. Suite 106
	for State Conference	Florence, KY 41042
October		Toll Free: 877-712-4477
6-8	A Star is Born	Email: nafcehq@fuse.net
	Oregon FCE State Conference	Website: www.nafce.org
	Red Lion Hotel	
	Pendleton, OR	