

Oregon FCE News

Volume 30 Issue 2

Oregon Association for Family & Community Education

April 2024

President's Comments



President's Newsletter Article April 2024

First of all, I thank all of the Oregon FCE Board members for their support in all that Oregon FCE is doing. I have felt nothing but support from each of them in my role as the Oregon FCE President. I am thankful for all of the Oregon FCE members and their support to me, and the entire Oregon FCE organization. Thank you.

I feel that we are getting well prepared for the 2024 Oregon FCE State Conference. We are again, using the Hilton Garden Inns hotel in Springfield, Oregon. It is scheduled for Monday – Wednesday, September 30 – October 2, 2024. The contract has been signed and we are ready to go. Some of the costs have increased slightly but I am sure we can handle it.

The theme for the Conference has been set as “Up, Up, and Away with FCE.” We have selected 6 great classes that will be developed and presented at the Conference.

Sandie Bolyard accepted the assignment to contact all of those on the “Duty Assignments List” for the Conference, she reported that everyone is willing to do the same assignments they have done in the past. Thanks to all those willing to do their part to put our Conference together. We could not do it without you.

We will again be offering a Conference Registration Fee Scholarship for those that may need it. It is only covering the cost registration fee for the Conference.

I did receive some bad news for Oregon FCE. Clackamas County has officially disbanded. I was told it

was because no one was willing to take over the duties of the County officers. I did send out 38 letters to those members we lost. The letter included an invitation to become a “Independent Member” also known as “Member at Large.” We did receive 3 membership applications for “Independent Membership. We may receive one other one. We can only do what we can do when members want to move away from FCE membership. I am still sending emails to all of those that have not asked to be removed from my Oregon FCE email list.

On Monday, March 18, 2024, National FCE held a Midyear Conference that was held via Zoom. I am their Zoom Coordinator and helped them throughout the planning and presentation of the Midyear Conference. It was presented twice. Once at 11 am and again at 5 pm Oregon time. It lasted about 2 ½ hours each time. I thought they did some wonderful presentations. It is estimated that there were about 100 – 150 that attended the Midyear Conference. We had very few Oregon FCE members attend. The Midyear Conference sessions were recorded and will be available for viewing on the National FCE website in the next few weeks.

The Oregon FCE Zoom lessons are continuing. They are done the first Wednesday of each month. They were started in January 2020, and we have done one each month for a total of 39 lessons. We have had presenters for 11 different states. I am planning on continuing with them until someone tells me to STOP. All of the Oregon FCE Zoom lessons have been recorded on YouTube and the links are available on the Oregon FCE website. I am always looking for someone to do one of the Zoom lessons so please help me out and offer to do one. I must admit that I am a little disappointed with the small number of Oregon FCE members that attend these Zoom lessons. Please support us in our efforts.

The 2024 Oregon FCE High School Age CHARACTERCOUNTS©! Essay Contest has taken place, and I am very happy with the way that it has gone. This year's theme was Citizenship. We did receive 6 applications which I am excited about. Not too bad for the first year. Seven Board members

have judged the Essays, and the results will be announced soon. We are notifying the place winners before announcing them to the public. Those of us that have read and judged those essays have been deeply touched by the words that have been written. It gives us hope for these young people and their future. National FCE has been watching this contest and has asked me to give them a proposal to make this a National FCE contest.

I am hoping that you will support us in doing the 2025 Oregon FCE High School Age Essay Contest. The theme will be “Trustworthiness.” I am sure that we will have more applicants next year.

For this upcoming year we are going to need several State Officers including, Secretary, Treasurer, Vice President for Public Policy, District 1 Director, District 3 Director, and District 5 Director. I am hoping that those currently holding those positions will continue. We will all need to work on filling these positions. Please contact our Nomination Committee (Sally Wyffels, Lynda Nyseth, and Bonnie Teeple) if you, or someone you know, would consider running for one of the offices. WE NEED YOUR HELP.

Our Contemporaries Study Group has been meeting each month as a Hybrid Study Group Meetings. We are doing it with Zoom. Many times, we will have 4-6 people in person and 4-6 via Zoom. It does take a little time to set up the camera and cast onto the TV, but it has worked well. We have attendees from across the State of Oregon and the USA. I would love to help others learn how to do this.

I would like to mention that we, as always, need donations to the Oregon FCE fundraising booth located at Keeper’s Corner in Klamath Falls, This has been a great fundraising activity for us and has brought in a lot of money we need as an organization. Please remind the members you come in contact with to see if they have some good items they can donate.

I have submitted three brochures into the National FCE Open Brochure Contest. I will not know how well they do until the 2024 National FCE Conference in July.

I am very busy doing lots of volunteering in both FCE and the community. I am a paid member of Tennessee FCE, and they requested my volunteer hours for 2023. Between all that I do for Oregon FCE, as president and other duties, National FCE,

all the web sites I maintain, and the scanning of National FCE documents. I had a LOT. More than I really realized. I’m sure that all of us have more than we think.

Please continue in our quest to “Love, Share, Invite, and Recruit” new members. We currently have two new members in our Study Group. It was really quite simple. I invited them to the activities. If you don’t invite them, they will never join. Open your mouth and tell them about our great organization. Thank you to all of the members that have invited new members this year. It is happening across the State.

Again, and as always, I say, “Thanks for all you do.”

Scott Teeple – Oregon FCE President

Web Site for Oregon FCE

www.oregon-fce.org

Again, please check out the web site and let me know what you think. There is lots of information and forms available to all members. Have you checked out YOUR County “Invitation to Join” Brochure that is now available. Please contact Scott Teeple at 541-891-6456, or email sfteeples@outlook.com if you have any comments or questions.



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~Next deadline-August 2 2024~

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You might live in Oregon if:

You’ve worn shorts, sandals and a parka at the same time.

You’ve had a lengthy telephone conversation with someone who dialed the wrong number.

Remembering FCE Members

Marilyn Carol (Mack) Thompson Nov. 24.1941 – Feb. 28, 2024

Marilyn served FCE as Co-Director for District IV in Prineville, along with Loretta McDonald.

Marilyn attended school in Canby and graduated from Canby Union High School in 1959. Attended Linfield College and then Portland State and then Eastern Oregon State College and graduated with a Bachelor's Degree in education in 1964. She taught for seven years in Glide, Oregon and Bakersfield, California.

After she married Mickey Thompson in 1969, they went to live in Bakersfield, California. They had 4 daughters, sadly their fourth daughter did not survive the birth.

Throughout her life, Marilyn taught Sunday school in Prineville, led Campfire groups for all her children and later her granddaughter. After her youngest daughter started school, Marilyn got certified to be a substitute teacher.

Marilyn will be missed by many family members and friends.

Phyllis McIntire

Information will be given next newsletter.

Character Counts Essays 2nd and 3rd Grade Essays

Sandie Bolyard (Youth Education Representative)

Participation throughout the state is still down. We have had entries through our study groups in the past, so check with your groups, the children don't have to do them in school, also put entry forms in libraries and community centers.

Put your thinking caps on, we need to think of other ways to reach children, even your own Grandchildren.

We had 53 participants in 2 schools from 3 classes for Character Counts in Klamath County. No other Counties entered.

"Why I Love Living in Oregon"

46 participants in 2 schools

First place for Second grade...Annie O'Neal from Prospect School

First place for Third grade....Leila Aguirre from Malin School

Character Counts 4th Grade Citizenship

First place **Annalee Fox** from Cross Point Christian School. Her entry will be sent to National.

Congratulations to your winners.

2025 pillar of Character is Trustworthiness.

Please work at getting others to enter in 2025.

Books for Newborns and Children

It is important to get books into the hands of our children. You can add other items to the bags.

For newborns in addition to **new** books you might want to add a new toy, burp cloth, bib, socks, booties and anything else that would be helpful for newborns. For **older** children the books can be gently used, you may want to add school supplies, shampoo etc. then find a need in your community, there are many organizations that can use our help. Add our brochure to advertise our organization. In Klamath County we give toys and books to Head Start.

V.P. For Public Policy Sandie Bolyard

I have received 3 nominations and prepared them for judging. All judging is "blind" judging...no judge can tell who the entries are or what counties they are from.

I want to emphasize that all writers of these nominees keep in mind that this award is for **Heart of FCE**, they don't have to have held any office. They are the worker bees of your group, you all have members that might not want to hold an office but are always there to help your group function, help spread the word of all the good work FCE does, they work on fundraisers, man a membership drive table, help with your District meeting, Spring Festivals, Conferences..etc.

If your entry does not get the award this year you may resubmit it next year.

V.P. for Program Report Sally Wyffels

Report covers the time period of Oct. 2023 – Feb/Mar 13, 2024.

Three study groups reported their activities.

Lessons they presented and comments: “The Silent Killer”, surprised how the numbers of people with illness is rising. Better detection; “Filling your Pantry on a Budget”, Use of digital coupons, ½ of ads are for reg priced items; “Savory Meals for One or Two”, Will try the recipes, nice that so many were chicken. Wide variety of new spices; “History of Dolls”, Interesting how long dolls have been around. Fun to Step back to our childhood; “How about a Date”, Read the labels...sell by, use by etc, interesting facts. Only baby food regulated; “Lookouts of the Northwest”, Interesting facts – the life of the “rangers”; “Birth Order”, Characteristics that make each of us leaders, organizers and/or followers; “How to be a Good Guest”, Good refresher of what we should know as guest, etiquette rules; “What Women Wore in 1952” Group members surprised and laughed at the rules of how to dress.

Volunteer hours reported: 125 hours FCE; Non FCE hours 126. Yamhill County Council 5 members 25 hours preparing for Spring Festival plus meeting 8 times a year. Newsletter group 5 to 6 members editor, assembly, mail the MPY and State Newsletter, 30 plus hours.

Lessons for Fall Conference in October:

1. JustServe.org A volunteer website, How we use it?
2. Oregon Ghost Towns
3. Do you believe in Magic?
4. Loving Your Liver
5. What does Food Security Look like?
6. Great American Women, Part 2.

District and Study Group Reports

Karen Walker, Washington County

We have two Study Groups and 3 Members at Large.

Groner Study Group has 7 members, they meet in each others homes. They gather and crack walnuts that they sell and use the money for donations to charities. Individually they volunteer at church and help neighbors with rides to doctors’ appointments.

Tualatin Study Group has 11 members, they meet in a local restaurant. At different times of the year they help to support community Transitional School (a school for homeless children) and the

Good Neighbor House (a resource for homeless people).

Washington County Advisory Board has 5 members, 2 from the Groner Study Group, 2 from the Tualatin Study Group and 1 of our Members at Large and when she is available we have our OSU Extension Adviser attending. We will be providing the table decorations for the 2024 State Conference.

Semi-Annual Report from District III

October 2022 – March 2023

Yamhill, Marion & Lane Counties

Anne Engen, District III Director

Lessons taught: Filling Your Pantry on a Budget; Natural Home Remedies; Keeping Our planet Green; History of Vinegar; Positive Leadership Traits by Birth; Savory Meals for One or Two; and What Women Wore in 1952 (a lesson from Oregon State College.) Zoom lesson on How to be a Good Guest was shared with a group.

Yamhill County: Amity Study Group has 9 members.

Creative Homemakers has 10.

Marion County: two Members-at-Large, Renè Metteer and Linda Schollian.

Yamhill County: has one Member-at-Large, Claudine Egen.

Lane County: Lost Creek study group has 10 members.

Total members in District III is 32.

Total FCE Volunteer hours are 398.

Total Community Hours are 1717.

FCE activities: Each group spends hours preparing lessons and teaching, writing minutes and keeping records of funds. One group has a news editor who sends each member a letter with a reminder of the next meeting, addresses, birthdays and who is doing what. Amity and Creative Homemakers help with getting the FCE and MPY newsletters ready to mail. The Post Office continues to give Lynda, our editor, hoops to jump through. County Council planned a successful Spring Festival with 28 people enjoying the Fire Chief and his young volunteers’ stories. Bonnie shared her beautiful photos and stories of the ACWW Triennial. Scott told the group he had 6 high schoolers enter the new Character Counts

essay contest on *citizenship*. Scott wrote this contest. Three members in District III are on the State Board.

Volunteering in our communities: We are busy knitting, crocheting and quilting items to be given away. Helping at our local hospital, helping neighbors and ailing friends with chores or giving them rides. A member volunteers with Maclaren Youth organization. Members volunteer with master gardeners, bless families at Christmas with gifts, baskets of food, new clothes and gift cards. One group got a thank you packet which included paintings done by very young boys. Two communities are grateful for the volunteers who keep their local pioneer museums thriving. Members are volunteering with their churches by giving pastoral care, being a lector, organizing events, writing devotions, and other duties of the church.

I'm sorry that I must step away from being your District III Director. The changes in my health cannot be fixed or slowed. I want to be an active member as long as I can. Thank you for being kind when I asked you to gather our group's volunteer hours and quickly send them to me for my report. You will be in good hands with the incoming District III Director.

District V

2024 Spring Board Meeting

Barbara Lougnot District V Director

Prospect Study Group:

Lessons: Falling Waters. They have 7 members.
Talent/Phoenix Study Group:

Lessons: An Apple a Day, May keep the Doctor Away (rewritten); Healing Power of Food; Keeping Bladder Healthy and Avoiding incontinence; Cascadia Subduction Zone – Am I prepared for the Big One: Water Falls in Oregon; Aging in Place – Aging Well. Upcoming lessons: Fiber – A Special Part of our Diet and A Potato Lesson.

Happenings: Each meeting the group has a potluck. Last December they had a Christmas Potluck Luncheon with a White Elephant Gift Exchange along with some fun Christmas projects.

They have 6 members.
Contemporaries Study Group:

Lessons: Electric Cars; Family History & Journaling; Falling Waters; Family Meals for Healthier, Happier Families; Living through Mental Health; Making those tough End of Life Decisions.
Upcoming Lesson: Bone Strengthening.

Happenings: Last December the group had a potluck with Christmas projects and loads of laughter! Working on Vet Packets; Books for Newborns; Comfort Bears. This May, Klamath County and Jackson County will meet again at Lake of the Woods or Fish Lake for lunch and fellowship.

Members: total of 9 plus 2 Chiloquin at large members (Sandie and Kerry).

BOTTOMLINE

Treasurer Bonnie Teeples

In the report from the Spring Board meeting in March we had 90 members. We have gained a few new members and lost some from death, moving or other health reasons. We are the third largest state with our membership numbers, Kansas and Missouri are ahead of us.

Keepers Corner Booth has brought in \$1277.73 from October 2023 through March 2024. Thank you for your donations, they really help our organization.

At our last conference the raffles that took the place of our sales room brought in \$353.00. This was a good fund-raising program from what the sales room was doing. We were getting items that were not selling and the raffles were a real improvement. Thank you for your donations to this project.

Looking forward to another year of keeping our organization in the black. And our membership growing.

My husband told me: You are like an old pair of shoes. Everything is worn out but your tongue!

Message from Judy Fullmer

National FCE President

In the beginning it was survival training that came into the community from Extension Service. Then clubs were formed and the rest is history. Our organization started out with the extension service

in various states educating rural women on safe food preparation and generally helped to improve the life of rural women. The women soon gathered together to share this information. State councils were formed and in 1928 there were 18,956 clubs with 388,197 members. The benefits of a national program was recognized. In June of 1936 nearly seven thousand women were in Washington, DC when the National Home Demonstration Council came into being. The women had come to attend the third Triennial Conference of the Associated Country Women of the World and to organize the rural women into a national organization. Today we are a small group of 13 states and one 3 state association. Our association with the Extension service is a partner. We are an independent organization and, in some states, work with extension service on mutual concerns. We continue to work to improve the lives of not only women but families. We are a part of ACWW and work on many of the issues that they identify as problems throughout the world. At the 2023 conference the attendees worked through a lengthy process to identify an issue that FCE could focus on for 3 years and that focus was FOOD SECURITY. You will be seeing a lot of information about this topic and there are many different ways your club can address this issue. We are not asking that you give up any other community projects you have but we hope you can find a way to address this issue by educating the public and finding ways to be a public voice about Food Security.

April is “Keep America Beautiful” Month. April 12 is National Bookmobile Day, National FCE was involved with starting the Bookmobiles. The 20th is Volunteer Recognition Day, be sure to do something special for volunteers! April 29 is ACWW Women Walk the World, get involved with this event and let National FCE know what you did. All reports and award entries are due to National FCE Headquarters by April 15, National FCE would appreciate any pictures of your activities, please include names of people in the picture and date. (I know some of these dates have passed, remember them for next year).

The annual National FCE Conference is coming up. It will be held July 24-28 in Erlanger, Kentucky at the Holiday Inn. Now is the time to consider attending. The information about conference is on the National FCE Website. There is a First Time

Scholarship to conference sponsored by the National FCE Board Alumni and information is on the NAFCE website. The National FCE Board has planned a very informative conference ~building on our 3-year focus ~ Food Security. There will be plenty of fun things to do also. We are hoping to see you attend.

High School Age Essay Contest Citizenship

Sarah Redd from Henley High School is our winner. She wrote:

“At the heart of all that civilization has meant and developed is ‘community’- the mutual cooperative and voluntary venture of man to assume a semblance of responsibility for his brother” (Martin Luther King Jr.). Within these well-spoken words describes the generator of a great nation: community. Yet how can one foster this idea of community? The answer is a lot more complicated than one might presume, yet it can be boiled down to one central idea: citizenship. Citizenship is a broad term that encompasses the idea that one should enact their duties and responsibility whether that be through abiding by the law or simply being a respectful person. Now, it can be difficult for one to see where they fit in the grand scheme of things. With difficult actions seeming to make such a small ripple, I would like to take the time to discuss how good citizenship can extend not just locally but globally.

To get a broader idea of how the good qualities of citizenship extend throughout the world, one must first look at examples from the past and our history. One person that I think of that is often forgotten in history is William H. Seward, the Secretary of State under Lincoln; since while Lincoln is often remembered as the freedom bringer to slaves, Seward played a highly influential role. During the Civil War, Lincoln in particular was not interested in freeing the slaves as much as he was in favor of preserving the Union. On the other hand, Seward, a head of the Radical Republicans, fought for the freedom of slaves as well as equality within the laws. It was through his persistent fights with Lincoln that the Emancipation Proclamation came to be, and under Seward's leadership the 14th Amendment. This is a man often forgotten by

society, yet had an impact within not only the nation but globally. Now this may seem a little large scale with Seward holding an important part in office, so looking back at the little differences made by people such as Nat Turner shows a more realistic impact. Nat Turner was a simple pastor who instigated a slave rebellion that swept his community by storm and brought hope to slaves. These men fought for their communities through their compassion and courage showing their devotion.

Now we get to today to see how citizenship continues to help everyone and their communities. Even small actions have a large impact. Take world hunger as an example. According to The World Counts, this year alone, at the time of writing this essay, there have been roughly 1,451,000 deaths from starvation. Compare this number to even 20 years ago: the difference is clear. The World Food Programme believes that by 2030 the fight against world hunger will be over as long as simple, kind, and generous citizens contribute to the cause. This is something that may seem as material as money. However, it can make a huge difference in communities across the world. Not only that, but many impoverished communities in the US can use good citizens to help the citizens flourish.

To drive home my point of how important being a good citizen is, I will share a personal anecdote about how good citizenship has affected my personal life. It is well known that in Oregon there is an opportunity for all 6th grade students to go to outdoor school — a week long camp designed to teach science. It is a great opportunity for students to experience something unique that can be provided for nearly every student in my community. It is an opportunity that would not be possible without the help of high school students volunteering to help counsel. Going to the camp helped me personally develop a keen interest in the field of science, and I would like to think it helped other students in similar ways. The volunteers that helped at the camp did not have to volunteer their week to help the next generation. In fact it is quite a hassle. Despite this, they showed good citizenship qualities when doing so by taking up a responsibility that was not theirs to bear. After that experience, I was dead set on counseling myself, to further help the next generation in hopes they would get to have as great of an experience as I did. I believe now I have accomplished my goal after

counseling a wide variety of camps. Now I can see the fruits of my labor and how they affected the young minds around me whenever the kids say hi to me. Many I see throughout my town and they get giddy with excitement whenever they see me; that's how I know I have made an impact in my community.

Finally, we reach the point where you the reader can step in and show citizenship in the future that can help those around you. Through the help of citizens like you, one can make a big difference within their communities or continue to reach out and affect beyond your communities at a more national level. It is important to show good qualities of citizenship in order for your community to prosper. This can be done through simple acts like showing generosity to strangers, volunteering with local organizations, or even just being a good patriot. These ideas are just scratching the surface of what one can do with a little motivation. One could dive so much deeper and get highly involved with activities that will make a difference to a wider audience. Instead one can focus more locally helping their neighborhood. It is through people willing to help their communities and show good citizenship that the future will prosper. Currently there are many aspects of our world that need change and need to be addressed more frequently in order for the world to prosper. This is my goal: to have a future that can prosper through overcoming hardship. This can only be achieved through good Samaritans who wish to see the world thrive as well.

This is the call to action asking the readers to spread kindness out to local communities with one common theme: a greater tomorrow. During the last few years it has been difficult to look at the news and not be disheartened by what is stated in the papers or online. It seems as if the once good morals of this world have become tainted by trials and tribulations. When all seems lost and the news no longer shares stories of hope, we must look around us and see how being neighborly can increase the positivity within our communities. For just as good citizenship in the past has drastically helped our lives today, good citizenship still affects our lives in meaningful and impacting ways. This is why as good citizens it is our job to give back to the world around us to ensure a better future for our descendants.

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Oregon Association for Family & Community Education

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OR Assoc. Family & community Education

MPY Tri-Line News

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FCE CALENDER

April 2024

- 29 ACWW Walk, 1pm lunch
Walk at 2 pm, Discovery Park
McMinnville, OR

May

- 1 Zoom lesson
- 10 Yamhill Co. Council
- 12 Mother's Day
- 27 Memorial Day

June

- 5 Zoom lesson
- 16 Father's Day

July

- 3 Zoom Lesson
- 4 Independence Day
- 17 FCE Picnic, Dexter

August

- 2 Deadline for Newsletter Articles
- 7 Zoom Lesson
- 16 Mail MPY and Oregon FCE News

September

- 2 Labor Day
- 30 Oregon FCE State Conference
Springfield, OR
Thru October 2, 2024

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