

Oregon FCE News

Volume 29 Issue 1

Oregon Association for Family & Community Education

February 2022

President's Comments



President's Newsletter Article February 2022

It's been an uphill climb for all of us as we continue to face one variant after another of the Covid virus, but we, as FCE members, continue with great strength and courage in the battle against it. With caution and wisdom, we are doing all that we can to continue on with our FCE and volunteer activities. There are a lot of great things happening across the state and each of you are part of it.

We were able to hold an "in person" 2021 Oregon FCE State Conference this year and all of those attending had a great time visiting, socializing and getting to see everyone. The Conference was held at the Hilton Garden Inn in Springfield on October 3-5, 2021. District 3 did a wonderful job planning and hosting the Conference and everyone thanked them for the great job they did. The theme for the Conference was, "Cheers for FCE," and we did lots of that. The number of attendees were, understandingly, down a little with 25 full time attendees. Even with the numbers down, the excitement was up, and all of the Conference evaluations rated it number ONE. Everyone loved the hotel, the hotel workers, the hotel location, and the wonderful food they served. We had great speakers, great classes, wonderful tours of the area, great activities and games, but most of all we had great friends. Everyone met at least one new friend including Martha Crawford from Texas. She had driven the long road there, just for the Conference. If you weren't there, we missed you, and hopefully we'll see you at the Conference this year.

The 2022 Conference is going to be held again at the same location. The contract with the hotel has been signed and we are ready to go. The dates of the 2022 Conference will be October 2,3,4, and 5, 2022. The theme of the Conference is "Honor the Past, Embrace the Future." I'm sure you have heard, but things are going to be a little different this year for the Conference. For the first time, an FCE District will not be hosting the Conference. Your FCE State Board has taken over the task. They, along with FCE members, Study Groups, Counties, and Districts will take over that task. They will use help from all around the state of Oregon. There are lots of assignments and tasks that need to be done and most of them have had volunteers step up for them. There are a few left, so let a State Board member know you'd like to help.

The State Board is meeting in March and will be working on setting up some of the last needed preparations for the Conference. Currently they have 4 of the 7 classes scheduled but they are looking for 3 more. Please let any of the State Officers know of any suggestions you may have. We will be electing some new officers during the Conference including President Elect, Vice President for Program, Secretary, and District 2 Director. Please let a Board member, or the Nomination Committee (Sally Wyffels, Lynda Nyseth, or Bonnie Teeple) know of anyone you know that would like to be nominated.

As things, we hope, are changing for the better, let's make sure that we are getting back at doing all of our normal activities including volunteering, meeting in our Study Groups, County Council meetings, District meetings, and also our State Conference. Be sure to schedule and hold those special events that we have had in the past. As National FCE's Conference theme stated, "FCE is Alive in 2021," we need to show the world that we are well and alive. Please Invite me to your various activities and I'll do all I can to be there.

The Oregon FCE Zoom lessons will continue onward this year. February 2, 2022 will be our 14th monthly lesson.

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They are usually held on the first Wednesday of the month. FCE members, and friends of FCE have participated from all across the USA. There have been “Guest Presenters” from Oregon, Virginia, West Virginia, Hawaii, Kansas, Florida, Maryland, and soon from Tennessee. All of the Zoom Lessons have been recorded and are available on the Oregon website www.oregon-fce.org. Please let me know if you’d be interested in being a presenter.

Great news for Oregon FCE. The 2022 National FCE Conference is going to be held in Portland (Clackamas), Oregon on July 14-17, 2022. It won’t get any closer. Oregon FCE is sponsoring some financial scholarships to help with the cost of attending. Please contact me if you need more information about the Scholarship. Additional information, about the Conference, can be found on the National FCE website www.nafce.org.

I hope that, as you read this article, I find each of you, and each one of our Oregon FCE members safe and that they are doing all that they can do to remain strong and safe. Every day my prayers go out for, not only the FCE members but for all the people of the world in this, what I hope, the last final battle against COVID-19. It has changed our lives forever in ways we will never forget. We have certainly learned to appreciate all the things we have and the things we can do.

As always, before I close this President’s newsletter article, I want to repeat “Scott’s Challenge.” My challenge to you is to do all that you can do to “Grow” this organization. This is an extremely difficult thing to do in these tough times, but together we can do it. We, as FCE members can make a difference in increasing our membership. Every one of you were “Invited” to join this organization. Now it’s your turn. Don’t do this great organization a disservice by not inviting others to join. Don’t let FCE die. You, each of you, can be the salvation of Oregon FCE. Be a “Yay-Sayer,” not a “Nay-Sayer.”

Every day, I strive to do the best that I can do to serve as your Oregon FCE President. It is a great honor to serve each of you and this great organization. I have done it to the best of my abilities and will continue to do so. I appreciate all the love and support that each of you have given me, from the individual FCE members up through the many FCE officers. Working together, we can

accomplish many great things at all levels of FCE. I always look forward to serving you in any way that I can, as your Oregon FCE President and as your friend. Please let me know what I can do to help you.

I am excited about the things that we have done, can do, and will do in Oregon FCE. With all of us working together we can make Oregon FCE all that it can be. **“It is what you will it to be”**. Be part of growing this great organization.

Thanks for all you do,
Scott Teeples – 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 Teeples at 541-891-6456, or email sfteeples@charter.net if you have any comments or questions.

Remembering FCE Members

Sharon Reynolds
Oak Meadows Study Group, Salem, Oregon

Sharon sometimes known as Gladys, passed on Saturday, January 22, 2022 at age 95.

Sharon joined Home Extension while a young homemaker as a member of the Four corners Study Group. Later on, when her family moved from that area, she joined Oak Meadows and has been a loyal and faithful member since and received her 50-year member certificate.

She will be missed by her family and her FCE friends.



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~Next deadline-April 8, 2022~

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Oregon FCE Lessons Taught Using ZOOM

ZOOM lessons are continuing. On February 2 JoAnn Kawamura, from Hawaii presented “A Tea Chat – Pinkies Up in Oregon”. We learned about the harvesting and medicinal value of tea. This was a very interesting lesson and you can find it on the Oregon FCE web site, look it up.

March 2 the Zoom lesson will be “Body Shaming: Causes – Effects – What can I do!”

Ellen Bradley, a 49-year Extension and FCE member with Woodmere Study Group, Clackamas, OR will present this lesson. Contact Scott Teeples to see how to join in on this lesson.

The Treasurers Bottom Line

2021 has been another year for the books! Who would have thought that this virus would linger on, have so many mutations and make us wonder “WHAT NEXT!” Oregon FCE lost another couple of study groups for 2022, but the good news is that a few study groups have some new members! Eleven new members across the state! **Thank you** to all those who helped invite new members.

For those who are not meeting in person yet, I hope you are looking for alternate methods to keep in touch with your members. Try virtual meetings, phone calls and group texts. Now while these methods are not perfect, they still allow us to be in contact with each other.

With the disbanding of some groups, there are members who still want to stay part of Oregon FCE even without a group. If you know someone who wants to be a member but does not have a group, have them call me and I can give them information to become an “Independent” member. We do have

four independent members across the state. They see the value of FCE and want to remain a part of this great organization.

The responsibility for membership growth and stability lies with each one of us. **Please quit using the excuse that we are older and aging out. Yes, we are getting older, but if just a few people can get eleven new members, think about what could happen if each one of us invited ONE new member.** There are people out there that need this organization as much as we need them. Please think about the reasons you joined FCE and share your reasons with friends and neighbors to encourage new membership. Do not make a judgement that a person will not want to join. Give them the opportunity to attend an interesting lesson, or one of our virtual presentations or a fun activity and then invite them to join, you may be surprised! Years ago, I heard a statement that I think has merit and fits this situation very well, “**ATTITUDE determines ALTITUDE**”, in other words if a person thinks like a winner they will win, if they think like a defeatist, they will be defeated. If you think Oregon FCE has “aged out” then **you** probably have, and you may be helping others to do the same.

The fundraising booth continues to do very well. We brought in \$2,154.75 in 2021. We received several donations of new “old stuff” for the booth. Thank you to all who have donated for the fundraiser. Without your donations we would not be bringing in the kind of money we need to supplement the state funds. We are always in need of more items for the booth, so if you have some things you would like to donate, let me know and I can work out a way to get them from you.

Overall, the financial health of Oregon FCE is good. We did not have to take anything out of our investments again last year and will not need to take money out of our investments in the foreseeable future. We have been able to let all the CD’s roll over as they come due, and even the little bit of interest from them is helping the bottom line! Hopefully, these measures will help Oregon FCE be financially healthy in the years to come.

I am excited for what 2022 may bring us and I’m really looking forward to a great year in FCE!

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Please do what you can to come together with the members in your groups, whether it is virtually or in person, connect with other members and keep those bonds of friendship strong. Stay committed, stay healthy and stay happy! **FCE needs you!**

Bonnie Teeple-Oregon FCE Treasurer
541-891-2662--bdteeple@charter.net

District and Study Group Reports

The **Tualatin FCE/Extension** of 12 members met this past summer at Pandora Bread restaurant in Tualatin once a month just to have coffee and keep in "touch", and when programs became available, we met via ZOOM.

In September, we began meeting in members' home once more, and it was so nice to see one another "face to face" again!!

Our Christmas party was at the Tualatin Country Club, and all members were present. We had a gift exchange and also contributed cash/gift cards in the amount of \$605.00 to Tigard Good Neighbor House, a family shelter. Arrangements for the party included lunch.

So far, no one in our group has contracted COVID so we are keeping our fingers crossed the good luck will continue if and when this pandemic is over!

Kay Ferguson, Vice President

FCE Washington County Advisory Council

Here we are in 2022 and still adjusting our lives because of COVID, so that finds our County Council still meeting via Zoom. We are so grateful to our OSU Washington County Extension Support Team, Maureen Quinn Loes and Jenifer Halter for all the help they give us and all they do for us. Washington County FCE is down to two Study Groups and three Members at Large, our numbers have declined but we keep going, learning and doing what we can. February is when we would normally hold our Appreciation Luncheon at the OSU Extension Office but we are planning to touch base with our FCE Family to let them know we are thinking of them.

As we go through this year I hope you all do well, stay safe and healthy.

Boarding 2022

Good morning and welcome to Fight 2022. We are prepared to take off into the New Year. Please make sure your Positive Attitude and Gratitude are secured and locked in the upright position.

All self-destruct devices: pity, anger, selfishness, pride, and resentment should be turned off at this time.

All negativity, hurt, and discouragement should be put away.

Should you lose your Positive Attitude under pressure during this flight, reach up and pull down a prayer.

Prayers will automatically be activated by Faith. Once your Faith is activated, you can assist other passengers who are of little faith.

There will be NO BAGGAGE allowed on this flight.

God, our Captain, has cleared us for take-off. Destination - GREATNESS!

Wishing you a New Year filled with new HOPE, new JOY, and new BEGINNINGS!

Stay Blessed!

And welcome to 2022.

Karen Walker, President

Woodmere FCE

We wish ALL a very healthy and safe HAPPY NEW YEARS – 2022. Our group of 10 members have been playing life on the Covid-19 variant safe side, wearing masks and choosing activities CAREFULLY.

Last August, we took a TOUR of the \$12.6 million newly renovated LEACH BOTANICAL GARDENS, 6704 SE 122nd Ave, Portland, OR – Ph# (503)823-1671. The renovated section includes a new entrance, parking lot and safe walking trails for pedestrians to access the park. TOURS in March, 10AM-4PM and April, 10AM-5PM, but always CALL A HEAD as 2022 times may have changed due to Covid variant.

After touring, nine of us went to LUNCH at Clackamas Town Center's "Cheese Cake Restaurant" – 12000 se 82ND Ave. – Happy Valley, Oregon 97086 -Ph# (503)653-1353.

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Anybody attending the National FCE Conference, July 14-17, 2022, at the Monarch Hotel, should DEFINITELY visit the lovely Cheese Cake Restaurant. YUM! YUM!

We had our 2022 Installation of Officers, Christmas Potluck Luncheon, gift exchange and Charity donations collections held at Ellen Bradley's home on December 21st. It was very enjoyable to be able to get together AGAIN, after such a LONG TIME. (THANK YOU, COVID).

We just had our first Clackamas County Council meeting January 24th having our 2022 Council Handbooks reviewed for PRINTING, with scheduled dates of our meetings. We also have been ZOOMING the PROGRAMS on the first Wednesday of each month, with those very interesting LESSONS.

We will be working with Washington County FCE groups on Table Decorations for the Oregon State Conference in Springfield, Oregon in October 2-5, 2022. A ZOOM meeting has been planned for February 24th at 9:45 AM for Great Suggestions with Talented People.

We're still volunteering at our usual events, churches, helping friends and neighbors, WEARING OUR MASKS. So will end this by saying, PLEASE, STAY HEALTHY, SAFE as 2022 is shaping up to be a big year. SEE YOU AT THE CONFERENCES IN 2022.
Cathryn Schabell.



DISTRICT III NEWS

District III has 4 active study groups. **Lost Creek** in Lane County, 3 study groups in Yamhill County; **Sheridan** Study Group, **Amity** Study Group and **Creative Homemakers** in McMinnville. We have 2 Members-At-Large in Marion County who receive lessons: Rene' Metteer our State VP for Programs and Linda Schollian.

The last study group in Polk County voted to disband. 46 years ago they had 20 – 22 active members, but now their time goes to taking care of loved ones. They've enjoyed the FCE lessons and activities. Remember their member Marge Howard who was a “spitfire”, she's now a quiet 101 years old.

Lost Creek (11 members) started meeting in November, finally inside at a local church for the Chocolate lesson. For December's meeting everyone brought “Baked Goods” for the group's sale, mostly cookies, one banana nut bread, and one German Stollen. Samples were offered, the rest were packaged for sale. They said it was nice to share food, be inside, closest we could come to a “Potluck”. Made \$80, then gave \$50 to Dexter Food Pantry and \$50 to Dexter Fire Department.

Sheridan's (7) members donate time to working in their local museum, sew quilts, provide a county council treasurer and support the local garden club.

Amity (6 members) took the Natural Home Remedies lesson and the importance of letting your doctors know what you are taking. In November and early December, they turned fresh greens into holiday wreaths, some to enjoy the rest to sell. The funds to pay the state dues for each member, and \$100 to spend on gifts for two girls whose names were on the Amity 'Tree of Giving'. In December they lunched at the Black Bear in Newberg and got to see what one member had purchased for their Christmas girls. For their January meeting they filled out their lesson planners, talked about the county Spring Festival, and learned some new games. Their group is hosting Game Time at our FCE State Conference this fall. Oh, the best part of the day was feasting on homemade soup and dessert for lunch.

Creative Homemakers (12 members) had some excitement when the lesson on medical cannabis was taught. We had 2 guests, one lady and one healthy green cannabis potted plant. Our teachers started with a skit, then moved to medical cannabis's safe uses. One teacher showed how she makes CBC salve, giving each of us a small container. Natural Home Remedies lesson was taught by 2 teachers, so extra ideas were shared. At our December meeting we exchanged gifts, then laid out all the things we had gathered for our Christmas family – a young woman with 3 small children. (Continued on page 6)

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PJ's for the kids, winter coats for mom and kids, toys, books, treats, a food box and gift cards. The mom was overwhelmed. We "Christmas Angels" did not meet the family.

I enjoy eating my breakfast while I read the obituaries in the Oregonian newspaper. Some people lead interesting lives. Found Hannah Louise Schink who died at 101 in Portland, she volunteered for 4-H and Home Extension. Her family started the Schink 4-H Center Maintenance Endowment. Anyone remember her? What stories she could have told us about early FCE lessons.
Anne Engen

FCE State Conference 2021

We thought we were hosting our state conference, but it really felt like a big happy family reunion with catered meals, snacks and classes! Okay, the only violence happened on a tour where members beamed poor defenseless scarecrows.

The conference evaluations were stunning, so many checked excellent for the events. All District III's planning meetings, emails, phone calls, and changes due to COVID protocol were worth it. Thank you to everyone who helped make this conference a success. We tried new ideas and inserted humor because we knew we needed to laugh.

Thank you to Scott and Bonnie who worked with Jacob at the hotel to cut down our budget and sign a new contract. We exceeded our hotel rooms contract but fell short on using all our \$3,000 food budget. (Food and Beverage budget includes 20% Service Charge). So our state treasurer, Bonnie, ordered three snacks for us to use up our food budget, biscotti with milk or chocolate milk, make your own root beer floats, a platter of colorful arrayed slices of melons. What you didn't eat you could take to your room.

People enjoyed two Heritage classes, paper cutting and German Christmas Stars, and making a "pumpkin" out of old canning jar rings, adding a stem and fall leaves.

Five classes were taught – ranging from Chocolate to Rabies. I chose the ACWW Rabies class taught by Martha Crawford from Texas. Did you know Rabies is a virus, affects only mammals,

travels through muscles to the brain within the nerves which may take weeks to months to show its effects. About 55,000 Americans do get exposed each year. Rabid bats cause 70% of the U.S. Deaths from rabies.

My second class was teaching my class on "The Fight for Safe Food in America". Sally Wyffels and I had the class make a recipe of how to make money by taking whole milk, sell the cream, then add warm water, molasses, Plaster of Paris. Top with pureed calf brains. (We just used tinted whip cream). Mothers got scammed in the late 1800s and early 1900s, and their children died from this alliterated germ-feasted milk.

It's quite a story of one man's fight for the Pure Food Act and how women marched and protested to help his cause. Made the teachers chuckle to watch the class griminess at what was added to food, beverage and spices to cheat people during this time.

Our Tuesday night speaker kept us spell-bound with her volunteer job.

*Work under the US Secretary of State, European Union and NATO.

*Your partner is usually a man.

*You are in Easter Europe, its fall and you work in unheated buildings.

*There may be land mines so you must stay on sidewalks.

*You must wear a marked armband to identify who you are.

Jill Van Buren is an International Elections Observer watching for cheating' people restricted from voting, and intimidation by mafia thugs. Jill has been an Elections Administrator for Linn and Benton counties and helped in getting us Vote by Mail in Oregon.

Breakfast was a highlight at this conference. Free, made to order breakfast plus choice of fruits, oatmeal, juices, hot drinks. Their omelets were divine.

Anne Engen, District III Director

Comments from First Timers

I thoroughly enjoyed meeting many new faces and enjoyed the education and craft classes and would highly recommend this conference.

Since it was Fall I went on the pumpkin patch tour. Loads of fun trying to bop pumpkins, skeletons and scarecrows with mini pumpkins. Need to practice my aim. (Continued on page 7)

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I took a very informative class on scams, shams and frauds, very interesting and learned a lot.

Wonderful food and very nice accommodations at the hotel. Definitely plan on being there next year and hope to see more new faces.

Sharon Herron, Creative Homemakers, Yamhill Co.

I was very excited to be able to attend my first FCE State Conference. I have always heard stories about how much fun the Conference was and was looking forward to learning something new and making new friends. I was surprised to see one of my High School Classmates, Sharon Herron, attending also. It was so good to get reacquainted with her after all these years. It was so nice to make so many new friends from all over the State.

I attended a session about Searching for Chocolate. It was fun learning about Chocolate and loved having the little Chocolate cowboy hat to take home, made by Martha Crawford from Texas. It was a fun class and I learned a lot about Chocolate.

Another session was the history of dolls. They lined up dolls from different era's and talked about the history of several dolls.

I took the craft classes on Paper Cut Work and German Star folding. They were fun and informative workshops.

We stayed up each night playing games. It was fun learning new games and playing old favorites.

I am really looking forward to next Fall's State Conference where I can learn new skills and make new friends.

The Conference ended with Scott and Bonnie's presentation showing beautiful Malaysia where the ACWW 30th Triennial World Conference will be held in 2023.

Velma Bottenberg, Amity FCE

Character Counts

As the Chair of the State Character Counts Essay and Artwork Contest for fourth grade students. I want to remind everyone to get their first-place winners' entries to me by March 15th so we can pick the State winner at the Spring Board. The Pillar of Character this year is Respect

Make sure you include the State and National permission slips and a photo of your 1st place winners by March 15th. Since I won't have time

after the Spring board to get them before sending the winner's entry to National, any entries submitted to me without the photo and permission slips cannot be put in for consideration.

What I Love about living in Oregon contest: I am hoping that you all are active in bringing this contest for 2nd & 3rd. graders to your local schools and home-schooled children. The rules are the same as the Character Counts contest so send me your 2nd & 3rd grade first place winners along with the signed National & State permission and photo to me by March 15th. any entries submitted to me without the photo and permission slips cannot be put in for consideration.

Heart of FCE

I want to remind everyone that I will need the nominees for Heart of FCE to reach me by March 15th so we can pick a winner at the Spring Board meeting. Please include the Heart of FCE form, essay and two 2x2 photos
Sandie Bolyard, V.P. for Public Policy/Character Counts Chair

Study Group Presidents and Lesson Presenters

My name is Rene' Metteer and I am Oregon's FCE Vice President for Program. Well, it looks like we're back in business and gearing up to have our lessons/programs again. *YAHOO!*

Bonnie Teeple has completed a new FCE Lesson/Program Evaluation and will be emailed out and posted in the Oregon FCE Handbook which is posted on the Oregon FCE website www.Oregon-FCE.org

1. The Presenter of the program will send in 1 completed "Lesson/Program Evaluation" form, after asking the program attendees for their comments, suggestions, etc.

2. Where do you send your completed forms?
Send your form(s) by email or mail to your County Council President. They will compile the information and report it to the District Director and the Oregon FCE Vice President for Program semi-annually, January 15 and July 15.

It is helpful to send your lesson/program evaluations to the County Council President after each lesson.

Thank you for your help.
Rene' Metteer, Vice President for Program

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OR Assoc. Family & Community Education

Oregon FCE News
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2022 Oregon FCE Calendar

February

21 Presidents' Day

March

13 Daylight saving begins

15 Deadline Heart of FCE

Deadline Character Counts

Deadline 2nd & 3rd Essay Contest

16 Spring Festival 9:00 am-2:00 pm

Amity Fire Station

17 St. Patrick's Day

19 Spring Board Meeting

ZOOM at 9 am

April

1 April Fool's Day

8 Deadline for Oregon FCE News Articles

17 Easter

22 ACWW Walk, Yamhill Co.

29 Mail Oregon FCE News

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

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