Classes will be on Wednesdays and start with orientation on April 9 and end with graduation on June 4. There will be an additional pantry training on June 11 for those that want to be involved in that program as well. We will again be charging $50 to help cover the cost of the training supplies for the program. If you know of people that can’t afford the $50 we have a few scholarships available for limited income participants.

In the past the veteran FFE/MFPs have been our best recruiters so if each of you recruit one new volunteer we will have a super class and lots of help this year.

We will be looking for volunteers to interview the applicants and make the final selection. You can let me know on February 14 if you are interested in being on the interview and selection committee.

Program Leadership Opportunities
Because this is a transitional year it will be more important than ever that our volunteers take on leadership roles for the various activities we might decide to take on. Please think about taking on a role this year. You can co-chair project committees or do it alone. We are not particular. In the past we have had a wonderful cadre of volunteers in leadership roles and that is why our program was so successful and can continue to be so even after my retirement.

Super Bowl Sunday Interesting Facts
If you ever wondered why Americans are overweight, just read these facts put out by the Calorie Control Council and the Snack Food Association.

Americans will eat 30 million pounds of snack foods on the big game day. That breaks down to 11.2 million pounds of potato chips, 8.2 million pounds of tortilla chips, 4.2 million pounds of pretzels, 3.8 million pounds of popcorn and 2.5 million pounds of nuts. The average armchair viewer will consume 1,200 calories and 50 grams of fat just from snacking not counting meals on that one Sunday.

So what are you snacking on for the big game? Why not try some of your home canned salsa, dried or fresh fruits and veggies for dipping and of course don’t forget to get a little exercise during the commercials or half time.

Dear FFE/MFP’s,

I can’t believe that December is gone and January is coming to an end as well. I hope you all had a wonderful holiday and relaxing winter. It was nice to be home with the grand kids and also to be home for lambing season. My ram was very active this summer and ¾ of my sheep lambed in 48 hours. To say the least I did not get much sleep. I have 37 lambs at the moment with only 3 moms left to lamb.

It is official, I finally got my retirement papers in the mail this week and the date is April 1 and it is not an April Fools Joke!!!! I will, however, be around through the training program and probably most of June to make sure that all is going well for the summer. Charlotte is working with campus to get the position description approved for hiring my replacement. That always takes longer than anticipated. That is why I extended the retirement date to April 1. A quick update for those of you who were not at the holiday party, the state has approved funding for a half time position to replace me. We are hoping to have someone hired by March 1, if all goes well. I will still be here on one of those post retirement contracts to teach the spring FFE/MFP classes with the help of the new hire. With that in mind it is time for all of us to get together and plan for another year. It is my understanding that OSU will support the program and the statewide hotline again this year. It will be a transition year so I hope all of you will consider coming back and help keep the program alive through this transitional period. Last year was phenomenal, but I know if we try we can have an equally, or even better, year in ‘08.

Organizational Meeting and Potluck
February 14 10 a.m. – 2 p.m.
Let’s get together to plan the FFE/MFP program for ‘08. Everyone is encouraged to attend and help with the planning for the coming year. We will also be asking for volunteers to head up the various projects and looking for new ideas for the program. Let’s plan on a potluck for lunch. What a better way to spend Valentines Day. Please bring a dish to share. This will give us time to renew acquaintances and share ideas. I will make cinnamon rolls, and of course with Peggy’s help, have the coffee and tea made.

Recruitment
Denise has put together the application and recruitment sheet so if you know of anyone interested in participating please encourage them to apply. The application and information is posted on the web or they can call the office and get a copy sent to them.
Who’s Returning??

To help us plan the FFE/MFP program this summer we need to know how many returning MFPs we can count on. Please return the form by Tuesday, February 12.

Name_________________________________________________

☐ I will be an active FFE/MFP volunteer in 2008 and will be attending the February 14 planning meeting.
☐ I will be an active FFE/MFP volunteer in 2008, but will not be able to attend the February 14 meeting.*
☐ I will not be able to be an active FFE/MFP volunteer in 2008.

*For those who plan to be active and are unable to attend the February 14 meeting, please check the areas you would like to help with this year.

☐ Assist with the training classes
☐ Summer workshop series
☐ Staff the hotline
☐ Office helper
☐ Lane County Fair

☐ Pressure canner gauge testing
☐ Farmer’s Market
☐ Food Pantry Project
☐ Western Oregon Expo
☐ Other, please specify________________________

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