President’s Comments

President Marlene Currin - 2009-2012

Howdy from Eastern Oregon! Summer greetings to our FCE friends! I have just returned from National FCE Conference in Grand Rapids and brought home several items to share with all of you at our STATE CONFERENCE, OCT. 4-6, 2010 at Bandon, OR. You are all planning a 'trip to the beach' at that time aren't you? If not, you should join us for lessons/workshops and fun.

I was able to attend the Family Community Leadership training. The subjects this year were "From Start to Finish"; "Orville & Wilbur Technique"; "Never Underestimate the Power of One"; and "How to Lead a Group to Good Discussions". You will be getting one of these lessons at State Conference presented by Bonnie Teeples, our National Board VP of Policy, and Anne Engen, our National Board Pacific Region Program Coordinator (newly elected). So look for that on our program schedule.

Harriet Steenson, a past National FCE President, gave a talk entitled, "To Fly with the Eagles"

Sometimes it takes more than a little determination and desire on your part even to lean over the edge of your comfortable nest. Experience some hands-on learning about nudging and pushing, either through FCL or some fun ways to find and to give flying lessons.

Judy Fuller is the National FCE President. She ran a very smooth, professional meeting. The fifty cents dues increase was voted down.

The workshops that we (Anne, Connie and I) attended were: "The Secret Among Us (family abuse)", "FCE Friends and You (Character Counts )" and "Start Your Engine (keeping your body purring)"; "Who Cares"; "From the Garden to the Table (table settings and napkin folding)"; "Tune Into Books (books for children"; and "You are in 9,000,000". They also offered a Q & A with National FCE Officers which those who attended enjoyed.

All the workshops were aimed at using the "Hearth Fire Series" as much as possible. Lessons were not provided to bring home to share with you, but we are to develop them ourselves. The Hearth Fires used were: #8-A, #40, #2, #13-A, #27, #29, and #30. Also used were, “Stories of Tubee's Sleep Over” and “Memories in the Attic (FCE Friends adventures)”.

General Sessions on Saturday morning were: How to Conduct an FCL Institute and ACWW Women Worldwide The Voice of Today.

The state luncheon was sponsored entirely by Michigan State. The Board has done away with each state providing favors and door prizes. I agree with this approach as it was difficult to get a door prize on the airplane and collect the goodies for it every year. You will get further information at the State Conference from those who attended. We will try to supply information for all the study groups to help you develop lessons.

Plans are being put together now for our State FCE Conference. I
(Continued on page 2)

Inside this issue:

President’s Comments ...................... 1
Cabbage Salad Recipe ........................ 2
Membership Information ................. 2
Around and About Oregon .............. 2
2010 Conference Lessons ................. 3
2011 FCE Membership Form ............. 4
Your Gums and Your Heart .......... 5
In Deepest Sympathy ......................... 5
Invitation to 2010 Conference .......... 5
OSU Lessons for 2011 ...................... 5
Youth Education Report
Sexting ....................................... 6
FCE Essay and Artwork Winner ......... 6
2010 Conference Registration ......... 7
FCE Mission Statement ................... 8
Calendar of Events ......................... 8
(Continued from President's Comments page 1) can tell you that the lesson on "Scotland" is completed and ready for you. What do you know about this country? I've gained quite a bit of facts and figures and I look forward to sharing this info with you all.

I am really looking forward to this fall. Thanks for the opportunities FCE. I love all of you and want to see and visit with you all soon. See you in Bandon!

Marlene Currin
Oregon FCE President

Contact information:
208 NE Furnish Ave
Pendleton, OR 97801
E-mail: mcurrin@uci.net
Phone: 541-276-1166

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Sweet and Sour Cabbage Salad

Ingredients:
1 head cabbage, cut coarsely
4 green onions, chopped
6-8 green olives, chopped
1 green or red pepper, chopped
1/2 c sugar
Mix together and set aside.

Dressing:
1/2 c oil
3/4 c white vinegar
1 tsp prepared mustard
1 tsp salt
1/8 tsp pepper
1 tsp celery seed or add fresh chopped celery as an option
Bring to a boil while stirring together until well mixed. Cool. Pour over cabbage.

Membership Information
~by Sandie Bolyard
Oregon FCE Treasurer

As your new Treasurer, I would like to thank the members for their support. I sent the 2011 membership forms to all the Council Treasurers on June 16. If I missed you, send me an e-mail so I can rectify this oversight. Please be sure to use this form only and unless you pay for a family membership, there is no need to add your husband’s name to your form.

It was brought to my attention there are ladies who want to be members but will not pay the National FCE dues. As a friend of mine in FCE said, “If we only pay State dues it is akin to only paying State tax and not paying Federal tax.”

We have the lowest dues of any organization. If we do not pay the National FCE dues we are not members of FCE and cannot partake of the benefits we get from National; such as a voice in Washington, D.C. and the UN where we helped start the school lunch program, lobbied for seat belt laws, and rural bookmobiles. We also are members of ACWW, Associated Country Women of the World, helping less fortunate countries than ours with our “Pennies for Friendship.” We donated money for latrines, doctors, sewing machines, etc. and other International programs such as the Romania projects and floss for India. (See the National FCE Handbook, pgs. 3-22 and 3-23 and pg 5-5 article IV section 2. Also see the Oregon FCE Handbook, pg. B-1, Article III, Membership Eligibility.)

If each individual unit/study group had to pay for their own liability insurance for any functions they do with the public they would not be able to afford it. In Klamath County, we do a lot of fundraisers and general public lessons and projects. We could not afford to pay for our own insurance. This is a major benefit we get from National as well as at least three Hearth Fire lessons per year. If you are not a member you cannot get the lessons coming from National nor those written by State members.

This is a great organization that does a lot for our communities and our own personal growth. Please encourage those in your groups to support all the good works we do.

If you have any questions on this issue, I urge you to get acquainted with your National FCE Handbook, specifically the by-laws, section 2, pg. 5-5

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Around and About Oregon
District Director Reports, County Council President Reports, Articles from Members

2010 Conference Lessons
~by Pat Wallin
VP of Programs

1. “Christmas Around the World” --Why do some countries celebrate December 6th? How important is January 6th? What are some of the traditions and legends of other countries? How much influence has the United States had on other countries Christmas traditions? What countries have Boxing Day and what does this have to do with Christmas? You will learn the answers to these questions and a lot more. You will get instructions for some simple craft projects along with some recipes.

Presenter Ida Lee Knapp has been an FCE member since 1983. She is currently the secretary of her study group, chairman of the Jackson County FCE Essay and Artwork Contest and the secretary of the Jackson County Council. She is the Youth Education Representative on the Oregon FCE Board. Ida Lee is also editor of the FCE Connection of Jackson County newsletter. ~~~

2. “Life of Middle Eastern Women” --

Presenter Anna Massingham is co-director of District IV.~~~

3. “Glutens and Other Food Allergies” --Do your have or suspect you may have a gluten or other food allergy? Learn what gluten is and what foods it is hidden in and other food sensitivities and intolerances.

Presenter Sandie Bolyard went to middle and high school in Grants Pass, got married to Garry in 1960 and moved to California. They moved back to Oregon in 2000 and Sandie has been an FCE member for ten years. She was president of Chiloquin FCE Study Group, secretary of Klamath County Council and currently Treasurer of Klamath County Council. She was District V Director and is now the new Oregon FCE Treasurer. Sandie plans to be around for a long time and hopefully be able to help move this great organization into the future. ~~~

4. “Service or Therapy Animal, is there a Difference?”--This presentation will give brief histories and information on some well known and unusual animals being specially trained to help the disabled become more independent in their every day activities.

Presenters Barbara and Bernie Voltin have raised five puppies for Guide Dogs for the Blind. Barbara has been an FCE member for 30 years and has held all four offices in her study group and on the Marion County Council. She is currently chairman of Deschutes County Council and Editor of Oregon FCE News.

Bernie has been an FCE member for over ten years and helps with the mailing tasks for the Oregon FCE newsletter. ~~~

5. “Women of the West” --about early pioneer women and their lives. You will get recipes from earlier times and craft ideas.

Presenters Geri Gustafson and Marilyn Thompson are serving on the Oregon FCE Board as directors. Geri is Co-Director of District IV. She has served many years on the state board and held various offices through the years. Marilyn is co-director of District VI. She has taught school, Sunday school and is a Girl Scout leader. She has been a member of Crestview study Group for many years. The lesson was developed by Loretta McDonald, co-director of District VI. She has been a member of Crestview FCE Study Group in Crook County since December of 1961. She served as Treasurer 27 years, President over 5 years in her study group as well as holding offices on Crook County Council.

6. “Seafood at its Best”--presented by OSU agent Stephanie Pollizzi

7. “Scotland”--developed by Althea Gibbs and Marlene Currin

Any questions, email me at pwalllin@bendbroadband.com or call 541-923-9937
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## 2011 Membership Form

***Type or Print Clearly***  
***Do Not Abbreviate City, County, or State Street Names***

<table>
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<tr>
<th>Date</th>
<th>Current Member ID #</th>
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Mailing Address

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Council | Club Name

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Family Membership: (Please list)  
Spouse Name

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### Dues

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* $5.00 each adult in family

Sign and send with total membership dues to Club Treasurer by

New Member (Never belonged to FCE before) □

Member Signature ____________________________  Must be original signature, copies will not be accepted

MISSION...To strengthen individuals, families, and communities through continuing education, developing leadership, and community action.
Your Gums and Your Heart
~by Ida Lee Knapp

Scientists are increasingly observing a connection between oral health and heart conditions. In the *International Journal of Cardiology* they published a study that involved two groups. One group had suffered a recent heart attack and the other group had not. The heart attack group had noticeably worse oral health. This doesn’t prove that bad teeth and gums caused the heart attack, but it does indicate an association between the two.

Why do they think that oral health affects the heart? In gingivitis, the infection leads to chronic inflammation. In periodontitis, the infection affects the bones that support the teeth, leading to tooth loss. In both cases, the disease is caused by an accumulation of bacteria, or plaque, in the gums. These organisms release toxins that can circulate around the body.

A recent report in the *Journal of Clinical Periodontology* said that the more severe the gum disease, the thicker and harder the walls of the arteries. This is true for young, healthy adults with no other symptoms of heart problems.

Gums disease threatens more than your heart. In theory, the toxins in plaque can cause harm wherever they go. In fact, scientists are finding more and more links between oral health and conditions such as diabetes, kidney disease, preterm labor, osteoporosis, Alzheimer’s disease and even certain types of cancer.

With deep cleaning and removal of bacterial buildup, gum disease can be reversed, if it’s caught in the early stages. The question is whether tending to the problem of the teeth and gums will benefit patients with narrowing of the arteries.

A 2007 report in the *New England Journal of Medicine* said patients that treated their gum disease not only improved their gums, but also improved the lining of the blood vessels. Good oral health will help you avoid tooth loss and may help your heart also.

Source: Parade - March 2010 by Dr. Ranit Mishori

~In Deepest Sympathy for our FCE Friends and their Families~

Jackson County
Vivian Noteboom, Lenore Gehrad, Edna Asher, Ann Hamilton, and Barbara Witt have all passed away in 2010. Helen Read also passed away this year. They all will be missed.

West Virginia
Bettie Lucas--National FCE President passed away from cancer April 21, 2010.

Conference Lodging

Best Western Inn at Face Rock, 3225 Beach Loop Road, Bandon, OR. Traveling North on Highway 101, turn left on Beach Loop Rd. at Beach Junction or left on Seabird Drive. Traveling South on Highway 101 turn right on Seabird Drive, then left on Beach Loop Road. 541-347-9441

MOTEL RESERVATIONS MADE ON OR BEFORE SEPTEMBER 23, 2010 ARE $92.12 PLUS 7% TAX PER NIGHT. (MENTION THE FCE CONVENTION). AFTER SEPTEMBER 23, 2010 THE RATE BECOMES $155.24 PLUS 7% TAX PER NIGHT.

Hot breakfast for two people included with room rent. Additional guests in same room will pay $5.00 each for breakfast.

Beach Loop RV Park – 53877 W. Beach Loop Drive (2.3 miles south of Best Western Inn at Face Rock on Beach Loop Road. 541-347-2100

Note: There is a swimming pool so be sure to include your swim suit!

OSU Lessons for 2011

The following OSU lessons will be available after January, 2011.
1. “Seafood at it’s Best
2. “End of Life: Care, Diversity, and Decisions”
3. “Pantry Pests”
   http://extension.oregonstate.edu/fcd/vprograms/fce.php

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Youth Education Report
~by Ida Lee Knapp
Youth Education Representative

Sexting
In recent years, “sexting,” which is short for “sex” and “texting,” has becoming alarming common among adolescents. At least 20% of all teens have sent or received sexual images via text messages or e-mail, and 60% have been pressured to do so, according to recent studies.

While sexting can be as innocent as sending a flirty note or photo to a crush, it can also be malicious. Some teens have killed themselves over some naked pictures of themselves sent by somebody else to their classmates.

In the Pennsylvania state legislature there is a bill before them to classify sexting as a second-degree misdemeanor. There are laws on the books that involve adults having obscene photographs of children; but not teens sexting naked pictures.

We need to educate teens that about the dangers of sexting. They need to know that taking a nude photo of yourself with a cell phone is just plain stupid.

Should the laws be changed? Should teens be put in jail for texting? Sexting a nude photo of someone without their consent can be very harmful to that person. You may think that this doesn’t involve you but this problem may touch your life.

To contact me: 13737 Hal Lane, White City, OR 503-9531 Telephone# 541-826-3754 E-Mail: kiahal@yahoo.com ***
Registration Form
OREGON FCE ANNUAL CONFERENCE, OCTOBER 3-6, 2010
BEST WESTERN INN AT FACE ROCK, BANDON, OREGON
“TREASURES OF THE SEA”

Use a Separate Form to Register Each Person

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<td>2010 Member: Yes/No</td>
<td>First Time Attending Oregon FCE Annual Conference: Yes/No</td>
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REGISTRATION FEES:  (BRING MEMBERSHIP CARD)

- Member payment received on or before September 23, 2010 $20.00
- Member payment received after September 23, 2010 $25.00
- Nonmember payment received on or before September 23, 2010 $25.00
- Nonmember payment received after September 23, 2010 $30.00
- One day registration – Member $10.00
- One day registration – Nonmember $15.00
- Spouse $10.00

MEALS:  (PRICES INCLUDE GRATUITY)

- BREAKFAST:  Included with motel room rent OR $5.00 for non-guests
- MONDAY NITE DINNER:  (CIRCLE CHOICE)
  - Salad, smoked salmon pasta OR Pork loin w/potatoes & vegetables. Dessert. $26.00
- TUESDAY LUNCHEON:  (BUFFET)
  - Sandwich, salad and cookie $12.75
- TUESDAY BANQUET:  (CIRCLE CHOICE)
  - Salad, prime rib w/potatoes & vegetable OR baked ling cod w/pilaf. Dessert. $26.00
  - Vegetarian meals available upon request.

PLACES OF INTEREST TO VISIT ON YOUR OWN ALL DAY MONDAY, OCTOBER 4, 2010.
Map with locations marked will be provided. Carpool when possible – parking may be limited.*

- Merritt Lavender Farm, 87450 McTimmons Lane*
- Misty Meadows Jams, Jellies & more, 48053 Hwy 101
- Bandon Fish Hatchery, Fish Hatchery Road*
- Myrtle wood Factories:  Zumwalt 47422 Hwy 101, OR
- Old Town Bandon
- Cranberry Bog?
- Game Park Safari, 46914 Hwy 101

EDUCATION WORKSHOPS:  (CIRCLE CHOICE)

TUESDAY – 1:30 TO 2:30 PM
- Christmas Around the World, by Ida Lee Knapp
- Life of Middle Eastern Women, by Anna Massingham
- Glutens and other Food Allergies by Sandie Bolyard

TUESDAY – 2:45 TO 3:45 PM
- Service or Therapy Animal, Is There a Difference? by Barbara and Bernie Voltin
- Women of the West, by Geri Gustafson and Marilyn Thompson
- Seafood at it’s Best, by OSU county agent Stephanie Polizzi

TOTAL COST OF MEALS $___________
TOTAL FEES INCLUDING REGISTRATION $___________

Make check payable to 2010 Oregon FCE Annual Conference
Send check & registration form to: Carolyn Slyter, 92738 Cape Arago Hwy, Coos Bay, OR 97420-7706

Are you interested in taking a beach walk at 6:00AM to 7AM? Monday____  Tuesday____  Wednesday____
### Mission Statement

**Oregon Association for Family & Community Education**

To strengthen individuals and families through
**Continuing Education**
**Leadership Development**

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#### 2010 OREGON FCE CALENDAR

**August**
- 15 Margaret Siebold Scholarship applications due

**September**
- 6 Labor Day
- 12 Grandparent’s Day
- 15 Deadline for Reservations at Inn
- 23 Fall Begins
- 23 Deadline for FCE Conference Registration for member discount

**October**
- 3-6 Oregon FCE Annual Conference in Bandon @ Best Western Inn at Face Rock Resort
- 11 Columbus Day

**November**
- 2 Election Day -- Be Sure to Vote!
- 7 Standard Time Begins (Set Clocks Back One Hour)
- 11 Veterans Day
- 25 Thanksgiving Day

**December**
- 7 Pearl Harbor Remembrance Day
- 21 Winter Begins
- 25 Christmas Day

**January 2011**
- 15 Deadline for articles to Oregon FCE Newsletter

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**National FCE Headquarters**
- 73 Cavalier Blvd. Suite 106
- Florence, KY 41042
- Toll Free: 877-712-4477
- Email: nafcehq@fuse.net
- Website: www.nafce.org