President’s Comments

HEALTHY BODY/HEALTHY HEART; and lastly our three lessons from OSU - MUSHROOMS, NATURE’S HIDDEN TREASURERS; LIGHTING THE WAY; and BETTER BALANCE, BETTER BONES, BETTER BODIES. I believe the lessons are terrific this year and you all should be aware that four of those are written by our very own FCE members. The lesson on mold came from an agent from another state and Jeannette Brandt helped us secure it. So, have fun with these.

At the conference, we also had lessons on Bio-Fuels; Diabetes and an FCL Leadership class. We just shared all kinds of wonderful information, plus laughed a lot with the entertainers.

Okay, I’ll be needing feedback from your study groups as to what lessons you would like to see developed for 2011. We’ll be meeting as usual in early April, so be thinking of that.

We addressed in the Board Meeting something that I’d like some feedback on from the membership and that is - Do we provide lessons to non-FCE members? You need to be aware that it costs our state treasury to write and produce these lessons. Our wonderful members who write them spend a lot of time developing, researching and sweating over these lessons each year. Some people say, "The dues are just too much", oth-ers say, “We don’t get anything from FCE.” I’m so pleased to inform you that you receive a lot from this organization. I have so many wonderful friends, I’ve learned something new almost every month, and I’ve had a good time working in this organization. Good grief - are we not blessed?

So, if you have feelings on the subject, let me hear from you. Our discussion was leaning toward charging a monthly fee to those non-members if they get a lesson.

Our next State Conference will be in District IX at Bandon, Oregon, on October 3 - 6, 2010 and "Treasures of the Sea" will be the theme.

Inside this issue:
President’s Comments..........................1
Contact Information..............................2
Oregon FCE operating Budget................2
Letters to Editor..................................2
Around and About Oregon......................3
VP Program Report.............................4
Enhancement Fund..............................4
2009 Heart of FCE Winner........................4
Jane Kirkpatrick..................................5
New VP of Public Policy........................5
In Deepest Sympathy..............................5
Healthy Ideas.....................................5
Food Claims.......................................6
Invitation to 2010 Conference..................6
Bullying/Teasing..................................7
FCE Essay and Artwork Winner................7
FCE Mission Statement........................8
Calendar of Events.............................8
A cup of hot cider, an FCE Newsletter, a cozy chair and hugs to all of you this winter season!

**Marlene Currin**  
Oregon FCE President

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

Contact Information  
**Ivon Brugler**  
CIC Insurance Agency, Inc.  
172 Granville St.  
Gahama, OH 43230-3043  
800-728-4815 Toll Free  
614-478-1156 Office

Certificates of Insurance (COI’S)  
Best method is email: bruglei@nationwide.com

Second method: fax # 1-614-478-0755 attn: Ivon Brugler

When ordering a COI it is important we have 5 days notice and the following information to avoid delay.  
+ Complete name, address, city, state, zip code, phone and fax numbers.  
+ What is the Certificate holder’s interest?  
+ Contact person’s name and phone number and email address.  
+ Return instructions provide name and email address, phone and fax numbers.  
+ Is the Certificate holder to be added as an additional insured or proof of coverage only?  
+ Effective date of the COI.

---

**Oregon FCE Operating Budget 2010**  
~by Dorothy Burgess,  
Oregon FCE Treasurer

| Income                          |  
|---------------------------------|---|
| State Dues (600 mem)            | $4,800 |
| State Donations                 | 100  |
| T-Shirt Sales                   | 105  |
| Sales Room (Estimated)          | 400  |
| State Conference (Est.)         | 200  |
| Finance Comm. Grant             | 2,500|
| **Total**                       | **$8,500** |

| Expenditures                    |  
|---------------------------------|---|
| President’s National Exp.       | $1,000 |
| President’s Exp.                | 500  |
| Treasurer’s Bond                | 200  |
| CPA (Accounting Exp)            | 700  |
| Committee Expense               | 50   |
| Office Expense                  | 300  |
| Office Supplies                 | 50   |
| Postage                         | 100  |
| Printing                        | 150  |
| District Director Exp.          | 75   |
| Board Mtg. Expense (2)          | 4,000|
| Oregon FCE Annual Mtg.          | 50   |
| Newsletter Exp. (1 issue)       | 675  |
| Triennial Fund (Annual)         | 190  |
| Contingency Fund                | 0    |
| ACWW Dues                       | 190  |
| State Corporation Tax           | 75   |
| **Total**                       | **$8,105** |

---

**Letters to the Editor:**

I am truly grateful for having received the Margaret Seibold scholarship this year. It really helped in my attending the State FCE Conference in Pendleton, Oregon.

It was a most enjoyable conference. There were so many friends I had met before and many friends from around that area. Things seemed to go well and I learned much from the lessons I took there, also.

What really impressed me the most was the history of the person named for the scholarship. I have been in FCE for quite a while but I had never heard about the honoree of the scholarship.

Thank you so much for awarding one of the scholarships to me.

**Dorothy V. Clark**  
Multnomah County FCE Swap Panse’ Study Group

---

Dear Oregon FCE board members:

Thank you for presenting me with a Margaret Seibold Oregon FCE Conference Scholarship Award.

My experience certainly had been a memorable one. Four days of education, friendship, food and history. I met so many interesting people and made many new friendships. The participation in this event was amazing. I’d also like to commend all who had there hand in the organization. Not very often does such an event roll so smoothly and on schedule.

When our “FCE Home Study Group” meets I’m looking forward to wearing my new T-shirt and sharing the highlights of our trip.
District III
Marion, Polk, Yamhill
~by Alene Showers, District Director

Some of the activities participated in include: a successful festival in Yamhill County, a well-attended tea in Marion County, and a visit to District IV, where 15 Marion, Polk, and Yamhill County members enjoyed a potluck with the folks from Albany, Lebanon, and Eugene areas.

Funds were raised and donated to the Marion-Polk Food Share, the Salvation Army, and the Union Gospel Mission.

Warm clothing and bedding were donated also. Books for Babies were donated to the local hospitals. Doris Brown of Open Arms Study Group made a total of 340 bibs for this charity, as well as numerous bags for the project. Several clubs made educational and pleasure visits to locations such as nursing homes, hospitals, and a butterfly garden.

Meanwhile, as the new District Director I have been visiting with the study groups and the county councils. Plans are in the early stages for a district-wide meeting in March, either on the 1st or the 2nd. A garage sale fundraiser is being planned for spring. Monies raised at this event will be set aside for the 2012 State Conference, which will be hosted by Districts III and IV. Polk and Yamhill Counties will hold their annual Spring Festival in April. The date for this event will be April 21, 2010.

Four issues of the MPY Tri-Line are planned, and several fundraising activities, as well as donations, will finance all three issues.

All members of FCE are invited to attend any of the festivities held by District III. For particulars contact Alene Showers at schauer65@comcast.net.

District IV
Lane, Lincoln, Linn
~by Anna Massingham/Geri Gustafson, Co District Directors

Members from Linn County joined Lane County for their District meeting. We had a great time and got some much needed visiting in with the new members from Lane County. We had a great turn out from both counties.

Lane County members helped Anna Massingham go to National Conference in Portland.

Lane County had a picnic in August in Albany. There were several members from District III that attended. They all enjoyed the great weather and company.

District V
Jackson, Klamath
~by Sandie Bolyard, District Director

*In Jackson County there are 117 members in 9 study groups. They were busy raising $2000.00 for numerous scholarships and also money for worthy causes, such as, Magdalene House for Girls. They sent embroidery thread to the women in India and participated in the Character Counts Project for fourth graders.

The theme for their Spring Festival was “Return to Childhood”. They hosted the District V meeting. Their theme was “Happy Birthday Oregon” with an interesting speaker from the Historical Society.

Lessons presented in their groups included “Decorating the Feng Shui Way”, Ancient and Alternative Grains”, and “Vermont”.

*Klamath County has 26 members in 2 study groups that keep quite busy with many projects. Their fundraising efforts include: a Thanksgiving Basket Raffle, flea markets, selling lunches during the annual quilt show, and the Christmas Bazaar. They volunteer making quilts for Project Linus (blankets for disadvantaged children), Cassandra Quilts, Quilts for Troops, quilts to benefit the library and community center.

Continued on Pg 6
Applications must be requested from a Finance committee member. The applicant must make a copy of the completed form for herself and send a completed application form back to the Chair of the Finance Committee. Applications may be made quarterly, January 1, April 1, July 1 and October 1. Proposals not received by a quarterly deadline may be considered for the next quarter if the activity/dates are feasible at a later time.

Contact: Bonnie Teeples, Chair, bdteeples@charter.net, Dorene Garland, Secretary, mgarland@wvi.com, Anne Engen, daengen@onlinemac.com, Lois Enstrom, L:-Renstrom@email.msn.com, Phyllis McIntire, No e-mail

******

Continued from Letters to Editor...pg 2

I volunteer tomorrow at our local food pantry. The pantry manager might be interested in what I have learned from the State Conference about “Coping with Stress”.

I’m already planning for the trip to Bandon in 2010! I’m hoping that we can have a larger representation then. I have already spoken to several of my friends and acquaintances about Extension and Home Study FCE. Most all agree that we are already prudeful in our homemaking abilities but have few outlets for teaching to others. At this time so many are preparing to preserve the harvest from their first garden and needing information too.

Sincerely, Deanna Hadley POB 1144; Oakridge, Or 97463 Ph. 541-782-5882

******

Attention!!

Secretaries and District Directors

Pat Wallin
VP of Programs

All study group secretaries are required to send their District Directors, a one-page or less report or composite of:
1) # of members,
2) programs presented,
3) charity donations,
4) other activities.
This is to be done half-yearly Jan 1 to June 30 and July 1 to Dec 31 every year. Then the District Directors send the reports or composite received to me, Pat Wallin Oregon VP of Programs, and I make a report and send it to the National VP of Programs. This is done so that National FCE can keep track of what the nation’s FCE groups are doing. There are a couple of groups that are great about sending these reports and many that do not ever send any. This can be done by email if this is easier for you. Let’s make this 100% in 2010, it’s really easy to do!!

Any questions, email me at pwallin@bendbroadband.com or call 541-923-9937

******

Enhancement Fund

Applications must be requested from a Finance committee member. The applicant must make a copy of the completed form for herself and send a completed application form back to the Chair of the Finance Committee. Applications may be made quarterly, January 1, April 1, July 1 and October 1. Proposals not received by a quarterly deadline may be considered for the next quarter if the activity/dates are feasible at a later time.

Contact: Bonnie Teeples, Chair, bdteeples@charter.net, Dorene Garland, Secretary, mgarland@wvi.com, Anne Engen, daengen@onlinemac.com, Lois Enstrom, L:-Renstrom@email.msn.com, Phyllis McIntire, No e-mail

******

Caroline Ritter Swartz, caritter@canby.com or Edgel Sudul eddiesu@aol.com.

Non-voting members of Finance committee are Marlene Currin, Oregon FCE President and Sandie Bolyard, Oregon FCE Treasurer.

Oregon Heart of FCE 2009

Arlene Wilson, a member of Eagle Point FCE Study Group was the winner of the 2009 Oregon Heart of FCE Award. She has been an FCE member for 45 years and served as secretary and treasurer for 21 years.

Arlene is the quiet person behind the scenes. She likes to do the lessons on food or cooking and she adds to all the lessons she does. She is always willing to help on any FCE function. She makes cookies, candies, and embroidery projects for our Holiday Bazaar.

Arlene has a sister in North Dakota that belongs to FCE and Arlene is an honorary member of that group. She also has been involved in her church, the Senior Center, the library and the White City Community association for 20 years. She is an important asset to our group.

******
Jane Kirkpatrick Speaks at Holidaze Faire
~by Dawn Westpal

Washington County FCE had a very successful Holidaze Faire on October 19th. We greeted many non-members and a few members from Yamhill County, as well as those from our Metro area. Jeanne Brandt, our FCE advisor, gave a wonderful overview of the history of FCE which introduced the program to our guests and filled in some gaps in our members knowledge of FCE.

The focal point of the event was our speaker, Jane Kirkpatrick. Ms. Kirkpatrick spoke of the role of women from the past to the present and focused on the importance of this role to family and community life. She weaves her stories with humor and insight and draws the listener in.

We had been anticipating this event for about 18 months and Jane did not disappoint! In fact, we’ve had lots of requests to have Ms. Kirkpatrick back again!

We enjoyed a fine lunch and gave out many wonderful door prizes. Sixteen ladies went home with a gift basket, thanks to all the items donated by our Washington County groups. Everyone went home with good memories!

*****

New VP of Public Policy

The new Oregon FCE Vice President of Public Policy is Marjorie Holland. She previously served on the Oregon FCE Board of Directors as Secretary. The Heart of FCE and Friend of FCE applications need to be sent to her by March 15, 2010. (Contact your District Director or read the National FCE Handbook page 4-7 for details)

Marjorie’s address is: 5200 Bartlett Rd., Klamath Falls, OR 97603; Telephone #541-243-1334.

*****

Healthy Ideas
~by Ida Lee Knapp

~Pick healthier fish - anything but tilapia! Eating lots of this farm raised fish may intensify inflammation related conditions like heart disease, arthritis, and asthma, a new study suggests. It turns out, tilapia is low in good-for-you Omega-3 fatty acids and high in unhealthy Omega-6.

~Laughter really is contagious - hearing someone else laugh activates an area of your brain that makes you chuckle, too. And since studies have shown that laughter is a health booster, go ahead, spread the mirth!

~Easy foot pain Rx - If you’ve ever had plantar fasciitis, an inflammation of the foot’s arch, you know how important it is to have fast relief! Well, now researchers have a fix: sit, cross the affected foot over the opposite knee, pull back on your toes, and hold for a county of 10. Repeat nine times.

~Motion sickness won’t quit? - Ask your doctor to prescribe Phenergan (promethazine), which is more effective than over the counter Dramamine (dimenhydrinate). In a study, folks who used the OTC remedy were twice as likely to still be hit with nausea.

~Soy helps prevent breast cancer! - Women with the highest levels of an estrogen like compound found in soy are 65% less continued on pg 6
Continued from Around & About... Pg 3
The Chiloquilters also made ditty bags and laundry bags for the veterans and pillows for breast cancer survivors.

Countywide projects include Kaleidoscope of Learning and Character Counts!sm. At their Fellowship Day they had a speaker from the Klamath Basin Water Restoration Program. The lessons they enjoyed were: “Cheeses of the World,” “I’ve Got It, Now Where Did I Put It?” and “A Little Fluff in Your Ear.”

District VI
Crook, Deschutes, Jefferson
~by Marilyn Thompson/ Loretta McDonald, Co-District Directors

Crestview Study Group in Crook County participates in many community activities besides FCE; such as, the Smart reading program, Camp Fire and various church activities. The members enjoyed the lessons, “Covered Bridges” and “Take Me to the Movies.”

Madras Day Study Group in Jefferson County has two FCE members. Sally Brown, a stroke survivor led a lesson on “Strokes.” The group visited the Deschutes Valley Water District’s plant in the Crooked River Canyon to see how their water comes out of the ground and is distributed to Culver, Metolius, and Madras areas. They donated $100.00 to the Heart Fund in memory of past leader, Marge Entrikin.

District VII
Morrow, Umatilla
~ by Glenna Maine, District Director

I am your District VII Director. I'm very new at FCE. I've only been a member for a year. I'm looking forward to getting to know each of you. I'll need a lot of help but will do my best as the director. If you have any ideas please pass them on to me. You can contact me at owlandgmaine@msn.com

[We are starting a series of articles that may help you sort through some of the food and drug claims you come across.]

**Food Claims**

1. Made with Whole Grains--The facts: whole grains are hot and have crept into everything from chips to pasta. That’s because the soluble fiber in oat bran and whole grains can reduce the risk of heart disease and maintain glucose levels. The 2005 dietary guidelines recommend half our grains be whole grain - that’s three to five servings per day. Best source: 100% whole wheat bread, whole wheat pasta, brown rice, breakfast cereals that contain 100% bran or 100% whole grains and oatmeal. Look for 100% whole wheat flour, oatmeal or other whole grain as the first ingredient to determine if the product is truly whole grain. You can also check for the whole grain stamp, which denotes a half or whole serving of whole grain. Be wary of breads or cereals that say “multigrain” or “wheat flour” on the label. Wheat flour is nothing but white flour as all flour is made from wheat. Warning: Just because chips contain whole grains doesn’t mean they’re healthier as the fat and calories may still be the same…. (Continued in May Issue)
Bullying/Teasing
~by Ida Lee Knapp
Oregon FCE Youth Education Rep

Bullying can take many forms, but all of them can have consequences for the child’s physical and mental health. Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another child. Bullying includes a range of behaviors like verbal, which includes making threats and name calling; psychological, which includes excluding children and spreading rumors and physical, which includes hitting, pushing, or taking a child’s possessions. The key component of bullying is physical or psychological intimidation that occurs repeatedly over time to create an ongoing pattern of harassment and abuse.

Boys bullying tactics are more physical intimidation or treats regardless of the gender of their victims. Girls bullying tactics are more often verbal, like spreading rumors, giving the silent treatment, or withholding their friendship. Girls usually target other girls. Cyber-bullying by both boys and girls is on the increase. Cyber-bullying includes online chat rooms, e-mail, and text messaging. In a 2001 study by the Kaiser Foundation in conjunction with Nickelodeon TV Network and Children Now, 86% of children, ages 12-15 interviewed said they get teased or bullied at school. This makes bullying more prevalent than smoking, alcohol, drugs, or sex among the same age group. Other researchers estimate that 20 to 30 percent of school age children are involved in bullying incidents, as either a victim or the one who does the bullying. Bullying can start in preschool and go into middle school/junior high. There can be a decline in high school but verbal abuse seems to remain constant.

Sources: www.focusas.com and www2.scholastic.com
(In the May issue I will look at who is a bully, who is a victim, and some ways to help.)

*****
2009 OREGON FCE CALENDAR

February
14 Valentine’s Day, Oregon’s Birthday
15 President’s Day

March
American Red Cross Month
National Nutrition Month
14 Daylight Savings Begins
15 Heart of FCE and Friend of FCE
   Applications are due to Marge Holland

April
1   Deadline for Enhancement Fund Applications
4   Easter
5-6 Spring Board Meeting @OSU
   Extension Office in Redmond
15   Deadline for articles to Oregon FCE News

May
   Women’s Health Care Month
9   Mother’s Day
15   National FCE Day of the Family
    “Books for Newborns”

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

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