

Oregon FCE News

Volume 31 Issue 1

Oregon Association for Family & Community Education

February 2024

President's Comments



President's Newsletter Article February 2023

Greetings from your President. I hope this newsletter article finds that all is well with each and every one of you. Bonnie and I are busy doing lots of things in our lives including FCE, ACWW, and of course, Keeper's Corner. I am substituting teaching almost every day and still enjoying it. This is my 50th year of teaching. I am also working a lot in my home shop building lots of various wood projects. You can check them out on the Keeper's Corner Facebook page.

I have had some great things happen in my life and some very tough things. On April 1, 2023, I set some very strong goals including losing lots of weight and getting the A1C reading way down for my diabetes. I was doing great on those two things and the doctor was very happy with my weight loss and A1C control but was very concerned about my PSA (Prostate Cancer testing) readings. So, then the bad news. After further testing it was determined that my Prostate Cancer has returned. It has been a battle, but we are winning it. I have been put on hormone treatment and my PSA numbers are now outstanding. Thanks to great doctors, great medication and the blessing of my Lord and Savior Jesus Christ.

I went to the doctor on Wednesday January 24, and he was excited about my blood work, my test results, and my blood pressure. My A1C is 5.2 (non-diabetic range), my blood pressure was 103/60 (it was so low I asked him if I was still alive), my PSA is .01 (which is a perfect reading), and I have officially lost 99 ½ pounds. I have surely been

blessed through lots of work and prayers from everyone.

If you haven't been on the Oregon FCE website, or the National FCE websites lately, now's the time to do so. I have spent hours scanning and posting "Lessons from the Past" on the Oregon FCE website. There are a total of 158 lessons available for you to view, print, or download. The National FCE website "Members Page" has hundreds of lessons available. You will need a password to get on it and I can give it to you.

Your Oregon FCE State Board approved, and has started the Oregon FCE High School Age CHARTACTERCOUNTS!© Essay Contest. Lots of work has been done about getting the information out to high school age students. We don't have a count of how many are participating because the deadline is March 1, 2024, for the contest entries. Complete forms and information can be found on the Oregon FCE website www.oregon-fce.org.

FCE is well and alive. I'm hearing of various FCE and volunteer activities from all across the state of Oregon and across the nation. Lots of lessons being given and lots of learning going on. We may be few in numbers, but we are all strong in spirit and dedication to FCE. Keep up the great work.

We did have a major loss of members in Clackamas County (District 1). Clackamas County has disbanded, and we have lost up to 38 Oregon FCE members. There are several reasons they disbanded including "aging out" but I really think a major contributor to the reason was because of "burn-out" of leaders. No one was willing to step up and take over the offices that so many had served faithfully for, sometimes for many years. I sent out a letter to all 38 of those past members inviting them to become "Independent" members and, as of this writing, have received three "Independent" memberships. If you know any of these people, please invite them to join as an "Independent" member.

We were again able to hold an “in person” 2023 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. The State Board, the Conference Committee, and lots of volunteers took on assignments and did a wonderful job planning and hosting the Conference. It took a “Village” to put it on, but everything went well. A big thank you to all those that helped. The number of attendees was up from last year with 31 full time attendees. 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. We didn’t have a “Sales Room” this year, we had a “Country Store” and sold raffle tickets for all of the items. The “Country Store” was a big hit and we’re doing it again this year. Everyone met at least one new friend. Some non FCE friends were invited to attend. At least 2 new members joined FCE because of that loving, sharing, and inviting. If you weren’t there, we missed you, and hopefully we’ll see you at the Conference this year.

The 2024 Conference is going to be held again at the same location. The contract with the hotel is ready to be signed and we are ready to go. The dates of the 2024 Conference will be September 30 through October 2, 2024. A little earlier than usual. The theme of the Conference is being decided soon. Your input is needed on that selection. Your FCE State Board has taken over the task of hosting the Conference. They, along with FCE members, Study Groups, Counties, and Districts will take over that task. It worked very well in 2023. 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. We are currently working on the lessons for the Conference. If you have suggestions, please let me know.

As things go, 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. 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 7, 2024 will be our 38th monthly lesson. 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, Tennessee, Nebraska, North Dakota, and Mississippi. 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.

The 2024 National FCE Conference is going to be held in Erlanger, Kentucky on July 25-28, 2024. The National FCE Alumni Association sponsors some National Conference Scholarships (which pay full registration cost). Oregon FCE also has some National FCE Conference Scholarships available. Contact me for information about those scholarships. Additional information, about the Conference, can be found on the National FCE website www.nafce.org.

Before I close this President’s report, I want to, as I always do, 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 was “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. One last reminder, if we don’t do something to help this organization grow, the challenges of “Aging Out”, “Burn Out”, and an “I don’t care attitude” will destroy this organization. Become part of the solution. Don’t be a “Nay-Sayer,” become a “Yay-Sayer.”

If we, all of us, don’t start doing these things, we will continue to see the slow, if not quick, decline in FCE membership. If you don’t care, do nothing and nothing will happen. Do your part and we can stop, and even increase the FCE membership. It all starts with you and me. Let’s all make FCE all that it can

be. We need to start today! How many of you are willing to accept the challenge I give you today and always?

It has been a great honor to serve each of you and I hope you know that I have done it to the best of my abilities. I appreciate all the love and support that each of you have given me, from the individual FCE members up to the many FCE officers. Working together, we can accomplish many great things at all levels of FCE. If I have somehow offended you, it was not intentional, and I apologize to 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”.**

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@outlook.com if you have any comments or questions.

Remembering FCE Members



Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2024.

~Next deadline-April 5, 2024~

Send articles and/or change of address to:

Lynda Nyseth, Editor

21461 S. Hwy 99W

Amity, OR 97101-2239

E-mail LYNDATrose@aol.com

January 2024 Sandie Bolyard V.P. for Public Policy Character Counts Chair

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 Citizenship, 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 are all 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 remind everyone that I will need 1 nominee from each County 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.

Let Your Light Shine..... Not Burn

Join District III Members for our Spring Festival, March 20, at the Amity Fire Station. Our young firemen will be telling about their experiences as volunteer firefighters. Why did they choose to volunteer, what training did they need to take, how was it being released from school classes when the calls come to get to the fire station.

Registration form at www.oregon-fce.org

Sally Wyffels
V.P. for Programs

Happy new year to all Oregon FCE members. I was busy in my home putting away January decorations this week and working on what to have for February and March. New year, new ideas and goals to consider for the year of 2024.

Your study groups have been meeting since the Fall Conference. You have new leadership for 2024 for your group, too.

I have “reminders” for each leader and members. Please keep track of your volunteer hours and report them to me ASAP. Plus what lessons your group has presented, plus the names of presenters and the number of members present at each meeting.

Please send the information to either my home address or my email: Sally Wyffels, 3765 NE Hawn Creek Rd, McMinnville, Oregon 97128 or jwyffels43@gmail.com.

At the executive meeting this Spring new lessons will be decided upon for the Fall Conference. Please send your ideas to me or our State President, Scott Teeples.

Thank you.

Submitted by Myrna Loucks

The Groner FCE Study group had a very eventful year. Apart from studying our lessons we have had great success with our Walnut side hustle! We purchase walnuts in bulk, crack, shell and clean them, taking care to keep them whole. We sell them for eight dollars a pound and from the earnings donated \$200 to the Washington County Domestic Violence Resource Center, \$150 to the Washington County 4H and \$100 to the Groner Elementary School.

In the early summer, my daughter Lynn and I got together to plan and make the centerpieces and treat boxes for the State Conference held in 2023. Lynn came up with a cute construction theme for the centerpieces. She also hosted a craft class consisting of two holiday cards, two holiday ornaments and a mini fall frame. They were enjoyed by all.

.....
District III
Director Anne Engen

Many years ago I was attending a large extension gathering and met a retiring Extension Agent – who I had never seen before. I mentioned I was a state officer of (what is now called FCE). She made a face and said “I thought that died years ago. It should have”. Then turned and quickly disappeared into the crowd.

I was flabbergasted by her harsh snippy words. Now days I probably would have hunted her down and given her an hour’s worth of how FCE teaches fabulous lessons, Zoom classes with audiences from the east coast to Alaska to Hawaii, our volunteers keep small town museums open, get members to vital Doctor appointments, and volunteers knit, crochet and sew blankets and quilts to shelter the elderly and newborns to keep warm.

Don’t mess with FCE members.



District III has 3 active FCE groups with 28 members and 3 members-at-large.

District and Study Group Reports

FCE Washington County Advisory Board
Submitted by Karen Walker, President

Washington County FCE is hosting a Spring Gathering on April 17, 2024 at the OSU Extension Service Education Center at 11:00am. Maureen Quinn-Lores will be presenting the Cascadia Subduction Zone – Are You Ready for the Big One? Registration form is on the web site. Oregon-fce.org

.....
Tualatin Study Group
Submitted by Karen Walker, President

We had an outing to Border Soder/Nordic Northwest in Portland. We saw the Troll and Troll house – really great! In December we donated gift cards to the Good Neighborhood House.

.....
Groner Study Group

Alumni First Timer's Scholarship

Since October our study groups have taught Lookouts of the Pacific N.W., What Women Wore in 1952, Savory Meals for One or Two, Filling your Pantry on a Budget and Traits of Birth Order. They also enjoyed potlucks and lunches out.

We are now planning our Spring Festival, March 20, 2024. Registration form can be found on the Oregon-fce.org web site. We will be at the Amity Fire Station and some of the young firemen will be talking to us about why they wanted to volunteer, what training they went through and experiences they have had. We will also have our used book sale, gift bag drawings, games, craft and our potluck lunch of salads and desserts. Bring your table service and come and enjoy the fun and learning with FCE members and friends.

Just a quick reminder that the NAFCE Board Alumni offer a scholarship for first time attendees to the National. It covers registration only but hopefully that will help someone attend.

The form and all the information is found on the National website.

Deadline is April 15.

Surely you have someone in your state who could benefit from this scholarship.

If you have any questions, please do not hesitate to contact me.

Martha Crawford
Alumni Vice Chairman
325-365-3890
mcrawfrodce@gmail.com

Comments from 2023 State Conference Ann Conklin

Hello from sunny Yuma, AZ. We will be hitting 79 this coming week, followed by more rain for a day. Still have standing water from a week ago when it rained all day and dumped a couple of inches of rain—which is about our annual average, not a one day total. Ok, enough about weather!

National FCE is working on defining what Public Policy is and how as FCE members we might once again influence those in government to help do something about Food Security and Food Waste. It is important to each individual to have food security and we can all do better a slowing our food waste in our own homes.

I want to say thank you to Oregon FCE and members for everything you are doing. You are becoming stronger and getting new members. Scott is a great President, but he can only do so much, you all have to do as well. Thank you for that!

National FCE Midyear is right around the corner. Be watching for date and times and plan on attending via ZOOM. We have at least 3 presentations lined up.

I loved being at your meeting in October. I will attend again when I can.

Margaret Polen, Vice President for Public Policy
National FCE
Margaretmai531@gmail.com
928-726-7456

These are some of my thoughts on why the 2023 state conference went so well. Everyone pitched in to make it happen, from the leadership from the board, from the great helpers at the Hilton and the great help from the study groups from all over the state. It ran very smoothly and we all enjoyed, good lessons, good food and good craft making.

Treasurers report

As the Oregon FCE Treasurer, I am not only concerned about the financial bottom line, I am also very concerned about our membership numbers.

I want to congratulate the groups that have invited and recruited new members for 2023 and 2024! YOU are helping FCE grow and thrive!

I've been doing some research about member retention and engagement. I have found that for nonprofits and associations, member recruitment is about more than revenue. Losing members is hard on any organization. **Members are the lifeblood of our organization. They make the magic happen!** Members are more than money in the coffers, members are the ideas, the excitement, the leadership encouragers, the upcoming leaders. They are the fuel that keeps our organization going!

Some research I read stated that with ideal member retention sitting at 80% year over year, some membership loss is inevitable. That's why membership recruitment is so important—yet 68% of organizations face challenges in membership growth. That's more than two-thirds! I count Oregon FCE in that 68%!

Before you start recruiting, ask yourself: What does the recruitment journey for new members for FCE look like now, and what should it look like going forward? In other words: **WHY** would anyone want to join FCE? **WHAT** do we have to offer members? **HOW** will we retain new members once they join? Here are a few steps to think about when you are trying to get new members.

Step 1: Capture. Prospective members are “captured” when they're looped into our organization's workings, be it by email, a newsletter, attending an event, or word of mouth.

Step 2: Nurture. After they attend, send follow-up emails, or phone calls nudging prospective new members along the path to signing up. **Make prospective members feel appreciated and valued with personalized attention, especially if they've shown interest in the organization! (Then after they are members continue to make them, as well as current members, feel valued!)**

Step 3: Conversion. Offer incentives to signing up, like membership benefits. You might also emphasize key aspects of the membership experience, like networking or community impact we have with our lessons and service projects. Providing a smooth and personalized member experience is one of the most important tools we have—even at the recruitment stage. You want to make sure prospective new members are given every incentive to make it all the way through to the sign-up process and that they feel welcomed and comfortable in the group.



Pear and Cranberry Crisp

- 1/2 cup old fashioned rolled oats
- 1 Tablespoon brown sugar
- 2 Tablespoons flour
- 1/4 teaspoon cinnamon
- 2 Tablespoons applesauce
- 4 cups pears, cubed (about 3 pears)
- 1 cup cranberries, fresh or frozen
- 1 Tablespoon cornstarch

In a medium bowl, combine oats, brown sugar, flour, cinnamon and applesauce. Combine pears, cranberries and cornstarch in an 8x8 inch baking dish. Sprinkle with oat mixture. Bake uncovered at 400 degrees until juices are bubbling and topping is browned, about 20 minutes. Makes 4 cups. Refrigerate leftovers within 2 hours. Find other recipes on FoodHero.org
Submitted by Karen Walker, Washington County

ACWW Women Walk the World April 29th

Lynda Nyseth ACWW Coordinator

Amity FCE will again sponsor the walk. Come walk with us, enjoy being outdoor, walking and visiting with friends. Donations are welcome as we raise funds for ACWW. We of course, enjoy lunch together too.

Contact Lynda, 503-701-0719, for the time and location. We try to pick a different area for our walk each year. We visit areas around that are good for walking with canes, wheel chairs and/or walkers so that no one is left out.

If you are not in our area, do plan an activity where you are. If you are not able to walk there are other ideas listed on the ACWW web site. Plan a time to get together and knit or set up a display to inform others what ACWW is doing.



Join members and friends from all over the United States for our monthly ZOOM lessons. They are held on the first Wednesday of the month. Contact Scott Teeple at sfteeples@outlook.com if you are not on the list and would like to be in on the lesson. Each lesson is recorded and can be viewed on the Oregon FCE web site www.oregon-fce.org. There is always lots of information given. Added bonus you get to meet others that are interested in FCE and keeping it going and providing information that we all can use.

Scott is always looking for people interested in sharing information and is willing to help with power point and other ways to help with arrangements for the zoom meeting.

As he said in his letter, we have had presenters from many states. Join in on the learning.

Stories to make us all think and perhaps
adjust our priorities!

Cleaning Lady

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one:

“What is the first name of the woman who cleans the school?”

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall, dark-haired and in her 50’s. But how would I know her name?

I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

“Absolutely,” said the professor. “In your careers, you will meet many people. All are significant... They deserve your attention and care, even if all you do is smile and say “hello.”

I’ve never forgotten that lesson. I also learned that her name was Dorothy.

Pickup in the Rain.

One night at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride. Soaking wet, she decided to flag down the next car.

A young white man stopped to help her, generally unheard of in those conflict-filled 1960’s. The man took her to safety, helped her get assistance and put her into a taxicab.

She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man’s door. To his surprise, a giant console color TV was delivered to his home. A special note was attached.

It read: “Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along, because of you, I was able to make it to my dying husband’s bedside just before he passed away... God bless you for helping me and unselfishly serving others.” Sincerely, Mrs. Nat King Cole.

Always remember those who serve.

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

“How much is an ice cream sundae?” he asked. “Fifty cents,” replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it.

“Well, how much is a plain dish of ice cream?” he inquired.

By now more people were waiting for a table and the waitress was growing impatient.

“Thirty-five cents,” she brusquely replied.

“I’ll have the plain ice cream,” he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left. When the waitress came back, she began to cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies.

You see, he couldn’t have the sundae, because he had to have enough left to leave her a tip.

Remember treat others as you would want to be treated.

Submitted by Donna Michaelson, former FCE member

Oregon FCE News

Volume 31 Issue 1

Oregon Association for Family & Community Education

February 2024

OR Assoc. Family & Community Education

Oregon FCE News
21461 South Hwy 99W
Amity, OR 97101-2239

2024 Oregon FCE Calendar

March

1 **Deadline High School Essay**
15 **Deadline Heart of FCE**
 Deadline Character Counts
 Deadline 2nd & 3rd Essay Contest
17 **St. Patrick's Day**
20 **SPRING FESTIVAL 9:00 am-2:00 pm**
 Amity Fire Station
31 **Easter**

April

1 **April Fool's Day**
5 **Deadline for Oregon FCE News Articles**
17 **District I Annual Meeting 11:00 am**
 OSU Extension Service Education Center
 Washington County
19 **Mail Oregon FCE News**
29 **ACWW Walk**

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

National FCE Headquarters

73 Cavalier Blvd. Suite 106
Florence, KY 41042-5178
Toll Free: 859-525-6401
Email: nafcehq@fuse.net
Website: www.nafce.org