

# Oregon FCE News

Volume 27 Issue 3

Oregon Association for Family & Community Education

August 2020

## President's Comments



I begin this August 2020 Oregon FCE Newsletter article by telling each and everyone of you how much I am concerned for each of you, your family, your friends, and those in your communities. It is a difficult time we live in, and each day we all face new and difficult challenges in this world of COVID-19. Each day, I pray for you and all the people of the world as we face these exceedingly difficult times. May everyone be blessed as they work, in whatever they do, to defeat this Pandemic that has come upon the earth at this time. Please stay safe and do all that you, as an individual can do. We are living in a time that no other living person has gone through, but, with the help of all of us we can, and will become stronger because of it.

Words can only begin to express the thanks that I have for all of you Oregon FCE members. All the things that you do to make things happen throughout the state of Oregon. Not only in FCE but also in your neighborhoods, your communities, your cities, your counties, your state, your country, and the world you live in. You are sometimes the driving force that makes positive things happen. I am so proud of everything that you do, and I say, "THANKS FOR ALL YOU DO". Keep it up and be proud of being an FCE member and representing what it stands for.

If there is anything that I can do to help any of you, please let me know. I will do all that I can. Sometimes, it might even be just a phone call to discuss some of the problems you are having. I am here to serve you.

I have really missed seeing all of you at the various FCE activities that we would have normally been doing including the local meetings and activities, the District meeting, National Conference, and all other activities we are involved in.

Bonnie and I are doing well so far and are currently about as healthy as can be expected in these circumstances. We wear our masks everywhere in public and are careful about where we go, who we see, and what we do. We strive to do all that we can do to be safe.

On May 15, after an eight-week closure, we were able to reopen our store, Keeper's Corner LLC – Antique, Craft and Collectible Mall. We had to spend a lot of time and money getting ready to meet all the guidelines to do so. During the closure, we experienced the loss of Booth Rent income but still had to pay the lease and other monthly expenses. We will weather the storm of the income loss but we will arise stronger than before.

Due to the COVID-19 situation, the 2020 National FCE Conference, which was going to be held in Portland, was canceled. Also, the 2020 Oregon FCE State Conference has been canceled. Along with most, if not all FCE activities, being canceled, activities for all other similar organizations, such as ACWW are being canceled until this situation changes.

We can still do many FCE activities, but we will need to think outside of the box. We can still make phone calls, video conferences, video and phone calls for training and classes. I have attended two Hawaii FCE Lessons via Zoom. It might be something that you would like to try. We can still make donations of time and materials to various other organizations.

I have signed the contract with the Hilton Garden Inns, in Springfield Oregon, for the 2021 Oregon FCE State Conference. District 3 will still be hosting it and I am sure it will be a great one.

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The Oregon FCE Fundraising Booth, located at Keeper's Corner LLC in Klamath Falls, has been doing very well. The booth rent is donated so there is no cost to Oregon FCE. If you have items that you would like to donate to the Fundraising Booth, please let me know and we will find some way of getting it to Klamath Falls.

National FCE has sent me a copy of 3 of the lessons that were going to be taught at the 2020 National Conference. Those lessons are:(1) Hearth Fire #72: Someone's in the Kitchen Saying... "Oh, it Aint Your Grandma's Pressure Cooker; (2) FCL Lesson: Time Management... Where Does 24 Hours Go? (3) FCL Lesson: Can You Teach an Old Dog New Tricks?. They will be available for you to use. I have filled out the Copyright form that is needed to be sent to National FCE, and we can use the lessons. The lessons are no longer being printed in the typical Hearth Fire and FCL Lesson format. They will NOT be for sale from National FCE, but we will be able to have them, at NO cost, emailed and/or copied for our use. Contact me if you want details on how to get these lessons.

Please plan on attending the 2022 National FCE Conference when it is held in Oregon. It will not get any closer. Do not miss the opportunity. The Oregon FCE Board has voted to use some of the money that has been raised through the Oregon FCE Fundraising Booth, located at Keeper's Corner, and had made available twenty \$200.00 scholarships to help in attending the Conference. The Scholarships were available to all Oregon FCE members attending the 2020 Conference. The Oregon FCE Board has met about this situation and they will offer this same Scholarship for the 2022 National Conference.

2021 Membership forms will be coming out soon. Bonnie is working on getting them sent out to the County Treasurers. Although these are difficult times, it is still important that we get these filled out and turned in on time. If, for any reason, it is a financial difficulty for you, or anyone, to pay their dues, we have several scholarships and methods to help people out. Let me know of any problems and we will get them taken care of.

There is nothing better that I can say about recruiting new members than to "Invite, Invite, Invite!" We, as FCE members, are always having great activities and lessons. When was the last time

that you invited a non FCE member to any of these wonderful things that we do? Let us all do exactly as our name indicates. We are Family and Community Education. Do not keep FCE a big secret. You are the answer to turning our declining membership numbers around. Someone invited you to join FCE and now it is your turn, and obligation, to invite others. If you do nothing, this great association will continue to drop in membership numbers. Start today and make a list of those you are going to invite. Do not give up, sometimes you may have to ask several times.

Please let me know if you have any ideas or suggestions that we could use in making Oregon FCE the best it can be. My cell phone is 541-891-6456 (call or text) and my email is [sfteeples@charter.net](mailto:sfteeples@charter.net).

I look forward to serving each and every one of you. Please let me know if there is ever anything that I can do for you. Please let me know of any meeting or activities that I can attend. These could include Study Group meetings, County Council meetings, District meetings or any other FCE activities.

Thanks for all you do,

*Scott Teeples – Oregon FCE President 2018-2020*

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Maybe some can relate to this!!

I never called you stupid, but when I asked you to spell "orange" and you asked me, "the fruit or the color", it kinda caught me off guard.

Submitted by Kathryn Schabell, District I member



Oarlene Wingate  
NAFCE President, 1995 – 1997

When Judy, from National FCE Headquarters, sent out a notice about the passing of former NAFCE President Oarlene Wingate I was shocked. I adored Oarlene. She was kind, encouraging and she deeply loved FCE.

She was classy, wearing her little black dress, a jacket and high heels.

I remember the twinkle in her eyes as she told me she and Tim were adopting a baby girl (one who was already part of Tim's family).

I remember her brave and honest telling of leaving her first husband, taking only her wedding photo and her favorite cooking pan. Yet, years later, she helped take care of this man as he lay dying.

In 1994 our FCE state meeting was in Ontario, Oregon, only a bridge away from Idaho. Oarlene was invited to stop in Ontario on her return flight from leading a National board meeting in Kentucky. (Oarlene lived in Hawaii) A FCE member was waiting for Oarlene at the Boise, Idaho airport, the nearest airport to Ontario. Our members were delighted to meet her, be able to ask questions and listen to her educational speech. Our hosts had arranged a craft night highlighting the peoples who had populated eastern Oregon. Do you remember how many attended this state meeting? 168 people.

I never forgot Oarlene's graciousness.

Farewell to a beautiful woman.

Submitted by Anne Engen, Creative Homemakers FCE

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**CLEANING OUT CLOSETS, BOXES  
AND OLD PAPERS**  
(Past FCE Lessons)

Submitted by Lynda Nyseth

A popular lesson was "CHOCOLATE".

If you were buying candy and you had your choice of the following, which would you choose? And NO! you can't change your mind once you have made your choice! So, think carefully before making your choice! This is your Chocolate Test.

Just choose ONE!

BABY RUTH  
3 MUSKETEERS  
BUTTERFINGER  
SNICKERS  
HERSHEY'S  
ALMOND JOY  
CLARK BAR  
GOOD 'N' PLENTY  
ENERGY BAR  
CHOCOLATE COATED RAISINS



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**The meaning of the chocolate test**

OK, now that you have your choice, this is what research says about you:

**BABY RUTH:** Sweet, loving, cuddly. You love all warm fuzzy items. A little nutty. Sometimes you need an ice cream cone at the end of the day.

**3 MUSKETEERS:** You are adventurous, love new ideas, area champion of underdogs and slayer of dragons. When tempers flare up, you whip out your saber.

**BUTTERFINGER:** Smooth, articulate, you are an excellent after-dinner speaker and a good teacher. But don't try to walk and chew gum at the same time...

**SNICKERS:** Fun loving, sassy, humorous. Everyone enjoys being around you, but you are a practical joker. Others should be cautious in shaking your hand.

**HERSHEY'S:** Romantic, warm, loving. You care about other people and can be counted on in a pinch. You tend to melt.

**ALMOND JOY:** Always ready to give and receive, very energetic and really like to get into life. The opposite sex is always attracted to you.

**CLARK BAR:** You like sports, whether baseball, football, basketball or soccer. If you could, you would like to participate, but enjoy watching sports. You don't like giving up the remote control.

**GOOD 'N' PLENTY:** You are a very fun and loving person, who likes to laugh. You are fun to be with. People like to hang out with you. You are a very warmhearted person.

**ENERGY BAR:** Life is passing you by. Get a life!!! Go eat a plum.

**CHOCOLATE COVERED RAISINS:** You go to the bathroom often.

## A Few Things the Pandemic Taught Me From Bonnie Teeples

While we may laugh at some of the craziness surrounding the COVID-19 pandemic, the empty paper products shelves, the lack of trusted cleaning supplies, alcohol, bleach, YEAST, and other necessities were certainly not laughing matters. Maybe we found ourselves skimping on paper products because we were worried that what we had on hand would not last until the shelves were fully stocked again. I am a person who most always has a surplus of things I use frequently on hand. I do not believe that it is prudent to wait until the last roll of TP is on the roller to add it to the shopping list. But this has been a jangling wake up call for me and for many of us when it comes to being prepared.

When I heard food stuffs such as bread were flying off of the shelves, I wasn't too worried. After all, I have wheat, a wheat grinder, oil, salt and yeast...Oh WAIT, how old is that yeast in the freezer?? WHERE is that yeast that is supposed to be in the freezer??? So, on one of our bi-monthly trips to the grocery store I found myself looking for yeast. Now, I wasn't going to fight that woman who just picked up the last package of yeast, but I was certainly grateful when she told her daughter the package was way too big for them and she put it back on the shelf! I waited until she was about four steps away from the display before I snagged that yeast! I was not prepared, and it put me in a little bit of a panic.

So, what can we all do to be better prepared for times such as this? Now that stores are better stocked is the time to prepare our lives and homes by getting a supply of the items we frequently use and the items that bring us comfort during times of stress and uncertainty. Think about the things you craved during the past few weeks, put some of those items in your storage. By purchasing a little at a time and putting some items in "storage" each month we will find ourselves with extra to help us feel a little more secure in times of need.

Many people planted a garden during the pandemic. The benefits are many. Great fresh produce, being out in the fresh air, exercise, and family togetherness. In stores in our area we did see a "shortage" of garden seeds!

One of the great things I have seen and heard through the pandemic is more family time. As Scott

and I sat out on our deck in the evenings, we heard families all around us. There was laughter, shouts of joy and encouragement as families played games and had fun with each other. It was a wonderful thing to experience. One night our daughter supplied us with dinner and a movie OUT. We cooked hotdogs on the outdoor firepit for dinner, had smores for desert and then watched a movie OUTSIDE on the side of the house. It was so fun. People have been resilient and imaginative through all of this. It has brought out the best in most people. We see stories of goodness all around us, stories of people making the best of a bad situation. Some of us were more prepared than others and helped those in need, some of us were on the receiving end of others preparedness. Whatever end we were on we need to remember that we are all in this together. We were placed in this life to be of service to others, but we cannot serve if our stores of supplies or goodness is depleted. The better prepared we are, the better we can serve our fellow man.

FCE is all about serving others. Our reserves are full and we are ready to serve. Share what you know, share what you learn, and share the goodness that is Oregon Family and Community Education.

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From your ACWW USA Area President  
Bonnie Teeples

I've just sent out a new issue of my newsletter but want to emphasis a few very important things from it.

In April 2019, at the Triennial a resolution was passed that our member societies support rabies education. In September 2019, ACWW launched a training through a partnership with the Global Alliance for Rabies Control. On the ACWW website you will find a link to the training website, it is under the "Advocacy and Policy" tab and listed as Rabies in Rural Areas. I have registered and taken part of the training and I encourage all of you to do the same. It does take a while to complete, but you do not have to complete the training in one sitting. Please share this information with your group members, family and friends. People do not have to be ACWW members to participate and take the training. I earnestly hope all our members know about and are willing to take this free training on the (continued on page 5)

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ACWW website to educate us about Rabies, and then share the information.

Please remember that because we will not be holding most of our meetings and activities where we normally collect Pennies for Friendship, donations that support ACWW will be down. Please think of creative ways to collect donations for this cause. Perhaps ask each member to donate a penny a day for each of the days they were on stay at home orders, or donate a certain amount of pennies per day for each day they went out of the house while on shut down, or a certain amount for each drawer, closet or room they cleaned or neglected projects completed while staying home! Have fun with these ideas, or find your own, and try to generate a goodly amount of money for ACWW. We need to remember that just because the world has slowed down somewhat, all overhead to keep the organization running still needs to be paid! A few members have expressed concern for ACWW support, so please let them know that Pennies for Friendship funds can still be sent and donations can also be made on line.

Women Walk the World has been postponed to October 15, 2020. The theme for the walk is Will Walk for Food. There will soon be five posters to use in raising awareness about the walk, a PowerPoint presentation, leaflets that will show how the donations are used, and the availability to have a personalized fundraising page for your walk! Please read the article on Women Walk the World in the most current issue of the Countrywoman magazine. I encourage you to visit the ACWW website and read the current issues of the magazine, read the information that is there for you, and then share information with your groups, and lastly encourage your members to use the ACWW website. It is full of useful information that can be used to raise awareness of issues facing women and families.

Thank you all for your support and encouragement as I serve in this position. I am disappointed that with the shut-down I haven't been able to attend as many conferences across the Nation as I had planned. Hopefully, next year will be better!

If you have any questions or suggestions please send them on to me:

[usa@acww.org.u](mailto:usa@acww.org.u)

Hello from District III

“You may not be as fast on your feet, and the image in your mirror may be disappointing, but if you are still functioning and not in pain, **gratitude** should be the name of the game.”

Actress Betty White, age 98

About all we can control in these trying times is our attitude and our gratitude. And maybe how much we're nibbling.

When I feel overwhelmed by the clamber of “breaking news”, worried officials sharing dire statics and frightening predictions, I turn off the voices and pictures. I slip in an old CD and the room fills with the mellow voice of Andy Williams. So relaxing as I dance around the living room.

I can't control the virus, can't control the world, but within our home I have some say. So, I'm cleaning out cupboards and closets, sorting family keepsakes, treasures, junk and items for next year's County Store at our conference. We built this house 47 years ago, lots has been crammed in the cupboards.

I hope you are enjoying summer even with all the challenges of COVID-19. It hurt to put big X's over all the calendar events we usually attend. It's just safer to stay on our land and only go into town to buy groceries . . . of course wearing our masks. We take a hike up our country road every other day to yell out greetings to neighbors and feed watermelon rinds to Buffy the old steer and Hiccup the goat.

I sent out an email to all the members in District III about three important items:

#### WHAT TO DO WITH OUR VOLUNTEER HOURS?

Keep track of your Volunteer hours – helping a neighbor, making meals for others, driving someone to appointments. (Helping relatives doesn't count). Send your hours by email or note to our Vice President, Rene Metteer at [metter@monitorcoop.com](mailto:metter@monitorcoop.com) or mail to 7617 S. Monte Cristo Road, Woodburn, OR 97071 or by Cell at 503-910-6805

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### WHAT TO DO WITH PENNIES FOR FRIENDSHIP?

Keep collecting coins for ACWW. Send your check to Bonnie Teeples at 4338 Arthur Street, Klamath Falls, OR 97603.

She will make sure they are taken care of. Remember Bonnie is U.S.A. Area President. Because of the Pandemic the World's ACWW Presidents are not meeting in England.

### WHAT TO DO WITH ITEMS FOR KEEPER'S CORNER?

Keeper's Corner is Scott and Bonnie Teeples' Antique mall in Klamath Falls. Oregon FCE has a booth there, FREE OF CHARGE.

FCE members and friends donate lovely treasures to be sold in our booth. In five months, October 19, 2019 to March 19, 2020, our fundraising booth earned us \$1,225.79. This money goes into our treasury.

Clean out your cupboards. If something no longer brings you joy but is lovely or interesting, wrap it and place it in a box. Contact me –

[anne.n.engen@gmail.com](mailto:anne.n.engen@gmail.com) or call 503-472-7146.

I'm hoping to meet Scott halfway down I-5 to pass along the treasures that you are donating.

Take care, Anne Engen  
District III Director

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Oregon FCE News is sent 3 X year to FCE members paying dues for Jan. 1 to Dec. 31, 2020.

~Next deadline-January 8,2021 ~

Send articles and/or change of address to:

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### Web Site for Oregon FCE [www.Oregon-FCE.org](http://www.Oregon-FCE.org)

Lots of information on the Web Site. Check our FCE Groups in Oregon, Minutes from Board Meetings, State and National Conferences, FCE Board Members, Newsletters, Scholarship Forms and so much more. Be sure to check it out.

### RECIPES

*Since I didn't hear from many members on what they were doing during this COVID-19 stay at home, I added some recipes that were sent my way.*

### EASY PEASY ZUCCHINI

Anne Engen

1. Wash and dry a zucchini, no need to peel it.
2. Slice into ¼ " rounds or thicker if you wish.
3. Place square of wax paper over a large microwave safe plate
4. Arrange zucchini around your plate. Cover with plastic microwave safe cover.
5. Microwave plate of zucchini on vegetable level or at 7 or 8 power for 3 to 4 minutes.
6. Open microwave, check to see if zucchini is almost done.
7. Add toppings, choices are squares of cheese (parmesan, Parmigiano Reggiano, Irish cheese, or grated cheese). Sprinkle with Seasoned Salt, or Johnny's Elegance Seasonings or smoke paprika. You can also add a cherry tomato cut in half and place on top of the cheese. If you use the Orange cherry tomato cut in half it makes the rounds look like fried eggs.
8. Microwave one more minute or so.
9. Remember to take your plate of tasty zucchini out of your microwave and share with family while they're still at the table. (One time writer's platter became a bedtime snack)

### BEEF STROGANOFF

Donna Michaelson

1 1/2 TBS. of butter

½ cup chopped onion

Salt and pepper

1 tsp. garlic salt

1-2 lbs. of minute steak

1 can of cream of mushroom soup

½ to 1 cup sour cream

¾ bag of egg noodles.

Mix butter in a frying pan with onion and garlic salt and cook on low heat. Add meat cut in small strips and cook till done. Add soup and sour cream. Cook noodles and drain well and add to meat mixture. If you cut the recipe down still add all the soup and sour cream to make a nice sauce.

Enjoy!

## CHERRY CRUMB CAKE

Nancy Thornton

*This is an easy—good recipe that is handy this time of year when we have fresh fruit. Enjoy!*

Sift together: 1 cup sugar  
2 cups flour  
1 tsp. baking powder  
½ tsp. salt  
1 tsp. cinnamon  
Cut in: 2/3 cube butter  
Stir in: 1 egg

When crumbly, place half the mixture in the bottom of a 13" x 9" x 2" pan.

Top with pint of cherries or other fruit.

Spread the rest of the crumbs on top.

Bake for 30 minutes at 350°. Eat hot or cold.

Looks like you have the whole meal planned. Hope you enjoy these recipes and thank you Anne, Donna and Nancy for sharing them with us.

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### Added thoughts about Chocolate!

1. Chocolate is a vegetable. How, you ask? Chocolate is derived from cocoa beans. Beans are a vegetable. Sugar is derived from either sugar cane or sugar beets. Both are plants, which places them in the vegetable category. Thus, chocolate is a vegetable.
2. To go one step further, chocolate candy bars also contain milk, which is dairy. So, candy bars are a health food.
3. Chocolate covered raisins, cherries, orange slices and strawberries all count as fruit, so eat as many as you want.
4. If you've got melted chocolate all over your hands, you're eating it too slowly.
5. The problem: How to get 2 pounds of chocolate home from the store in a hot car. The solution: Eat it in the parking lot.
6. Diet tip: Eat a chocolate bar before each meal. It'll take the edge off your appetite and you'll eat less.
7. If calories are an issue, store your chocolate on top of the fridge. Calories

- are afraid of heights and they will jump out of the chocolate to protect themselves.
8. If I eat equal amounts of dark chocolate and white chocolate, is that a balanced diet? Don't they actually counteract each other?
9. Chocolate has many preservatives. Preservatives make you look younger. Therefore, you need to eat more chocolate.
10. Put "eat chocolate" at the top of your list of things to do today. That way, at least you'll get one thing done.
11. A nice box of chocolates can provide your total daily intake of calories in one place. Now, isn't that handy?
12. If you can't eat all your chocolate, it will keep in the freezer. But if you can't eat all your chocolate, what's wrong with you?
13. If not for chocolate, there would be no need for control top pantyhose. An entire garment industry would be devastated. You can't let that happen, can you?

As a chocoholic, I am on my own version of a 12 step program – I'm never more than 12 steps away from some chocolate.....

I'm not the author of this but the authors said: The opinions of the authors are their own and do not constitute professional advice or diagnosis of any kind.

Keep smiling and enjoy each day even if you are stuck at home, or staying 6 feet apart when you venture out. Keep busy writing cards of encouragement to others, calling friends and family to keep in touch. We have done a lot of baking and invite our kids to stop by our drive through window to pick up goodies. We have the time and they all work so it is good therapy for both us and our kids. Most of us are in our own homes, able to get outside, while there are many people that are stuck in care centers or retirement homes, or apartments where they are unable to get outside. Be thankful for what you have and are able to do during these difficult times. In many areas we are able to again meet in small groups if we remember to wear our mask, sanctify our hands and practice other social distancing.

Looking forward to the time when we will be able to hold our FCE gatherings. Take care, stay safe.

Lynda Nyseth, Editor