

OCWC Newsletter

PO Box 2102 | Oregon City, OR | 97045-0058 | www.oregoncitywomensclub.org



A Note From Bev...

Thirty days have passed since our last newsletter. Our world was quickly changing. Today we're in a holding pattern with every emotion known to man rolling through us not knowing what day it is, missing our family, social community, and so so much more.

You know that personal bubble we so fiercely protect? Well, I'm needing that bubble to burst! I'm missing hugs and kisses and whispers from little ones and I know you are too. If there is one thing that makes these unsettled times easier to bear, it's knowing that we're all in this together.

I miss you all! Because of that I've decided to hold a Zoom meeting on our regular club day. Check your calendar to make sure you're available 😊 May 14 at 10am. A little earlier than our usual meeting and unfortunately you'll be on your own for lunch. (See side note on how you can help HOPE). If you haven't already done so, download the Zoom app on your electronic device. Do not pay a fee. This is free to use. Vanessa is setting the meeting up and will send the invite with a follow up reminder. I am so looking forward to seeing your wonderful faces!

Together...We will get through this storm to find brighter and better days. Hold the course and stay well, my friends!

Our anniversary will have to be celebrated a little differently too. Grace and Vicki have both suggested that because we are not spending \$15 on lunch this month that we donate it to HOPE. (Helping Other People Eat). As you can imagine, they are serving a much greater number of families each week. Resources are running thin.

This is our 117th year and our challenge is always to bring in the number on canned goods for the years we celebrate. If only ten of us donate, that would be \$150. Imagine if each of us did. Donations can be sent to HOPE in care of Alice Hayden.



CONGRATULATIONS to our newly elected officer's for 2020-2022

President: Connie Kitzmiller
Vice President: Chris Wadsworth
Recording Secretary: Gail Aldridge
Financial Secretary: Julie Peters
Treasure: Heather Chaney



May Birthdays

5-03	Norma Evans	5-22	Vicki Pearse
5-03	Julie Peters	5-25	Karmin Tomlinson
5-06	Margaret Loney	5-27	Judy Albin
5-07	Chris Nolde		
5-10	Sue Waud		
5-14	Jilda Danielson		

OFWC Convention - Canceled

If you have signed up to attend the OFWC Convention in Astoria on May 15-16, 2020 they have made the decision to cancel the meeting.

If you have already registered your check will be returned to you. If you have made hotel reservations please call and cancel as soon as possible to avoid any charges from the hotel.





Follow That Fork!

Favorite recipes from your very own OCWC members

Italian Stuffed Spaghetti Squash

Karin Morey & Pinterest

Gluten Free and Serves 4

9 Ingredients

1/2 lb Sweet Italian sausage, ground

5 oz Fresh Baby spinach

1 clove Garlic

3 lbs Spaghetti Squash

1 cup Tomatoes, Fire Roasted

Kosher salt and Black pepper

1 Tbsp Olive Oil, Extra Virgin

4 oz Cream Cheese

4 oz Mozzarella Cheese

HOW DO YOU MAKE SPAGHETTI SQUASH?

Start by **cutting** your spaghetti squash in half lengthwise and scraping out the seeds (similar to a pumpkin). Place the squash meaty side down on a baking sheet or oven safe **baking dish** and cook in a 400 degree F oven.

My squash was a pretty large one (approximately 3 lbs.) so it took about 45 minutes to soften, but check your squash after 35 minutes

if it's on the smaller side. The squash is done with the outer skins start to shrivel inward.

While the spaghetti squash is cooking, it's time to make your filling. Heat a little EVOO in a [large skillet](#) and brown your sausage. When the sausage is cooked through and no longer pink, add the spinach, garlic, and tomatoes and cook until the spinach has wilted.

Next, add the cream cheese and stir until it has blended in with the sausage mixture. Remove from heat and cover until you're ready to add the squash.

Using a [fork](#), scrape the squash in long front to back motion creating "spaghetti" and add the vegetable to the sausage mixture. Do this for both halves; then mix the ingredients all together.

Finally, add the mixture back into the two squash halves; then place back onto your baking sheet or in your baking dish. Top with the shredded Mozzarella cheese and place under the broiler for 3-4 minutes until the cheese has melted. Garnish with chopped basil or parsley and serve hot.



Spring Salad

Julie Peters

2 Bunches Spinach
1 Pint Strawberries
Dressing:
1/2 Cup Sugar
1 Tbsp Sesame Seeds
1 Tbsp Poppy Seeds
1/2 Tsp Minced Onion (can be omitted)
1/4 Tsp Paprika
1/4 Tsp Worcestershire
1/2 Cup Olive Oil
1/4 Cup Cider Vinegar

Sausage Mozzarella Egg Dish

Julie Peters

1 lb Italian Sausage
2 Cloves Garlic
1/2 Cup Sun-dried Tomatoes (Drain Oil)
2 Tbsp Parsley
8 Eggs
3/4 Cup Half and Half
1 Cup Heavy Cream
1 & 1/2 Cup Mozzarella Cheese
1/2 Tsp Salt
2 Tbsp Parsley on top
30 minutes @ 375 degrees
Save 1/2 cup of Mozzarella Cheese for top and 2 Tbsp Parsley

Fav Recipe

Ann Vandehey

Cut up a small head of Cauliflower and steam until soft/firm .
Brown 1lb of ground beef, seasoning with fav seasoning. (I like montreal steak and garlic salt w/parsley)
Chop steamed Cauliflower into 1/4" pieces. Add cooked hamburger and a cup of shredded cheese to the Cauliflower and toss. Sprinkle parmesan and enjoy!

Family-Favorite Chicken Enchiladas

Sandra Browne

Recipe serves 4-6

Ingredients:

2-3 cups of diced, cooked chicken
1 can of cream of chicken soup
½ pint of sour cream
4 oz. can of mild, diced green chilies, very well drained.
1 small can of sliced ripe black olives
1/2 lb. of grated cheese (sharp cheddar, or a combination of sharp cheddar and Monterey Jack)
6 fajita-sized (7") flour tortillas
Sliced avocado (if desired)

Instructions:

Mix the sour cream and soup together. In a large bowl, mix together the diced chicken, chilies, olives, and HALF of the grated cheese. Add 2/3 of the sour cream/soup mixture and mix well. Place a scoop of the mixture in the center of each tortilla; roll up and place seam-side down in a baking dish. Cover with the remaining 1/3 of the sour cream/soup mixture, and bake uncovered for 30 to 40 minutes at 350 degrees, sprinkling the rest of the cheese on the top as it bakes. Remove from oven and lay sliced avocado on the top. Place back in the oven just long enough for the avocado to warm.

Tips:

This dish may be assembled in advance and baked later. Allow extra time to bake if it's been refrigerated and is still cold when it's placed in the oven. I usually double the recipe – it's great re-heated! Serving idea: accompany with corn-on-the cob and a Caesar salad!

Shrimp Waldorf Salad

Bev Spilseth

Dressing:

1/2C Greek Yogurt, plain
1 1/2 tsp. Dijon mustard
1 tsp. cider vinegar
Juice of 1/2 lemon or to taste
Sea salt and ground black pepper

Salad:

1/2 C walnuts
1 small head romaine lettuce, finely shredded
1/2 lb. cooked peeled medium shrimp
4 small celery ribs plus leaves, chopped
1 Gala or Granny Smith apple cut into 1/2" pieces
2/3 C seedless grapes, halved

Dressing: Whisk together all ingredients in a small mixing bowl. Taste & adjust seasoning as necessary, adding a little more lemon juice if necessary.

Salad: Toast walnuts in a dry frying pan over medium heat for 2-3 minutes until golden.

Put shredded lettuce in a large mixing bowl and add shrimp, celery, apples & grapes. Spoon in dressing & toss to coat.

Chill for 30 minutes before serving.

Serves 4

Salmon with Asparagus & Chive Butter Sauce

Bev Spilseth

1 lb. thick asparagus, trimmed
1 C water
Salt & pepper
4 skinless salmon fillets 1" thick
1/2 C dry white wine
3 T unsalted butter
2 T freshly chopped chives

Lay asparagus in a single layer on the bottom of a lg. skillet. Add water & salt. Season salmon with salt & pepper (I use a seafood rub) & lay across asparagus spears. Bring water to a boil over high heat. Cover & cook over medium heat until salmon is cooked & asparagus is tender. About 8 min. Transfer to a platter. Add wine to skillet, increase heat to medium high simmering mixture to reduce, approximately 5 min. Remove from heat. Whisk in butter & chives, season with salt & pepper. Pour sauce over salmon & spears.

Serves 4

The Best Gluten Free Chocolate Chip Cookies

Nancy Ide

These chocolate chips cookies are so tasty, you won't believe they're actually good for you!

INGREDIENTS

1 - 1/4 c. almond flour
1/4 c. coconut flour
1 tsp. baking soda
1/4 tsp. sea salt
6 tbsp. butter
3/4 c. coconut sugar or brown sugar
6 tbsp. peanut butter
1 1/2 tsp. vanilla extract
1 egg
3/4 c. chocolate chips

DIRECTIONS

Mix almond flour, coconut flour, baking soda and salt in a large bowl.

In a separate bowl, use an electric hand mixer to beat together butter and coconut sugar on medium speed for 1 minute. Add peanut butter and vanilla and beat until well combined. Next, add the egg and beat on medium speed until well combined.

Slowly add the dry ingredients to the wet ingredients and mix together. Fold in chocolate chips.

Place the bowl in the refrigerator for about 1 hour or until the dough is firm.

Preheat the oven to 350 °F (175 °C) and line a baking sheet with parchment paper.

Roll dough into 8-12 balls. Place 4" apart on the prepared baking sheet. Using your hand, press on the cookies lightly to flatten the dough. Bake for 11-14 minutes.

BLACK BEAN & PORK TENDERLOIN SLOW COOKER CHILI

Heather Chaney

1 ½ pounds pork tenderloin, cut into 1-inch cubes
1 small onion, finely chopped
1 small red bell pepper chopped small
3 (15 ounce) cans black beans rinsed
1 (16 ounce) jar of salsa
½ cup chicken broth
1 tsp dried oregano
1 tsp ground cumin
2 tsp chili powder

Combine everything in a slow cooker. Set to Low and cook for 8-10 hours.

Eat plain or add your favorite toppings. Also, good served over a small amount of rice.

SUMMERTIME TEA

Heather Chaney

6 tea bags
4 cups boiling water
1 ½ cups sugar (I only use 1 cup)
1 (6oz) can frozen orange juice
1 (6oz) can frozen lemonade
10 cups water

Steep tea bags in boiling water for about 15 minutes; discard tea bags. Add sugar while the water is hot. Place remaining ingredients into a gallon container and chill.



🍴 *Alabama French Chicken in the Crockpot*

Bev Simpson

This is elegant enough for a company dinner and so easy. I double it for a crowd and serve over wild rice.

4-6 boneless chicken breasts

1 can cream of mushroom soup

1 jar sliced mushrooms or fresh

1 pkg dried Italian dressing mix

1 (8oz) block cream cheese

1 cup white wine

Combine all ingredients in a Crockpot and cook on low for about 7-8 hours. I have cooked it faster on high and cooked it on the stove in a Dutch oven, but the Crockpot frees up the stove. This is so good!



Highlight of my day is to check on the 85 tulip bulbs I planted last fall after purchasing a garden basket at the WC Auction.

Esther Hunt

VENMO anyone?

Each month at the Woman's Club meetings I have had people say that they did not have cash and had to stop at an ATM prior to a meeting. It seems that more and more people use debit cards rather than checks or cash.

Our club does not have the means to accept credit cards, but someone recently mentioned using Venmo. I would be interested in hearing if people would be interested in the Woman's Club setting up this type of account.

If you use Venmo would you let me know what you think of making this available. I would appreciate any suggestions that you may have.

Heather Chaney
hlchaney@comcast.net

OFWC Clubwoman of the Year Award

Pam Briggs

For the second year in a row, we have not received any nominations for our Clubwoman of the Year award. I KNOW that there are clubwomen in every club in Oregon who deserve to be nominated by this award.

I am extending the deadline for this to May 1st. The application form is very simple and is in your Directory that Wendy has sent to everyone. Since most of us are at home these days, I know you all have extra time to complete the nomination form and get it sent to Julie Brown.

PLEASE talk with others in your club and nominate an outstanding clubwoman for this award.

Thanks Pam

CCSO Covid-19 Community Care Initiative (CCI)

Beginning the week of March 30, 2020, CCI began calling approximately 1,500 seniors each day to inform them that CCSO is here for them in this difficult time. Callers are working through a script of questions expeditiously, documenting key responses to establish individual risks and needs requirements. An additional team is processing work orders from identified needs sent in from callers and an inbound call center has been created to receive inbound calls from community members. Our resource team will pick up resources or food, medicine, and household supplies and ensure deliveries of those items to those in need. We are also doing check-in/follow-up calls to help combat loneliness during this difficult time.

This effort is adapting and responding to emerging needs and we foresee a need for additional volunteers. At this time Fred Wienberg the volunteer coordinator for this project is still working to identify where/how volunteers can best be utilized. Some examples of needs may be filling food boxes, making/taking calls etc. Volunteers for deliveries may also be needed. If you would be interested in volunteering please complete the attached documents and return them to Fred at

CommunityCareInitiative@co.clackamas.or.us

I have been making outbound calls as well as working in the call center and have found it to be a great experience. Everyone I have spoken with has shared their own story of hope with me.

The mission of the CCSO Covid-19 Community Care Initiative is to provide direct support to vulnerable populations in Clackamas County through outreach calls, delivering resources of (food, medicine, and supplies), and referring needs outside of our ability to community partners with those resources to. CCI will look to identify emerging needs and collaborate with community partners and government agencies to ensure smart allocations of resources and the best possible outcome for our residents.

Take care,

Kelli

Donations for Community Care Initiative

If you would like to make a donation to help financially with this program you can go to www.ccpobf.org and make a secure online donation or by mailing a check to CCPOBF PO Box 678, Clackamas, OR 97015

Thank you

Chris

Prayer of the Week

Dear God, as we carry forward in this post pandemic world, may we carry love in our hearts and share it with others. Family, friends, neighbors, healthcare workers, grocery store employees, and more. May we walk in kindness and remember that love will always be essential. Amen

Maria Shriver - The Sunday Paper

