

OCWC Newsletter

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



GFWC Oregon Federation of Women's Clubs



Connie's Corner...

Important Date Change

Our December General Meeting only will be on the third Thursday, December 16th!!



We have had a great month so far...it is awesome to see so many of you at our meetings in person! Heather reported you brought in a total of 157 gift cards (a \$795.00 value) and \$90.00 cash for the Pioneer Pantry to give students at Christmas! Thank you all so much for your generosity. For December our giving goes to Angels in the Outfield's Holiday Store. I know they can always use volunteers beforehand to help with set up, during and after to pack up. You can checkout their website to donate, sign up to help or for more details. They are anticipating a large number of kids to help this year.

“Great Job and Thank You” to the Civic Improvement and Social Services Committee this year! They did a lot of research and came up with a wonderful list of recipients. I went with Susie Werner yesterday and everyone we gave checks to were so pleased and very appreciative of our donation!

Please see your Agendas from our General Meeting - they list the chairman for the Hostesses each month for the remainder of this year. Chris will also include a copy of the addition we voted on to include in our Standing Rules in the back of your pink member books. It gives a good description of what the Hostesses job is.

Be thankful for what you are now, and keep fighting for what you want to be tomorrow.

Due to COVID the past two years, “we” put everyone’s name down for a month. This Spring we will go back to letting everyone select the month that works best for them to help. One more thing going back to normal 😊

Health Update - One of our members, Claire Met, suffered a heart attack yesterday and was in the hospital waiting to have some additional tests. She said she felt fine, but that you certainly don’t get a good night's sleep there. Please keep her in your thoughts and prayers.

Wishing each of you a blessed Thanksgiving!

Make yourself a priority.

At the end of the day, you’re your longest commitment.



OCWC has begun distributing our checks for Social Services

"WHEN YOU
CAN'T FIND
THE
SUNSHINE,
BE THE
SUNSHINE!"

-uNKNoWN



Backpack Buddies - November 18, 2021 - Doing the Recycle!

Backpack Buddies need your help!

Our club will be packing 200 bags for Angel's in the Outfield's Holiday Store on Thursday December 2 at Prince of Life Lutheran Church on Meyers Rd. at 12pm.

Can you help?

Volunteers are also needed on Thursday, December 16 for our monthly packing. Same location. Same time. In January, we'll return to our normal packing date of the fourth Thursday of the month, January 27.

I'd like to thank Karen Anderson, Heather Chaney, Connie Kitzmiller, Julie Peters, Karen Steiner, Karmin Tomlinson, Chris Wadsworth, Nancy Weicker, Susie Werner & Barbara Renken for their help since we resumed in September.



*Today, I will
not stress
over things I
cannot
control.*

Two things you are in total control of in life are your attitude and your effort

I'm sure it fills ALL of our hearts to know these kiddos don't go hungry over the weekend. If you haven't helped, give it a try! It usually takes a little over an hour of your time.

I am thankful to be a part of a group of women with giving hearts! Let me know how you can help! 503-989-9118 or spilsr@molalla.net

Bev Spilseth



YOU HAVE
TO BE ODD
TO BE
NUMBER
ONE.
- DR. SEUSS

November 20, 1919

Club called order by the Pres. at 2:00 clock with sixteen members present.

Minutes of previous meeting read and approved.

The Pres. read a communication from Mrs. Dunbar with a plea from Supt. Churchill that the Womans' Club would take charge of the Red Cross Seal sale and Mrs. Caufield said she would write and tell him to send them direct to the school children. Mrs. Caufield stated that she was called downtown to meet Mr. Dorris to talk over methods of selling them.

Mrs. Evans suggested that they get Mr. Calavan interested and Mrs. Kirk said the teachers were all willing to do all they could to help.

Mrs. Cherin resigned but said she would fill of the office of Treas. Sec. until the club could elect someone else.

Mrs. Norris remarked that understood the council was not going to clean the streets anymore and Mrs. Caufield suggested that some of the club women attend the council meeting next time and learn at first hand what they intended to do.

You are
what you
do, not what
you say
you'll do.

You have been
assigned this
mountain
to show others
it can be moved.

never give up on

you



Mrs. Caufield said the new Federation Pres. had appointed Mrs. Castner editor of the Federation Bulletin and suggested that each member subscribe for the same subscription, twenty-five cents per year.

After a few minutes recess, Mrs. Savila favored the club with a Hawaiian selection on the guitar and responded to an encore.

Miss Tiffany gave an interesting talk on physical culture.

The sale of the Red Cross Seals was left to the Executive Committee.

Mrs. Nettie Lawler was elected to the office of Treas. Sec. and accepted.

The receipts of the day were \$2.00.

Aurie M. Draper, Sec.

From 1910 to 1919 the Red Cross partnered with the National Tuberculosis Society to sell Christmas seals to raise funds for treatment of tuberculosis (TB) patients. Until antibiotics were available for distribution in the 1940s treatment included rest, proper nutrition, and sometimes admission to a sanitarium with "healthy air."

The Oregon City Womans' Club was an early leader in public sanitation and a healthy community. A December 12, 1919 local newspaper article noted that a portion of the Christmas Seal sales would be used to pay for a county nurse. In late 1919 "Spanish Flu" had receded but TB, also known as consumption, remained a major cause of death in Oregon City and the local area. OCWC was later a leader in the establishment of the county health department.

So what is "proper nutrition" for someone suffering from an illness?

RECIPES FOR FOOD AND BEVERAGES MOST COMMONLY USED FOR INVALIDS

Junket

1 cup of milk, sweeten to taste

Flavor with coffee, sherry or nutmeg, warm slightly and add ½ junket tablet (*rennet powder*)

Cover and leave in a warm room until set, then place on ice and serve cold.

faith
hope
love

Milk Punch

1 cup of cold milk 1 tablespoon of rum or brandy 1 tablespoonful of sugar

Shake until foamy and serve at once.

Wine Whey

1 cup of sweet milk ½ cup sherry wine

Heat the milk almost to the boiling point, add sherry and keep hot until the curd forms, strain and serve either hot or cold.

Dry Toast

Use stale bread and cut in thin slices, dry in oven and brown on the fire. Toast for invalid should be crisp to the center of the slice.

Flour Gruel

1 cup of milk

½ tablespoonful of flour

Salt to taste

Mix flour in a little cold milk, add to hot milk and cook in double boiler for ½ hour. Cooked raisins or sugar and flavoring may be added if desired.

Beef, Mutton, or Chicken Broth

1 pound meat to each quart of cold water.

Wash meat in cold water or wipe with a wet cloth, cut the meat in small pieces and break the bones. Remove all fat and membranes leaving only the clear meat and bones. Simmer for three hours, season to taste strain through a coarse strainer, remove fat when cold. Serve hot as needed.

Scraped Beef

½ pound of round steak cut one inch thick

Place on a clean board and scrape with a dull knife removing only the pulp. Season this pulp with salt and make into small flat cakes, broil over the fire or in a hot pan not more than two minutes and serve at once on dry toast.

Scraped Beef Sandwiches

Prepare meat pulp as above.

Season the uncooked pulp to taste and spread between thin slices of stale bread – serve without butter.

Soft Cooked Eggs in the Shell

Use about a pint of boiling water for each egg.

Pour over the eggs and let them stand near the fire for 10 minutes, but do not boil. The egg if properly cooked will be the consistency of jelly.

American Red Cross Textbook on Elementary Hygiene and Home Care of the Sick

Jane A. Delano, R. N. Chairman of the National Committee, Red Cross Nursing Services

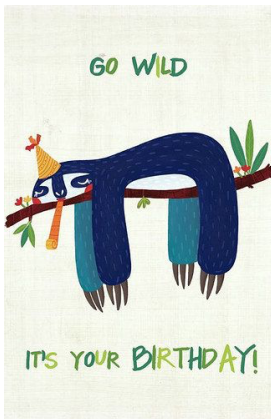
Isabel McIsaac, R. N. Late Member of the National Committee, Red Cross Nurses Service

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Thank you Karin Morey for submitting these articles on a monthly basis for the newsletter.

HAVE A
WONDERFUL
FABULOUS
EXCITING
JOYFUL
MEMORABLE
SPLENDIDLY
HAPPY
BIRTHDAY



December Birthdays!

12-02 Christy Palmer

12-05 Lynn Banta

12-08 Nancy Weicker

12-22 Patty Brown

12-22 Judy Storey

12-23 Esther Hunt

12-30 Janice Olsen





Standing Rules (continued)

Host Committee for Monthly Meetings

- There shall be up to five (5) co-hosts for each regular meeting. One of the co-hosts shall be designated as chair.
- The Chair shall contact the co-hosts well in advance of their assigned turn to serve.
- The Chair shall contact the caterer for the lunch menu suggestions and present choices to the Committee members to decide what to serve for lunch.
- The Chair reports final menu decision to caterer.
- The Committee will provide table decorations and table favors. Tables should be set up prior to the Club's social time at a regular meeting.
- The Committee shall greet members and guests as they arrive.
- The Committee shall assist the Club President as needed.
- After the meeting, the Committee is responsible for clearing decorations from tables and meeting room.

Please cut this portion out and add to your pink 2021-2022 booklet. Insert as Page 37

- December 16 – Bev Spilseth.
- (note date change for this meeting ONLY)**
- January 13 – Vanessa Parra
 - February 10 – Bev Simpson
 - March 10 – Chris Wadsworth
 - April 14 – Sheila Wilson
 - May 11 – Susie Werner
 - June 9 – Sherry Highland

Please remember that these options are available on our website.

Pay Online:

Dues or Luncheon: <https://oregoncitywomansclub.org/dues-or-luncheon>

or click "More" on menu line at oregoncitywomansclub.org

Donations: <https://oregoncitywomansclub.org/donate-1>

or click "Donate" on menu line at oregoncitywomansclub.org



