

MPY TRI-LINE NEWS

Volume 23, Issue 2

Marion, Polk, Yamhill

Spring/Summer 2016



Hello,

Where has all the time gone? As **I'm** writing this baseball season is here, the school year is almost over and summer is just around the corner. Didn't **January** just start?

District III is busy raising money and making plans to put on the **2016 Oregon FCE State Conference**. Our next event will be our **District III** meeting on **May 2**, we will be taking a "**Tour of England**", with **Anne Engen and Sally Wyffels**. Look for the registration form in this newsletter.

March 28, Linda Bird, Lidia McRae and I attended the **District I** meeting in **Tualatin**. **Jeanne Brandt, Family Community and Health Faculty for Linn County Extension**, presented the program "**Cuba today**". She traveled with "**Road Scholar**", a safe way to travel, they make all of the arrangement and have guides to help you with your travels. We also learned what is going on in **Washington and Clackamas Counties** and their "**Heart of FCE**" winners. We were served a delicious lunch and **I** came home with one of the door prizes.

If you have changed your address, know of someone who would like to receive this newsletter or someone who received this newsletter and now is deceased or has moved please let us know so we can make the needed changes. Send the changes to **Susan Whitaker, 9875 Parker Rd., Monmouth, OR 97361-9762**.

Sincerely,

Lynda Nyseth, Editor



From the Desk of the District III Co-Director Sally Wyffels

I am a list maker. **I** make lists daily on paper and in my head. It is a habit **I** learned in my college years.

As a **Home Economics** major in college my methods professor, **Mrs. Bonnie Meyers**, insisted that the class make lists of "what, when, how and who" in preparation for our classes we were to teach for student teaching. The plans would be for a unit, weekly and daily lesson plans. The **Food Science** professor also required us to have detailed timetables of meals and/or dishes we were to make in lab. Even my textile professor had us make outline plans of our clothing construction projects.

I am getting older **I** am so thankful for this good habit. **I** find **I** am getting more forgetful and need a reminder. With modern technology **I** can use my computer, but **I** write on calendars (one for my purse and the other on the kitchen wall). **I** have a notepad on my refrigerator for needed groceries. My husband and **I** leave notes to one another concerning plans for the day.

With so many **FCE** activities coming up this year **I** have lists...long lists of things, ideas, people **I** need to remember. Thank goodness for all the **District III** members who will be helping **FCE** with district meetings, lessons to be taught, picnics to attend and a conference to be organized.

The **District III** meeting will be held in **McMinnville, Oregon, on Monday, May 2**, at the **Yamhill Heritage Center**. The theme is "**Travels to England**". **Donna Hulett** will be doing a "bed turning". If you have a special quilt, please bring it with its "story" and **Donna** will share during the "turning".

(Continue on page 2)

(Continued from page 1)

A soup and bread will be provided. Please bring a dessert or salad to share. The museum will offer tours of the facilities. There will also be a silent auction, book sale and door prizes. Enclosed in this newsletter is a registration form for the event. There will be a conference planning meeting following.

Linn County FCE will be having a picnic at **Millersburg, in August**. This will also be a planning meeting for the fall conference to be held in **Salem in October**.

Lists! Lists! Lists! I have lists to make!

Have a wonderful spring and summer.

Sally Wyffels
District III Co-director

UP COMING EVENTS

April 25 Clackamas County Share Fair.
Contact **Joann Gribble**, 503-829-4840.

May 2, District III annual meeting, to be held in **McMinnville**. Registration form in this newsletter.

July 14-17, National FCE Conference in Memphis, TN

August 16, Linn County picnic, Millerburg,
October 3-5, Oregon State FCE Conference, Salem, "Be a Fan of FCE".

Put these dates on your calendars and plan to attend these fun and interesting events, especially if you are in the area. We need you!

Yamhill/Polk Spring Festival **"Hands of Hope"**

The **Yamhill/Polk Spring Festival** held on **Wednesday, March 16** at the **Amity Christian Church** was a fun, wonderful, educational and social event. **"Hands of Hope"** was the title of this event and the tables were all decorated with the colors of spring. Donations of money and non-perishable food for the local food pantry were collected. On one table was an array of gift baskets prepared by the study groups awaiting us to buy tickets for a chance to win one of them. Another table had a large number of used books with many topics to choose from and it was very easy to fill a

bag for just a small fee. As always the food was outstanding. There was breakfast muffins, tea and coffee for the morning and a large assortment of salads and desserts for lunch (**I think we need an FCE cookbook!**) **Patti Malanaphy, State FCE President**, gave us a **FCE** update on news and upcoming events. Attendees enjoyed a craft class making decorations and items for the upcoming **Oregon State FCE Conference in Salem, "Be a Fan of FCE", October 3-5**. After lunch we gathered to listen to **Ann Scott and Nita Belles** speak about **'Human trafficking'**, which is the **National FCE Focus Project**.

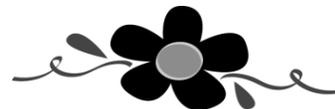
Although **I** was aware of human trafficking, **I** became much more informed and enlightened after **Nita's** talk about this ever growing problem. We ended our event with the raffle drawing and as an added bonus **I** walked outside to sunshine.

Rene' Metteer, Union/Woodburn FCE

study Group Happenings

Oak Meadows study group in **Marion County** celebrates the holidays by having a delicious potluck for the **December** meeting. After eating and socializing, previously we had a gift exchange with a limit of \$5.00. It was always fun to see how creative we could be with our choice of gifts. Deciding that we all had enough "things", the group made the decision to bring toys for children. The last two years we brought toys to be given to the firemen of **Marion County District 1** for their **Toy Drive**. Not only do the firemen appreciate our donations, we also enjoy seeing what everyone brings for the children. Also, we had a traveling basket for money for our treasury. Now we each bring what we wish to donate and send checks to a charity in **May and December**. Our **December** check went to **The Center of Hope and Safety in Salem** which is an organization that helps abused women.

Linda Schollian , Oak Meadows FCE



(Continued on page 3)

(Continued from page 2)

Woodburn Union FCE, Marion County, January meeting was cancelled due to inclement weather.

February - White elephant sale was held, our group of 8 members enjoyed the **OSU "Coffee Break"** lesson plan. We learned a lot of history and interesting facts about coffee.

March - "**The Story Lives On**", presented by **Sarah Cox and Pauline Mikkelsen**, was educational, informative and provided us with laughter and tears. The lesson provided interaction with members and presenters. The presenters made this lesson extra special with their own personal family stories. **Pauline** had a wonderful story to tell that combined a family 'girl' gathering with a **Native American** legend and specimen that she received from a tribe in **Arizona** when visiting. There was also a beautiful memory book regarding the lives of **Daisy and Paul Cox, Pauline's** parents; as well as other books, stories and pictures of other family members. **Pauline** had her own personal book/story that told of her battle and survival with cancer. It was a very special sharing time. A beautiful shamrock table was set for us with a dessert and salad made from old time recipes from the **Cox** family. One recipe was handwritten by **Daisy** and we enjoyed the delicious food while we reflected.

Rene' Metteer, Woodburn Union FCE



Open Arms FCE, Marion County, January **Penny White and Donna Evanoff** presented our lesson on "**Cranberries**". The lesson was well received by 9 members. We welcomed our new member **Valerie Perry**. **Connie Leavitt** reported that she took 38 bags to the hospital for the "**Books for Baby**" project. **Penny** donated books, bags and bibs and **Donna** also donated several books. A thank you note was received from **Marion/Polk Food Bank** for the \$50 that was donated.

February - "**Coffee Break**" was presented by **Alene Showers and Valerie Perry**. There were positive reviews and they enjoyed tasting a variety of coffee grinds and brewing methods.

Alene Showers, Open Arms FCE

Sheridan FCE, Yamhill County, February the lesson "**Coffee Break**" was lead by **Donna Hulett**. We donated \$100 to the "Soup Bowl". We reported 14 **FCE** hours and 224 other hours which included church, quilting, cutting coupons for **Veterans** and pull tabs for **Ronald McDonald House**.

Claudine Eden, Sheridan FCE



Amity FCE, Yamhill County, January we ate at **Third Street Pizza** and reported 38 **FCE** volunteer hours and 15 1/2 other hours.

February the lesson "**Coffee Break**" was lead by **Annette Williams**. We learned a lot from the lesson even though only 3 members drink coffee. There were 8 members present, 61 1/2 **FCE** volunteer hours and 21 1/2 other hours were reported.

March, Lynda Nyseth, lead the lesson "**The Story Lives On**". We had 7 members present. We reported 34 1/2 **FCE** hours and 17 1/2 other hours. We gave \$50 for the **2016 State Conference**.

Lynda Nyseth, Amity FCE



Creative Homemakers, Yamhill County, January they enjoyed their annual tour of downtown **McMinnville**.

February, "**Coffee Break**" lesson was enjoyed by members.

Donations

Thank you so much!

- | | |
|-------------------------|------------------------|
| Julie Amen | Joyce Savage |
| Lois Enstrom | Linda Schollian |
| Kathleen Hammack | Anita Stryker |
| Janice Kilbourn | Alice Wicks |
| Angela Krupicka | Colleen Wilcox |
| | Helen Wilson |

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Personal Thoughts

My goal for 2015 was to lose just 10 pounds. Only 15 to go....

I just did a week's worth of cardio after walking into a spider web.

A recent study has found that women who carry a little extra weight live longer than men who mention it.

Remember back when we were kids and every time it was below zero out they closed school? Me neither.

A thief broke into my house last night....He started searching for money so I woke up and searched with him.



Buzz, buzz you busy bees to Salem for the....

Oregon FCE State Conference
October 3, 4 & 5, 2016

Host District III
(Lane, Linn, Marion, Polk and Yamhill Counties)

"Bee a Fan of FCE"

There will be a beehive of sweet activities

- ❖ Learning in new workshops
- ❖ Greeting old friends, making new ones
- ❖ Savoring meals you did not have to cook
- ❖ Listening to inspiring speakers
- ❖ Shopping at the country store and touring local sites
- ❖ Attending an important business meeting
- ❖ Participating in our service project, **Habitat for Humanity**
- ❖ Winning door or table prizes, and drawings for gifts
- ❖ Enjoying great local entertainment
- ❖ Taking a brisk walk in the morning, playing evening games

Mark your calendar now for this special time of year. The registration form will be in our "**Oregon FCE News**", if you are not a member but want to attend check out our **Oregon FCE** web-site. The web-site www.oregon-fce.org will have a copy of the registration form after **August 12th**.

Remembering Former FCE Members that have died this year



Virginia Lee Lucas passed away **February 13, in McMinnville, Oregon.** She was 93.

Some of you will remember **Virginia** as an active **Extension Homemakers member.** She was the state president of the **Oregon Extension Homemakers Council**, attending national meetings throughout the **United States** and representing **Oregon** at three world meetings of the **Associated Country Women of the World in Dublin, Ireland; Honolulu, Hawaii and Michigan.**

Virginia had a passion for quilting and made and donated hundreds of baby quilts to the hospital because she never wanted a baby to go home without being wrapped in a cozy quilt.

I called **Anne Engen** to see what she remembered about **Virginia** and she found a news clipping from **October 1969.** The article announced that **Mrs. William Lucas** was leaving to attend the **National Home Demonstration Council, October 20-23 at Little Rock, Arkansas.** This will be the 27th national annual meeting of home extension members.

Virginia was elected in **May** for a three-year term as president of the state organization, which has a membership of 22,000 homemakers in 35 counties of **Oregon.** (What a difference from today.) All 50 states and **Puerto Rico** will be present at the national council. Workshops to be conducted will include "Farm-City, Health, Education, Citizenship, International Affairs, Family Life, Publicity, Safety and Civil Defense". **Oregon** was also represented by two other delegates, **Mrs Riddel Lage, Hood River**, past president of the **Oregon State Extension Council** and **Mrs. Harry Benson of Portland.** (Interesting how they always used their husbands names and not their first names.)

Anne mentioned that when she became **Oregon FCE President** (early 1990's) we had 6,000 members.



Shirlee Mary Opal Cleary passed away on **March 15, 2016.**

Shirlee belonged to **High Heaven Quilting Club and Home Extension.** I don't remember the name but I'm guessing that **Shirlee** was a member of the former **Baker Creek** group and was probably the same group as **Virginia Lucas.**

Maybe some of you will remember these ladies and their time as **Extension Homemakers.**

INVITATIONS

FCE Presents, Share Fair 2016
April 25, 2016 @ 9:30am - 2:00pm
First Presbyterian Church
1321 Linn Ave, Oregon City

(Fashion Thru The Ages)

Guest Speaker: Patricia Tawney

Registration \$5.00

Bring your favorite dish to share
(Pot Luck)

Remember (White Elephant)
for (Silent Auction)

Hosted by Rural Dell & Mt. Pleasant
Questions Contact: Joann Gribble
(503-829-4840)

(Wear your favorite Outfit 'fashion')

**Table Decorations from Spring Festival
"Hands of Hope"**



Creative Homemakers FCE



Amity FCE



Ambitious Annies FCE

HAPPENINGS

Yamhill Master Gardeners will have their plant sale **April 30 from 9 am to 3 pm at the Yamhill County Fair Grounds in McMinnville.** And **May 1 from 11 am to 2 pm** at the same location. They also have a talk show **"To The Root Of It"** on **KLYC (1260 am) Saturday from 9 am to 10 am.**

Master Food Preservers are available to answer your food safety and preserving questions **April 18 thru Oct. 14** from 9 am to 4 pm. Call 1-800-354-7319.

Spring Festival Speaker



Speaker Nita Belles with **Cathryn Schabell** and **Patti Malanaphy** discussing how we can help fight "Human Trafficking".

"Human Trafficking In Our Backyard"

Do you know the difference between trafficking and human smuggling? Trafficking is slavery for sex or labor or both and it's the 2nd largest crime in the world, 250,000 U. S. Citizens are trafficked.

Nita Belles, Executor Director of "IN OUR BACKYARD", based in **Bend, Oregon**, was our **Spring Festival Speaker**. She has written books, given motivating speeches and testified at our capitol about the impact of human trafficking.

In **1850** a slave from **Africa** might be sold for \$40,000 in today's money. Now a girl or boy being trafficked might be "sold" for only \$100.

Why don't they just run----they're isolated from family, lonely, out of money. They're groomed, given gifts, affection by pimp/trafficker, then come threats of violence, given a "street" name, branded with tattoos----ID taken away, told to work off her debts and she must earn so much money. Then comes fear, self blame, shame, hopelessness. The pimp takes all the money, the girls are moved up and down the west coast. 89% want out of prostitution.

(Continued on page 7)

(Continued from page 6)

Nita told us there is a link between porn addiction and sex trafficking. Porn is used to train young people held by traffickers and 49% of porn "actors" were trafficked.

For 12 years a trafficked woman from **Hong Kong** lived with a family in **Sun River**. She was abused physically, sexually, paid little and fearful. All those years--hidden in plain sight. **Nita** and her volunteers helped to set her free.

Up to **2010** there was no law about trafficking. A bill was passed this past **June**, now **Nita** and her team place stickers, in public stalls in any business with a liquor license. These stickers have phone numbers or places to get help for someone to get free.

Nita and a group of trained volunteers helped police around this year's **Super Bowl**--looking for trafficked girls. She showed us a short video of this event.

Submitted by **Anne Engen**, Creative Homemakers FCE

SPRING BOARD

Report by **Sally Wyffels**

The **2016 Spring** board meeting was filled with reports, changes to the bylaws, announcements and people being honored. The **Oregon FCE** membership is down to 354 members for **2016**. The importance of increasing membership was discussed and concerns expressed by every person in attendance. If your study group has a new member remember to send a note/email to **Patti Malanaphy** so she can welcome them to **FCE**. Include in your note the member's full name, address and when she/he joined. Also send an email to the **National FCE Secretary** about your new member.

Deanna Hadley announced that she is resigning her position as **Vice-president of Programs**. She is taking a job and won't be able to full-fill her duties. But she is staying a member of **FCE**. She thanked study groups for turning in their program evaluations and suggestions for new lessons. If your group is using an **OSU** lesson and the lesson has an evaluation, please return them to the local extension service office. If there is not an evaluation form with the lesson, **OSU Extension**

doesn't need an evaluation. **FCE** lessons should always have an evaluation with the lessons presented. A blank evaluation form is found in the handbook on the **Oregon FCE** website.

There will be five **Oregon FCE** offices opened for the coming year. They are **President-elect, Vice-president of Programs, Secretary and Directors for 2 and 4**. If you are interested in any of the positions, fill out an application and run for the office. The form is available from your district director, county council president or found in the handbook.

There were many changes made to the bylaws, due to changes in redistricting. The changes will be posted on the website and your district director will have the changes. The new districts are shown on a redrawn map of the districts as found on the **Oregon FCE** website.

The **Oregon Heart of FCE** has seven nominees this year. They are: **Rosemary Barnard, Clackamas County; Anne Engen, Yamhill County; Ana Kramer, Crook County; Alene Showers, Marion County; Kathy Starr, Washington County; Scott Teeples, Klamath County and Joyce Tuttle, Jackson County**. The winner will be announced in the state newsletter and honored at the **Fall Conference**. The committee had a very hard time making the final selection with so many deserving people nominated.

"**Character Counts**" were announced as well. Winners in **Jackson County, Morrow County and Lane County**. They were awarded a cash prize, framed certificate and pin.

FCE Lessons to be presented at the **2016 Fall Conference on October 4 and 5 in Salem** are the following: "Grandparents raising grandchildren"; "Flags: Codes and History"; "Maximizing Nutrition/Managing Obesity"; "Our Love Affair with Salt"; "'V' is for Very Valuable Volunteers" and "Aging Eyes" or "Cooking for One or Two".

A country was not selected this year, but on **Wednesday** a presentation of the topic, "**Human Trafficking**", the **National FCE** focus, will be made for the attendees. The **OSU** lessons have not been announced as of this date.



FCE CALENDAR

	APRIL			JUNE
22	ACWW "Women Walk the World" District III, Dallas City Park, 9:30		19	Father's Day
25	Marion Co. Council, 9:30 4-Corners Fire Station		4	JULY
	Clackamas Co. "Fair Share", 9:30-2:00 Oregon City		7-10	Independence Day
	Precious Water		14-16	Marion Co. Fair
27	Training Yamhill Co., 9:30-11:00 Extension Office Auditorium		14-17	Linn Co. Fair
28	Training Marion Co., 9:30-11:00 4-Corners Fire Station		28-31	NAFCE Conference, Memphis, TN
29	Date of ACWW "Women Walk the World"		29	Polk Co. Fair
	MAY			Deadline for Oregon FCE News articles
2	District III Meeting, 9:00-2:00 Yamhill Co. Heritage Center			AUGUST
6	Deadline for Oregon FCE News articles		3-6	Yamhill Co. Fair
8	Mother's Day		12	Mail Oregon FCE News, 9:15
13	Yamhill/Polk Co. Council, 9:30 Sandwich Express, McMinnville		16	Linn Co. Picnic, Millersburg
20	Mail Oregon FCE News, 9:15 4-Corners Fire Station		22	Marion Co. Council, 9:30 4-Corners Fire Station
23	Marion Co. Council, 9:30 4-corners Fire Station			Importance of Immunizations For Adults
30	Memorial Day		24	Training Polk Co., 9:30-11:00 Extension Office Conference Rm.
			25	Training Marion Co., 9:30-11:00 4-Corners Fire Station
			26	Oregon State Fair Begins
				SEPTEMBER
			2	Deadline MPY Articles
			5	Labor Day
				State Fair ends
			9	Yamhill/Polk Co. Council, 9:30
			16	Mail MPY, 9:15

Oregon Association for Family & Community Education