

MPY TRI-LINE NEWS

Volume 25, Issue 4

Marion, Polk, Yamhill

Fall/Winter 2018



It is an exciting time here in Amity, our football team is in the state playoffs. We have been having good weather for watching the games as the rain has held off and it really hasn't been that cold. I'm thankful for this but I have been told that the players like the rain, but maybe that isn't true. At any rate we are proud of our boys in Blue and White.

This October I attended our State FCE Conference in Pendleton. Districts II and IV did a great job. Two of my roommates and I toured the Pendleton Woolen Mill and then headed to the Underground. We were happy that we were able to save a first-time attendee, from Klamath Falls, from a life time of working with Stella as a "Working Girl". We had lunch at Sisters Cafè and then headed to Barhyte Specialty Foods where we tasted mustards and marinating sauces and of course purchased a few. We were then back to the conference to attend the officer training meeting.

Monday night Jason McDonald from the Pendleton Chamber of commerce welcomed us to Pendleton. Karen Rose spoke to us about KARE (Kids at Risk Empowered). We were informed on all the different needs and difficulties of the homeless kids. We might think "homeless" as the kids and people living on the streets but it includes those who have lost their homes, jobs or other problems that make them live in motels, cars, with friends or on the street. At the conference the community project was to gather school supplies, clothes, toiletries and other things that would help these kids. The KARE project gets us to thinking about how many in our area also need this help.

Four of us made it to the line dancing in the lounge after dinner. It was confusing as we were scheduled to start at 9 but found out that the lounge closed at 9. I went after dinner to check and see if they were still having the line dancing and found

them already dancing. We tried to get the word out to others but were unable to accomplish that. We also had games in our room in the evenings. Not as many as we have had in the past as a lot of the regulars did not attend the conference this year. We still had a good time with our small group.

Tuesday was the business meeting, which went very well. Then lunch and classes in the afternoon. The speaker was Darryl Abling, Range Manager from UAS Test Range. He told us of all the testing with drones and how they are helping the farmers. They are working on many projects that will be a help to everyone.

Tuesday night while we enjoyed our dinner The Ukele Group entertained us. What a great group of musicians. After dinner we met the National FCE Essay and Art Winner, Rylee Palmer, her family and teacher. We can all feel proud to have a winner from Oregon. Her teacher really supports the program and is ready each year to work with FCE and her class.

Wednesday, we finished with our lesson on Australia. Cynthia Gibson and Sally Wyffles did a great job.

October 12th, Marion, Polk and Yamhill Counties met to plan our lessons for 2019. Here are the training dates and the lessons. You will have the lesson the month after it is taught.

Training January 23 and 24 we will start with an OSU lesson "Bury Those Negative Thoughts".
February 27 and 28 "The History, Use and Misuse of Antibiotics" FCE lesson.

March 27 and 28, "Instant Pot Cooking" FCE lesson.

April 24 and 25 "Gas Lighting" FCE lesson.

August 28 and 29 "The History of Vinegar and Uses" FCE lesson.

September 25 and 26 "Vegetables" OSU lesson.

October 23 and 24 "Quick Breads" OSU lesson.

And a reminder 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 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 Director

November is here and the holidays are close at hand. Time to begin planning our family's celebrations. Your county councils have selected and organized the Marion, Polk and Yamhill program for 2019.

The lessons will be "Bury Those Negative Thought" (OSU) in February; "The History, Use and Misuse of Antibiotics" (FCE) in March; the April lesson will be "Instant Pot Cooking" (FCE); next in May is "Gaslighting" (FCE); in September, "The History Of Vinegar and Uses" (FCE); "Vegetables" (OSU) in October; and last, in November, will be "Quick Breads" (OSU). *(Remember these are the dates your study group will have the lesson, training is the month before.)*

Spring Festival will be held in March on Wednesday the 20th at the fire station in Amity. A white elephant bingo will be held once again at the meeting. The theme and program/classes have not been decided as yet.

This is my last column for MPY. I have been very honored to represent you as your district director. I will remain an active member of FCE and Creative Homemakers.

Welcome Anne Engen as your new District III Director.

May you all have a fantastic Thanksgiving and a joyful Christmas!

Peace and Joy!

Sally Wyffels

District III Co-director

Washington County's Holiday Faire

Four of us from Creative Homemakers, Sharyl and Ed Michael, Carol Huson and Anne Engen, traveled through pouring rain to attend this interesting event on EARTHQUAKES.

Dr. Scott Burns retired Professor of Geology at Portland State is a prolific writer and popular speaker. We were mesmerized and energized by his fact filled message and photos.

Here's some of his facts and wisdom. (Hard to capture everything as he's a fast talker.)

Portland - the only city that has 30 volcanoes, lucky they're extinct.

Kathryn Schulz's 2015 New Yorker earthquake article about our Big One said "Everything west of I-5 would be toast". Great visual, not a fact. But really got us talking about earthquake preparedness.

There are 800,000 earthquakes around the world each year, 10 being disasters with 1,000 deaths. Now earthquake deaths have jumped to about 44,000 a year.

2.5 Quake - you won't feel it, even if you're standing on the epicenter.

5.6 - The Spring Break Quake of 1993 damaged homes and schools

7.0 - Haiti in 2010, shallow quake, Haiti has no building codes, much destruction.

8.6 - Quake would be 27,000 times the shaking of a 5.6 quake like Spring Break

9.1 - Indonesia Quake and tsunami killed 283,100 in 2004.

9.2 - The 1964 Good Friday Quake in Alaska, tsunami killed beach campers in Crescent City CA
The longer the shaking, the higher the number.

Dr. Burns' power point showed Oregon's faults, Portland has 3 main ones. Then he showed the scary photo, explaining the word "**Liquefaction**" where solid ground quivers into a liquid. Think sandy soil along rivers, low lands. Portland has two rivers, a low airport along the Columbia. The Fremont Bridge may stand as well as the Marquam Bridge as its been upgraded to withstand earthquakes. BUT not the Marquam's ramps. Guess where all the oil and diesel fuels for Oregon are held? Along the stretch of low lands on the Willamette River in northwest Portland. When that land liquefies what will happen? (Continued on page 3)

(Continued from page 2)

The 10 companies refuse to locate some fuels to safer areas unless someone pays for the move.

Here's what you should be doing to feel prepared.

Go to Red Cross website for it's preparedness list.

Buy earthquake insurance, before 1994 there were no building codes for earthquakes.

Have older house strapped down.

Put together or buy first aid kits for home and cars.

You are 1st responder for neighbors.

Buy camping food, tents. Some way to heat water, cook food.

Store 10 gallons of water, rotate stock. There will be no showers or baths for a long time.

If you use natural gas, have turn off switch installed. \$300

Buy lots of toilet paper, plastic toilet seat & lid that fits a 5 gallon bucket.

Near your bed have sturdy shoes, flashlight and crowbar.

Have cash, in all sizes of bills.

Submitted by Anne Engen, Creative Homemakers FCE



Sharyl, Dr. Scott Burns and Anne

There were 33 people present. Dr. Scott Burns talked about being prepared for earthquakes and how far behind Oregon actually is. And what we need to do to get ready for one. He said that we should all get earthquake insurance and you have to ask for this. And have food, water and first aid kits in 3 different places. 15 gallons of water for each person and enough food for each person for at least 3 weeks.

Submitted by Sharyl Michael, Creative Homemakers FCE

Books for Baby Program

This is still a project that Marion County does. Each book is put in a cloth bag, along with a bib, brochure about FCE and a copy of the MPY.

Jerry Shepherd makes the labels to put in each book, saying they are donated by FCE and our mission statement. Thank you to each person who has donated books, bags and bibs. Lynda Nyseth and Hazel Dyche, from Amity FCE, made several bags and bibs this last time.

The nurses say they like giving out the bags and the new mothers like them too. This project is to encourage mothers to read to the newborns and older children too.

Submitted by Connie Leavitt, Chairman for Books for Babies Projects.



Donations from

Julie Amen

Claudine Eden

Lorna Jensen

Janet Lee

Ethel Post

Polk County Council

Thank you for supporting the **MPY Tri-Line News**. **Our next deadline is February 1, 2019.**

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Make check payable to MPY Tri-Line News.

Wisdom from Larry the Cable Guy

1. A day without sunshine is like night.
2. On the other hand, you have different fingers.
3. He who laughs last, thinks slowest.
4. A clear conscience is usually the sign of a bad memory.

I was asked by a faithful reader to include this article from a 2011 newsletter.

Think American made!

As the holidays approach, the giant Asian factories are kicking into high gear to provide Americans with monstrous piles of cheaply produced goods – merchandise that has been produced at the expense of American labor. This year will be different. This year Americans will give the gift of genuine concern for other Americans. There is no longer an excuse that, at gift giving time, nothing can be found that is produced by American hands. Yes, there is!

It's time to think outside the box, people. Who says a gift needs to fit in a shirt box, wrapped in Chinese produced wrapping paper? Everyone – yes EVERYONE gets their hair cut. How about gift certificates from your local American hair salon or barber?

Gym memberships? It's appropriate for all ages who are thinking about some health improvements.

Who wouldn't appreciate getting their car detailed? Small, American owned detail shops and car washes would love to sell you a gift certificate or a book of gift certificates.

Are you one of those extravagant givers who think nothing of plunking down the Benjamin's on a Chinese made flat-screen? Perhaps that grateful gift receiver would like his driveway sealed, or lawn mowed for the summer, or driveway plowed all winter, or games at the local golf course.

There are a bazillion owner-run restaurants – all offering gift certificates. And, if your intended isn't the fancy eatery sort, what about a half dozen breakfasts at the local breakfast joint. Remember, folks this isn't about big National chains – this is about supporting your home town Americans with their financial lives on the line to keep their doors open.

How many people couldn't use an oil change for their car, truck or motorcycle, done at a shop run by the American working guy?

Thinking about a heartfelt gift for mom? Mom would LOVE the services of a local cleaning lady for a day.

My computer could use a tune-up and I KNOW I can find some young guy who is struggling to get his repair business up and running.

Okay, you are looking for something more personal. Local crafts people spin their own wool

and knit them into scarves. They make jewelry and pottery and beautiful wooden boxes.

Plan your holiday outings at local, owner operated restaurants and leave your server a nice tip. And, how about going out to see a play or ballet at your hometown theatre.

Musicians need love too, so find a venue showcasing local bands.

Honestly, people, do you REALLY need to buy another ten thousand Chinese lights for the house? When you buy a five dollar string of lights, about fifty cents stays in the community. If you have those kinds of bucks to burn, leave the mailman, trash guy or babysitter a nice BIG tip.

You see, Christmas is no longer about draining American pockets so that China can build another glittering city. Christmas is now about caring about US, encouraging American small businesses to keep plugging away to follow their dreams. And, when we care about other Americans, we care about our communities, and the benefits come back to us in ways we couldn't imagine.

THIS is the new American Christmas tradition. Post this on discussion groups – throw up a post on Craigslist in the Rants and Raves section; send it to the editor of your local paper, and radio stations, and TV news departments. This is a revolution of caring about each other and isn't that what Christmas is about?

Submitted by Penny White, Open Arms FCE 2011

Yamhill/Polk Spring Festival

March 20, 2019

Amity Fire Station

Plans are being made for our fun day of learning, guest speaker, fellowship, games, community project and of course eating. Save the date now and we will be sending the registration form and other information in the February edition of the MPY.

More wisdom from Larry the Cable Guy

1. Change is inevitable, except from vending machines.
2. If you think nobody cares, try missing a couple of payments.
3. Inside every older person is a younger person wondering "What the heck happened?"

Invitations

December 5, Linn County Christmas gathering at Wing Ming's, 1170 S Main in Lebanon. 11:30 meet and order lunch, visit and stay after and play games.

December 12, Lane County Christmas gathering at Dexter Fire Station. Auction and Pot Luck lunch. Time 10 am to 1 pm.

December 18, Open Arms/Marion County Council Christmas gathering at Four Corners Fire Station. Pot Luck lunch of salads and desserts. Time 11:30, lunch will be served at 12.

ACWW Walk April 29, 2019

Mark your calendars for our ACWW (Associated County Women of the World) Women Walk the World, April 29th. For this walk we will meet at the Carousel in Salem at 10 and walk across the new walking bridge. We usually walk for ½ hour and this year we might have to rest after our walk with a ride on the carousel before we head to a restaurant to regain our energy. Donations are welcome for us to send to ACWW to show our support to this worthy organization.

In the past we have partnered with ACWW to help women in other countries by donating embroidery thread and mailing it to India. The women would then use the floss to make items that they could sell to raise money. The cost for the postage has gone up so much that it is no longer feasible for us to send the floss.

ACWW this year created a new fund, the Women Empowered Fund (WE Fund). This is a new way of funding their projects. Previously an ACWW Project would be adopted by an organization, such as Oregon FCE, who would pledge to fund the project over a period of a couple of years. Now, with this new fund we could, as a part of an organization, either as a State, District or County donate whatever amount you have collected and it would go towards funding a project along with donations from other organizations. We would get to decide which of six types of projects we wanted

to support, we would receive updates as the projects progress and final reports as to their success.

We have chosen the "Zero Hunger Challenge". We are collecting dimes in small water bottles. When our bottle is filled, we can send ½ of the money to ACWW and ½ to a local food bank. So we are helping at home and women in other countries.

There are six Priority Focus areas in which ACWW directs funding. For more information you can go to the ACWW website to see the six areas and their current funding totals. The six funds are: Education and Capacity Building; Nutrition, Good Health and Wellbeing; Sustainable Agriculture, Training and Development; Income Generation and Livelihood; Sustainable Water, Sanitation and Energy; and Maternal and Reproductive Health.

Information provided by our FCE International Representative, Gay Jarvinen.

Study Group Happenings

Lane County, in District III, has 1 group that meets the 2nd Wednesday of the month at the Dexter Fire Station. They are a busy group knitting hats and scarfs for the Veterans and youth; teaching youth to knit; Crocheting afghans, scarfs and hats. Many hours are volunteered at the Museum, library, summer reading program, sewing for the Christmas Angel shoebox program and many other projects. Volunteer hours for FCE 269 and other activities 3740 hours.

Linn County, in District III, had 1 group. Each year they organize a picnic at Millersburg Park in August. This year 18 people gathered for friendship, games and lots of visiting and eating.

Marion County, in District III, has 3 groups. They had 298 FCE volunteer hours and 870 non-FCE hours. They will be hosting a Christmas gathering December 18th.

Polk County, in District III, has 2 groups. They reported 917 FCE hours volunteered and 2025 other hours.

Yamhill County, in District III, has 3 groups. The reported 600 volunteer hours for FCE and 1099 other hours.

The volunteer hours for District III are ones reported from March thru September.

(continued on page 6)

(continued on from page 5)

At the State Conference in Pendleton Award Certificates were given for Volunteer Hours reported to Scott. Yamhill County received an award for 3,789 plus hours volunteered. We were told that if we were paid in cash each hour is worth \$24.16. Alene Showers, Renè Metteer (Renè most volunteer hours for District III), Linda Bird, Velma Bottenberg and Lynda Nyseth also received certificates.

The volunteer hours consist of planning and leading FCE meetings, writing articles for MPY, writing and developing FCE lessons and presenting them. Also volunteering in local museums, Senior Centers, Church work, making quilts for the homeless, Books for Babies project and many other activities.

Yamhill Valley Heritage Center

Homemade Holidays Bazaar – Sat. & Sun., Dec. 1-2. 50+ vendors, silent auction, decorated tree auction, lunch and sweets available for sale. Free. Canned food drive for YCAP. Sat. 10am-5pm; Sun. noon-4pm. For more information go to www.yamhillcountyhistory.org They offer many events through out the year so be sure to check them out. They are on Facebook also yamhillcountyhistory.org/fb

Amity FCE is sad to report that another member has died. Marjorie Sanders, has not been able to attend for more than a year now, but she was always interested in what we were doing. We will miss this sweet lady. Marjorie was a proud veteran. Thank you for your service.

Nursery Rhymes Quiz

1. What did Jack break?
2. What Olympic sport would Jill be good at?
3. Who couldn't fix Humpty Dumpty?
4. What was the color of Mary's lamb compared to?
5. What did Little Miss Muffet eat?
6. Where did Mary's lamb follow her?

7. What did another Jack jump over?
8. Which track event would he be best suited for? A) Sprints B) Long distance running C) Hurdles D) Long jump E) Pole vault
9. What was Mrs. Sprat unable to eat?
10. What uninvited guest scared Little Miss Muffet?
11. What would be the best meal for Mr. Sprat to eat? A) Bacon Double Cheeseburger & extra mayo B) Garden salad & light dressing C) Top Sirloin steak & steamed vegetables D) Peanut butter & jelly sandwich
12. What was Mary's (she was "a little different") hobby
13. What would you find at her place? - & in a row.
14. Who ran away with the spoon?
15. What musical instrument did the cat play?

Answers on page 7.

An Ode to the Thanksgiving Turkey

The turkey shot out of the oven,
And rocketed into the air.
It knocked every plate off the table,
And partly demolished a chair.
It ricocheted into a corner,
And burst with a deafening boom.
Then splattered all over the kitchen,
Completely obscuring the room.
It stuck to the walls and the windows,
It totally coated the floor.
There was turkey attached to the ceiling,
Where there'd never been turkey before.
It blanketed every appliance.
It smeared every saucer and bowl.
There wasn't a way I could stop it.
That turkey was out of control!
I scraped and I scrubbed with displeasure,
And thought with chagrin as I mopped,

That I'd never again stuff a turkey
With popcorn that hadn't been popped.

Taken from: 98holidayjokes.com



Volunteer Newsletter Staff

MPY Tri-Line News is published quarterly and is supported by voluntary donations. Anyone may receive the newsletter. Send news articles, donations or inquiries to: **MPY Tri-Line News, Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239**

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Answers to Nursery Rhymes quiz

1. His crown
2. Gymnastics
3. All the king's horses & all the king's men
4. Snow
5. Whey
6. School
7. Candlestick
8. C
9. No lean
10. Spider
11. B
12. Gardening
13. Silver bells & cockleshells all

14. The dish

15. Fiddle

What a Blessing!

A Water Bearer in China had two large pots, each hung on the ends of a pole which he carried across his neck. One had a crack in it, while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full. For a full two years this went on daily, with the bearer delivering only one and a half pots full of water to his house.

Of course, the perfect pot was proud of its accomplishments, perfect for which it was made. But the poor cracked pot was ashamed of its own imperfection, and miserable that it was able to accomplish only half of what it had been made to do.

After 2 years of what it perceived to be a bitter failure, it spoke to the Water Bearer one day by the stream. "I am ashamed of myself, and because this crack in my side causes water to leak out all the way back to your house."

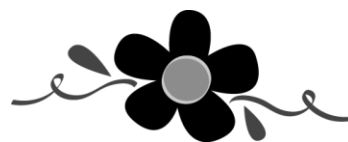
The bearer said to the pot, "Did you notice that there were flowers on your side of the path, but not on the other pot's side? That's because I have always known about your flaw, and I planted flower seeds on your side of the path, and every day while we walk back, you've watered them.

For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Moral: Each of us has our own unique flaws. We're all cracked pots. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding. You've just got to take each person for what they are, and look for the good in them.

Blessings to all my crackpot friends.

Submitted by Brenda Tognazzini, MPY reader



FCE CALENDER

NOVEMBER

- 22 Thanksgiving Day
- 26 Marion Co. Council, 9:30
4-Corners Fire Station

DECEMBER

- 5 Linn County Christmas Gathering 11:30
Wing Ming, Lebanon
- 12 Lane County Christmas Gathering 10:00-1:00
Dexter Fire Station
- 14 Yamhill/Polk Co. Council, 9:30
Sandwich Express
- 18 Marion Co. Council/Open Arms 11:30
Christmas Gathering, 4-Corners Fire Station
- 24 Christmas Eve
- 25 Christmas Day
- 31 New Year's Eve

JANUARY

- 1 New Year's Day
- 4 Deadline Oregon FCE News
- 11 Yamhill/Polk Co. Council 9:30
Sandwich Express

JANUARY (continued)

- 18 Mail Oregon FCE News 9:00
4-Corners Fire Station
BURY THOSE NEGATIVE THOUGHTS
 - 23 Training Yamhill Co.
Extension Office 9:30-11:00
 - 24 Training Marion Co.
Extension Office 9:30-11:00
- ### FEBRUARY
- 1 Deadline MPY Articles
Ground Hog Day
 - 8 Yamhill/Polk Co. Council 9:30
Sandwich Express
 - 14 Valentine's Day
 - 15 Mail MPY 9:00
4-Corners Fire Station
 - 25 Marion Co. Council 9:30
4-Corners Fire Station
THE HISTORY, USE & MISUSE OF ANTIBIOTICS
 - 27 Training Polk Co.
Extension Office 9:30-11:00
 - 28 Training Marion Co.
Extension Office 9:30-11:00

Oregon Association for Family & Community Education