

MPY TRI-LINE NEWS

Volume 23, Issue 3

Marion, Polk, Yamhill

Summer/Fall 2016



Hello, September 22 is the first day of **Autumn**, but it is still feeling like summer. We had this same type of weather last year. Kids are back in school, so we all must be aware of school zones, buses and kids crossing streets. For some parents and grandparents the fall sports have started. It seems like we just finished summer sports.

October 3-5 will be here soon too. I hope you have gotten your registrations in for the **FCE State Conference in Salem, "Be a Fan of FCE."** Registrations can be found on our web site www.Oregon-FCE.org early registration fee is due by **Sept. 16** and hotel registration was due by **Sept. 10** to be assured of the special rate but go ahead and ask for the special rate if you have not made arrangements yet.

Classes for this year: **"Grandparents Raising Grandchildren"** presented by **Scott Teeples and Patti Malanaphy**. Look at the rewards and challenges of raising grandchildren..

"Someone's asking...How to Manage My Obesity" presented by **Janet Allen and Bonnie Teeples**. Are you struggling to lose weight? This lesson will help you to learn ways to manage your emotional triggers and eating habits.

"Cooking for One or Two" presented by **Lendamai Poole and Cathy Schabell**. Great lesson for young people just starting out as well as empty nesters and seniors.

"Our Love Affair With Salt" presented by **Anne Engen and helpers**. Learn the interesting history of salt, kinds, colors, where it is harvested and what happens when you eat too much salt.

"Flags - Codes & History" presented by **Sandie Bolyard and Barbara Voltin**. Come learn how to teach others about our flag.

"V is for Very Valuable VOLUNTEERS" presented by **Patti Malanaphy and Scott Teeples**.

Learn who volunteers, why they volunteer and what motivates them.

Wednesday's workshop: "Someone's Asking ... About Human Trafficking" Presented by **Sandie Bolyard and Bonnie Teeples**. Find out what are the risks and what signs you can look for to identify victims involved in this billion dollar industry.

Monday tours will include **Yamasa Corporation USA (soya sauce), Ideabox (tiny houses) and Willamette Valley Pie Company**. At the hotel there will be a game room for games played all day. You can visit, knit, crochet, play some of your favorite games, get better acquainted with fellow **FCE** members, color and don't forget to visit the sales room several times during the day as new items are being brought in all day long.

Monday night our guest speaker will be **Jennifer Chamberlain** with **"Habitat for Humanity"** and she will be telling us about the wonderful work they do, the resale business they have and what you can donate or do to help out. We will also have the pleasure of **"Sound Waves"** a ladies barber shop group.

Tuesday we will start with our business meeting, at lunch we will have a "Question and Answer Time" with the board members. What is on your mind that you would like to have answers or more information about what is going on in **FCE**. We will also have a short history of fans. The afternoon will be spent with our classes. At the evening meal we will be entertained by a couple of county/western singers. Our guest speaker will be **Serina Clason**, daughter of **Ed and Sharyl Michael**. **Serina** is the recipient of a **Habitat for Humanity** home.

Wednesday morning will be our closing program with a lesson on **"Human Trafficking"**.

We have a full schedule for this year's state conference and I hope that you will plan on attending all or at least **Tuesday** with us to get better acquainted with **FCE** and members from around the state. (Continued on page 2)

(Continued from page 1)

Districts III has met several times planning for the **2016 State Conference**. Our last meeting was at **Millersburg Park**. It was a very nice day and the meal was delicious. **Linn County** did a wonderful job preparing the food and a day full of fun, visiting and making plans for the conference.

In **Marion, Polk and Yamhill Counties** Our **September** lesson is on "**The Importance of Immunizations for Adults and Communities**", **October** will be "**Talking With Your Doctor**" and **November** "**Mom's Toolbox**". If you would like more information on these lessons and where they will be taught give me call and I'll be glad to get you set up. And leaders: Remember we will not leave materials at the training sites. If you want them mailed to you, you pay postage.

Also 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.**



Lynda Nyseth, Editor
503-835-2044 or LYNDATrose@aol.com



From the Desk of the District III Co-Director

After a summer of very hot, dry days, it feels and smells like Fall. Cool mornings with pockets of fog trailing over the newly cultivated fields. The blue-jays and ground squirrels are working days to get their store of nuts and acorns for the winter ahead. I hope they will remember where they have hidden their caches. Most likely I will have several new young trees in my flower beds and pots next spring.

The seeds of the **2016 State FCE Fall Conference, "Be A Fan Of FCE"**, were planted 3 years ago. Now this **October** all the hard work, planning, and organizing for the meeting will come "to life". The conference has many activities, lessons, and tours to discover. The salesroom will have treasures for anyone. The raffle of creative gifts/baskets will be available for you to try to win with purchasing a winning ticket.

The conference will be having informative speakers, entertainment, and good food at each meal. There will be reports from the various officers. A review of the **National FCE** meeting held this past **July** in **Memphis**. Plus a very special guest, **Beverly Earnhart, ACWW Area President of the United States**, will present information from the **ACWW Triennial** held in **Coventry, England**. Both **Patti Malanaphy and Bonnie Teeples** were also in attendance in **England**.

After the conference, **Marion, Polk and Yamhill** members will be meeting in **Dallas, Oregon** at the **OSU Extension Service Office, on Friday, October 21**. We will be planning the lessons to be given for **2017**. We will select the lessons from the program presented at the **Fall Conference and OSU** lessons. You are invited to give input on upcoming lessons. Remember to contact your local county council representative or your study group president with your thoughts or ideas.

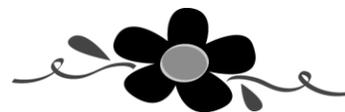
2017 membership forms are now available. Invite a friend to join your group and show her/him what a great organization that **FCE** is for everyone.

Have a wonderful fall and see you at the conference!!

Sally Wyffels, District III Co-Director

DONATIONS

Donna Michaelson
Sally Wyffels



Study Group Happenings

Oak Meadows study Group in **Marion County** is a small group of very generous women. Our goal is to collect donations from each member at each meeting and select a worthy charity to receive our donations in **December** and at our last meeting before the summer break. In **May** we had enough money in our treasury to send contributions to three charities. The first one was the **Marion-Polk Foodshare** in honor of **Alma Wells**, a long time **FCE** member and one of our valued members. Our second donation was to the **Backpack Buddies** which is a project sponsored by **Christ Lutheran Church**. Members of the church gather food to send home with students on **Fridays** so they have food over the weekend. Our third charity was **The Center for Hope and Safety** which helps families in abusive situations.

Submitted by **Linda Schollian**, Chairman Oak Meadows Study Group



Creative Homemakers held the summer picnic, **August 11** at the home of member, **Sharon Herron**. She lives on an acreage that has three large ponds and her home overlooks one of them. While the members were enjoying their potluck picnic on the covered porch a mother deer with her young twin fawns entertained with their play. The members finished the day with a brown bag auction with the proceeds to go to the fall conference. **Anne Engen**, club president, stated that she is writing and presenting a lesson at the conference, "Our love affair with Salt". She asked for food labels to be used for her class presentation. The study group also congratulated **Anne** on being named **Oregon's Heart of FCE**.

Submitted by **Sally Wyffels**, Creative Homemakers FCE

For our first meeting after summer, **Amity FCE**, met at the **Amity Library** for our meeting and then went to the city park for brown bag lunch and to make our part of the table decorations for the state conference.

Submitted by **Lynda Nyseth**, President Amity FCE

Sheridan FCE, met a couple times during the summer to work on their part of the table decorations for the state conference.

Submitted by **Lynda Nyseth**

Holidaze Faire 2016

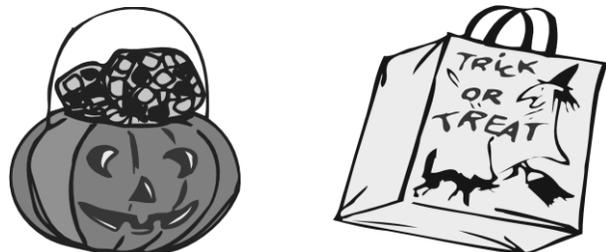
Monday, October 31



Washington County is holding a **Halloween Party**: games, prizes, creepy stories, **Halloween** trivia and general mayhem. Anyone coming in costume will receive extra drawing tickets to increase their chances of taking home one of our delightful or, maybe, tricky baskets.

Registration and coffee is at 9:30 am and the party starts with a costume parade at 10:00 am. Party to be held at the **Tualatin United Methodist Church, 20200 SW Martinazzi Ave., Tualatin**.

Call **Dawn** at 503-692-0173 or e-mail westphal1738@comcast.net for information.



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Car Facts (Stolen Car)

The proud owner of a magnificent 1956 Chevrolet convertible, wrote to say he had restored the car to perfection over the last few years, and sent this...

Last week on a very warm summer afternoon I decided to take my car to town. It needed gas, as the gauge was practically on empty, but I needed an ice cream, so I headed first to my favorite ice cream shop.

I had trouble finding a parking space and had to park it down a side street. I noticed a group of

young guys standing around smoking cigarettes and eyeing my car rather covetously.

I was a bit uneasy leaving it there. But people often take interest in such an old and well-preserved car, so I went off to enjoy my ice cream.

The line at the ice cream shop was long, and it took me quite a while to return to my car. When I did, my worst fears were realized My car was gone.

I called the police and reported the theft and then went back and bought a quart of pistachio ice cream. About ten minutes later the police called me to say they had found the car abandoned near a gas station a few miles out of town.

It was unharmed and I was relieved. It seems just before I called, they had received a call from a young woman who was an employee at a self-service gas station. She told them that three young men had driven in with this beautiful old convertible. One of them came to the window and prepaid for 20 dollars worth of gas.

Then all three of them walked around the car several times. They opened the hood and for a long time they all looked around inside. Then they closed the hood and walked around the car in the other direction. Then they all got in the car and drove off, without filling the tank. The police were at a loss to explain this unusual sequence of events.

The question is, why would anybody steal a car, pay for gas that they never pumped, and then abandon the car later and walk away?

The answer: They couldn't find where to put the gas! You'd never guess in a million years where it was on this car. It's behind the left tail light. There was a little lever you had to turn and the tail light plunked down and there was the cap to the gas tank.

And that's why they walked around the car and threw up their hands, got in and drove away; when they ran out of gas later, they just walked away.

I like to show the younger people where you put the gas in the '49 Cadillac at the museum (same taillight except you push the small light below the big one and it pops up). It always gets a smile and Gramps says bet your Honda doesn't have that feature.

Submitted by **Donna Michaelson**, Ambitious Annies FCE

ARLINGTON CEMETERY

Fascinating Tomb of the Unknown Soldier

This is really an awesome sight to watch if you've never had the chance.

1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

21 steps: It alludes to the twenty-one gun salute which is the highest honor given any military or foreign dignitary.

2. How long does he hesitate after his about face to begin his return walk and why?

21 seconds for the same reason as answer number 1.

3. Why are his gloves wet?

His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and, if not, why not?

He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards changed?

Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

6. What are the physical traits of the guard limited to?

For a person to apply for guard duty at the tomb, he must be between 5'10" and 6' 2" tall and his waist size cannot exceed 30.

They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the tomb in any way.

After two years, the guard is given a wreath pin that is worn on his lapel signifying he served as guard of the tomb. There are only 400 presently worn.

The guard must obey these rules for the rest of his life or give up the wreath pin.

The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt.

There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror.

The first six months of duty a guard cannot talk to anyone nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in **Arlington National Cemetery**.

A guard must memorize who they are and where they are interred.

Among the notables are:

President Taft,

Joe Lewis (the boxer)

Medal of Honor winner

Audie L. Murphy, the most decorated soldier of WWII and of Hollywood fame.

Every guard spends five hours a day getting his uniforms ready for guard duty...

ETERNAL REST

GRANT THEM O LORD

AND LET PERPETUAL LIGHT SHINE

UPON THEM.

In 2003 as Hurricane Isabelle was approaching **Washington, DC**, our **US Senate/House** took 2 days off in anticipation of the storm. On the **ABC** evening news, it was reported that, because of the dangers from the hurricane, the military members assigned the duty of guarding the **Tomb of the Unknown Soldier** were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the **Tomb** was not just an assignment, but that it was the highest honor that can be afforded to a service person.

The tomb has been patrolled continuously 24/7 since 1930.

God bless and keep them.

We can be very proud of our men and women in the service no matter where they serve. And proud of the many **Veterans** that have served our county. Thank you for your service!!

Veterans!

November 11, is Veterans Day, remember to thank those that have served and those that are serving today.

Using herbal supplements? Why you should tell your dentist.

Whether it's echinacea or aspirin, always tell your dentist about any medications and supplements you are taking.

Everything you ingest, even vitamins, causes a certain reaction. If your dentist doesn't know what drugs or supplements you have taken, he or she will not know how to protect you from possible substance interactions. This is particularly important if you are undergoing any surgical treatment.

Conventional versus herbal

Although many conventional (prescription and over-the-counter) medications sold in the United States are derived from plants, they are different from herbal medications. Conventional drugs, which must be approved for use by the Food and Drug Administration, are based on an active ingredient or chemical that manufacturers synthesize when they develop the drug. In other words, a conventional drug is based on a chemical that is made in a laboratory, even though it may have originally come from a plant.

Herbal (also called botanical or alternative) medications are made from natural chemicals extracted from a plant and are produced either in original form (sometimes combined with other herbal extracts) or refined. When an herbal medication is refined, the essential extract is taken out of the plant source, concentrated and then added back to make the original herbal medication more potent.

Combinations to avoid

Even seemingly innocuous herbal and vitamin supplements can have serious side effects for a few dental patients.

Here are some combinations to be aware of: Ginkgo biloba and vitamin E can be dangerous when taken with aspirin because they each can act as blood thinners. The combination may cause difficulties in blood clotting, which could be serious for patients undergoing surgery.

Taking high dosages of vitamins before undergoing anesthesia can also cause concern. In particular, vitamin C, often taken in high dosages for cancer treatment, can weaken the efficiency of anesthesia, among other problems.

Calming supplements, such as Kava Kava or St. John's Wort, can strengthen the effects of anesthesia.

What your dentist can do

Always provide your dentist with a complete medical history, including any herbal medication and conventional drugs you are taking. Some patients who take alternative medicines are afraid the dentist will not respect their decision to take an herbal medication and will tell them to stop taking it; however, as herbal medications become more popular, many dentists are beginning to use them in their practices. Your dentist might even have an alternative, herbal solution for you.

If an herbal medication could interfere with your dental treatment, your dentist may ask you to stop taking the medication until the treatment is complete. The dentist also may be able to prescribe a different drug for treatment, if one is available.

Taking herbal supplements? Tell your dentist.

[Academy of General Dentistry](#)

SHOPPING

**Choices, choices, choices;
The aisles are crowded with choices.
Choices higher than I can reach;
Choices lower than I can bend.**

**Rows of cereal; Bins of coffee;
Fruit I can't name
or know how to use.
I get my exercise pushing my cart
past aisles of choices.**

**Even to select a dozen eggs
one must decide
Brown or white;
Large, medium or small;
Organic, free range or traditional!**

**Only an affluent society
has a market
for
So Many Choices.**

I hope you choose right and realize how blessed we are.

Submitted by Nancy Thornton

Stress Management for Women! This is absolutely wonderful!!

A lady confidently walked around the room while leading and explaining stress management to an audience with a raised glass of water. Everyone knew she was going to ask the ultimate question, "half empty or half full?" She fooled them all "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied , "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced. So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night.

1 * Accept the fact that some days you're the pigeon and some days you're the statue!

2 * Always keep your words soft and sweet just in case you have to eat them.

3 * Always read stuff that will make you look good if you die in the middle of it.

4 * Drive carefully... It's not only cars that can be recalled by their Maker.

5 * If you can't be kind, at least have the decency to be vague.

6 * If you lend someone \$20 and never see that person again, it was probably worth it.

Submitted by **Donna Michaelson**, Ambitious Annies FCE

7 * It may be that your sole purpose in life is simply to serve as a warning to others.

8 * Never buy a car you can't push.

9 * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.

10 * Nobody cares if you can't dance well. Just get up and dance.

11 * Since it's the early worm that gets eaten by the bird, sleep late.

12 * The second mouse gets the cheese.

13 * When everything's coming your way, you're in the wrong lane.

14 * Birthdays are good for you. The more you have, the longer you live.

15 * Some mistakes are too much fun to make only once.

16 * We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.

17 * A truly happy person is one who can enjoy the scenery on a detour.

18 * Have an awesome day and know that someone has thought about you today.

AND MOST IMPORTANTLY

19 * Save the earth..... It's the only planet with chocolate!



FCE CALENDAR

SEPTEMBER

26	Marion Co. Council, 9:30 4-Corners Fire Station	31
	Talking with your Doctor	
28	Training Yamhill Co., 9:30-11:00 Extension Office Meeting Rm	
29	Training Marion, 9:30 - 11:00 4-Corners Fire Station	4 6
	OCTOBER	8
3-5	Oregon State Conference Red Lion, Salem, OR	11
10	Columbus Day	
14	Yamhill/Polk Co. Council, 9:30 Sandwich Express, McMinnville	18
21	District III Lesson Planning for 2017 Polk Co. Extension Office, 9:00 - 11:00	24 28
24	Marion Co. Council, 9:30 4-Corners Fire Station	
	Mom's Toolbox	9
26	Training Polk Co. 9:30-11:00 Polk Co. Extension Office	24
27	Training Marion Co. 9:30-11:00 4-Corners Fire Station	25

OCTOBER (cont.)

Holidaze Faire, 9:30
Tualatin, OR
Halloween

NOVEMBER

Deadline for MPY articles
Daylight savings time ends
Election Day
Veterans Day
Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
Mail MPY, 9:15
4-Corners Fire Station
Thanksgiving
Marion Co. Council, 9:30
4-Corners Fire Station

DECEMBER

Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
Christmas Eve
Christmas Day

Oregon Association for Family & Community Education