

# MPY TRI-LINE NEWS

Volume 23, Issue 4

Marion, Polk, Yamhill

Fall/ Winter 2016



**Hello,** The many holiday events are here. Where has the time gone? **I** have heard several people say "when **I** was young **I** thought **Christmas** would never get here, but now **I** feel that it is here before it is time, time just goes too fast." **I** hope that you take time to enjoy the holidays, time with family and friends. Maybe we don't get everything done that we would like to but relax and enjoy the season.

**Marion, Polk and Yamhill** held their planning meeting to make plans for the lessons that we will have in **2017**. **I'll** give you the titles and the dates and locations of the trainings. Please let the leaders know if you will be attending the trainings and where. If your group decides not to have the lesson let us know ASAP, we will print one leader and one member guide for you for anyone that might be interested. We decided to do the training for **Marion County** at the extension office, located at 1320 Capitol St. NE, Suite 110, in the **Farm Bureau Bldg.**

Lessons taught by **FCE** members are ones we learned at our state conference. We are fortunate to have **Tonya Johnson, Extension Agent in Marion County** teach the **OSU** lessons.

**January "Cooking for One or Two"**, lesson given by **Sally Wyffels, 503-472-3091** in **Yamhill Co. on January 25**, and **Connie Leavitt, 503-581-7393** in **Marion County, January 26**. This lesson is good for young people just starting out as well as empty nesters and seniors.

**February "Strength Training"**, an **OSU** lesson given by **Tonya Johnson, 503-373-3763**. Training **22nd Polk Co. and 23rd Marion Co.** What things should we do to improve our physical strength.

**March "Aging in Place"**, lesson given by **Tonya Johnson**. Training **22nd Yamhill Co. and 23rd Marion Co.** Lesson describes things we need to do in order to stay at home as we age and make our homes safe for us.

**April "Mediterranean Diet"**, lesson given by **Tonya Johnson 503-373-3763**. Training **26th Polk Co. and 27th Marion Co.** We will learn about this diet and also include our **Hearth Fire** on "**How to Manage My Obesity**".

**August "Our Love Affair With Salt"**, lesson given by **Anne Engen** in **Yamhill Co.** on the **23rd** and **Alene Showers** in **Marion Co.** on the **24th**. Learn interesting history of salt and what happens when you eat too much salt.

**September "Let's Talk Trash"**, This is an **OSU** lesson that we will do as a packet lesson (no training). The packets will be available at your local **Extension Office** the week of **September 24th**. In this lesson we will learn how to limit food waste.

**October "Grandparents Raising Grandchildren"**, lessons given by **Lynda Nyseth 503--835-2044** in **Yamhill Co.** on the 25th and by **René Metteer 503-910-6805** in **Marion Co.** on the 26th. We will discuss the rewards and challenges of raising grandchildren. In the last 30 years there has been a significant increase in the number of grandparent-headed families in the **United States**.

Hope you all have a wonderful **Thanksgiving, a Merry Christmas and Happy New Year**.

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](mailto:LYNDATrose@aol.com)  
or 21461 S. Hwy 99W, Amity, OR 97101-2239



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

Fall is a time to thank and remember those who have made a difference in our lives or who are very important and are difference makers. I have many individuals to give gratitude and thanks this **November**.

I first must thank all the **FCE** members who attended the fall conference in **Salem**. Your presence at the various meetings, tours, meals, and workshops made the event a success.

A special thanks to the **FCE State Officers** for their work and presentations at the state gathering. Congratulations to **Scott Teeples** for being selected **Oregon State President-elect**. **Scott** will be the first male to be a state **FCE president**. Now, on to **Klamath Falls in 2017!**

**FCE** members from **Marion, Polk and Yamhill** met in **Dallas, Oregon** on **Oct. 21, 2016**, to plan the **2017** program. Working with **Tonya Johnson, Marion County Extension Agent**, the group selected seven lesson to be taught next year for their respective study groups. The lessons will include **OSU** and **FCE** lessons. They will be the following: "**Grandparents raising Grandchildren**", "**Our Love Affair With Salt**", "**Cooking for One or Two**", "**Strength Training**", "**Aging in Place**", "**Let's Talk Trash**", and "**Mediterranean Diet/Managing Obesity**".

**Polk/Yamhill County Council** members have begun planning their **Annual Spring Festival**. It will be held in **March 2017**. The theme will be "**Honoring Our Flag**". Two craft classes are being planned to be taught. The date, place and classes will be announced early **January 2017**. Remember to mark your calendars!

Many blessings this **Holy Season** and many thanks to each of you for making this past year so memorable.

**Sally Wyffels**  
**District Co-director**

### DONATIONS

Linda Bird  
Marlene Currin  
Charlotte Lyman  
Lynda Nyseth  
Edith Perry

Thank you for your support of the MPY, this is your newsletter to keep you informed about happenings in **Marion, Polk, Yamhill Counties** and surrounding areas. Please send articles to inform us of what is happening in your area so we can come and join in the fun or get ideas of things that we can do here at home. Lynda Nyseth, Editor.



Plans are being made for **Yamhill/Polk Spring Festival**, held in **Amity** in **March**, we will start the day with craft classes, used book sale, selling chances on baskets from our study groups and who knows what else. We will be "**Honoring our Flag**", using our **Hearth Fire #11** as our guide. Decorate your table to go along with the theme. We will have our usual potluck lunch of salads and desserts, a lot of visiting and fun. More details in the next **MPY**.

### Remembering

**Krista Pomeroy**  
**Former member Sheridan FCE**

**Geri Gustafson**  
**Long time Lane Co. FCE Member**

We will miss these ladies and their contributions to **Oregon FCE**.

**Washington Co. Holiday Halloween  
Spooktacular!  
October 31, 2016**



Linda Bird



Lynda Nyseth

What a fun day: Costume Parade, Games, Prizes, Halloween Trivia, Creepy Stories and More! About 40 people attended including three from **Yamhill Co.:** **Linda Bird, Lidia McRae and Lynda Nyseth** and from **Marion Co.:** **Christine Lang**. This was **Christine's** first time to attend a gathering other than her study group, **I** hope to see her at more of our **FCE** events.

There were lots of witches, a referee, a square dancer, a cowboy, cats, clown, fortune teller and others in costume. One of the witches, from **District I**, won the first prize and **Christine Lang**, dressed as a clown with her dog also dressed as a clown and myself dressed as a cowboy tied for seconded place. **Linda Bird** won for coming the farthest. **Lidia McRae** won one of the drawing prizes and the table decoration.

In the picture, **Jeanne Brandt, OSU Agent in Linn Co.** is the referee, **Christine** (sitting) is a clown, **Linda Bird** a witch standing next to her and me as the cowboy next to **Linda**.

We had a nice lunch and so much fellowship and fun. Please consider attending events that are close to your area, it is so much fun getting together with other **FCE** members. Remember in **March** the **Yamhill/Polk Spring Festival, District III Meeting in May** and in **August** picnic in **Millersburg** hosted by **Linn Co.** Let us know what you are planning so we can let others know too.

***Volunteer Newsletter Staff***

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## New Location

**Marion County Extension Office**  
**1320 Capitol Street NE, Suite 110**  
**Salem, OR 97301**  
**503-588-5301**  
**(Corner of Capitol and Gains)**

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### **Travels with Nancy Thornton** **WLJ Texas Legacy Ranch Tour** **June 12-18, 2016**

*(Nancy is a former FCE member. This is for all of you armchair travelers, like me. Thanks, Nancy)*

The Western Livestock Journal sponsors a tour to a different state each year. My first trip with them was in 1987. This one--to the Panhandle of Texas is my 24th.

June 12-- Arriving at the Portland airport at 4 a.m. there was anticipation and apprehension about flights, an unknown roommate and how the Texas Legacy Ranch Tour would play.

It is always a surprise to see so much activity so early in the morning, but everything went according to schedule. On the connecting flight from Phoenix to Lubbock, nearly 20% of the occupants were fellow tour friends. The shuttle was full as we rode to the Overton Hotel. (Overton is named for Dr. M.L. Overton--a medical doctor in the area from 1901 until the 1950's.) The hotel looks out over an urban renewal area and is close to Texas Tech and its 32,000 students. Some of the students are in training at the hotel.

The directory had instructions in case of a hurricane.

The country is flat, the horizon a straight line, spiked with water towers and occasionally a grain elevator. Buddy Holly was from Lubbock. The Beatles showed their admiration of him by patterning the name of their band after Buddy's band--The Crickets. The better homes are brick and squat on the ground. The vegetation is drought tolerant and prickly.

We were cautioned to look out for rattle snakes. This has been a wet year. There were many different wild flowers.

There were around 130 people on the tour. The oldest was 91 and the youngest 15. They came

from 13 states. Most of them had been on previous tours. My roommate was Arlene Dierkensen--a pleasant, compatible lady from Cottonwood California.

This is drought or flood country. The towns were established after the Civil War and the arrival of the railroads. It was part of The Dust Bowl of the 1930's. During the week our 3 buses made a large circle from Lubbock to Wichita Falls to Amarillo and back to Lubbock--over 1200 miles. The temperature was in the upper 90's and lower 100's. We stopped at two different locations each day.

Monday--June 13-- **The Matador Ranch**--Matador Texas. It was established by Scottish investors in 1882. Since it 1952 it has been owned by Fred Koch founder of Koch Industries. They also have ranches in Montana and Kansas. This ranch covers 400,000 acres. Their operation includes cattle, horses and hunting. The hunters come for White Tail deer, pigs and Bob White Quail. Their AQHA horses are nationally recognized. Their goals are to manage their operation for Safety, Integrity and the Environment. They have won several conservation and wildlife habitat awards. They figure it takes 27 acres to support a cow.

The crops we saw were cotton, some corn for silage or ethanol and dry land wheat.

At **Tex Tech University**--at New Deal we saw the research they were doing on fattening cull cows and also calving in confinement. They roughage in their feed rations they feed cotton burrs--a byproduct of the cotton gin.

June 14 **The National Ranching Heritage Center** --on the Texas Tech campus, Lubbock . We had a walking tour of examples of housing over the centuries. They had buildings from 1785 to a Victorian House. The first structure that went up in this country was --an arbor-- some kind of a roof, covered with boughs for shade. Early churches and schools were held under them until other structures could be built. There were also several examples of windmills.

**6666 Ranch** Guthrie Texas. This ranch was established in 1868. It has been passed down to the only daughter of an only daughter for 4 generations. They have well bred Angus Cattle. We toured their AQHA handling facilities which do artificial insemination, and embryo transplants. They calved 3,000 heifers this year. We spent the night at Wichita Falls. (Continued on page 5)

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Riding from ranch to ranch, we experienced many miles of Texas. We see how invasive the mesquite is and how tough drought tolerant plants are to eradicate. The places we visited grazed huge acreages. It is land that cattle can forage and thrive if they have room and water. The land is basically flat but is broken by washes and canyons. The ground is often red clay. "Traps" are dug to catch the run off when storms pass through. The ponds look muddy but have fishes and frogs. We've seen prairie dogs, jack rabbits, deer and wild pigs. We heard that the boys like to shoot the rats that live among the prickly pears.

June 15th **R. A. Brown Ranch** Throckmorton Texas. This outfit goes back to 1895. The 7th generation is living on the ranch. R.A. Brown was founder of the AQHA in the 1940s. Besides horses, they have 1,000 head of seed stock cows. They have a lake in their yard that was fed by surface runoff. At night a light on the lake attract bugs to feed the fish.

Their bull test uses computerized feeders that weigh and record what each bull consumes. They give a good presentation on handling cattle with a minimum of stress. Lunch at the ranch was enchiladas and music by Stan Mahler.

**The Circle Bar Ranch** Truscott Texas. The ranch consists of 43,000 acres. It is established from 3 historic ranches. The town was settled in the 1870's and moved to be closer to the railroad. They average 20" of rain a year but the drought of 2011 they only had 1.5 inches. They feel that areas of such low moisture should be left to permanent pasture. To control the brush, they helicopter spray. They spray in strips to leave cover for the wildlife.

June 16 **Tongue River Ranch** Paducah Texas. 89,000 acres owned by Millard Morris. They appreciate the heritage of ranching. They have a outstanding horse program The cattle are worked exclusively by horse.

**Bradley 3 Ranch**-- Estelline, Texas. The Angus are range cattle in very rough country. The ranches philosophy is take care if the country and the country will take care of the cows. They have been in the meat packing business and are familiar with all aspects meat production --from calf to the consumer.

We spent the night at Amarillo.(Spanish for yellow which is the color of the clay in this area.)

A bus load of us went to the a musical TEXAS that was presented in an amphitheater in Palo Duro Canyon. The Canyon is a 125 mile long; a 1,000 foot deep crack in the ground. The setting of the musical was impressive-- dancing, music, staging, and live animals all presented against a backdrop of red rock palisades. A lovely, evening ending with fireworks.

June 17 **American Quarter Horse Association**-- We toured their museum and office compound. It is the world's largest equine breed registry and membership organization. The bloodlines trace back to the 1700's, They employ 250 people. They have their own zip code, publish at least 6 magazines, keep track of all AQHA sanctioned events, produce video programs and make their own trophies.

After lunch at the Big Texas Steak House we went to **West Texas A & M University**. We heard about research to clone cattle for more efficient meat production. We saw a bull that was cloned and several heifers. Supper was fajitas and fruit cobbler at **Global Animal Products** house. They provide organic supplements for feed lots.

June 18 **Giles Enterprises**, Canyon Texas. The Giles family has a long history in the cattle business--starting in 1796 in New York state-- eventually to Dodge City and since 1999 to Texas. They use Angus bulls and have been influenced by Gardner Angus programs. They adapt to normal and drought conditions by running stocker calves during the good years. They DNA test their brood cows and keep records on genetic heritable traits. They partner with cooperators to get a wider number for comparisons. Their elevation is 3000 feet compared to Wichita's 900. The soil is hard packed clay. They chisel plow their fallow ground so that it will absorb the summer rains.

In December of last year, they had 36 hours where the wind blew at 60 miles an hour and a temperature of 20 degrees. They anticipated the storm and drove the cattle into the canyons. They only lost 1 calf but the area lost over 40,000 cattle.



(Continued on page 6)

(Continued from page 5)

**Frost Farm and Ranch** Happy, Texas The Frost family has been on several WLJ tours. They hosted us to a lovely lunch. They raise Angus Cattle. They are building their herd back after having to sell most of them during the drought of 2011. They graze on winter wet and have 550 acres of dry land pastures. Susie and Zeke's stop was a grand party to end the tour.

Besides the camaraderie of the group, seeing new country and the hospitality, I was impressed with the blending of new technology with tradition. We heard about phenotypes, Bud gates, G.P.S. to monitor cattle's habits, Solar water pumps, texting when gathering cattle and cloning. It was an interesting week!

### THE TEXAS HERITAGE TOUR

Far horizons  
Athletic horses  
Sunflowers  
Wide spread ranches  
The Red River-- Red as barn paint  
"Howdy Mam" "Yes, Mam"  
A week of friendship  
Standing in line  
Well bred cattle  
"Where's the Porta Potty?"  
Too much food  
Miles of Mesquite  
Palo Duro Canyon  
Knowledgeable, authentic cowboys  
Unfamiliar wild flowers  
A Memorable Week!

Nancy Thornton  
June 21, 2016

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### Story Telling

Not too long ago there were too fools who went horseback riding together. But, they had a problem. They could not tell the two horses apart.

They went to the blacksmith. He knew all about horses. The blacksmith said, "Just look at the horses. There is something different about them. Look really closely. You can easily tell them apart."

The fools looked and looked. Finally, one said, "Let's measure them." Sure enough...the black stallion was 2 inches taller than the white mare..

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### The Hole

Two brothers once decided to dig a deep hole behind their house. As they were working, a couple of other boys stopped by to watch.

"What are you doing?" asked one of the visitors.

"We're going to dig a hole all the way through the earth!" one of the brothers volunteered excitedly.

The other boys began to laugh, telling the brothers that digging a hole all the way through the earth was impossible. After a long silence, one of the diggers picked up a jar full of spiders, worms, insects and interesting stones. He removed the lid and showed the wonderful contents to the scoffing visitors.

Then he said confidently, "Even if we don't dig all the way through the earth, look what we found along the way!"

Their goal was far too ambitious, but it did cause them to dig. That is what a goal is for, to cause us to move in the direction we have chosen. In other words, to set us to digging!

But not every goal will be fully achieved. Not every job will end successfully. Not every relationship will endure. Not every hope will come to pass. Not every love will last. Not every endeavor will be completed. Not every dream will be realized.

But when you fall short of your aim, perhaps you can say, "Yes, but look at what I found along the way! Look at the wonderful things which have come into my life because I tried to do something!"

It is in the digging that life is lived and it is the joy in the journey that truly matters!

-Author Unknown-

Submitted by **Donna Michaelson** Ambitious  
Annie FCE

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### OBSCURE ENGINEERING CONVERSION FACTORS

2000 lbs. of Chinese soup = Won Ton

1 millionth of a mouthwash = 1 microscope

8 nickels = 2 paradigms

1000 CCs of wet socks = 1 literhosen

Submitted by **Charlotte Lyman**, MPY reader

## 2016 State FCE Conference



**Sharyl Michael presenting Anne Engen with the Heart of FCE Award  
FCE State Conference 2016**

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### Game Night



Game night at the **FCE 2016 State Conference**. If you are interested in playing games after the evening meal and program you are welcome to follow my roommates and me to our room or in this case to **Sally Wyffels** room for cards, fun and lots of laughter. I carry a bag with many different games: **Mexican Train**, Uno, Skip-Bo, a book of card games and dice. Often it is a challenge to get everyone in our room but this year we were fortunate to be able to use part of **Sally's** suite. She closed her bedroom door and said when she got up in the morning she wondered where everyone had gone. What a good sport! Thanks **Sally**. She did

manage to play one game with us before going to bed.

### Monday Tour



Members on our tour of the **Yamasa Soy Factory** on **Monday**. We all had to wear gowns and hair nets. We received a bottle of soy sauce after our tour. From there most of us made it to **Ideabox** (tiny houses) and then to the **Willamette Valley Pie Company store** for lunch and then to their factory for a tour. Sorry to say that not everyone made it to all of the tour, some had gotten lost and some had special eating requirements. But all in all it was a full, fun packed day. So we also do other things than just play games. We always learn a lot from our classes and get business taken care of during our business meeting. And of course there is always lots of good food and the sales room where we can get some shopping done. Plan to join in the fun and learning in **Klamath Falls, October 2017**.  
**Lynda Nyseth**

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### PHOTOGRAPHY

Motion stilled;  
Memories preserved;  
An Art form;  
Accentuating a view;  
Time frozen;  
Changes documented;  
Sharing a moment;

Conserving a thousand words.

Poem by **Nancy Thornton**

## FCE CALENDAR

	<b>November 2016</b>			<b>February</b>
24	Thanksgiving Day	3		Deadline MPY Articles
28	Marion Co. Council, 9:30	10		Yamhill/Polk Co. Council, 9:30 Sandwich Express, McMinnville
	<b>December</b>			
9	Yamhill/Polk Co. Council, 9:30 Banners Restaurant, McMinnville	12		Lincoln's Birthday
20	Marion Co. Council, 9:30 4-Corners Fire Station	14		Valentine's Day
24	Christmas Eve	17		Mail MPY, 9:15 4-Corners Fire Station
25	Christmas Day	20		Washington's Birthday (observed)
31	New Years Eve	22		<b>Strength Training</b> Training Polk Co., 9:30-11:00 Extension Meeting Rm.
	<b>January 2017</b>	23		Training Marion Co., 9:30-11:00 Extension Office Meeting Rm.
1	New Year's Day	27		Marion Co. Council, 9:30 4-Corners Fire Station
8	Deadline for Oregon FCE Articles			<b>March</b>
13	Yamhill/Polk Co. Council, 9:30 Sandwich Express, McMinnville	3		Deadline Spring Festival registration
16	Martin Luther King, Jr. Day	10		Yamhill/Polk Co. Council, 9:30 Sandwich Express
20	Mail Oregon FCE News	TAB		Yamhill/Polk Spring Festival
23	Marion Co. Council, 9:30 4-Corners Fire Station			
	<b>Cooking for One or Two</b>			
25	Training Yamhill Co., 9:30-11:00 Extension Meeting Auditorium			
26	Training Marion Co., 9:30-11:00 Extension Office Meeting Rm.			