

MPY TRI-LINE NEWS

Volume 24, Issue 3

Marion, Polk, Yamhill

Fall/Winter 2017



Back to School! Watch out for the school zones. Fines are available for those that speed. Watch for excited children and those high school youths that don't always look for cars. As so often happens our weather is still hot for the school start so it is hard to get in the swing of things. Football games started before school and that is hard for me to get used to. I realize their practice starts but not ready for the games to start. As grandparents, our list says football and/or soccer games Monday, Tuesday, Thursday, Friday and Saturday.

Hope that you got to enjoy the eclipse whether you were outside or just watching on TV. Amazing thing to behold. We could hear shouts and cheers from neighbors and residents in Amity which is a quarter mile away.

I also hope that you had a relaxing Labor Day Weekend. I spent the weekend at the beach with family. We had a great time and the weather was perfect. Now it is time to can a few tomatoes and put away other vegetables from our garden. Hate to do it after my relaxing time but so glad when it is on the shelves and we can enjoy it this winter.

I hope that several of you will go to our State Conference in Klamath Falls. It is a time to learn, visit with old and new friends and we will see the sites around K Falls. Don't forget you are to decorate a potato to go along with the theme "Southern Charm". Of course, there are door prizes, sales room with lots of good buys and the raffle items too. Oh, and did I mention games. I believe there are games Monday night and of course my roommates and I open our room for games every night too. Come and have fun in Klamath Falls.

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

A poem to which some of us can relate

I remember the corned beef of my Childhood,
And the bread that we cut with a knife,
When the Children helped with the housework,
And the men went to work not the wife.

The cheese never needed a fridge,
And the bread was so crusty and hot,
The children were seldom unhappy,
And the Wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,
Our dinner came hot from the oven,
And not from a freezer; or shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

I remember the shop on the corner,
Where biscuits for pennies were sold
Do you think I'm a bit too nostalgic?
Or is it, I'm just getting Old?
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Bathing was done in a wash tub,
With plenty of rich foamy suds
But the ironing seemed never ending
As Mum pressed everyone's 'duds'.

I remember the slap on my backside,
And the taste of soap if I swore
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

Author, Unknown...

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One of the lessons to be presented at the 2017 Fall Conference is a very timely topic, "Safety First-Fire Evacuation/Escape Plans for Your Home". The lesson will include learning about fires, fire prevention and what you can do to prepare for emergency fire evacuations from your home.

The other classes to be presented in Klamath Falls on Oct. 2-4 are "Technology and Family Dynamic--Unplug a little", "They Wore What?", "Bladder infections", "AA/Addictions", "Origins of Common Sayings", and "Iceland: Land of Fire & Ice; That Kisses the Arctic Circle".

I do hope to see many of you this year in Klamath Falls. Get your registration mailed to Kerry Maui, 39191 Highway 62, Chiloquin, OR 97624. Her phone number is 541.783.3342. The registration was in the August State Newsletter and a copy is available online at the Oregon FCE website, [www.Oregon-FCE.org](http://www.Oregon-FCE.org)

Have a safe and pleasant Fall.

Sally Wyffels  
District III Co-director

### From the Desk of the District III Director

Welcome September and may the fall rains begin to help put out the many wildfires in our beautiful State of Oregon. So heartbreaking to read and see fires consuming homes, ranches, timberlands and wildlife. Prayers and hopes, too, of recovery for the folks in the States of Texas and Louisiana dealing with the aftermath of floods caused by the hurricane Harvey.

I am thankful for the FCE lesson presented a few years ago on emergency preparedness. Do you have your grab-and-go kit? I try to update mine every six months. A brief reminder: a. important papers/documents, birth certificates, passports, policies, etc.; b. Prescriptions and/or special medications; c. Change of clothing; d. Extra set of car keys; e. Credit card/s and cash; f. First aid kit; g. Flashlight, battery-powered radio and extra batteries; h. Sanitation supplies; i. water and food. If time allows easily carried valuables and family photos, plus personal computer, cellphones, tablets and chargers.



### Millersburg Park 2017

Thank you to Vicki Graves for making the arrangements for the Linn County annual picnic at Millersburg Park, August 16. There were over 21 who enjoyed the day of visiting, games and eating. It is a very nice park, lots of room, a tennis court (but I have not convinced anyone to play), a basketball hoop (again no takers) and a great covered area with tables for cooking, eating, visiting and games.

Here are a couple of pictures of our group and some game players. We always get those that want to hide and short ones that want to be in the back.



We had some newcomers this time and we do hope they will join us in Klamath Falls and in our local FCE groups.

### **District III Meeting**

Our annual meeting was held in Lebanon at the “Edward C. Allworth Veterans’ Home”. Linn County was our host. There were 31 in attendance. Jeanne Brandt, OSU Extension Agent welcomed us and then we went outside for the presentation of the Colors and Drill Team Demonstration by the Lebanon High School Junior ROTC Program.

Jeremy Woodall gave us a tour of the facilities. There are 4 main buildings with 11 living sections. Each section has a kitchen, dining area, den, entertainment center and outdoor courtyard. Each resident has a private room. The rooms are set up

for internet, TV, phone, separate bathroom and whatever else is needed to make it your own space. They also prepared lunch for our group.

A request was made for FCE to host a tea in honor of the women at the Veterans’ Home. September 17 from 3:00–5:00, FCE members, Jeanne Brandt and 4-H members will be hosting a tea for the women.

### **Remembering our Veterans’**

*Because our next newsletter will be after Veterans’ Day, I’m including a book report from Alene Showers Honoring a Veteran*

### **Ever A Soldier: Reflections of a Veteran—From Horse Cavalryman to WWII to Vietnam**

Phillip Edward Bishop was born in a small town near Lewiston, Idaho. He loved hunting, trekking through the woods, and riding horses. This background served him well when he was grown, as he chose a life as Ever A Soldier.

In 1936 Phil enlisted in the Idaho National Guard Cavalry Mounted Unit. He served two years in the unit before being discharged and returning to civilian life to go to business school. His college experience also served him well, when at age 23 Phil went to Ft. Lewis in Washington, and from there to a regular unit to get ready for service overseas for THE BIG ONE—WWII. Private Phillip Bishop advanced through the ranks, and after a stint in Officer Training School, he was awarded the rank of Lieutenant.

Military history buffs will be interested in Phil’s recounting of the capture of the Ludendorff Bridge at Ramagen, Germany to his dodging of the Viet Cong in Vietnam. His service in the Korean Conflict was rather quiet in comparison to the tales of horror, sadness, and often fear of death that are detailed in his years of fighting. Phil’s contribution to the war effort in Korea entailed the training of young men as soldiers, with the hope that he could help keep as many of them as possible alive.

Romance lovers will appreciate Phil’s book for the love story: while hitchhiking to Youngstown, Ohio with a buddy, Phil met the love of his life. Two young ladies gave the soldiers a ride, and Phil fell in love with one of them.

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After spending only a few days dating, Valarie and Phil decided to get married. Although they had no time for a honeymoon, because Phil shipped out right after the wedding, the couple stayed married until Valarie's death shortly after their 62<sup>nd</sup> wedding anniversary.

Ever A Soldier is author Lilly Robbins Brook's second book about the young men who served this country in WWII. After learning that her grandfather served in this war, she decided to share the stories of as many of these men as possible. Lieutenant Phillip Edward Bishop Ret was 100 years old in July. Most of his fellow service mates are either this or they have passed on.

Phil's story has just been released and can be purchased on Amazon. I highly recommend that everyone purchase this book and keep it for their children to read. Soon the personal stories from these men will no longer be available.

Book reviewed by Alene Showers

**Where does that expression come from?**

During WWII, U.S. Airplanes were armed with belts of bullets which they would shoot during dogfights and on strafing runs. These belts were folded into the wing compartments that fed their machine guns. These belts measure 27 feet and contained hundreds of rounds of bullets. Often times, the pilots would return from their missions having expended all of their bullets on various targets. They would say, I gave them the whole nine yards, meaning they used up all of their ammunition.

Did you know the saying "God willing and the creek don't rise" was in reference to the Creek Indians and not a body of water? It was written by Benjamin Hawkins in the late 18th century. He was a politician and Indian diplomat. While in the south, Hawkins was requested by the President of the U.S. to return to Washington. In his response, he was said to write, "God willing and the Creek don't rise." Because he capitalized the word "Creek" he was referring to the Creek Indian tribe and not a body of water.

In George Washington's days, there were no cameras. One's image was either sculpted or painted. Some paintings of George Washington showed him standing behind a desk with one arm behind his back while others showed both legs and both arms. Prices charged by painters were not based on how many people were to be painted, but by how many limbs were to be painted. Arms and legs are 'limbs,' therefore painting them would cost the buyer more. Hence the expression, 'Okay, but it'll cost you an arm and a leg.' (Artists know hands and arms are more difficult to paint.)

As incredible as it sounds, men and women took baths only twice a year (May and October). Women kept their hair covered, while men shaved their heads (because of lice and bugs) and wore wigs. Wealthy men could afford good wigs made from wool. They couldn't wash the wigs, so to clean them they would carve out a loaf of bread, put the wig in the shell, and bake it for 30 minutes. The heat would make the wig big and fluffy, hence the term 'big wig'. Today we often use the term 'here comes the Big Wig' because someone appears to be or is powerful and wealthy.

In the late 1700's, many houses consisted of a large room with only one chair. Commonly, a long wide board folded down from the wall, and was used for dining. The 'head of the household' always sat in the chair while everyone else ate sitting on the floor. Occasionally a guest, who was usually a man, would be invited to sit in this chair during a meal. To sit in the chair meant you were important and in charge. They called the one sitting in the chair the 'chair man.' Today in business, we use the expression or title 'Chairman' or 'Chairman of the Board.'

Common entertainment included playing cards. However, there was a tax levied when purchasing playing cards but only applicable to the 'Ace of Spades.' To avoid paying the tax, people would purchase 51 cards instead. Yet, since most games require 52 cards, these people were thought to be stupid or dumb because they weren't 'playing with a full deck.'

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Early politicians required feedback from the public to determine what the people considered important. Since there were no telephones, TV's or radios, the politicians sent their assistants to local taverns, pubs, and bars. They were told to 'go sip some Ale and listen to people's conversations and political concerns.' Many assistants were dispatched at different times. 'You go sip here' and 'You go sip there.' The two words 'go sip' were eventually combined when referring to the local opinion and, thus we have the term 'gossip.'

\*\*\*\*\*

At local taverns, pubs, and bars, people drank from pint and quart-sized containers. A bar maid's job was to keep an eye on the customers and keep the drinks coming. She had to pay close attention and remember who was drinking in 'pints' and who was drinking in 'quarts,' hence the phrase 'mind your P's and Q's'.

Submitted by Sally Wyffels

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### 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.

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## Invitation

**HOLIDAZE FAIRE** will be held on Tuesday, October 31, 2017, at 20200 SW Martinazzi Ave., Tualatin, OR 97062 at 9:30 am.

It's a "Masquerade Ball" with costume parade, games, trivia, prizes, basket drawings. Y'all come and join the fun!!



Lunch will be served, \$17.00 for FCE members and \$17.50 for non-members.

Information: Dawn Westphal 503-692-0173.  
Mail registration to Myrna Loucks, 7150 NE Stonewater St., Hillsboro, OR 97124. Make checks payable to FCE WA County Advisory Council. If no registration form send check, name, address and phone number to Myrna.

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## Donations from

- Linda Bird
- Donna Evanoff
- Phyllis Hoag
- Lynda Nyseth
- Glenwa Smith
- Penny White

Thank you for supporting the **MPY Tri-Line News**. **Our next deadline is November 3, 2017.**

Lynda Nyseth, Editor MPY Tri-Line News  
21461 South Hwy 99W  
Amity, OR 97101-2239

**Make check payable to MPY Tri-Line News.**

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### Remembering Helen Marie Glodd Long time FCE Member in Marion County

**Helen Glodd**, died February 2016, in Salem, OR at age 99. She was the Great-Granddaughter of pioneer Rev. John E Murphy who gave the land for WOU and wife of Salem restaurateur John T. Glodd. She was one of a group of Salem ladies who starred in the 60's Bisquick commercial that ran for several years on TV nationwide. She was well-known for her apple dumplings, cakes and flowers. In 1937, she graduated from OR Normal (WOU) and taught in Rock Creek and Kinton. She and her husband owned and operated restaurants in Gresham, Hillsboro, Prineville, Seaside, La Grande, Keizer and Salem. J's Café' in Monmouth and Roberts Crossing in Salem are still in the family.

### ***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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## **Seenager**

I just discovered my age group! I am a Seenager. (Senior teenager)

I have everything that I wanted as a teenager, only 50-60 years later.

I don't have to go to school or work.

I get an allowance every month.

I have my own pad.

I don't have a curfew.

I have a driver's license and my own car.

The people I hang around with are not scared of getting pregnant, they aren't scared of anything, they have been blessed to live this long, why be scared?

And I don't have acne.

Life is Good!

Brains of older people are slow because they know so much.

People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains.

Scientists believe this also makes you hard of hearing as it puts pressure on your inner ear.

Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for.

It is NOT a memory problem, it is nature's way of making older people do more exercise.

**SO THERE!!**

Submitted by Donna Michaelson



## **Thank You Kathy**

Marion County Council is sorry to say "Good Bye" to Kathleen Hammack of Woodburn Nighttimers Study Group. Kathy has resigned her position as Council Treasurer after three plus terms of service.

The Council members wish to congratulate Kathy on her retirement as an income tax preparer and consultant and to thank her for her many years of service to FCE. Kathy, we wish for you a happy retirement and better health soon.

Alene Showers, Secretary Marion County Council, District 3, Oregon Association for Family and Community Education

## ACWW Walk

For the past several years we have been asking/encouraging FCE members to do the yearly walk in April for ACWW Women Walk the World. We would like to see more groups participate. We have had walkers in the Portland area, Klamath Falls area and Yamhill/Polk Counties.

This year through donations we were able to send \$70.00 to ACWW to help women around the world.

Associated Country Women of the World (ACWW) connects and supports women & communities worldwide. Women-to-woman funding of grass-roots development projects, empowering women in some of the poorest communities on the planet. We believe in creating new opportunities for women to exercise more power; through being better informed, being part of an enabling environment and having the necessary tools to carry out the changes they want.

We believe women will be more empowered when they are able to make better decisions and change their own lives.

Join us in 2018 to walk and support women around the world.



Lynda Nyseth, Linda Bird, Sally Wyffels and Lidia McRae. We walked in Dallas City Park.

Interesting signs telling about when logs were floated down the river. Looking now you wonder how it was possible as there is no water where the signs are and the river is a creek now. Beautiful park and nice paths to walk on as you walk along the water.

I know that those walking in Klamath County also had a nice walk and saw interesting sites.

## Eating Dead Food is Bad for Your Health

*How to make smart dietary changes to turn your health around by Chris Crowley and Henry S.*

*Lodge, M. D., AARP The Magazine, Oct/Nov. 2016*

Half or more of what we eat is “dead” food. Dead food has no nutrients. We call it dead because refining takes out almost all of its vitamins, minerals and fiber. It’s super-tasty, super-digestible and you can eat a mountain of it without feeling full. But it’s dead and it’s making us sick and fat.

Stored body fat causes inflammation, the prime source of strokes, cancers, diabetes.

What is Dead Food?

Filler: This is everything we’re taught to love: bread, white rice, white pasta, sugar, chips, soft drinks.

Processed food: Prepared items top this list: frozen meals, snacks, desserts. And weird stuff like ketchup.

Fast food: Think of your beloved French fries, cheeseburgers, milk shakes, griddle cakes and anything else that can be fried.

An eating strategy for life: Build the perfect plate. Your plate should be 50 percent veggies and fruit, 25 percent whole grains and 25 percent meat, poultry or fish.

Quit the Clean Plate Club. Your sainted mother was wrong—it’s bad to clean your plate. The iron rule: Exercise more; eat less. Don’t drink your calories. Sugar-laden colas, milk shakes and sports drinks are awash in calories but don’t make you feel full. Limit the booze. Having one or two glasses of wine a night is fine. Having 17 is not!

You can save on eye exams, prescription drugs, hearing aids and more. If you have diabetes...eat right. Your body needs insulin to digest carbs. But eat the wrong kinds of carbs and your insulin system can go haywire.

Here’s why: Your gut turns all carbs into sugar. When that sugar hits your bloodstream, insulin is released and your muscles use the sugar for energy. Great. The problem is that dead food has no fiber, so it goes through your digestive tract quickly. Your body sends out an ocean of insulin to mop up all the sugar. Phew! But now there’s no sugar in your system and you’re hungry again. An hour or two after eating mountain of slop, you’re ravenous. The result? The insulin system breaks down and you end up with diabetes, amputations, blindness, heart attacks. Awful!

## FCE CALENDER

### September 2017

25 Marion Co. Council, 9:30  
4-Corners Fire Station

#### **Mediterranean Diet**

27 Training Polk Co. Extension Office, 9:30-11:00  
28 Training Marion Co. Extension Office, 9:30-11:00

### **October**

2-4 Oregon State FCE Conference  
Shilo Inn, Klamath Falls  
9 Columbus Day  
13 Yamhill/Polk Co. Council, 9:30  
Sandwich Express, McMinnville  
23 Marion Co. Council, 9:30  
4-Corners Fire Station

#### **Grandparents Raising Grandchildren**

25 Training Yamhill Co. Extension Office, 9:30-11:00  
26 Training Marion Co. Extension Office, 9:30-11:00

### **October Continued**

31 Halloween  
Holidaze Faire, 9:30 am  
Tualatin, OR

### **November**

3 Deadline for MPY Articles  
5 Daylight Saving time Ends  
10 Yamhill/Polk Co. Council, 9:30  
Sandwich Express  
17 Mail MPY, 9:00 am  
4-Corners Fire Station  
23 Thanksgiving  
27 Marion Co. Council, 9:30  
4-Corners Fire Station

### **December**

8 Yamhill/Polk Co. Council, 9:30  
19 Marion Co. Council/Open Arms  
Christmas gathering  
25 Christmas Day

Oregon Association for Family & community Education