

# MPY TRI-LINE NEWS

Volume 22, Issue 1

Marion, Polk, Yamhill

Winter/Spring 2015



Hello,

Most of our **FCE** study groups in **District III** have started the year planning who will be giving the lessons planned for this year. Most have had the lesson "**Basics of Soup**" and are getting ready for the training on "**Sugar, Sugar**". Thank you to the **FCE members and OSU faculty** that have prepared our lessons for **2015**. Remember to give your **District Directors** ideas for lessons for **2016** so they can talk about them and make plans at the **Spring Board** meeting that will be held the end of **March**. If you are going to the **FCE Spring Board** meeting in **Redmond** be sure to get your reservations in before **March 1st**, so you can get the lower rate. Also if you have a nomination for **Heart of FCE**, that needs to be turned in right away to **Gay Jarvinen**. **Patti Malanaphy, State FCE President**, says she will still be accepting 50 year member applications, so far she has received 2 and there must be more of you out there. We want to recognize you at our **FCE State Conference in Wilsonville** where "**We will be having a Ball**". We also want to recognize those who have been members for over 50 years, so let **Patti** know who you are. We are proud of those and all other members who have worked hard to keep our wonderful organization going for so many years, let's continue to gather new members and keep going for many more years.

In this newsletter you will find a registration form for **Yamhill/Polk Spring Festival**, to be held **March 18**, at the **Amity Christian Church, 9 am to 2 pm**. Our theme "**A Pocket Full of Friendship**". We are pleased to announce that **Patti Malanaphy, State FCE President**, will be joining us and sharing information from **Oregon FCE**. We will also be having two craft classes, our used book sale (that helps with funding for the

**MPY**), door prizes and potluck lunch of salads and desserts. This year we are doing something a little different to raise money for the **2016 State Conference** to be held in **Salem**, sponsored by **Districts III and IV**. We will have several baskets full of goodies for you to buy chances on and hopefully raise a lot of money to put on our **2016 conference**. Tickets for the baskets will be \$1.00 each or 6 for \$5.00. We hope that if you are close by you will come and join us for a day of fun and learning. Come meet other **FCE** members and friends. Don't forget your salad or dessert for lunch and your table service. Coffee cake and/or muffins will be served along with coffee and tea at 9 a.m. and we will start our meeting at 9:30. Registration fee is \$6.00, class fees: cell phone or eye glass case \$5.00 and envelopes made from calendars \$3.00. If you are signing up for the calendar envelopes, bring along scissors for cutting paper if you can.

Again the reminder to let the leaders of the trainings for our 2015 lessons know if you are attending and which location you will be at so they have your materials ready for you and they will be able to contact you if there is a change due to weather or other circumstances.

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 or has moved please let us know so we can make the needed changes. Send the changes to **Susan Whitaker, 9875 Parker Rd., Monmouth, OR 97361-9762**.

Sincerely,

**Lynda Nyseth, Editor**

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## From the Desk of the District III Director

Do you make lists? I make lists for grocery shopping, birthday dates to remember, important events coming in the future, items to take on a trip, etc. I used to make these lists in my head but now I write them out or put them on the calendar.

Invitations, announcements and flyers hang on my refrigerator door along with pictures of family and friends and magnets of special memories. The next few months are busy with many special events and business as usual for **Oregon FCE District III**.

**March** will have two starting with **Spring Festival on March 18th** to be held in **Amity, Oregon** at the **Amity Christian Church**. A flyer with registration is found in this **MPY Triline**. Please take time to read, fill it out and mail the registration form in time to **Linda Bird** (treasurer). The theme is "**A Pocket Full of Friendship**" and it will be a potluck luncheon and bring your own table service. The day will include classes, book sale, speakers, and shared friendship. The community service project is to bring food and paper products for the local food pantry. The church has **Lidia's closet** so if you want you may bring gently used, clean clothing for that.

The next meeting for me and you (the **FCE** member) indirectly is the **Spring Board Meeting** held in **Redmond** on **March 29-31**. It is at this meeting reports of the activities of each district and state officer are given, lesson ideas are presented and decided upon for the coming year, and concerns are discussed and hopefully resolved. Please remember to give lesson ideas to your county council representative so that she/he may relay them to me to take to the state meeting. You could have your study group secretary put them in her/his minutes and forwarded on the county council too.

In **May** comes the **District III** annual meeting. It will be held in **Salem** at the **Four Corners fire hall** and the theme is "**Plant the Seed of FCE**". It will have a potluck luncheon, plant sale and **Master Garden** presenter.

As you are making your list of seeds to be ordered for planting, baby showers to attend or books to be read, remember to add your **FCE** activities.

Have a wonderful spring and blessed **Lent and Easter** season.

Sally Wyffels, District III Director

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**DONATIONS  
THANK YOU SO MUCH**

Arriaga, Leah  
Barber, Donna Myrtle  
Bolyard, Sandie  
Bond, Shirley  
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Brubaker, Donna  
Bushnell, Mayetta  
Chamberland, Noreen  
Creative Homemakers FCE  
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Eden, Claudine  
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**Other FCE members we lost in 2014:  
Edgel Sudul, District X, Past State  
President; Marie Dapses, Salem (District  
III); Daisy Cox, Woodburn (District III)  
and Pauline Trom, Dallas (District III).**

We will miss all of these wonderful ladies. They contributed a lot to FCE and were long time members.

## **Study Group Happenings**

**Ambitious Annies (Polk County)** enjoyed an outing to the **Chachalu Tribal Museum and**

**Donations were also given in memory of Joyce Iske and Faye Douglas two FCE members from District III. Thank you to Nancy Thornton, Sally Wyffels, Colleen Wilcox and Lynda Nyseth.**

**Cultural Center in Grand Ronde on January 15.** The first phase of this museum was recently opened, with phase 2 in the planning stages. The exhibits are open from 9a.m. to 4p.m. **Monday through Friday.** We called ahead and were greeted by drummers during our visit. The displays describe the **Grand Ronde Tribe's** history from early days. Then displays chronicle the journey through tribe termination and restoration with federal recognition occurring in **1983.** Excellent photography tells a fascinating story from early days to the present.

The **Museum** is located in the former **Grand Ronde Middle School.** The **Willamina School District** sold the school to the **Grand Ronde Tribes** after the students began attending schools in **Willamina.** There is no admission fee, but contributions are appreciated.

We completed our morning outing with a buffet lunch at the casino in **Grand Ronde.**

Submitted by **Jean Rogers,** Ambitious Annies FCE

**Creative Homemakers** have been a busy and productive group during **December and January.** At our **Christmas** meeting members exchanged "notes of friendship" for each other and gifts. The luncheon was potluck and delicious dishes shared. We also did our yearly community service project of working with **YCAP** and adopting two families and giving gifts, food, gas cards and paper products. We selected an adult care facility and give diapers, body wipes, wash clothes, lap robes, and special gifts for the residents. In **January** was our yearly educational tour. The group was able to tour the "underground" of **McMinnville,** seeing how the **Chinese** lived in the city during the **1800s.**

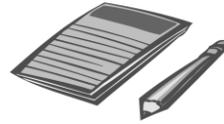
Submitted by **Sally Wyffels,** Creative Homemakers FCE

**Amity** went to **Antonio's Italian Restaurant in Lafayette** for our **Christmas** meeting. We buy gifts for 2 children whose names we get from the tree of giving. Everyone is glad to see all of the gifts that we are able to give. We try to include one outfit, shoes and/or socks, a toy and book. We raise the money for these gifts by making and selling **Christmas** wreaths. We also shared cards and goodies.

Submitted by **Lynda Nyseth,** Amity FCE

**Marion County** reports that they have 2 active study groups. The group in **Salem** has taken 37 bags for "**Books for Babies**" project since **October.** Each bag has a bib, book, **MPY Tri-Line** and **FCE** brochure in it and they go to the **Salem Hospital.** We have donated money to **Marion/Polk Food Share, Union gospel Mission and Salvation Army.** We went to lunch for our **Christmas Meeting.**

Submitted by **Alene Showers,** Open Arms FCE  
(*There was no report from the **Woodburn/Union Group** but they usually have a **Christmas** outing. Let me know what your study group is doing we all like to know.*) Thanks **Lynda,** Editor



## Letters to the Editor

Hi FCE,

Your newsletter is my only surviving connection with home extension (oops! **FCE**) and **I** do enjoy reading it--especially the recipes.

You asked for good books or movie titles. Most enjoyable to me is "**Finding Forrester**" with **Sean Connery** and "**Second Hand Lions**". both are entertaining and heartwarming. **Ken Follett's** books are wonderful, the hard to put down type.

Hope you all have a nice holiday and a **Merry Christmas and Happy New Year** to you!

Sincerely, **Delores Wagner,** Newport, OR  
P.S. Crab season has begun and the ocean is alive with the lights from boats.



Such a pleasure to get "the news". **I** laugh at the grand humor and **I** enjoy the recipes. Thank you so much for all you do!

**Joyce Gay**

## UP COMING EVENTS

**March 18th, Yamhill/Polk Spring Festival.**  
**Amity Christian Church,** 9:00 to 2:00, potluck lunch of salads and desserts. (See registration form inside.)

**March 21-22, 21st Annual Amity Daffodil Festival, 10 am to 4 pm.** Educational program of Amity School District 4J.

**March 30-31, FCE Spring Board Meeting in Redmond.**

**April 27, Clackamas County Fair Share.**  
Contact **Patti Malanaphy, 503-663-0718** for more information.

**May 4, District III annual meeting, to be held in Salem.** More information in the next MPY.

**July 23-27, National FCE Conference in Blue Springs, Missouri.**

**October 5-7, Oregon State FCE Conference, Wilsonville, "We're Having a Ball".**

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

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### **Old Age...Oh MY !!!**

Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

Old age is coming at a really bad time!

When I was a child I thought Nap Time was a punishment ... now, as a grown up, it just feels like a small vacation!

The biggest lie I tell myself is ... "I don't need to write that down, I'll remember it."

Lord grant me the strength to accept the things I cannot change, the courage to change the things I can & the friends to post my bail when I finally snap!

I don't have gray hair. I have "wisdom highlights". I'm just very wise.

My people skills are just fine. It's my tolerance to idiots that needs work.

Teach your daughter how to shoot, because a restraining order is just a piece of paper.

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes".

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

I've lost my mind and I'm pretty sure my kids took it!

Even duct tape can't fix stupid ... but it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Lord, Give me patience and give it to me NOW.

Of course I talk to myself, sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!

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### **The Pioneer Extension Club**

**By Edith Mallery**

Twas a way back yonder in the year 1942 (Columbus had already sailed the ocean blue), That a bunch of women decided they didn't have anything to do.

They only milked the cows both morning and night, Fed the dog and cats and separated the kids when they had their fights.

But in between that time they had an easy life. Course they cooked their hubby's breakfast, fixed his lunch at noon, but by the time that evening came, they were in full bloom.

They prepared a dainty supper, they greeted hubby with great joy, they threw the steak and fried pertators upon the table cloth.

The husband looked with raised brows; they didn't know what was wrong with their Fraus.

The ladies were disgruntled, their life was not complete. Just taking care of hubby and 10 kids was not an easy beat.

There must be more to life than this, the ladies all did cry; "I want to learn how to fix exotic foods, I want to learn how to fly.

I want to know the traditions that come from foreign lands. All this I cannot learn just by sitting on my hands."

(Continued on page 6)

(Continued from page 5)

Now among these enterprising ladies, there was one called Mrs. Leighton. She had heard of an organization. It was called the Home Extension Club. she found out all the particulars and grabbed

hold of the phone, and started calling neighbor ladies. She really made the wires warm.

"Girls I think I've got the answer, they will show us the way, to really live a full life and not just from day to day.

Now we will meet once a month, have a lunch at noon. Our husbands can eat a cold one, for once in a blue moon!

We will learn the ways of the world. We will help the 4-H kids. We will have a Spring Festival, and talk about the things we haven't did."

The husbands sure did squawk "All you ladies want to do is get together and talk".

The hubbies got together and a conspiracy they did brew. Leonard called Walter and gave the alarm. He said, "I don't like doing this, but still I don't mean any harm. I don't want my wife to be gone all day, she should be home working, not out at play".

They called all the men and a meeting they did hold. All the husbands spoke out real bold.

Lloyd told Elsie, in a real nice way; "By the time you get the garden planted and help me get in the hay, you won't have time to go and learn how to cook. Besides you can get all that right out of a book."

George said to Cecile: "You know it won't do, those cows all know you. Your fingers have that magic touch. The shock would be much too much. To bring a stranger in once a month. Why it would make them loose their appetite and they couldn't eat lunch".

The men fretted and stewed and ranted and raved. Just think of the money that will be lost. We might have to hire a baby-sitter and who knows what that will cost. We will all have to stick together and not give in. Just tell them they can't go, that's all it will take. Just tell them to stay home and bake a cake.

The wives stayed home and a cake they did bake. It fell and was soggy and gave hubby a stomach ache. "This isn't something you usually cook. Did you get this thing out of a book?"

The wives knew how to get to hubby; right through their tummies they went. They did it in such a sly way, but they were hell bent. By hook or by crook, a club we will form. We will meet in the old school house, so we can keep warm.

Men don't change and in a year or two, Mort was saying to Doris, "You just haven't got the time. You've got to catch those gophers, before they multiply. They are eating up the clover, just making holes all over. In one day alone, they will get a head start, you know it's enough to break my heart."

But in the years to come, when a new member's husband did rear, the old ones laughed and said with a grin, "it won't do you any good, you might as well give in".

"Our wives are more content, as the months have gone rolling by. By gum, they have really learned how to fly!"

So all you young members be sure and give thanks, to all those before you, who battled the ranks. They won a great victory and got them a club. You can't call a single one of them a "dub"!

*This was written by one of the early extension members and submitted by Nancy Thornton an MPY reader.*

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## **Farm Fest & Plowing Competition**

**Yamhill Valley Heritage Center**

**10:00 am - 4:00 pm**

**11275 SW Durham Lane,**

**McMinnville, Oregon**

**(Intersection of Hwy. 18 & Durham Ln.)**

**Saturday, April 11, 2015**

**\$3.00 per person**

**Kids 12 & under FREE**

Rare opportunity to watch 20+ teams of draft horses and mules in a plowing competition, see demonstrations and meet the teamsters.

Opening Ceremonies and Flag raising by VFW 10:00 am. Plowing 10:30 - 2:30; Demos and Activities throughout the day. Sawmill, Blacksmith, Horseshoeing demonstrations; Pioneer Kids' area with hands-on activities and animals; Old-time music, food and more.

For more information: 503-434-0490 or [www.yamhillcountyhistory.org](http://www.yamhillcountyhistory.org)



## Spring into Gardening

Saturday, March 14, 2015, 8:45 am to 4:00 pm

(Doors open at 8:15 am)

McMinnville Community Center  
600 NE Evans Street, McMinnville

### Topics:

- New Vegetable Varieties
- Pruning and Care of Roses
- Hydrangeas
- Vegetables for the Kitchen Garden
- New Varieties of Bedding Plants
- German Style Raised Bed Gardening
- Growing Veggies in Containers and Small Spaces

Regular Registration: \$30.00

Master Gardener Registration: \$25.00

Student - with ID: \$20.00

Walk-in day of event: \$40.00

Registrations forms are available online at:  
[yamhillcountymastergardener.org/events-2/spring-into-gardening/](http://yamhillcountymastergardener.org/events-2/spring-into-gardening/)

For more information, contact: Yamhill County  
OSU Extension Office by calling 503-434-7517

A Buffet Lunch will be catered. The cost is included in the registration fee. Snacks and beverages will be available during all of the breaks.

## A FCE T-Shirt Contest That Inspires & Educates

Focus of contest - Women's Heart Health  
"Almost every minute a woman dies of cardiovascular disease"

This is your chance to design an educational, clever or memorable T-shirt.

Your National FCE Board Alumni is sponsoring this contest for our National FCE Conference in Blue Springs, Missouri this July. The contest is under the umbrella of FCE aids in Funding Current Education. All FCE members are encouraged to decorate a T-shirt!

### Easy contest rules:

1. This contest highlights how women can do anything men can do and some things we're even better at - dying of heart disease and stroke. Check websites such as WebMD Women's Heart Health quiz, American Heart Association or Go Red campaigns for information and ideas. Or, look through your own family history.
2. On your T-shirt use family-friendly creative wording, inspirational sayings or slogans, simple pictures or drawings that impact and inspire. Your t-shirt could ask an educational question about women's heart health such as "Did you know \_\_\_\_\_?" with the answer on the back of your t-shirt. Or pay tribute to someone you treasure who dealt with cardiovascular disease.
3. Please place somewhere on each T-shirt FCE aids in Funding Current Education.
4. Use a white or light colored T-shirt for each of your entries. You may enter as many T-shirts as you wish. Ask your local FCE group for ideas and produce more T-shirts.
5. Bring your T-shirts with you to conference. If you cannot attend please send them with someone who is attending or mail to Lynn before July 15. Lynn Maples, 204 Kenwood Drive, Doniphan, MO 63935
6. There will be prizes and surprises. You need not be present to win.

Alumni Contest Committee - Marian Hannon, Martha Crawford, Sandy Medeiros, Karen Walker and Anne Engen.

Questions contact [anne.n.engen@gmail.com](mailto:anne.n.engen@gmail.com)

The contest focus is women's heart health as 90% of women have one or more risk factors for heart disease or stroke. And 80% of heart disease and stroke events could be prevented.\*

Our members, both men and women should be concerned and motivated to enter this contest.

Designing a T-shirt can be educational as members research for information and ideas.

\*Go Red 2015 fact sheet.

FCE CALENDAR

**FEBRUARY**

- 22 Washington's Birthday
- 23 Marion Co. Council, 9:30  
4-Corners Fire Station
- Sugar, Sugar**
- 25 Training Yamhill Co., 9:30-11:00  
Extension Office Auditorium
- 26 Training Marion Co., 9:30-11:00  
4-Corners Fire Station

**MARCH**

- 4 District III & IV, Lum Yeun's, Albany 11:00
- 8 Daylight Savings time Begins
- 13 Yamhill/Polk Co. Council, 9:30  
Sally's house
- 17 St. Patrick's Day
- 18 Yamhill/Polk Spring Festival
- 21-22 21st. Annual Amity Daffodil Festival
- 23 Marion Co. Council, 9:30  
4-Corners Fire Station
- Walk With Ease**
- 25 Training Polk Co., 9:30-11:00  
Extension Office Meeting Rm.
- 26 Training Marion Co., 9:30-11:00  
4-Corners Fire Station

**March Continued**

- 29 Palm Sunday
- 30-31 FCE Spring Board Meeting  
Redmond

**APRIL**

- 1 April Fool's Day
- 3 Deadline for MPY articles
- 5 Easter
- 10 Yamhill/Polk Co. Council, 9:30  
Sandwich Express
- 11 Farm Fest, Yamhill Valley Heritage Center  
11275 SW Durham Ln., McMinnville
- 17 Mail MPY
- Whole Grains**
- 22 Training Yamhill Co., 9:30-11:00  
Extension Office Auditorium
- 23 Training Marion Co., 9:30-11:00  
4-Corners Fire Station
- 27 Marion Co. Council, 9:30  
4-Corners Fire Station  
Clackamas County Fair Share

Oregon Association for Family & Community Education