

MPY TRI-LINE NEWS

Volume 21, Issue 2

Marion, Polk, Yamhill

Spring/Summer 2014



Hello, Spring has sprung so the calendar says. We are having the usual **Spring**, rain one day and sunshine the next. Flowers are blooming and trees are budding, hope the frost doesn't get them.

In **District III**, we had our class on "**Root Vegetables**" all of the comments I have heard are it was a very good lesson and they didn't know there were so many root vegetables to eat. Thank you to the **Lost Creek FCE Study Group in Dexter** for putting this lesson together and presenting it at the **2013 Oregon FCE State Conference**.

In this newsletter you will find a registration form for the **District III Meeting**. It will be held **May 6, at Murphy's Grill in Dallas, 288 E. Ellendale Ave.** Across the street from **McDonald's** and close to **WalMart**. Registration will begin at 11:00 a.m. and we should be done by 2:00 p.m. **Connie Graves** will be sharing information of **Native American Baskets**. **Barbara (State FCE President) and Bernie (State FCE Marketing)** **Voltin** will also be sharing things pertaining to **Oregon FCE**.

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**.

Sincerely,

Lynda Nyseth, Editor



A FCE T-Shirt Contest That Inspires & Educates

Wouldn't you love to design an awesome, clever, or memorable T-shirt? Visualize modeling your creation and winning a prize.

Your **National FCE Board Alumni** is sponsoring a **NEW FCE** aids in **Funding Cancer Education** contest at our **National Conference in Tucson** this **July**. It's titled "A T-Shirt Contest that Inspires and Educates". The money collected will be used for cancer education, to print a new **Hearth Fire** or to present a workshop or speaker at **National FCE Conference**.

Easy contest rules -

1. This contest highlights nation-wide cancer education. You can choose a specific cancer or cancer as a whole.
2. 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 cancer such as "Did you know _____?" with the answer on the back of your T-shirt. Your shirt could pay tribute to someone you treasured who battled cancer.
3. Please place somewhere on each T-shirt these two items - our national logo - **fce-National Association for Family and Community Education**. **And FCE aids in Funding Cancer 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 **Marian Hannon, 1693 W. Petunia Place, Oro Valley, AZ 85737-7253**
6. There will be prizes and surprises. You need not be present to win.

Alumni contest Committee - **Anne Engen, Judy Fullmer, Sheila Jackson and Kristin Walker**. Questions contact anne.n.engen@gmail.com



From the Desk of the District III Director

Greetings from a water-logged gardener. Just returned from a very informative **Spring Executive Board Meeting in Redmond**. Have many things to report and news to tell.

But first things first, the **Spring Festival** held on **March 19** in **Amity** was very successful. There were 51 participants attending this event. **Mike Knutz, Yamhill Extension Agent** spoke to the group about the **4-H Summer Camp, "Wild West"**, and the activities of **4-H** in the county. Two **4-H Ambassadors, Madeline Knutz and Zachery Drew**, spoke of their projects, leadership, activities, being a camp counselor, and how **4-H** has helped them to be more confident and self-assured. As our community service project, we were able to raise \$262 for the summer camp in **Yamhill County** and \$50 for a **Polk County** camper.

FCE National President and Oregon's own Bonnie Teeples with her husband, **Scott**, also **Western Region National Officer**, brought greetings from **National FCE** and **Oregon FCE**. **Scott** is the appointed **State of Oregon FCE Secretary**, too. **Bonnie** gave a report from **National**, we need to grow and become younger. There is a new membership being recognized for teenagers and there are two clubs, one in **Missouri** and one in **Tennessee**. We also need to think outside the box by looking at a membership being virtual group on i.e. **Facebook** or some other type of social web. **Scott** give the group "**Be a Member**" lesson on finding, recruiting and retaining new **FCE** members.

At the board meeting, **President Barbara Voltin** reported that we have 435 members. Our numbers are down. Cuts in expenses will need to be done. Two positions from special projects, **Youth Education and International**, will not be filled as both leaders, **Ida Lee Knapp and Helen Tamke**, have resigned due to personal reasons. **Sandy Bolyard, State Treasurer**, has agreed to take over the duties of **Youth Education** and include it with her other position's work load. **Multnomah County** has decided to disband. Some of the interested

members are continuing on in **Clackamas** and **Washington Counties**. In **District III** we have 120 members. Remember to use the "**Keeper Korners**" scholarship for new members, it covers the dues for **National and State** for one year.

A revised **State FCE Handbook** will be available at the **2014 Fall Conference** held in **Pendleton** during **October**. As a board we spent many hours going over the changes. Other district directors gave their reports of their activities and all the volunteering their members give to each study group, county council and state. The **Oregon "Heart of FCE"** was selected from eight very qualified nominees and she will be announced at the **Fall Conference** too.

The lessons selected for the upcoming year will be three from **Oregon State Extension**, "Olives", "Coffee", and "Cranberries." From **National FCE** we will have three, too, "Parliamentary Procedures", "Building a Brochure", and "How to Feed a Family on a Budget." The **Oregon FCE** lessons being planned are "Sugar", "Soups", and "Save the Bees." The country to be studied is "**Canada**." We have many areas to be covered this year. The lessons will be presented and taught at the **FCE Fall Conference**.

Lastly, you are invited to attend the **District III** meeting to be held on **Tuesday, May 6, in Dallas, Oregon**. "**A Tisket, A Tasket, What's in your FCE Basket**" is the theme with **Connie Graves**, speaking on **Native NW Baskets**. The luncheon meeting will be held at **Murphy's Grill**. Please read the enclosed flyer and send in your reservation.

Have a wonderful **Easter and Passover** as we all celebrate this holy season.

Respectfully
Sally Wyffels, District III Director

Teacher: Millie, give me a sentence starting with "I".

Millie: I is..

Teacher: No, Millie...Always say, "I am."

Millie: All right..."I am the ninth letter of the alphabet."

Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?

Harold: A teacher.



WALKERS NEEDED

April 29 is ACWW "Women Walk the World". Our plan is to leave **Amity** at 9 a.m. and travel to **Silver Creek Falls State Park** and do some walking there. We encourage you to get your **FCE Study group** to sponsor you (money will go to ACWW). Last year we had 5 ladies walk and we would like more participants this year. We did 3 miles last year, who knows what we will do this year, probably not the whole hike around the falls. We will find a place to have lunch after our walk. We know that we will have a great time visiting and getting our exercise while helping women in other parts of the world.

If you are unable to walk with us, get a group together in your area and do your own walk. Be sure to report you walk, with pictures, to **Bonnie Teeple, 4338 Arthur Street, Klamath Falls, OR 97603**. The information will go in her reports.

If you are in **District III** or close by contact **Lynda Nyseth, 503-835-2044** or LYNDATrose@aol.com for more information and where we can meet.

Up coming events

April 28th, Clackamas County Fair Share. Contact **Cathy Schabell, 503-256-0884** for more information. Speaker from the **Button Society**, potluck and white Elephant silent auction too.

April 29th, ACWW "Women Walk the World"
May 6th, District III annual meeting, to be held in **Dallas**. Registration Form in this newsletter.

June 18th, District IV annual meeting, to be held in **Lebanon** at the **IIOF Hall at 20 E Ash**. More information will be in the **Oregon FCE News**.

July 17-20, National FCE Conference in Tucson, AZ.

August 13th, District IV picnic, Millersburg Park. 11 a.m. Potluck, visiting and planning.

October 6th-8th, Oregon State Conference, Pendleton, OR.

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Teacher: Now, Simon, tell me frankly, do you say prayers before eating?

Simon: No sir, I don't have to, my Mom is a good cook.

Teacher: Clyde, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?

Clyde: No, sir. It's the same dog.

Heart of FCE

Nomination from District III

The human heart is an organ that pumps blood, or life, into the body, beating 72 times per minute to carry out its purpose.

Connie Leavitt is the heart of **Marion County's FCE**, giving over 80 thousand beats per day to sustain its life. She serves as vice president of her study group, does "**Books for Babies,**" is **County Council** representative, chairs the phone committee, works on the newsletter, bakes pies for friends, and attends **State and National Conferences.**

Connie's heart also pumps life into her church, schools, and food bank. She truly deserves our honor and recognition.

Submitted by **Alene Showers**, Open Arms FCE



Observations

Springtime is like attending a Flower convention.

"Greetings Crocus--You have a reputation of arriving early."

"Sword Fern--You hung around all winter, I knew you'd be here."

"Daffodil Cousins--What pretty bonnets you're wearing."

"Woods Violets--You're so quiet, I just noticed you there in the shade."

Who will arrive next?

I hope they don't arrive in a gang

as

I like to welcome and greet them individually.

I've waited months for spring--- I hope it doesn't slip by too fast. Enjoy each day.

Nancy Thornton, MPY reader

DONATIONS

Amity FCE

Creative Homemakers FCE

Helen Drakeley

Mina Hansen

Linda Johnson

Janet Lee

Alice Wicks

Violet Yungen



OREGON FCE STATE CONFERENCE

October 6,7 & 8, 2014

Red Lion Hotel, Pendleton, OR

Hosted by: Districts VI and VII

"A Star is Born"

Bring your walking shoes, there will be tours of the Pendleton area to include: The famous "Pendleton Underground", Pendleton Woolen Mills, Round-Up Hall of Fame, Tamastlikt Cultural Institute, Hamley's Western Art/Sculptures/Saddles and much, much more!

Local number for Red Lion Hotel is 541-276-6111. Cutoff date is Monday, Sept. 15 for Room Registration Blocks of Rooms.

Room rates for King Bed or 2 Queen Beds:

Single occupancy - \$76.95 per night.

Double occupancy - \$86.95 per night.

Register contact: Marilyn Perkins, 71062 Perkins Rd., Echo, OR 97826. Ph # 541-376-8166

Remembering

Marie Dapses
Open Arms FCE

Bernice Brown
former Baker Creek Member



Writing Class Assignment
(Written by Joanne Walker,
Creative Homemakers FCE)

THE RETREAT—February 3, 2014

I didn't really want to attend the McMinnville Cooperative Ministries Women's 2014 Retreat this year. No one to whom I am particularly close was going. I really needed to get my house ready for company. But I have been in a funk since early October—a funk that works at trying to make stay in bed and hide under the covers. However, I am a stickler about keeping my commitments, particularly if I pay for them, so I figured if I signed up, I would be certain to get out of the house and mingle with at least somewhat like-minded women. As so often happens when I dread an outing, I had a fantastic time. I came away refreshed and renewed, and my funk was no longer quite so dark. I was assigned a room with two Methodist ladies with whom I was acquainted but didn't really know. I know them now, and what's more I like them both. They are kind, lovely ladies with generous and loving spirits.

The weather was glorious; distant cousin Gail Anderson and I went for a walk on the beach Saturday afternoon. It was breezy, but pleasant, and after catching up on some family news, we were simultaneously ready to turn around and head back to camp.

I made the "bean soup in a jar" with Jeanne Rahier. I prepared the soup a week later; it was delicious, and my company thought it was, too. I finished reading *THE DEVIL'S FEATHER*, the February selection of one of the two book clubs to which I belong. The ending wasn't plausible—maybe because the author was British.

But what I really learned is that I am old! I was not truly aware of that fact until Friday evening, January 24, 2014. Oh, I knew that I lacked two days of having lived 74 and ½ years, but I did not know that I was *old*. You see, I play pinochle nearly every Thursday evening at the Senior Center, and I am among the younger players. There are many regulars in their 80s, even 90s. I attend the

traditional Lutheran Church service nearly every Sunday, and there are at least as many attendees who are older than I am as there are younger ones. Of the eight regular members of the Ruth Women's Circle, five are older than I am. The members of the two book groups, which I attend, fall into my general age range. Only two of those who attend my writing group are younger than I am, but there are only two ladies older than I am in my home extension group.

The theme of the retreat was "Taste and See," so Friday evening we were to gather around the round tables in groups of eight and to brainstorm what foods were brought to mind by a word written at the top of a piece of newsprint. My group's word was "comfort." (We listed things like banana cream pie, macaroni and cheese, mashed potatoes and gravy, and German chocolate cake.) There were to be no more than two people born in the same decade at any one table. Hah! Like that was a problem for me. I was definitely the only one at my table born in the thirties; true, I was born in 1939, the end of the decade, but the next oldest one at my table was born in the 50s with the majority born in the 60s. There was not a single participant born in the 1920s, and there were only two other women of the forty plus attendees born in the thirties. The oldest was born in 1932, but she is younger appearing than many who are considerably her junior. A few days later, I saw her participating in a clogging class at the senior center, and I hear tell she's into jogging. I'm not.

The other woman born in the 30s was one of my roommates. She is a little, white-haired lady who sleeps with a C-PAP machine and who faithfully goes through an exercise routine before she can comfortably get up in the morning. I thought how nice it was that I was going to get to know the wife of the amiable fellow I had shared a C-WISH shift a couple of years ago. I mused to myself that she must be older than her husband and considerably older than I. But then Sunday morning, she commented, "I think you and I are about the same age, Joanne." *No way*, I thought as I asked her when she was born. "June, 1939," she answered. "Oh, I guess we are," I replied, somewhat chagrined. "I was born in July."

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One of the attendees was in my son's high school graduating class, the class of 1979. I could hardly believe she has a college-aged daughter, but then I remembered that my son's daughters were graduated from college five and eight years ago. My youngest granddaughter is a fifth-year elementary teacher. One of the attendees was born in 2000. I was *sixty* years old in 2000; my daughter was forty years old in 2000, and my grandson was eighteen. Holy Cow! How could that be? I had not felt so old since the year I realized the President, my pastor and my doctor were all younger than I was, and that was a number of years ago. The current President is more than seven months younger than my younger child, and my present pastor was born the year I was graduated from high school; the Methodist pastor is just months older than my grandson.

Recently a pillar of the Methodist community died of Lou Gehrig's Disease. When I learned of his diagnosis, I remember thinking how fortunate he was to have lived such a long, long life before becoming afflicted. Four years after his diagnosis, my late husband died of the disease at the age of fifty and eleven days. My beloved doctor, Gary Reschly, was in his late fifties or early sixties. I was certain that Ed and Mona were at least approaching eighty; that was *before* I read the obituary. Ed was born a couple of months *after* I was in 1939, and Mona was his high school sweetheart. They weren't old at all. I thought I'd stopped misjudging ages since a woman with whom I worked at Lawrence Gallery more than twenty some years ago, and whom I judged to be at least ten years my senior, turned out to have been born the day before I was in the same hospital in Aberdeen, Washington. We had to have been nursery mates.

"They" say you are only as old as you feel. But this is the first time I've been 74 and a ½. What am I supposed to "feel" like? Are my joints supposed to stiffen when I sit for a long while? Am I supposed to take one stair at a time when walking "down" stairs because I feel as if I am going to fall on my nose? Am I supposed to have developed lactose intolerance? Are other folks frequent guests at 80th birthday parties and 60th wedding anniversary celebrations? Is it just members of my generation who are appalled at the explicit sexual situations

depicted on prime time television or the vulgarity peppering the dialogue in award-winning movies? Is the fact that I have to practically chip pounds off with a chisel rather than just cut back a little on calorie consumption to lose weight an indication of my advanced age?

After all, I mow my own lawn, paint my own house, pull my own weeds. I can go up and down stairs even if it is just one step at a time. I don't creak as much if I adhere to walking regularly. True, there are those who look at me funny when they encounter me on the walking trail, panting as I push my beloved cat Redford along in his stroller. I can almost complete the bi-weekly crossword puzzles in the NEWS REGISTER, and I win my share of high scores at pinochle. Could I do those things if I was truly old? Tell me—what's the cut-off date between middle-aged and elderly?

Yamhill/Polk Counties Spring Festival

I would like to add to **Sally Wyffels** report about **Spring Festival**. Many of our Study Groups give to **4-H Scholarships**, but how much do you know about what **4-H** is doing to prepare our young people for the future. How much do you know from the past about **4-H**? **Mike Knutz, Extension Agent** gave us a quiz and mainly it is about **Yamhill County** but much of it is pertinent to other counties too. See how well you do:

1. What year did **4-H** begin in **Oregon**?
2. What County did **4-H** begin in **Oregon**?
3. What do the four "**H**'s stand for?
4. The **4-H Pledge** was first adopted in what year?
5. In **1973** the words " _____ " were added to the **4-H Pledge**.
6. In **Yamhill County** _____ is the most popular **4-H Project**.
7. The second most popular **4-H Project** in **Yamhill County** is?
8. Since **1916**, **OSU** has hosted **4-H Members** on campus during the summer for classes and statewide **4-H** activities and awards. What is this event called?

The **4-H Wild West Camp** is a youth development program of **Oregon State University Extension Service** and is open to all youth completing grades 4-7. (Continued on page 7)

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This overnight camp is designed to give youth hands-on outdoor experiences like hiking, riding horses, crafts, canoeing, fishing, archery, swimming, natural science, digital photography and more. Campers are placed with trained high school and college age counselors and supervised by **4-H Youth development staff**. Youth participate in traditional campfire activities with songs, skits, smores & more.

Although every camper will have a horse class, there is a **Horse Track** where youth will be housed at horse camp with more time to learn, care, and ride the horses at camp.

July 14-19, 2014 are the camp dates held at the **Oregon 4-H Center, 5390 4-H Road NW, Salem, OR 97304**. Cost for the camp is \$225 per camper if registered by **June 16th**. **Horse Track** (which is already filled) is \$325 per camper. You need not be a **4-H Member** to attend camp.

Madeline Knutz and Zachery Drew, 4-H Ambassadors, were guest speakers at **Spring Festival**. They expressed how much they enjoy working with the kids at camp and also in the after school programs. One thing that they brought out was how when the kids first get together, whether in camp or class, each one has their own ideas and aren't really use to each other but before the week is done they are really working as a team. This is great to see.

Some great projects that **4-Hers** are helping with in **Yamhill County** have been with former **4-H Members**. **Geri Kemper**, now works with the **Peace Corps**, so our local **4-Hers** raised money for playground equipment for those she is working with and they also made vest for them to wear to school.

A **Senior 4-H Member, Tia Piscitelli**, took on the project of "Tie Blankets". I forget the number of blankets she and others made and took to the **Shriners' Hospital**.

Working with after school programs **Madeline, Zachery** and others do **Lego Robotics**.

We so often heard of the bad things our teens are doing but not the good things for our communities and world. Thanks to these and others that are helping others.

Now let's see how you did on the quiz.

1. **4-H** began in **Oregon** in 1904
2. **Yamhill County** was the first in **Oregon**.
3. The 4 "H"s are Head, Heart, Hands and Health.
4. The **4-H Pledge** was adopted in 1927.
5. In 1973 the words "and my world" were added to the pledge.
6. In **Yamhill County** horse is the most popular project.
7. Second most popular is Robotics.
8. **4-H event at OSU** is "**OSU 4-H summer Conference**" or "**4-H Summer Week**" or "**4-H Summer School**".

Submitted by **Lynda Nyseth**, MPY Editor

Master Gardner Advice

- Plant gladioli, hardy transplants of alyssum, phlox and marigolds, if weather and soil conditions permit.
- It's a great time to start a vegetable garden. Among the vegetables you can plant, consider:
- **Oregon Coast:** Beets, cabbage, carrots, cauliflower, celery, chard, slicing cucumbers, endive, leeks, lettuce, onion sets, peas and potatoes.
- **Western Valleys, Portland, Roseburg, Medford:** Broccoli, Brussels sprouts, cabbage, carrots, cauliflower, chard, chives, endive, leeks, lettuce, peas, radishes, rhubarb, rutabagas, spinach and turnips.
- **Central Oregon and higher elevations of eastern Oregon (late April):** Peas, radishes, lettuce, spinach and turnips.
- **Columbia and Snake River valleys, Ontario:** Snap and lima beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, chard, chives, sweet corn, slicing and pickling cucumbers, kohlrabi, leeks, lettuce, onion sets, parsnips, peas, potatoes, pumpkins, radishes, rhubarb, rutabagas, summer and winter squash and turnips.

