

MPY TRI-LINE NEWS

Volume 24, Issue 1

Marion, Polk, Yamhill

Winter/Spring 2017



Happy 2017,

As we start the new year here are some dates for you to remember. Hopefully you will be able to take part in events happening in your area.

February 22 and 23 will be the training for the lesson on "Strength Training" given by Tonya Johnson, Extension Agent in Marion County. The 22nd training is at the Polk County Extension Office and 23rd the training is at the Marion County Extension Office. Tonya's phone number is 503-373-3763, be sure to call her so she will know if you are coming and where you will take the training. She will also be doing the training for March 22 (in Yamhill County at the Extension Office) and the 23rd in Marion County.

March 15 will be Yamhill/Polk Spring Festival at the Amity Christian Church in Amity. Our theme this year is "Honoring our Flag". Deadline for registration is March 3. Registration form is in the newsletter. We will again have our potluck lunch of salads and desserts. Starting at 9 a.m. with registration and coffee and muffins. There will be baskets for you to buy chances to win, a door prize, craft classes, guest speaker, used book sale, a community project of travel size toiletries and other small items for the Union Gospel mission in McMinnville. Come decorate your table and have a lot of fun and good conversations. We should be done by 2 p.m.

March 27, District I Annual Meeting, they will be discussing "Human Trafficking". Doors open at 9:30 a.m. at Clackamas Banquet & Catering Center, Clackamas. Call Jessie Tucker 503-655-0149 or Jean Baker 971-404-7299 for more information.

April 3 and 4 is the Spring Board meeting in Redmond. Be sure to give lesson ideas for 2018 to your district directors and turn in your nominations

for Heart of FCE to your County Council so they can be sent on before March 15.

April 24, 9:30-2:00 p.m., Mt Pleasant FCE Study Group presents Share Fair 2017. Their theme is "Teddy Bears". They will have a special guest speaker. Contact Jean Baker 971-404-7299 for more information.

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

Polk, Yamhill and Marion County FCE Meetings **Ambitious Annies FCE, Dallas** are now holding their meetings at the **Polk County Extension Office**. They meet at 9:30 on the 3rd **Thursday**.

Homemakers Unlimited FCE, Monmouth, 2nd Monday, 9:30.

Amity FCE Study Group, Amity hold their meeting on the 2nd **Monday, 10 am**. We meet in different homes at 10:00.

Sheridan FCE Study Group, Sheridan hold their meetings on the 1st **Thursday**. They also meet in homes.

Creative Homemakers FCE, McMinnville also hold their meetings in members homes. They meet on the 2nd **Thursday**.

Open Arms FCE Study Group meets on the 3rd Tuesday at the **Four Corner Fire Station, in Salem**.

Union/Woodburn FCE, meet 1st Thursday, 11:30.

Oak Meadows FCE, meet the 2nd Monday, in the Salem area.

Seminar for women

Live in a loving relationship with your husband
Question: "How many of you love your husband?" All the women raised their hands.

Then they were asked, "When was the last time you told your husband you loved him?"

Some women answered today, a few yesterday, and some couldn't remember.

The women were then told to take out their cell phones and text their husband - "I love you, Sweetheart."

Next the women were instructed to exchange phones with one another and read aloud the text message they received in response to their message.

Below are 11 hilarious replies. If you have been married for quite a while, you understand that these replies are a sign of true love. Who else would reply in such a succinct and honest way?

1. Who the hell is this?
2. Eh, mother of my children, are you sick or what?
3. Yeah, and I love you too. What's wrong?
4. What now? Did you wreck the car again?
5. I don't understand what you mean?
6. What the hell did you do now?
7. Don't beat about the bush, just tell me how much you need?
8. Am I dreaming?
9. If you don't tell me who this message is actually for, someone will die.
10. I thought we agreed you wouldn't drink during the day.
11. Your mother is coming to stay with us, isn't she?

Kinda tugs at the heart, doesn't it?
Submitted by Suzan Hürza



From the Desk of the District III Co-Director

Snow drops, pussy willows, crocus, forsythia buds thickening, filbert trees blooming are, for me, the signs of Spring in our Yamhill Valley. After the long cold days of ice, freezing rain and snow I am ready for some warmer days with sunshine. Hard to believe that the Lenten season and Easter are soon to be celebrated.

Our new year of FCE lessons are starting. The February lesson, "Cooking for one or two", had its training during the last week of January. The members attending added to lesson with their good ideas and discussion. For me that is what teaching is about, sharing and learning new ideas and offering our knowledge to others. Do we ever stop learning?

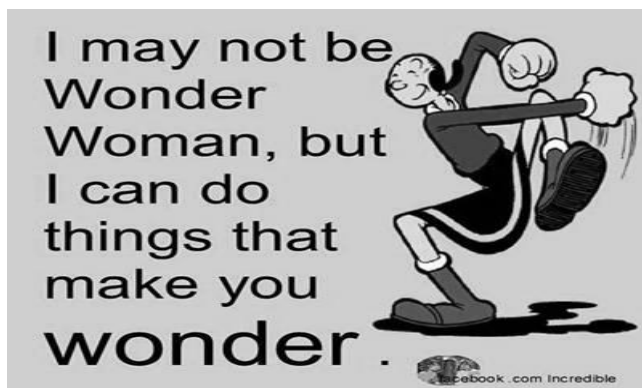
Polk/Yamhill county council is in preparation for their annual Spring Festival. It will held at the Amity Christian Church on Wednesday, March 15, 2017. The theme is "Honoring our Flag". Please take time to read the enclosed flyer about the event, filled it out, and make plans to attend. Bring a friend!

In April, Anna Massingham and I will be attending the spring executive board meeting in Redmond representing District III. The various district directors will be giving their respective districts reports. Included in the reports are the activities that district study groups participated in, donations that each group gave, volunteer hours, and summaries of evaluations of lessons taught. Also during the meeting the Oregon Heart of FCE will be selected and FCE lessons for 2018 will be decided. Please give/email your lesson ideas to me, Anna, your county council representative, or Barbara Voltin, Vice President of Programs before the April 3rd and 4th meeting.

Have a wonderful spring planning your gardens, picking and forcing a sprig of forsythia, pruning fruit trees and roses, or simply enjoying God's hand in our changing seasons.

Many Passover and Easter Blessings be with you all.

Sally Wyffels, District III Co-director



Aging Gracefully

1. I changed my car horn to gunshot sounds. People move out of the way much faster now!
2. I didn't make it to the gym today. That makes five years in a row.
3. I decided to change calling the bathroom the John and renamed it the Jim. I feel so much better saying I went to the Jim this morning.
4. Last year I joined a support group for procrastinators. We haven't met yet...
5. I don't need anger management. I need people to stop irritating me!
6. When I was a child I thought Nap Time was a punishment... Now, as a grown up, it just feels like a small vacation....
7. My people skills are just fine. It's my tolerance of idiots that needs working on.
8. If God wanted me to touch my toes, he would've put them on my knees.
9. The kids text me "plz" which is shorter than please. I text back "no" which is shorter than "yes."
10. I'm going to retire and live off of my savings. Not sure what I'll do the second week.
11. Even duct tape can't fix stupid... but it can muffle the sound!
12. Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?
13. Of course I talk to myself, sometimes I need expert advice.

Submitted by Donna Michaelson, Ambitious Annies

Keepers Corner Scholarship

If you have been reading the **MPY** and wondering how you can be a member and join in the lessons and other meetings but think that you can't afford the membership fee, **Bonnie and Scott Teeple**s have a offer for you. They sponsor a scholarship to new members or members that have been away from **FCE** for some reason. This is an opportunity for you, go to our web-site www.oregon-fce.org, you will find scholarship forms, make a copy and fill it out. You pay only for local club dues, look for someone in your area or contact me and **I'll** let you know who to contact in your area. Also listed on the web-site are clubs that are in or near your area.

Don't put it off any longer, fill out the form and get started in the learning, fun and fellowship that **FCE** has to offer. I look forward to hearing from you.

Contact: **Lynda Nyseth**, 21461 S. Hwy 99W, Amity, OR 97101 or LYNDATrose@aol.com. If you use the e-mail be sure to say that it is about **FCE** or it will go to spam mail or get deleted because I don't recognize the name.

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*Thank you all for your generous donations
and support of the MPY.*

DEMENTIA QUIZ

This may be a "Little" difficult for all who are over 40...Those younger than this will have no hope at all.

FIRST QUESTION:

You are a participant in a race. You overtake the second person. What position are you in?



++++
Answer: If you answered that you are first, then you are absolutely wrong! If you overtake the second person and you take his place, you are in second place!

Try to do better next time. Now answer the second question, but don't take as much time as you took for the first question, OK?



SECOND QUESTION:

If you overtake the last person, then you are...?



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Answer: If you answered that you are second to last, then you are...wrong again. Tell me sunshine, how can you overtake the last person??



THIRD QUESTION:

Very tricky arithmetic! Note: This must be done in your head only. **Do not use paper and pencil or a calculator.**

Take 1000 and add 40 to it. Now add another 1000, now add 30. Add another 1000, now add 20..now add another 1000, now add 10. What is the total?



+++++

Did you get 5000?

The correct answer is actually 4100....If you don't believe it, check it with a calculator!

Today is definitely not your day, is it? Maybe you'll get the last question, right....maybe.



FOURTH QUESTION:

Mary's father has five daughters:

1. Nana, 2. Nene, 3. Nini, 4. Nono, and ???
What is the name of the fifth daughter?



+++++

Did you answer Nunu? **NO!** of course it isn't. Her name is **Mary!** Read the question again!



OKAY, NOW THE BONUS ROUND, I.E., A FINAL CHANCE TO REDEEM YOURSELF:

A mute person goes into a shop and wants to buy a toothbrush. By imitating the action of brushing

his teeth he successfully expresses himself to the shopkeeper and the purchase is done. Next, a blind man comes into the shop who wants to buy a pair of sunglasses; how does he indicate what he wants?



+++++

It's really very simple, he opens his mouth and asks for it.

Does your employer actually pay you to think??
If so do not let them see your answers for this test!
Submitted by Lois Enstrom, FCE District I

GARDENING TIPS FOR FEBRUARY

Planning:

- Tune up lawn mower and garden equipment before the busy season begins.
- Have soil tested to determine its nutrient needs. For more information, call the Master Gardeners.
- Plan to add herbaceous perennial flowers to your flowering landscape this spring. Examples include candytuft, peony, penstemon and coneflowers.
- Fertilize rhubarb with manure or a complete fertilizer.
- Incorporate cover crops or other organic matter into soil.
- Prune clematis, Virginia creeper and other vining ornamentals.

Planting/propagation

- Plant windowsill container gardens of carrots, lettuce or parsley.
- Plant asparagus if the ground is warm enough.
- Plant seed flats of cole crops (cabbage, cauliflower, broccoli and Brussels sprouts), indoors or in a greenhouse.
- Where soil is dry enough and workable, plant garden peas and sweet peas.
- Good time to plant new roses.

A POEM THAT WAS US

A little house with three bedrooms,
One bathroom and one car on the street
A mower that you had to push

To make the grass look neat.

In the kitchen on the wall
We only had one phone,
And no need for recording things,
Someone was always home.

We only had a living room
Where we would congregate,
Unless it was at mealtime
In the kitchen where we ate.

We had no need for family rooms
Or extra rooms to dine.
When meeting as a family
Those two rooms would work out fine.

We only had one TV set
And channels maybe two,
But always there was one of them
With something worth the view

For snacks we had potato chips
That tasted like a chip.
And if you wanted flavor
There was Lipton's onion dip.

Store-bought snacks were rare because
My mother liked to cook
And nothing can compare to snacks
In Betty Crocker's book

Weekends were for family trips
Or staying home to play
We all did things together –
Even go to church to pray.

When we did our weekend trips
Depending on the weather,
No one stayed at home because
We liked to be together

Sometimes we would separate
To do things on our own,
But we knew where the others were
Without our own cell phone
Then there were the movies
With your favorite movie star,
And nothing can compare
To watching movies in your car

Then there were the picnics
At the peak of summer season,
Pack a lunch and find some trees
And never need a reason.

Get a baseball game together
With all the friends you know,
Have real action playing ball –
And no game video.

Remember when the doctor
Used to be the family friend,
And didn't need insurance
Or a lawyer to defend

The way that he took care of you
Or what he had to do,
Because he took an oath and strived
To do the best for you

Remember going to the store
And shopping casually,
And when you went to pay for it
You used your own money?

Nothing that you had to swipe
Or punch in some amount,
And remember when the cashier person
Had to really count?

The milkman used to go
From door to door,
And it was just a few cents more
Than going to the store.

There was a time when mailed letters
Came right to your door,
Without a lot of junk mail ads
Sent out by every store.

The mailman knew each house by name
And knew where it was sent;
There were not loads of mail addressed
To "present occupant"

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There was a time when just one glance
Was all that it would take,
And you would know the kind of car,

The model and the make

They didn't look like turtles
Trying to squeeze out every mile;
They were streamlined, white walls, fins
And really had some style

One time the music that you played
Whenever you would jive,
Was from a vinyl, big-holed record
Called a forty-five

The record player had a post
To keep them all in line
And then the records would drop down
And play one at a time.

Oh sure, we had our problems then,
Just like we do today
And always we were striving,
Trying for a better way.

Oh, the simple life we lived
Still seems like so much fun,
How can you explain a game,
Just kick the can and run?

And why would boys put baseball cards
Between bicycle spokes
And for a nickel, red machines
Had little bottled Cokes?

This life seemed so much easier
Slower in some ways
I love the new technology
But I sure do miss those days.

So time moves on and so do we
And nothing stays the same,
But I sure love to reminisce
And walk down memory lane.

With all today's technology
We grant that it's a plus!
But it's fun to look way back and say,
HEY LOOK, GUYS, THAT WAS US!

Good friends are like quilts - they age with you, yet
never lose their warmth.

Submitted by Donna Michaelson, Ambitious Annies

FCE

News Paper article proves that we need to
"toot" our horn and let people know that
FCE does still exist.

The February 3rd article in the News-Register
had a review on the play "Calendar Girls". It was
stated by Starla Pointer that the women were
members of a chapter of England's nationwide
Women's Institute, similar to the Extension Service
homemakers' clubs that once existed here.
Members get together to socialize, hear educational
programs, exercise and bond by sharing stories of
their husbands and children.

Upon reading the article, Anne Engen responded
to Starla: I always enjoy reading your articles but in
the February 3rd edition about the Calendar Girls'
play you misspoke. You killed off my favorite
organization!

Through the years its name has changed -- 1936
to 1964 groups were called Home Demonstration
Clubs. In 1964 the name was changed to Extension
Homemakers and in 1992 the name became
National Association for Family and Community
Education (FCE). Oregon State provides 3 or 4
educational lessons each year. Times have changed
and OSU Home Economics Department has been
folded into the College of Health and Human
Sciences. Our other lessons through the year are
written by our National FCE Board, the Oregon
FCE Board or FCE members.

We belong to Associated Country Women of the
World (ACWW) formed in 1933. It is the only
international organization representing rural women
and homemakers around the world. Approximately
nine million women in over 70 countries belong to
ACWW which support projects to help rural women
in Africa, Asia, India, Nepal, Islands in the South
Pacific and South America. Some of the projects we
are helping with are clean water and sanitation
projects, food production and nutrition classes.

This spring my FCE group will celebrate 44 years
of learning, laughing, sharing sorrows and joys,
community service projects and some mighty fine
cooking.

FCE CALENDAR

	FEBRUARY			MARCH Continued
20	Presidents' Day	24		Deadline MPY articles
	Strength Training	27		Marion Co. Council, 9:30 4 Corners Fire Station
22	Training Polk Co., 9:30-11:00 Extension Office Conf. Room			APRIL
23	Training Marion Co., 9:30-11:00 Extension Office, 1320 Capitol St. NE	3-4		Spring Board Meeting Redmond
27	Marion Co. Council, 9:30 4-Corners Fire Station	7 14		Mail MPY Yamhill/Polk Co. Council, 9:30 Sandwich Express, McMinnville
	MARCH			Easter
3	Deadline Spring Festival registration	16		Marion Co. Council, 9:30 4 Corners Fire Station
10	Yamhill/Polk Co. Council, 9:30 Sandwich Express, McMinnville	24		Clackamas Co. share Fair
12	Daylight Saving time Begins			Mediterranean Diet
15	Yamhill/Polk Spring Festival 9:00-2:00 Amity Christian Church	26		Training Polk Co., 9:30-11:00 Extension Office Conf. Room
17	St. Patrick's Day	27		Training Marion Co., 9:30-11:00 Extension Office
20	Spring Begins			Women Walk the World, 10:00 Dallas City Park Main Entrance
	Aging In Place	29		
22	Training Yamhill Co., 9:30-11:00 Extension Office Auditorium			
23	Training Marion Co., 9:30-11:00 Extension Office			

Oregon Association for Family & Community Education