

MPY TRI-LINE NEWS

Volume 26, Issue 1

Marion, Polk, Yamhill

Winter/Spring 2019



Welcome 2019, already one month has gone by and by the time you get the newsletter the second month will be almost gone.

In this newsletter you will find your registration form for the Yamhill/Polk Spring Festival. “**Diwali/Saris/Chai/No Crackers**” is our theme. We will be at the Amity Fire Station on March 20, 9:00 to 2:00. Jeanne Brandt will be telling about her trip to India. We have invited Debra Driscoll and Tonya Johnson as they went on this trip too and we would like to also get their thoughts about the trip. We will have our potluck lunch of salads and desserts (bring your own table service), book sale, raffle baskets, we will be playing India Bingo, so bring coins to use as markers and we will be collecting them for ACWW. Our community project for this year is Henderson House, please bring paper products (T.P, paper towels, Kleenex, garbage bags, etc.) and A Family Place, please bring diapers sizes 6 & 7. Come join us for a day of fun and visiting.

Plans are being made for our District III meeting to be held this year in Jasper, hosted by Lane County. The date is May 8th.

District I (Clackamas and Washington Counties) meeting will be held in Clackamas, March 29th, 9:30 to 2 pm. Contact Lendamai Poole, lendamai@msn.com for more information.

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



From the Desk of the District III Director

Hello! By the time you read this I'll be starting to walk again after foot surgery. Will be grateful to be free to roam.

I'm excited to be your new District Director. This column will include info about coming FCE events. Plus fun ideas for bonding questions to enliven your group meetings.

Next FCE event is ***Spring Festival, March 20th*** at the Amity Fire Hall, south end of Amity near the bridge. Theme is

Diwali/Saris/Chai/No Crackers

Come to see what a Diwali is and why you can't have crackers!

Jeanne Brandt toured India taking colorful photos of the man with the longest mustache, elephants, and huge pots of steaming stew in world's largest food program for the poor. Ask what they sell at the Pee Pee store. She'll bring saris for you to try on. Registration is \$8.00, bring a salad or dessert, used books to sell to benefit MPY, and white elephant prizes for our India Bingo.

Each group is to create a basket for our raffle. Registration starts at 9:00. Decorate your club's table.

Bonding Adds Spice to Meetings

My FCE group starts each meeting with an interesting bonding question made up by our President. It's a way for everybody to share and laugh. It's an easy way for visitors, new and shy members to join in. We're always surprised by some answers.

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Here's some sample bonding questions. Ask for short answers.

For the first question hand out small pieces of paper for people to write their answers on. Then gather papers, mix up and hand a paper to each member. Go around group reading each pet name, and guessing whose pet it was.

1. When you were a kid did you give a pet a funny name? What was the pet? (I raised a baby sparrow named Xerxes, after a Persian king. Bird destroyed mom's Angel Wing plant.)
2. Where did you attend first grade? Did desk have an ink well?
3. When you were in grade school what did your mom normally make you for breakfast? (How times have changed.)
4. What was your favorite Halloween costume?
5. What wise advice would you tell a new bride?

Share your bonding questions with me anne.n.engen@gmail.com.

They will be included in future columns.

See you at Spring Festival, **Anne Engen**

Thank you for supporting the MPY Tri-Line News. Our next deadline is April 5, 2019.
Lynda Nyseth, Editor MPY Tri-Line News
21461 South Hwy 99W, Amity, OR 97101-2239
Make check payable to MPY Tri-Line News.



What did your FCE Study Group do in late 2018 & January 2019?

Oak Meadows Extension Unit in Salem had a potluck luncheon for our December meeting. During our business meeting we decided to which charities to contribute the donations that our generous members give at each of our meetings. We give donations following our May and December meetings. This time we decided to give half to The Center for Hope and Safety in Salem and half to the Union Gospel Mission to be used for Simonka Place which is the shelter for women and children.

Following the business meeting we each showed the toys that we had brought to be donated to the Marion County Fire District 1 Toy Drive. The rest of the afternoon was fun socializing and discussing our plans for Christmas.

Linda Schollian, Oak Meadows FCE

Amity had lunch at a restaurant, shared Christmas cards and looked at the presents we bought for the 2 children whose names we got from the tree of giving.

Several of us from Salem and Yamhill County met with others from District III in Lebanon for a Christmas luncheon hosted by Linn County FCE. We had an enjoyable lunch and played some games.

In January Amity did not have a lesson. We met at Velma Bottenberg's home and played games.

Lynda Nyseth, Amity FCE

DONATIONS

- | | |
|---------------------|-----------------------|
| Karen Baker | Ken Marque |
| Jan Blankenship | Anna Massingham |
| Velma Bottenberg | Sharon Nilsen |
| Noreen Chamberland | Susie Penhollow |
| Laurel Christiansen | Kathie Register |
| Marlene Currin | Sharon Ricks |
| Carl Dauenhauer | Lorraine Scott |
| Margaret Dietrick | Charlotte Sharp |
| Constance Gates | Alene Showers |
| Kathleen Hammack | Violet Starks-Fetters |
| Shirley Hill | Nancy Thornton |
| Vyonne Hite | Rita Wagar |
| Betty Holcomb | Dolores Wagner |
| Nancy Hugill | Shirley Watson |
| Donna Hulett | Dawn Westphal |
| Linda Johnson | Penelope White |
| Ida Lee Knapp | Colleen Wilcox |
| Connie Leavitt | Claire Wintermute |
| Lost Creek FCE | Sally Wyffels |

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ACWW Women Walk the World

The date for this walk is April 29. This year we will meet at 10 am at the Carousal in Salem and walk on the new bridge to Minlo Park.

Whether you raise money for ACWW or just celebrate the organization and the walk, come get some exercise with us. For several years now there have just been four or five of us and we would like to have more join us.

OREGON WINTER

Our winters aren't snowy like Currier & Ives
Instead they are rain, fog, and cloudy skies.

They are dew drops dripping from the trees
and cushy moss for me to see.

They're red beads of bright roses hips
They're gushy mud and avoiding slips.

They're snowbirds pecking at the road
And flickers tapping their secret code.

They're bare bone silhouette of leafless trees
And swaddling up against winter's cold freeze.

They're mist smoking behind the ridge
and frothy water beneath the bridge.

No, my winter's not Currier and Ives
but it is beautiful to my eyes.

Happy New Year.

Nancy Thornton



INVITATION

Clackamas and Washington Counties are having their District I meeting on March 29th at the Clackamas Banquet & Catering Center. It will be held from 9:30 – 2 pm. The address is 15815 S. E. 82nd Drive, Clackamas, OR. This is just off of 205 and located in the Denny's restaurant building. We would love to see you if you can attend.

Sincerely, Lendamai Poole
E-Mail lendamai@msn.com

Am I getting to that age?

I found this timely, because today I was in a store that sells sunglasses, and only sunglasses. A young lady walked over to me and asked, "What brings you in today? I looked at her and said, "I'm interested in buying a refrigerator." She didn't quite know how to respond.

I was thinking about old age and decided that old age is when you still have something on the ball, but you are just too tired to bounce it.

When people see a cat's litter box they always say, "Oh, have you got a cat?" Just once I want to say, "No, it's for company!"

Employment application blanks always ask who is to be called in case of an emergency. I think you should write, "An ambulance."

The older you get the tougher it is to lose weight because by then your body and your fat have gotten to be really good friends.

The easiest way to find something lost around the house is to buy a replacement.

Did you ever notice: The Roman Numerals for forty (40) are XL.

The sole purpose of a child's middle name is so he can tell when he's really in trouble.

Did you ever notice that when you put the 2 words "The" and "IRS" together it spells "Theirs?"

Aging: Eventually you will reach a point when you stop lying about your age and start bragging about it.

Some people try to turn back their "odometers." Not me. I want people to know *why* I look this way. I've traveled a long way and a lot of the roads were not paved.

You know you are getting old when everything either dries up or leaks.

Ah! Being young is beautiful but being old is comfortable.

Lord, keep your arm around my shoulder and your hand over my mouth.

May you always have.

Love to share.

Cash to spare.

And friends who care.

Submitted by **Donna Michaelson**, Ambitious Annies FCE

TWO QUESTIONS TO ANSWER:

Question 1:

If you knew a woman who was pregnant, who had 8 kids already, three who were deaf, two who were blind, one mentally retarded, and she had syphilis, would you recommend that she have an abortion?

Read the next question before looking at the response for this one.

Question 2:

It is time to elect a new world leader, and only your vote counts.

Here are the facts about the three candidates. Who would you vote for?

Candidate A

Associates with crooked politicians, and consults with astrologist. He's had two mistresses. He also chain smokes and drinks 8 to 10 martinis a day.

Candidate B

He was kicked out of office twice, sleeps until noon, used opium in college and drinks a quart of whiskey every evening.

Candidate C

He is a decorated war hero. He's a vegetarian, doesn't smoke, drinks an occasional beer and never cheated on his wife.

Which of these candidates would be our choice?

Decide first... no peeking then respond.

Candidate A is Franklin D. Roosevelt.

Candidate B is Winston Churchill.

Candidate C is Adolph Hitler.

And, by the way, on your answer to the abortion question:

If you said YES, you just killed Beethoven.

Pretty interesting isn't it? Makes a person think before judging someone.

Submitted by **Cathryn Schabell**, District I FCE

A Great Lesson on Stress

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, 'Half empty or half full?' She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes." She continued, "and that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must.

1. Accept the fact that some days you're the pigeon, and some days you're the statue!
2. Always keep your words soft and sweet, just in case you have to eat them.
3. Always read stuff that will make you look good if you die in the middle of it.
4. Drive carefully... It's not only cars that can be recalled by their Maker.
5. If you can't be kind, at least have the decency to be vague.
6. If you lend someone \$20 and never see that person again, it was probably worth it.
7. It may be that your sole purpose in life is simply to serve as a warning to others.
8. Never buy a car you can't push.
9. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
10. Nobody cares if you can't dance well. Just get up and dance.
11. Since it's the early worm that gets eaten by the bird, sleep late.

12. The second mouse gets the cheese.
 13. When everything's coming your way, you're in the wrong lane.
 14. Birthdays are good for you. The more you have, the longer you live.
 16. Some mistakes are too much fun to make only once.
 17. We could learn a lot from crayons. Some are sharp, some are pretty and some are dull. Some have weird names and all are different colors, but they all have to live in the same box.
 18. A truly happy person is one who can enjoy the scenery on a detour.
 19. Have an awesome day and know that someone has thought about you today.
- AND MOST IMPORTANTLY
20. Save the earth..... It's the only planet with chocolate!

Submitted by **Donna Michaelson**, Ambitious Annies FCE

When I was a young girl my Daddy bought me a "Jack in the Box", but now that I've matured, he bought me a "McDonald's" too.





Movie Review

Since we have Netflix I have watched several movies. I recommend these:

1. **“Triumph of the heart”**. This drama tells the tale of Ricky Bell, a pro-running back with the Tampa Bay Buccaneers, who died of a muscle disease in the prime of his career. Cast: Mario Van Peebles, Susan Ruttan, Lane R Davis.
2. **“Cowgirl’s Story”**. Hoping to refocus while her parents are deployed in Afghanistan, a tenacious teen forms a horse-riding squad with her rebellious new school friends. Cast: Bailee Median, Pat Boone, Chloe Lukasiak.
3. **“Believe”**. After his family-run factory falters, jeopardizing his town’s holiday pageant, businessman Matthew faces a crisis of character and faith. Cast: Ryan O’Quinn, Shawhee Smith, Danielle Nicolet.

Let me know what you are watching and reading so others can see what might interest them. On the cold winter-like days we are having a good book or movie with coffee, tea, hot chocolate and maybe some popcorn really hit the spot. Enjoy!



ACWW

Associated Country Women of the World
ACWW is the only international organization representing country women and homemakers. It links together many societies with a membership of approximately nine million women in over 70 countries and is the channel through which members in different parts of the world share information. All societies or

groups are non-party, non-racial, and non-sectarian. Together they work (1) to raise the standard of living of rural women by providing classes for economic growth projects, (2) to provide education to help women learn the importance of good sanitation, adequate nutrition and health care for their families, (3) to promote international friendship and understanding, and (4) to be a voice for country women in international matters.

From the 1930’s through the 2000 decade, FCE’s mission to strengthen families through continuing education, leadership development and community action has remained the same. Leadership through education is the key; volunteerism is the means. FCE’s mission – past, present and future – connects with families. FCE has looked into the future to empower women to change their lives, their families and their communities for the better.

This year FCE has taken a “Zero Hunger Challenge”. We are collecting dimes in small water bottles. When the bottle is full, we are to give our local food bank half of the money and ACWW the other half. If you haven’t done so, why not join the challenge.

OR Assoc. Family & community Education
MPY Tri-Line News
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FCE CALENDER

February 2018

- 25 Marion Co. Council, 9:30
4-Corners Fire Station
- The History, Use and Misuse of Antibiotics**
- 27 Training Polk Co. Extension Office, 9:30-11:00
- 28 Training Marion Co. Extension Office, 9:30-11:00

March

- 8 Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
Deadline for registrations for Spring Festival
- 10 Daylight Saving Time Begins
- 20 Spring begins
Yamhill/Polk Spring Festival, 9:00-2:00
Amity Fire Station
- 26 Marion Co. Council, 9:30
District I Meeting, 9:30-2:00
Clackamas, OR
- Instant Pot Cooking**
- 27 Training Yamhill Co. Extension Office, 9:30-11:00
- 28 Training Marion Co. Extension Office, 9:30-11:00

April

- 5 Deadline MPY Articles
- 12 Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
- 19 Mail MPY, 9:00
4-Corners Fire Station
- 21 Easter
- 22 Marion Co., Council, 9:30
4-Corners Fire Station
- Gas Lighting**
- 24 Training Polk Co. Ext. Office, 9:30-11:00
- 25 Training Marion Co. Ext. Office, 9:30-11:00
- 29 ACWW Women Walk the World, 10:00
Meet at Carousel in Salem
- 30 Registration deadline for District III Luncheon
- May**
- 8 District III Luncheon
Jasper, OR

Oregon Association for Family & Community Education