

MPY TRI-LINE NEWS

Volume 21, Issue 1

Marion, Polk, Yamhill

Winter/Spring 2014



Hello,



Right now we have snow and the skiers are very pleased. I just stay off the roads and by the nice warm fire. But in just a few days we will be having rain and who knows what we will have when you get this newsletter.

Most of our **FCE** study groups in **District III** have started the year planning who will be giving the lessons we have planned for the year. Most have had the lesson "**Is There a Vaccine to Cure Rudeness?**" I have heard from several people that they think we have some very good lessons for this year. Thank you to the **FCE members and OSU faculty** that have prepared our lessons for **2014**.

Remember to give your **District Directors** ideas for lessons for **2015** so they can talk about them and make plans at the **Spring Board** meeting that will be held the end of **March**. Also if you have a nomination for **Heart of FCE**, that needs to be turned in right away, as well as 50 year members and those that have been in longer than that so they can be recognized.

In this newsletter you will find a registration form for **Yamhill/Polk Spring Festival**, to be held **March 19**. We are pleased to announce that **Bonnie and Scott Teeples** will be joining us and sharing information from **National FCE**. We will also be having **Mike Knutz, Yamhill County 4-H Agent** and some **4-Her's** talking to us and giving presentations. We will have a used book sale, silent auction, door prizes and potluck lunch of salads and desserts. Hope that if you are close by you will come and join us for a day of fun and learning. You are welcome to dress according to our theme "**Wild West**".

Again the reminder to let the leaders of the trainings for our 2014 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 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

Question and Etc.

taken from **Connection of Jackson County**

What was the popular chewing gum named for a game of chance?

1. Blackjack
2. Gin
3. Craps

Word Teaser--Tiffin is

1. a brief argument or open-handed fight
2. a small meal taken in the middle of the day
3. an "all top" muffin served with the bottom portion removed
4. a barbed fish appendage which is extended and used in combat
5. a type of wax used to make gag candles that relight after being blown out

(Answers on page 3)

Map Quest really needs to start their directions on #5. **I'm** pretty sure **I** know how to get out of my neighborhood.

*Life isn't like a bowl of cherries or peaches.
It's more like a jar of Jalapenos.*

What you do today, might burn you - tomorrow.



From the Desk of the District III Director

Do you spend your **January and February** days planning your spring and summer gardens? My husband and I go over the seed catalogues exploring the new varieties of veggies and flowers and finally deciding on our tried and true "friends" and selecting a few new types. **FCE** county councils, state executive, and study groups are beginning their year of planning new lessons, inviting friends for new members and working on special occasions.

In **March Polk/Yamhill** county council will be hosting their annual **Spring Festival in Amity, Oregon on Wednesday the 19th**. This year's theme is "**Wild West**". The guest speakers will be **Mike Knutz, Yamhill County Administrator/4-H Extension agent** and two **4-H Ambassadors**. They will be presenting their adventures at the **4-H** summer camp, "**Wild West**". The community project for the festival is raising money for scholarships for the **4-H** camp. Both **Scott and Bonnie Teeples** will be present and speaking about the "**keepers corner**", "**Be-a-Member**" program, **FCL**, and "What's happening at the **National Level of FCE**". There will be a silent auction, door prices, and a wonderful potluck luncheon.

Also in **March I** will be traveling to **Redmond** for the biannual **Executive Board Meeting**. At the meeting the various district director will be giving a report on their respective area concerning volunteer hours, activities, lesson attendance, membership of the study groups. We will be selecting "**Oregon Heart of FCE**" and the lessons for the coming year (**2015**). There are reports given from each of the **State Officers**, too.

Coming in **May** is the **District III Meeting** to be held in **Dallas, Oregon** at "**Murphy's Grill**" on **Tuesday the 6th**. The theme is "**A Tisket, A Tasket what's in the FCE Basket?**". **Connie Graves** an expert on **Native NW Basket** will be the speaker.

Please send your ideas for lessons to the county council. I will take these ideas to the **Spring Ex**

Meeting and present and possibly they will selected for a lesson in **2015**.

Lastly, do you have someone in your study group who always is going beyond the extra...why not select her/him for the "**Heart of FCE**". Ask your president/county council representative for the application forms.

What are you planning new for this year???

Sally Wyffels

District III Director

Volunteer Newsletter Staff

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(Answers to question and teaser on page 1)
Gum is 1. Blackjack
Tiffin is 2. a small meal taken in the middle of the day.

Once **U. S. President Theodore "Teddy" Roosevelt** was on a hunting trip in **Mississippi**. One day a bear cub was brought into camp for the president to shoot. **Roosevelt** refused. Because of **Teddy Roosevelt's** liking for the bear cub, toy bears are called "**Teddy bears**" to this day.



STRANGE BUT TRUE

Johann Sebastian Bach was once jailed for a month, but the confinement didn't interfere with his creativity; during that time, he wrote 46 songs.

Do you know what firecrackers, iodine, decaffeinated coffee, the plastic contact lens and the barometer have in common? They were all reportedly discovered by accident.

(Taken from **Tidbits of Salem & Keizer, April 5, 2005**).

DONATIONS THANK YOU SO MUCH

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Bits of History Wheatland, OR

*(Parts taken from News-Register, Jan. 28, 2014,
article written by Elaine Rohse)*

In the 1800's **Wheatland** was a bustling town. It was an important shipping port, there were numerous businesses including two hotels, said to offer better accommodations than could be found at any other river hamlet between **Salem and Oregon City**.

Wheatland is located in the southeast corner of **Yamhill County**. **Capt. Daniel Matheny**, his wife and seven children bought squatter's rights to a land claim of **James A. O'Neal**. He also bought a ferry that **O'Neal** had ordered.

In **1844**, **Matheny Ferry** was the only one at that time that could carry a wagon and team across the river. The first **Wheatland Ferry** was a wooden raft, powered by men with wooden poles. Since then there have been many different structures but the original name has remained.

Across the river from **Wheatland** was the **Willamette Methodist Mission**, established in **1834**, and headed by **Rev. Jason Lee** the first of the missionaries to come to the **Oregon Indians**. Tents furnished shelter until housing could be erected, as well as, at a later date, a granary and hospital. In **1837** the first white women in the valley came to the mission.

In **1842** the mission was moved to north **Salem** and the site abandoned. In **1861**, a disastrous flood washed all the buildings except the granary and hospital away.

A sailor-pioneer, **George Kirby Gay**, settled on a claim near **Wheatland**, and in **1841-42** built the first brick house in **Oregon**. Barefooted **Indians** tramped the native clay that was formed and burned as bricks at the site. In **1843**, when **Yamhill County** boundaries were designated **George Gay House** was a point in the description. The brick house became a popular stopping place for government officials and territorial visitors.

In **1867**, **Wheatland** had a post office, a blacksmith shop, harness and saddle shop, a store and a grain cleaner manufacturing business.

The first school was a private subscription school, but by **1867** pupils attended school in a log building with **D. P. Mason** as teacher. About **1878** a "lumber" schoolhouse was built. **The Wheatland Church** next became the public school building. New desks were bought for the 50 pupils and **Maude Williamson** was the teacher.

In **1945 Wheatland School** was consolidated with **Hopewell**.

Wheatland had developed into an important shipping point and was one of the better equipped ports, but the **1861** flood washed out the lower portion of the town's shipping facilities. It devastated **Zieber's** business and wiped out the local warehouse where 7,000 bushels of wheat were stored.

In **1872** a fire burned **Hendrick's** great mill. He rebuilt and added a merchandising business, continuing his milling and warehouse business until the **1890's**.

In **1881**, **Wheatland's** population was 319. The town had at least 15 businesses. But the shipping port was challenged by the coming of the railroads. Shipping dramatically declined, the hotels closed and in **1903**, the post office was discontinued.

In **1915 Oregon Almanac** listed **Wheatland's** population as 85.

All that remains after 170 years, of **Wheatland**, is the **Wheatland Ferry** and a few homes. If you travel across the ferry maybe you can try to picture **Wheatland** in its busy time, with shipments of wheat departing, important visitors checking into the hotels and businesses humming.

Thank you **Elaine** for this look back to **Wheatland's** heyday.

Submitted by **Lynda Nyseth**, Amity FCE

Quick Bits

from **Tidbits of Salem & Keizer**
April 5, 2005

The Atlantic and Pacific Oceans are more than 2,500 miles apart in most of the **United States**. But in some places in **Central America**, the world's two biggest oceans are separated by fewer than 50 miles of land. **Panama** is the narrowest part of **Central America**, but there are no mountains in **Panama** that offer a view of both oceans. However, a peak in the neighboring country of **Costa Rica**, the 11,325-foot **Mount Iزارu**, is the only point in the world from which you can see both oceans.

UP COMING EVENTS

March 19th, Yamhill/Polk Spring Festival.
Amity Christian Church, 9:00 to 2:00, potluck lunch of salads and desserts. (See registration form inside.)

March 24-25, FCE Spring Board Meeting in Redmond.

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.

May 6th, District III annual meeting, to be held in **Dallas**. More information in the next **MPY**.

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

October 6th-8th, Oregon State FCE Conference, Pendleton. "A Star is Born" held at **The Red Lion Hotel**.

Put these dates on your calendars and plan to attend these fun and interesting events, especially if you are in the area. Most important make the special effort to attend the **FCE State Conference in Pendleton**. We need you!

START THE DAY RIGHT

Morning exercise jump starts our day
from Yamhill Valley Health & Wellness,
Dec. 31, 2013

Renowned diet and fitness coach **Jorge Cruz** said that "your brain craves oxygen in the morning, which is why early day exercising is so beneficial."

Your brain needs this oxygen to help you begin your normal daily activities and when you feed it with coffee, there are little to no benefits that can be derived from roasted coffee grounds. The body will eventually crash because the brain has not received the nutrients that it needs to guide you through the day.

Daily Energy Boost: A recent experiment was done in which they found that early morning exercise can actually help insomnia as well. The body will need to be in a restful state after a day of exercise and hard labor, so you want to get in your workout as quickly as you can before you expend all your energy throughout the day.

This will help you to burn additional calories that you might not have been able to burn had you simply waited to do your exercise after work. You will also feel more energized at work because your

body is now receiving the extra supply of oxygen that it needs to handle the rigors of your workday.

People debate this next benefit, but it should be a point that is at least brought to the surface. Some people believe morning exercise has the capability to burn extra calories because there is no food in your stomach, but there has been no concrete evidence to support this.

While this idea does seem to have some merit, you want to remember that you don't want to burn up protein as well, because protein is what muscle is primarily made of.

Burning protein is simply like losing muscle from your skeletal structure. Therefore, it becomes essential that you are careful when starting an exercise program in the morning, as you want to gauge how well your body will react.

Less Mental Fatigue: Bangor University in the **United Kingdom** recently did a study in which it found that people with high-stress jobs should consider exercise in the morning rather than at night after work. The reason underlying these findings is that physiologists have determined that a stressful day at work can leave one feeling an overriding sense of mental fatigue, which leads to lesser amounts of exercise in terms of both time and intensity.

If you are regularly tired after a long day at work, think about exercising in the morning so you can get in bed and get the recovery sleep that you need at night.

If you are looking for a quick morning pick-me-up search no further than your local streets and sidewalks. These provide the perfect setting to not only get in your workout but also give you the energy that you need to make it through a long, tough day. While it is important that you do not use 100 percent intensity while exercising in the morning, there are just too many benefits that morning exercise can provide for you not to use it to your advantage.

Miracles happen all around us. We just need to be willing to see them.



New Year's Fitness Resolutions

5 ways to keep them

Even with the best intentions, many newly resolved exercisers stop using the elliptical machine, bicycle or stair climber after only a few months.

But it doesn't have to be that way. Here's how you can keep your **New Year's** fitness resolutions all year long.

SET SPECIFIC GOALS: Instead of simply resolving to exercise more, give yourself a tangible accomplishment to work toward, like walking 30 minutes a day.

MAKE YOUR GOALS ACHIEVABLE: Don't try to run a marathon with only two month's training; you're only setting yourself up for failure. Think of your goals as a ladder, with each rung representing an increasingly difficult task. Don't aim for the top rung on the first day! Keep your goals small, then build from there.

CHART YOUR PROGRESS: Keep a journal or spreadsheet detailing your exercise goals and daily activities. Not only will this keep you accountable, but seeing all you've accomplished will motivate you to keep going.

MIX IT UP: Adding variety to your workouts will keep you from getting bored. Join a sports team or attend a class you may have never tried, like **Zumba**.

REWARD YOURSELF: When you reach one of your goals, treat yourself to a present--big or small. It could be a massage or a new pair of laces for your running shoes. Whatever motivates you!

USE THE BUDDY SYSTEM: Enlist a friend to work out with to keep yourself accountable.

Sources: **American Academy of Orthopedic Surgeons; American College of Sports Medicine; American Council on Exercise. Regence Health Connections, Winter 2014**

TRIVIA

1. To date, who is the only cadet to have graduated from **West Point**, with no demerits on his record?
2. What **Naval Academy** graduate was the first **U. S. President** to be born in a hospital?
3. What **Civil War** general, who messed up big time at **Little Bighorn**, graduated last in his class at **West Point**?

4. As a result of the **Shannon Faulkner** case, what other all-male military school(besides the **Citadel**) was forced to go coed in **1996**?
(Answers on page 7)
-

PREDIABETES:

Why you shouldn't ignore it

Meteorologists warn us of impending bad weather. Doctors can often do the same with our health--warning us when we're at risk for a serious disease.

An example: a condition called *prediabetes*.

If you've been diagnosed with prediabetes, it means your blood glucose (sugar) level is creeping up. Your level isn't high enough yet to be called type 2 diabetes, but it is abnormally high. The condition is basically a warning: "Pay attention! Danger ahead!" That's because your risk of developing full-blown diabetes is increased with prediabetes. And once you have diabetes, it never goes away.

But here's the good news: If you act now, you can slow this trip toward diabetes. You may even be able to stop it altogether.

TAKING A SAFER ROUTE: According to the **American Diabetes Association (ADA)**, you can cut your risk of developing type 2 diabetes by 58% if you:

- Lose just 7% of your body weight, or about 15 pounds if you weigh 200 pounds.
- Exercise moderately--taking a brisk walk, for example--30 minutes a day, 5 days a week.

These may require turning off the TV, prioritizing schedules to make time for exercise, and eating and shopping in a new way. A healthy diet is one that cuts back on calories and fat and emphasizes low-fat or nonfat dairy products; whole grains; lean meats; dried beans; fish and lots of fruits and vegetables.

By taking positive steps now to control prediabetes, you can put yourself on the path to a better health--a path that just might lead to a life without diabetes.

To learn more about prediabetes, visit the **ADA** website at www.diabetes.org. Search for "prediabetes."

Source: **Regence Health Connections, Winter 2014**

(Answers to Trivia questions on page 6)

1. **Robert E. Lee**
2. **Jimmy Carter**
3. **George A Custer**
4. **Virginia Military Institute (VMI)**



Gardening is about enjoying the smell of things growing in the soil, getting dirty without feeling guilty and generally taking the time to soak up a little peace and serenity.

Lindley Karstens, noproblemgarden.com

EFFECTIVE LEADERSHIP

By Judy Zettergren, YCMGA

(Yamhill County Master Gardener Assoc.)

Leadership TIP: Plan the work and work the plan, sounds simple doesn't it? What does this have to do with effective leadership? Planning and preparation is key to effective leadership. People can't engage, follow or deliver when work is poorly planned.

Plan the Work:

1. Develop a good draft of the goals and work involved in the project.
2. Share the draft with a couple of knowledgeable people you trust to provide practical feedback.
3. Make needed adjustments to the draft.
4. Use the project draft to enlist a team of volunteers for the project.
5. Review the draft with team members to get input and buy-in to project goals and process. This is an important step.

Work the Plan:

1. Execute the plan but adjust as a team when appropriate.
2. Meet routinely to share progress and problem solve any hurdles.
3. Distribute good meeting notes to the team on progress and successes.
4. Share key progress notes with the board or organizing body of the larger organization. Keep them in the loop.
5. Listen and coach, support and engage the team members on a regular basis as needed
6. Share any successes routinely with the larger organization.
7. Thank all who worked on the project.

If you use an organized approach to leading people and projects, you will build a reputation as someone who can lead and listen, problem solve and deliver.

Set a personal goal to lead by example and "**plan the work and work the plan**".

What are you doing this year in your study groups, traveling and other information you believe would be of interest to our readers. I know that there are events taking place in areas where this newsletter goes. Maybe not everyone is close enough to attend but we can let those within 50 miles or so know and they might just like to come visit your area.

Thank you for all your notes and messages that you do send me. And a **BIG "THANK YOU!"** To all that sent donations to keep our newsletter going, without your support we would not be continuing.

Lynda Nyseth, editor



20th Annual Amity Daffodil Festival, March 22-23, 10 am to 4 pm. Educational program of **Amity School District 4J.**

Yamhill County Heritage Center, Farm Fest & Plowing Competition, April 12, 10 am to 4 pm.

There will be 20 teams of draft horses & mules working the ground in a plowing competition, plus many exhibits, food and activities for kids.

Check the internet for more information on these events.

Remembering

Barbara Patershall
former White Cloud Member

FCE CALENDAR

FEBRUARY

- 24 Marion Co. Council, 9:30
4-Corners Fire Station
- Re-Examining Root Vegetables**
- 26 Training Polk Co., 9:30-11:00
Extension Office Meeting Room
- 27 Training Marion Co., 9:30-11:00
Health Service Bldg., Rm. 1C

MARCH

- 14 Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
- 17 St. Patrick's Day
- 19 Yamhill/Polk Spring Festival, 9 am - 2 pm
Amity Christian Church
- 24 Marion Co. Council, 9:30
4-Corners Fire Station
- 24-25 FCE Spring Board Meeting
Redmond
- Caring for Aging Skin**
- 26 Training Yamhill Co., 9:30-11:00
Extension Office Auditorium
- 27 Training Marion Co., 9:30-11:00
Health Services Bldg., Rm 1C
- 28 Deadline for MPY Articles

- 1
- 4
- 11
- 12
- 18
- 20
- 23
- 24
- 28
- 6
- 11

APRIL

- April Fools' Day
- Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
- Mail MPY, 9:15
4-Corners Fire Station
- Farm Fest, 10:00-4:00
Yamhill Co. Heritage Center
Durham Lane, off Hwy 18
South of McMinnville
- Good Friday
- Easter
- Growing & Enjoying Leafy Greens**
- Training Polk Co., 9:30-11:00
Extension Office Meeting Rm.
- Training Marion Co., 9:30-11:00
Health Services Bldg., Rm 1C
- Marion Co. Council
4-Corners Fire Station
- MAY**
- District III annual meeting
Murphy's Grill
Dallas
- Mother's Day

Oregon Association for Family & Community Education