

MPY TRI-LINE NEWS

Volume 26, Issue 2

Marion, Polk, Yamhill

Spring/Summer 2019



Welcome to Spring!

I hope you are having a good start to 2019. In District III we started the year, of course, with the planning of Yamhill/Polk Spring Festival. March 20th, we welcomed over 50 members and friends to Amity Fire Station for a very enlightening trip to India with Jeanne Brandt and her assistants Debra Driscoll and Tonya Johnson. These three, along with some others, spent a month in India. Along with pictures and souvenirs they shared their interesting experiences. We enjoyed a “bingo” game with prizes from our “white elephant” table. We had our usual used book sale to raise money for the MPY, our gift basket raffle to help support our FCE expenses, community projects of paper products for Henderson House and diapers and cash for A Family Place. The remaining white elephants were divided between the sales room items for the state conference in Portland and St. Vincent DePaul. For our markers for the bingo game we used coins that were then collected for ACWW. We enjoyed our very full tables of salads and desserts for lunch and followed up with a few people playing “Left, Right, Center”.

We had members from all 5 active counties in District III: Lane, Linn, Marion, Polk and Yamhill. We had 8 from District I and our FCE State President, Scott Teeples.

We look forward to meeting again with all of District III at our annual meeting May 8th in Jasper. More information is giving in this newsletter. And then again in August for our annual picnic at Millersburg park, come join both of these events, fun and learning.

We had a very informative training on “Instant Pots” in Yamhill and Marion Counties. I had members from the three study groups in Yamhill

County and the two study groups in Polk County at my training, March 27th, in McMinnville along with two guest that heard about the training and wanted to attend. On the 28th I traveled to Salem for the training, which Dorene Garland helped me with. We had all three Marion County study groups present. Everyone present was well pleased with the lesson, they had their questions answered, learned new recipes and most of all got over their fear of using the pot. It was stressed throughout the lesson that “no matter what your instruction book says **THE INSTANT POT IS NOT TO BE USED FOR CANNING!!!**”

March 29th found two well know Yamhill FCE members on their way to Portland to present the lesson on Australia to District I. Sally Wyffels did the hard part and I assisted her. We did alright because no one went to sleep and no one said “BOO” or threw things at us. I believe there were about 34 members at the meeting. Scott Teeples also made the trip to Portland for the meeting and then the next day he and Bonnie were off to Australia for the ACWW Triennial, Scott went as a voting delegate and Bonnie as a nominee for USA Region/Area President for ACWW.

Scott gave a report from the Spring Board Meeting and National FCE. National is looking at Portland for the 2020 NAFCE Conference. We are now just getting the NAFCE News on-line. You can find it along with other newsletters, forms, officers, study groups and much other information at www.Oregon-FCE.org or the national website www.nafce.org. It cost national \$3,000 to mail the newsletter so this is a savings to FCE. Our liability insurance, something we have to have, is \$32,000 and it is just to cover guest at our events.

Jeanne Brandt, OSU Extension Advisor from Linn County and Maureen Quinn, Washington County Advisor also gave us updates on what they are doing.

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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

DONATIONS

Amity FCE Phyllis Hoag
Janet Lee Rosalee Ratto
Yamhill/Polk Co. Council
Sally Wyffels

Thank you for supporting the MPY Tri-Line News. Our next deadline is September 6, 2019. Lynda Nyseth, Editor MPY Tri-Line News 21461 South Hwy 99W, Amity, OR 97101-2239 **Make check payable to MPY Tri-Line News.**



INVITATION

District III Meeting

Lane County, Lost Creek Study Group, is hosting a Spring Fling on May 8th, at 10:00 am, for District III. You do not need to bring anything except your warm smiles. We will have lunch, no charge to you. It is not a potluck lunch. We will have a speaker, Jill Van Buren who travels all over the world observing elections. She is in Greece right now but only for fun. We are meeting in the Jasper Grange Hall which is larger than our usual meeting place. Please note that there will be little signs that point toward Pleasant Hill and over the green bridge but they go to a park named Jasper. Do NOT go

over that bridge, continue ahead just a little more to the Grange Hall.

Will you please send a message to us by April 30th if you plan to attend so that we will have plenty for you to eat? Our secretary Ann Conklin will keep track of either your phone calls at 541-937-3181 or e-mails at conklinar@gmail.com.

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### ACWW Women Walk the World

April 29, Monday, we will walk in Salem. We will meet at the carousal at 10 am. and walk across the foot bridge toward Minto Park. Perhaps we will even take a ride on the carousal followed by lunch at a restaurant.

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. Call Lynda 503-701-0719.

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Happy Spring - sunshine, flowers blooming, fresh green grass & honey bees.

President Scott Teeple kept us moving through our 9-page agenda at our Spring Board meeting in Redmond. All the District Directors brought information on the 28 members we "lost" last year to dying, family health, and moving into assisted living. We gained the 13 new members. Some memberships have yet to be sent. Oregon has 276 paid FCE members so far.

If you're under 80 years old you pay \$20 dollars in National dues, yet how much goes to pay for the liability insurance we need to cover our organization? **Close to \$15**, leaving a little over \$5 each to run our organization.

Scott gave us 6 voting cards to help choose our state lessons for this fall's conference. Two or three pages of ideas had been brought to the meeting. We narrowed the field down and voted again. Here are the winners, drum roll please!



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### **Everyday Mindfulness and Using Art to Reduce Stress**

Combing two lessons

#### **The Night Janitor**

Sleep may be more essential than food. As you cycle 4 or 5 times through several stages of sleep, for awhile you're almost paralyzed, you can't even shiver. Your brain isn't less active when you sleep - that's when your busy night janitor takes over cleaning, repairing and storing memories.

#### **Writing your Family/Personal History**

#### **The Effects of Cannabis**

#### **Natural Home Remedies**

A practical, affordable way to deal with some common ailments that don't necessarily need immediate medical intervention. Simple cures for hiccups, hemorrhoids, and diarrhea that may bring relief and not harm you. Guess which problem is helped by eating coconut macaroons?

#### **When I'm Gone/organize and record your final wishes**

We also had a list of countries we'd love to hear about.

The county which captured the most votes was **Ireland**. Then all heads turned and eyes looked at Anne because she was going to Ireland April 2<sup>nd</sup>. They said be sure to bring back Irish items to show and tell.

Anne Engen, District III Director



## **Book Reviews**

**Quilt as Desired**, by Arlene Sachitano

(A Harriet Truman/Loose Threads Mystery)

This is the first book of a series that takes place in the fictional town of Foggy Point Washington.

Young widow Harriet Truman arrives for a visit to her Aunt Beth. She thinks she is house sitting so Aunt Beth can go on a cruise, but she discovers Aunt Beth has left her a house and her long arm quilting business. Feeling of balance and unsure she meets Aunt Beth's friends, Avenell, who makes

her feel welcome in the small community and helps her meet fellow quilters. She also meets Avenell's son Aiden who is younger than Harriet, but is attracted to her.

One-night Harriet's studio is vandalized and Avenell is murdered. Is there a connection between the two events?

This book is a fun read and would be a great book to just relax and enjoy.

Submitted by **Velma Bottenberg**, Amity FCE  
(Editor note: So many of you trade books, please send in your reviews, so others can get ideas of what to read. Thank you, Velma for sharing.)

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**MPY Tri-Line News** is published quarterly and is supported by voluntary donations. Anyone may receive the newsletter. Send news articles, donations or inquiries to: **MPY Tri-Line News, Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239**

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## Lost Item

At the Yamhill/Polk Spring Festival, someone lost their cake/pie server from Pampered Chief, if you accidentally got home with it would you please let Lynda Nyseth know and get it to her so she can get it back to its home. Thank you. 503-835-2044

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## Congratulations to Bonnie

For those of you on Facebook, Oregon FCE has a page. Scott posted that Bonnie was elected as the USA Region/Area President for ACWW. Way to go Bonnie!!!!

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## Yamhill/Polk Spring Festival

As reported in my opening remarks we had a good turn out for our Spring Festival. Along with Jeanne telling us about India, Tonya modeled some of the clothing.



Jeanne showing how they pleat the material, tuck it in the waist, then up over the shoulder. One piece of material to complete the dress. Makes me want to not move for fear it will come undone.



Nice group of FCE members and friends



Scott Teeples, Oregon FCE President, presenting Phyllis Hoag (Amity FCE) with a certificate for being a 60-year member.

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## Remembering member lost in 2019



**Alma Irene Wells (1919-2019)**

Alma was born March 14, 1919 in Kulm, North Dakota, the youngest of six children. She grew up on the family farm, attended high school and college in Ellendale, ND and graduated from what was then called the State Normal & Industrial College.

Her home economics teaching career included teaching jobs in: Kalispell, Montana; Wrangell, Alaska; Monticello, Minnesota and then to Oregon where she became a Yamhill County Extension Agent in McMinnville.

Alma taught at Walker Junior High and then south Salem High School.

Alma will be remembered for her optimism, enthusiasm for life, endless energy, love of learning, many travelling adventures, great cooking and ability to fix anything around the house. She was an active member of the Chemeketans for many years and enjoyed hiking with friends. She was an active member of Oak Meadows FCE group in Salem, and will be missed by many friends.

## Study Group News

(Report given by Anne Engen, District III Director  
at Spring Board Meeting, March 2019)

Lane County's Lost Creek Study Group has 15 members. They held two auctions with the money split between a local food bank and the Dexter Fire Department. Money helped buy pet resuscitation equipment.

Linn County Study group meets in the Senior Center where Jeanne Brandt gives a lesson which is also attended by local people. They have 5 members.

Marion County has 3 study groups: Open Arms has 9 members; Woodburn/Union has 8 members and Oak Meadows has 3 members. Open Arms continues to support books for Babies, filling handmade bags with a bib, a children's book, MPY newsletter and FCE brochure. They need more help sewing bags and making bibs.

Woodburn/Union gave funds to support POOCH a program at McLaren Youth correctional School so boys can train dogs.

Oak Meadows bought toys for Christmas Toy Drive.

Polk County has 2 groups: Ambitious Annies has 14 members and Homemakers Unlimited has 5 members. Homemakers Unlimited group is getting smaller due to aging but still meet because they enjoy each other's company.

Ambitious Annies meet at the Extension Office in Dallas. They collect underwear and socks for the schools in Dallas.

Yamhill County has 3 study groups: Amity has 11 members; Creative Homemakers has 12 members and Sheridan has 11 members. Amity toured Red Ridge Farms outside Dundee which has an olive orchard and presses and bottles their own olive oil. Members sampled the oils and vinegars, shopped in the gift store, then went to Dundee to Red Hills Market for lunch. In December they bought gifts for a boy and girl, whose names were on the tree of giving.

Creative Homemakers adopted a struggling family three years ago and each year they shower the family with warm socks, hand knitted hats, holiday treats, wrapped gifts, gift cards, new towels, 50 #

sack of potatoes and onions. The family calls the group their Christmas Angels.

Sheridan holds a "No Bake, Bake Sale" to raise funds to support the Grandsheramina Food Bank and send one of their members to state conference. Grandsheramina is a combination of Grand Ronde, Sheridan and Willamina.

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## Master Gardeners Plant Sales

April 27<sup>th</sup>

Washington County 8 am to 2 pm, 17705 NW Springville Road, Portland.

Columbia County 9 am to 3 pm, 2375 Gable Road, St. Helens.

May 3<sup>rd</sup>

Marion County, 10 am to 7 pm & May 4<sup>th</sup>, 9 am to 4 pm, Oregon State Fairground, Columbia Hall, Red Gate Entrance.

May 4<sup>th</sup>

Benton county, 9 am to 3 pm, 110 SW 53<sup>rd</sup> Street, Corvallis.

Jackson County, 9am to 5 pm & May 5<sup>th</sup>, 10 am to 4 pm, 1 Penniger Rd., Central Point.

Douglas County, 9am to 4 pm.

Clackamas County, 9 am to 5 pm & May 5<sup>th</sup>, 9 am to 4 pm, 694 NE 4<sup>th</sup> Ave, Canby.

Yamhill County, 9 am to 3 pm & May 5<sup>th</sup>, 11 am to 2 pm, 2070 Lafayette Avenue, McMinnville.

Tillamook County, 9 am to 2 pm, Tillamook County Fairgrounds.

May 5<sup>th</sup>

Josephine County, 9 am to 4 pm & May 6<sup>th</sup>, 10 am to 3 pm, OSU Extension Office

May 10<sup>th</sup>

Polk County 9 am to 4 pm & May 11<sup>th</sup>, 9 am to 4 pm, Rickreall Fair Grounds.

May 11<sup>th</sup>

Clatsop County, 8 am to 3 pm.

May 18<sup>th</sup>

Lincoln County, 9 am to 2 pm, Fairgrounds in Newport.

## Three Major Spring Bulbs And Their Stories

By Dr. Leonard Perry,

University of Vermont Extension Professor  
(From "The Gardener's Pen")

The tulip, hyacinth and narcissus are the spring flowering bulbs you see most often in catalogs and in gardens.



The tulip is represented by many species and well over 2,000 hybrids in 15 subdivisions. The simplest few species, from which all these have come over the years were originally found centuries ago growing in present-day Turkey and Central Asia. Resembling a turban, they were called such by many. The Turkish word "tulband" is where our word "tulip" has come.

In the Victorian Language of Flowers, red tulips signify "a declaration of love", yellow tulips "hopeless love" and streaked tulips "beautiful eyes".



The hyacinth originally comes from Central Asia. In the Victorian language of flowers, hyacinth signified sport, game or play. If purple, it signified sorrow, blue stood for constancy and fidelity. To the Greeks, the hyacinth stood for youthful male beauty.



There are hundreds of varieties of daffodils, in the genus *Narcissus*, which represent about 50 species in 12 sections of this genus. These originally came from various parts of the Northern Hemisphere, in particular Mediterranean countries. In the southern states these are often called jonquils, referring to the narrow foliage which resembles that of the rush or *Juncus*.

Enjoy the many varieties in your yard and/or those in neighborhood yards.

What power calls spring flowers  
to awake?

What force  
penetrates dark spaces  
so potatoes sprout?

Does sun's kiss  
rouse the purple crocus?

Do warming winds  
result in daffodils?

What signs stir  
the birds to migrate?

.....  
*Oregon sunshine—sign of spring  
Tall and regal—Alfred King!  
Golden melted colors and hues  
Chase away the winter blues.*

*Dancing in the gentle breeze,  
Waking up the barren trees,  
Golden ribbons down the lane,  
Yellow bonnets in the rain.*

*Oregon sunshine—sign of spring  
Tall and regal—Alfred King.  
Herald warmer times are near.  
Trumpeting spring time of year.*

Oregon is truly daffodil country and the King Alfred's are king of the old heritage ones. Enjoy them while they're here.

*Nancy*

(Nancy Thornton is a faithful MPY reader. I enjoy her poems, stories and travels. Thank you, Nancy)

*"Little Things"*

*Most of us miss out on life's big prizes.*

*The Pulitzer.*

*The Nobel.*

*Oscars.*

*Tonys.*

*Emmys.*

*But we are eligible for life's small pleasures:*

*A pat on the back.*

*A kiss behind the ear.*

*A four-pound bass.*

*A full moon.*

*An empty parking space.*

*A crackling fire.*

*A great meal.*

*A glorious sunset.*

*Hot soup.*

*Don't fret about coping with life's grand awards.*

*Enjoy its tiny delight.*

*There are plenty for all of us.*

Author Unknown 2007

Places you may have been.

I have been in many places, but I've never been in Cahoots. Apparently, you can't go alone. You have to be in Cahoots with someone.

I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my friends, family and work.

I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often.

I've been in Flexible, but only when it was very important to stand firm.

Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favorite places to be is in Suspense! It really gets the adrenalin flowing and pumps up the old heart! At my age I need all the stimuli I can get!

And, sometimes I think I am in Vincible but life shows me I am not!

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

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**2019 Oregon FCE State Conference  
Monarch Hotel in Clackamas  
12566 SE 93<sup>rd</sup> Ave.  
Clackamas, OR  
October 7,8,9**

**More information in the Oregon FCE  
News, to be mailed May 17<sup>th</sup>.  
You can check out the web site too  
[www.Oregon-FCE.org](http://www.Oregon-FCE.org)**

**OR Assoc. Family & Community  
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**2019 FCE Calendar**

**APRIL**

- 22 Marion Co. Council, 9:30  
**Gas Lighting**
- 24 Training Polk Co. Extension Office, 9:30-11:00
- 25 Training Marion Co. Extension Office, 9:30-11:00
- 29 ACWW Walk  
Meet at Carousal, Salem, 10:00
- 30 Registration deadline for District III Luncheon  
Call Ann Conklin, 541-937-3181

**MAY**

- 3 Deadline for OR FCE News articles
- 8 District III Meeting  
Jasper Grange, 10:00
- 12 Mother's Day
- 17 Mail Oregon FCE News, 9:00  
Four Corners Fire Station
- 18 Armed Forces Day
- 27 Marion Co. Council, 9:30  
Four Corners Fire Station  
Memorial Day

**JUNE**

- 14 Flag Day  
Yamhill/Polk Co. Council, tour
- 16 Father's Day

**JULY**

- 4 Independence Day
- 11-14 Marion Co. Fair
- 31 Yamhill Co. Fair, begins

**AUGUST**

- 2 Deadline for Oregon FCE News Articles
- 3 Yamhill Co. Fair, ends
- 8-10 Polk Co. Fair
- 16 Mail Oregon FCE News, 9:00  
Four Corners Fire Station
- 23 Oregon State Fair begins  
**The History of Vinegar and Uses**
- 28 Training Yamhill Co. Ext. Office, 9:30-11:00
- 29 Training Marion Co. Ext. Office, 9:30-11:00

**SEPTEMBER**

- 2 Labor Day  
State Fair ends
- 6 Deadline for articles for MPY
- 13 Yamhill/Polk Co. Council, 9:30
- 20 Mail MPY, 9:00  
Four Corners Fire Station
- 23 Marion Co. Council, 9:30  
**Vegetables**
- 25 Training Polk Co. Ext. Office, 9:30-11:00
- 26 Training Marion Co. Ext. Office, 9:30-11:00