

MPY TRI-LINE NEWS

Volume 25, Issue 1

Marion, Polk, Yamhill

Winter/Spring 2018



Even though it is still winter we are enjoying spring weather. What a way to start the new year. Makes us want to get outside and start the flowers and vegetables.

In this newsletter you will find your registration form for the Yamhill/Polk Spring Festival. “On Fire For FCE” is our theme. We will be at the Amity Fire Station on March 21, with the FCE lesson on Fire Safety. We will have our potluck lunch of salads and desserts (bring your own table service), book sale, raffle baskets, we will be playing some games and our community project will be stuffed animals for the firemen to give to victims of fire or other accidents. 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 Dallas, at Murphy’s Grill. Sally Wyffels and Anne Engen will be presenting our lesson on Iceland.

If you are in the Marion/Polk/Yamhill counties area plan on attending the Yamhill/Polk Spring Festival and/or the District III meeting. We would love to meet you here.

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 Co-Director

This year’s FCE lessons are varied in their subject matter. The OSU, Oregon and National FCE lessons have been researched, written and presented to many groups. The Polk, Marion and Yamhill County Council have selected from previously mentioned groups the study group program for the three counties for 2018.

The February lesson is an OSU program, “Balanced Living: Rest Your Body”. Sleep is essential to a healthy mind and body. Recognizing and dealing with sleep disorders.

March, April, May, and October will have FCE lessons. These lessons were each presented at the Annual Fall State FCE Conference. March, “Technology and Family Dynamics”; April, “Origins Of Common Sayings”; May, “Bladder Infections”; October, “AA/Addictions”; in September, each study group may select an FCE lesson, Hearth Fire Series or an educational tour. If your study group selects from the lessons, “They Wore What?” A history of clothing or “Safety First — Fire Evacuation/Escape Plans for Your Home”. Please have your study group President contact me so I may send her/him a copy of your chosen lesson. My email address is sjwyffels67@yahoo.com and my cellphone number is 971.237.5558.

Lastly, in November, the lesson will be another OSU program, “Balanced Living—Managing Your Stress”. The lesson will identify the symptoms and sources of stress, evaluate stress, and develop effective strategies for coping with stress.

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The end of March, at the Spring Executive Board meeting, lessons will be selected for 2019. Please send or give ideas to your county council representative for next year's program.

In May will be the District III Annual meeting to be held in Dallas, Oregon, at Murphy's Restaurant. Anne Engen and I will present our lesson on Iceland. Make plans to attend.

Signs of Spring are beginning to show its explosion of colors of the season. May you and your families have a fantastic Easter celebration.

Connie Leavitt is our "Books for Baby" chairperson, she is in need of bags and bibs and of course will take new books also. If you feel like sewing or purchasing them she would really like the bags and bibs.

Peace.

Sally Wyffels

District III Co-director

Baby's bill of rights

At wit's end by **Erma Bombeck**

I wish to speak on behalf of a group that cannot speak for itself, but nonetheless occupies a very special place in our world.

Article, the first: People who chew garlic shall not be allowed within three miles of a baby, under penalty of drowning by spitting.

Article, the second: Excessive bail shall be set for turkeys who tickle a baby's feet until he faints or throw him up in the air after a full meal.

Article, the third: Where a crime of the kidneys has been committed, the accused should enjoy the right to a speedy diaper change. Public announcements, details and guided tours of the aforementioned are not necessary.

Article, the fourth: The decision to eat strained lamb or not to eat strained lamb should be with the "feedee" and not the feeder. Blowing the strained lamb into the feeder's face should be accepted as an opinion not as a declaration of war.

Article, the fifth: New and innovative ways should be sought to test whether or not food is too hot for a baby's taste. If God had meant for parents to test food with their tongues, he would have made tongues disposable.

Article, the sixth: Babies should enjoy the freedom to vocalize whether it be in church, a public meeting place, during a movie, or after hours when the lights are out. They have not yet learned that joy and laughter have to last a lifetime and must be conserved.

Article, the seventh: No person may be made to wear a sweater when the parent-grandparent is cold or run around nude under a cold garden hose when the aforementioned is hot.

AMENDMENT ONE: No baby shall at any time be quartered in a house where there are no soft laps, no laughter, or no love.



The Secretary's Prayer

Help me to do my work in an efficient,
organized way;
to have the memory of an elephant (or a computer)
and be able to retrieve answers to all questions
even in the middle of the night.

Help me to be patient
even when I've given the same records
to the same people five times
and they ask for them again.

Help me to be able to do ten things as once
as I'm taking minutes for an important meeting.

Help me to file all records accurately
so I can find everything and anything in an instant
when the president's files are in disarray.

And, when my term ends, please
give me the foresight not to throw out records
that will be asked for in a few days,
even though I was told,
"clean out those files and throw them away,
we'll never need those outdated things."

----Anonymous

DONATIONS



What did your FCE Study Group do in 2017?

Oak Meadows Study Group in Marion County had a good time at our December meeting. We had a potluck of delicious dishes and lots of conversation about Christmas plans. Instead of the gift exchange we used to have, we bring toys to contribute to the Toy Drive of the firefighters of Marion County Fire District 1. It is fun to see the toys that everyone brings. Twice a year we pick charities to donate to from the generous amount of money that we collect at our meetings. In December our donations were divided between The Salvation Army and The Center for Hope and Safety, both of these charities are very worthy causes.

We do not have a magic way to generate funds. For many years we had a traveling basket which cost first fifty cents and then a dollar. We didn't have a big treasury from that. Some of the members thought it was time to retire the basket and just donate as much or little as we wanted to save for a charity. Each meeting we just pass a dish and our generous members have given enough to donate substantial amounts to one or more charities in May and December.

Submitted by **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, Dallas 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 Debbie Puckett's home and made Christmas cards, now we are ready to start Christmas 2018.

Submitted by **Lynda Nyseth**, Amity FCE

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Julie Altman
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Leah Arriaga
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Anita Stryker
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Nancy Thornton
Barbara Tinsman
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Thank you for supporting the MPY Tri-Line News. Our next deadline is April 6, 2018.
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Make check payable to MPY Tri-Line News.



"The joys of aging or senior delight"

I have become quite a frivolous gal. I'm seeing five gentlemen every day. As soon as I awake "*Will Power*" helps me out of bed. When he leaves I go see "*John*" – then "*Charley Horse*" comes along and when he is here, he takes a lot of my attention. When he leaves "*Arthur Ritis*" shows up and stays the rest of the day. He doesn't like to stay in one place very long so he takes me from joint to joint. After such a busy day, I'm really tired and ready to go to bed with "*Ben Gay*". What a day!!!

Submitted by **Connie Leavitt**, Open Arms FCE

(Continued from page 3)

Creative Homemakers had a potluck lunch and gift exchange at their December meeting. They elected officers and installed them. They get a family's name and buy presents, food and gift cards for the family. This year the father of the family has kidney failure. They received a very nice thank you from the family along with a photo album showing the kids opening the presents.

In January they usually tour downtown McMinnville. This year since the weather was not good for walking they went to IHOP and had brunch and lots of visiting.

Sheridan met with the former Mill Creek FCE for lunch and a gift exchange.

In January they planned who would do the lessons for 2018. They also elected new officers.

Ambitious Annies had their Christmas gathering at a member's home. They had a potluck of salads and desserts. They brought food or money for the food bank. During the year they collect clothing for the school, especially underwear, mittens and socks.

In January they enjoyed lunch at Rudy's restaurant in Salem.

Open Arms joined the Marion County Council for their Christmas gathering. Two FCE members from Ambitious Annies joined them for a day of fun. They had a potluck lunch, the number was small because a lot of the members stayed home because of the flu bug.

Connie Leavitt, "Books for Baby" project is in need of bags and bibs. If you like to sew she would love getting some from you. She has several books at the moment.

Let me know what you have been doing so we can share with others. The suggestion was made to asked how do you notify members about the next meeting. Some collect money to have a member do a newsletter that is sent by e-mail or snail mail. Some send out post cards. Some call members a few days before the meeting as a reminder.

This would *never* happen to us!
\$5.37!

That's what the kid behind the counter at Taco Bell said to me.

I dug into my pocket and pulled out some lint and two dimes and something that used to be a Jolly Rancher. Having already handed the kid a five-spot, I started to head back out to the truck to grab some change when the kid with the Elmo hairdo said the hardest thing anyone has ever said to me. He said, "It's OK. I'll just give you the senior citizen discount."

I turned to see who he was talking to and then heard the sound of change hitting the counter in front of me.

"Only \$4.68" he said cheerfully.

I stood there stupefied. I am 56, not even 60 yet? A mere child! Senior citizen?

I took my burrito and walked out to the truck wondering what was wrong with Elmo. Was he blind?

As I sat in the truck, my blood began to boil. Old? Me?

I'll show him, I thought. I opened the door and headed back inside. I strode to the counter, and there he was waiting with a smile.

Before I could say a word, he held up something and jingled it in front of me, like I could be that easily distracted! What am I now? A toddler?

"Dude! Can't get too far without your car keys, eh?"

I stared with utter disdain at the keys. I began to rationalize in my mind!

"Leaving keys behind hardly makes a man elderly! It could happen to anyone!"

I turned and headed back to the truck. I slipped the key into the ignition, but it wouldn't turn. What now? I checked my keys and tried another. Still nothing.

That's when I noticed the purple beads hanging from my rear view mirror. I had no purple beads hanging from my rear view mirror.

Then, a few other objects came into focus: The car seat in the back seat. Happy Meal toys spread all over the floorboard. A partially eaten dough nut on the dashboard.

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Faster than you can say ginkgo biloba, I flew out of the alien vehicle.

Moments later I was speeding out of the parking lot, relieved to finally be leaving this nightmarish stop in my life. That is when I felt it, deep in the bowels of my stomach: hunger! My stomach growled and churned, and I reached to grab my burrito, only it was nowhere to be found.

I swung the truck around, gathered my courage, and strode back into the restaurant one final time. There Elmo stood, draped in youth and black nail polish. All I could think was, "What is the world coming to?"

All I could say was, "Did I leave my food and drink in here?" At this point I was ready to ask a Boy Scout to help me back to my vehicle, and then go straight home and apply for Social Security benefits.

Elmo had no clue. I walked back out to the truck, and suddenly a young lad came up and tugged on my jeans to get my attention. He was holding up a drink and a bag. His mother explained, "I think you left this in my truck by mistake."

I took the food and drink from the little boy and sheepishly apologized.

She offered these kind words: "It's OK. My grandfather does stuff like this all the time."

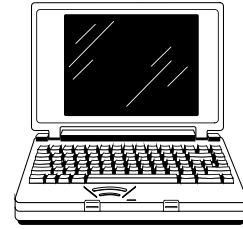
All of this is to explain how I got a ticket doing 85 in a 40 mph zone.

Yessss, I was racing some punk kid in a Toyota Prius.

And no, I told the officer, I'm **not too old** to be driving this fast.

As I walked in the front door, my wife met me halfway down the hall. I handed her a bag of cold food and a \$300 speeding ticket. I promptly sat in my rocking chair and covered up my legs with a **blankey**.

The good news was that I had successfully found my way home.



If you haven't done so before check out the Oregon FCE web-site. Scott has done much work on fixing it so it is easy to see what is going on. New format, new articles. Check it out!

www.oregon-fce.org

Volunteer Newsletter Staff

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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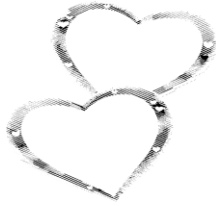
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Psychologists agree that one prerequisite to good mental health is the feeling that others care about you and respect or like you.

We all need to remind the important people in our life that they are important to us. Do something special—send a card, a letter, a phone call, make cookies and visit them.

INVITATION

“Off the beaten path”

Discover Oregon

Share your favorite lesser known Oregon getaways. There will be a special guest speaker.

FCE Share Fair 2018, Monday, April 23, 2018.
First Presbyterian Church, 1321 Linn Ave., Oregon City, 9:30 am to 2:00 pm. Registration \$5.00, bring a dish for the potluck lunch. There will be a silent auction and a raffle for gift baskets. The event is hosted by Happy Valley and Carus Study Groups. Contact Karen Hicks at 503-698-4185 if you have questions or to register.

ACWW Women Walk the World

Since the date for this walk is April 29, which falls on a Sunday this year, Yamhill County decided to walk Friday, April 27. This year we will walk in Sheridan. We will meet at the library at 10 am. The library is on the main street one block from the light as you are going towards Willamina. Come see the scenery in Sheridan, enjoy the company of other FCE members and friends and have lunch after our walk.

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.

THE MANY TRIALS OF THE OREGON TRAIL



The trail from Independence, Missouri to Oregon City was about 2,000 miles, requiring about a year of preparation and planning and took up to about five months. We have problems deciding what to pack for a 5 day or less trip.

For this journey, food for the entire family had to be packed, plus camping equipment, medications and everything a family would need for several months as well as family treasures too precious to leave behind.

Your “suitcase” for that trip, during which you would travel about 15 miles per day, would be an overland wagon about 6 feet wide and 12 feet long. Your wagon was built to carry no more than 2,500 pounds and some suggested 2,000 was a better choice. Oxen, used as draft animals, were limited as to how much weight they could pull. This is why men and women often walked beside the wagons.

Fear of running out of food was given much thought. A cow was sometimes brought on the trip to provide milk or for meat in an emergency. Butter was made by suspending a container of milk from the wagon. The motion of the wagon “churned” it to butter.

At the beginning of the westward migration, buffalo and antelope were plentiful but became scarce as more travelers came west. No grocery stores and only a few trading posts.

Sufficient food supply: flour, 150 pounds per person; bacon, 25 pounds per person, packed in double canvas sacks; sugar 25 pounds per person; lard, 200 pounds; coffee, 15 pounds per person. Eggs were packed in corn meal that was then used for cornbread. Butter could be preserved by boiling thoroughly, then skimming until clear, placed in canisters and soldered closed. Baking soda, hardtack, dried fruits and beans, molasses, vinegar and tea had to be remembered, as well as buttons, thimble, paper of pins, beeswax, needles and a small whetstone.

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Suggested clothing for men: coat and overcoat; two flannel overshirts; two woolen undershirts; two pairs of thick cotton drawers; four pairs woolen socks; four colored silk handkerchiefs; two pair stout shoes for walkers, one pair boots and one pair shoes for horsemen; three towels; comb and brush; two toothbrushes; one pound castile soap; three pounds of soap for washing. Every man was advised to have both rifle and revolver and to carry a weapon when traveling out of camp.

Camp equipment required considerable space. On the list: bedding, ground cloth, coffee pot, heavy tin cups, iron frying and baking pan, bread mixing bowl, knives, forks, spoons, buckets for water, bottle of tightly capped matches, iron camp kettle large enough for soup and boiling meat shared by some six or eight people.

The Oregon Trail is said to be the “nation’s largest graveyard”. Over a 25-year span, up to 65,000 deaths occurred along the western overland emigrant trails. If evenly spaced along the length of the Oregon Trail, there would be a grave every 50 yards, from Missouri to Oregon City. Nearly one of every 10 died on the trip.

Diseases and accidents were the principal causes. Conditions were conducive to cholera because of unsanitary conditions, resulting from garbage left by previous emigrant trains and the disease moved quickly.

A person feeling fine at the start of day could be dead by night. First warnings were stomach pains, which became intense, with accompanying diarrhea, vomiting and dehydration. If a victim could survive for 12 to 24 hours, he usually recovered.

Exhaustion, negligence, guns, handling domestic animals or being crushed by wagon wheels caused more casualties than rattlesnake bites, buffalo hunts, lightning and other misfortunes. Indians were the least of the emigrants’ problems.

Running out of food hovered over all. One story told about seeing men passing an animal that has starved to death on the plains, stop, cut out a steak, roast it, eat it and call it delicious.

One young girl remembers while on the Oregon Train, that her mother took an ox hide that had been used as a rug and boiled it for the family to eat.

But when the travelers finally reached Oregon, they reaffirmed that indeed it was a land of plenty: salmon were there for the catching; camas root was

plentiful; berries were in season. Although some pioneers rested a bit before heading out to find the land they would claim as their home, most were impatient to do so—and those emigrants became the founding fathers of our valley. Yamhill became known as “Yamhill, Mother of Oregon.”

In a sense, those who perished along the Oregon Trail gave up their lives for the birth of our state, county and towns. They should indeed be honored and thanked.

Taken from an article in the New Register, September 12, 2017, written by Elaine Rohse.

JOKES & DID YOU KNOW

What do you get when you cross a Rottweiler and a Collie? A dog who bites you then goes for help!

Two kangaroos were talking to each other and one said, “Gee, I hope it doesn’t rain today. I just hate it when the kids play inside.”

The squeegee blade gathers up dog and cat hair from the carpet. It also works in getting shed fur up off the sofa.

H A L T for Smart Shopping

H – Hungry

A – Angry

L – Lonely

T – Tired

Stay out of the grocery store if you are feeling any of these. You will be more likely to buy “comfort foods” in an effort to make yourself feel better. You’ll make wiser choices when you’re not distracted by cravings or raw emotions.

Milk Jugs – Here is an idea for those gallon plastic milk jugs. Cut a large hole in the side and keep in the trunk of your car for tools, etc.

Tidbit on Oregon – the Thomas Creek Bridge on U. S. 101 between Brookings and Gold Beach was constructed in 1961 and is the highest bridge in Oregon. The steel trusses span stands 345 feet above Thomas Creek and is 956 feet from end to end. *(Taken from Connection of Jackson County)*

OR Assoc. Family & community Education
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FCE CALENDER

February 2018

Technology & Family Dynamic

- 21 Training Polk Co. Extension Office, 9:30-11:00
- 22 Training Marion Co. Extension Office, 9:30-11:00
- 26 Marion Co. Council, 9:30
4-Corners Fire Station

March

- 9 Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
- 11 Daylight Saving Time Begins
- 14 Deadline for registrations for Spring Festival
- 20 Spring begins
- 21 Yamhill/Polk Spring Festival, 9:00-2:00
Amity Fire Station
- 25 Palm Sunday
- Origins of Common Sayings**
- 28 Training Yamhill Co. Extension Office, 9:30-11:00
- 29 Training Marion Co. Extension Office, 9:30-11:00

April

- 1 Easter
- 6 Deadline MPY Articles
- 13 Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
- 20 Mail MPY, 9:00
4-Corners Fire Station
- 23 Marion Co., Council, 9:30
4-Corners Fire Station
Share Fair, 9:30-2:00
Oregon City
- Bladder Infection**
- 25 Training Polk Co. Ext. Office, 9:30-11:00
- 26 Training Marion Co. Ext. Office, 9:30-11:00
- 27 ACWW Women Walk the World, 10:00
Meet at Sheridan Library
- 30 Registration deadline for District III Luncheon
- May**
- 7 District III Luncheon, 11:00
Murphy's Grill, Dallas