

# MPY TRI-LINE NEWS

Volume 27, Issue 3

Marion, Polk, Yamhill

Fall/Winter 2020



**Back to School!** Things will be different as we start the school year. Will we be in school, on line or receiving packets to work at home? I'm glad that my kids are grown and I don't have to think about helping with school work or making sure that they are having structured school time each day.

It will be good when we can get back to our FCE meetings and other activities that we enjoy with our friends and family. The sports schedule is also making changes to fit the challenges that we face with this virus.

I'll be making some changes too. I had knee replacement surgery the 14th of September. I have put it off trying shots and therapy but now it is time. One good thing about doing it now is that I'm not going to all the meetings that I would normally be attending so I don't need to depend on someone to drive me. We need to look at the bright side in all situations, if you can call this a bright side.

There has not been much news from FCE groups. Send me information about what you and/or your study group is doing to keep busy. I know that we can still be getting volunteer hours during this time or reading, seeing movies or taking some short trips that you could share with us. Send me information. We have another newsletter coming out the first part of November, so let's share some of the things that you have done.

Bonnie Teeples, ACWW USA Area President, shared this message in our Oregon FCE Newsletter. Since the COVID-19 made ACWW cancel Women Walk the World in April it has been rescheduled for October 15, 2020. The theme for the walk is "Will Walk for Food". There will soon be five posters to use in raising awareness about the walk, a PowerPoint presentation, leaflets that will show how the donations are used, and the availability to have a personalized fundraising page for your walk!

Please read the article on Women Walk the World in the most current issue of the Countrywoman magazine. I encourage you to visit the ACWW website and read the current issues of the magazine, read the information that is there for you, and then share information with your groups, and lastly encourage your members to use the ACWW website. It is full of useful information that can be used to raise awareness of issues facing women and families.

Please check out our Oregon FCE web page, [www.oregon-fce.org](http://www.oregon-fce.org) you will find what FCE is doing. Let others know that with the pandemic we are having to send the MPY out on line, so if you know of someone that does not have internet please share the newsletter with them.

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 from*

*Margaret Dietrick*

*Jean Hartwell*

*Sharon Nilsen*

Thank you for supporting the **MPY Tri-Line News.**

**Our next deadline is November 6, 2020.**

Lynda Nyseth, Editor MPY Tri-Line News  
21461 South Hwy 99W, Amity, OR 97101-2239

**Make check payable to MPY Tri-Line News.**

# Study Group Happenings

Oak Meadows Study Group from Salem collects donations from the members at each meeting and twice a year we vote for the charity or charities we think is most deserving. Since we did not meet in April and May and we had money in our treasury, one of our members called the others to see how they and their families were doing and also to get opinions on where to distribute our funds.

It was decided that it was appropriate to donate to the Marion Polk Food Share because of the number of families needing food during the pandemic. It was a good time to donate because they were having a matching campaign. We don't know when we will be able to meet again, but I hope it is soon because we miss seeing each other.

Submitted by Linda Schollian

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## From the Desk of the District III Director

Hello FCE members. Hope you are able to enjoy some summer fun even if it's just picking berries and making jam, or staying in your yard to smell your blooming flowers.

### **Please share the following information with your FCE study group.**

Your State FCE Board has been meeting by conference calls. By unanimous vote we decided to cancel this year's state meeting. And we will hold the 2020 new lessons until our 2021 conference. Many of you still haven't had a chance to teach this year's lessons. We won't be penalized for canceling our hotel contract because of the Pandemic.

President Scott Teeples will sign a new contract with the Hilton Garden Inn in Springfield. So, pencil in **October 4,5 & 6, 2021** for our next state conference. Hopefully.

### **What to do with our volunteer hours?**

Keep track of your Volunteer hours – helping a neighbor, making meals for others, driving someone to appointments. (Helping relatives doesn't count).

Send your hours by email or note to our Vice President for Programs, Rene Metteer at [metteer@monitorcoop.com](mailto:metteer@monitorcoop.com) or mail to 7617 S. Monte Cristo Road, Woodburn, OR 97071. Or by Cell at 503-910-6805.

### **What to do with pennies for friendship:**

Keep collecting coins for ACWW. Send your check to Bonnie Teeples at 4338 Arthur Street, Klamath Falls, OR 97603. She will make sure they are taken care of. Remember Bonnie is U.S.A. Area President. Because of the Pandemic the world's ACWW Presidents are not meeting in England.

### **What to do with items for Keeper's Corner?**

Keeper's Corner is Bonnie and Scott Teeples' antique mall in Klamath Falls. Oregon FCE has a booth there, FREE OF CHARGE. FCE members and friends donate lovely treasures to be sold in our booth. In five months, October 19, 2019 to March 19, 2020, our fundraising booth earned us \$1,225.79. This money goes into our treasury.

Have you spent time cleaning out cupboards while you stayed home? You can't control COVID-19, but you can clear out items that no longer bring you joy! Wrap and box nice items for our booth. Contact me – [anne.n.engen@gmail.com](mailto:anne.n.engen@gmail.com) or call 503-472-7146. I'm hoping to meet Scott halfway down I-5 to pass along the boxes.

Take care. Anne Engen, District III Director

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## Quiet Victory

Charlie Wedemeyer, high school teacher and football coach. Famous for continuing to teach and coach football at Los Gatos High School, even after being diagnosed at 30 with ALS.

## Walk, Ride, Rodeo

Story of Amberly Snyder, Professional Barrel Racer and Motivational Speaker.

In the wake of an accident that leaves her paralyzed, a champion rodeo rider vows to get back on her horse and compete again. Based on a true story.

These are two good family movies, recommended by Lynda Nyseth, Editor of MPY.

### ***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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### **The Lemoncholy Life of Annie Aster By Scott Wilbanks**

Annabelle Aster doesn't bow to convention not even that of space and time – which makes the 1890's wheat field that has appeared in her modern-day San Francisco garden easy to accept. Even more peculiar is Elsbeth the truculent schoolmarm

who sends Annie letters through the mysterious brass mailbox perched on a picket fence that now divides their two worlds.

Together Annabelle and Annie must solve the mystery of what connects their homes before one of them is convicted of a murder that has yet to happen and yet somehow already did.

This is a fascinating book that shows that often the past has a dynamic effect on the future.

### **The Road We Traveled Historical novel based on historical facts By Jane Kirkpatrick**

What would you do if your son checked out the Oregon Territory, came back to Missouri and told you he was taking your children's families to settle in the Oregon Territory and you can't go because you are too old and too crippled? Tabitha Moffat Brown had to decide what to do.

This is an amazing story of the widow who decided to come to Oregon in 1845 even though she was in her 60's. She had broken an ankle as a young girl, it healed wrong and she had to use a cane. Her brother in law who is in his 70's decides to go to Oregon with her. She buys a wagon, an oxen team, hires a driver and heads out to Oregon in the same wagon train as her children. The wagon train splits and her children take the Northern Route that floats down the Columbia River, but Tabitha chooses the part of the train that takes the new Applegate Trail.

After reading this amazing book, check out the Oregon State Capital. In 1987 the Oregon Legislature declared Tabitha Moffat Brown the Mother of Oregon. One of her biggest accomplishments was establishing an orphanage which became a school and eventually her school became Pacific University in Forest Grove.

Book reviews submitted by Velma Bottenberg,  
Amity FCE

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I never called you stupid, but when I asked you to spell "orange" and you asked me.... "the fruit or the color"? It kinda caught me off guard.

Submitted by Cathryn Schabell

## Oregon FCE

*Information taken from handout given in 1990.  
OEHC hosted the NAFCE conference in Portland,*

The Oregon Association for Family and community Education started in 1932 as part of a nationwide study group program run by each state's land grant college and extension service.

If you are looking to learn new things and friendly fellowship FCE is for you. Here are some reasons to join today:

1. Your mother was right. Don't put off 'til tomorrow what you can do today! You and your interests need care and feeding—invest five minutes now to take care of you. Join a FCE group near you.
2. Instant network. Why feel alone? Enter the FCE circle of support—you'll benefit from the experience and goodwill of friendly skilled FCE members. Visit [www.nafce.org](http://www.nafce.org) or [www.oregon-fce.org](http://www.oregon-fce.org) for information on groups meeting near you.
3. Contacts, contacts, contacts. Some people have known this for years: who you know can be as important as what you know. Join FCE today and you'll instantly be networked to millions of women worldwide.
4. "Cutting edge" information. A network is more than the phone, fax and e-mail. Discover up-to-the-minute information about family issues, women's concerns and public policy that affects you.
5. Learn while you're having fun. For a low membership fee, you can attend enlightening FCE meetings and workshops—and tap into the wisdom of other experienced FCE members. You'll quickly discover the fun that comes from learning with friends.
6. Discounts on conferences, tours, educational seminars. When you need a lift, with your FCE discount you can hear inspiring speakers, enjoy exciting tours, receive hands-on training and will help you save considerably.
7. Discounts on hotel rates, tour and travel services, car rentals. Get exclusive, low group rates on travel needs. Do what the

smart woman does—take advantage of your FCE discount to make your dollars stretch further.

8. Stay in the know. New opportunities, trends and family issues shape the lives of women and families every day. Our newsletters help you to be informed of what you can do to "make a difference".
9. Win-Win. Your actions in the next few minutes can impact your future. Join now and you'll gain member's access to the FCE network. You can't lose, it's your gain.

As our members get older, we are losing members, so we need to be out inviting our neighbors to come experience FCE and the bond that we have.



### Remembering FCE Member

It is with sadness that we announce the passing of **Phyllis Hoag**, member of Amity FCE. Phyllis was a member for over 60 years. She and her husband, Jim, had a farm near Arlington. She worked along side her husband and fixed lunch for the farm hands, always making sure they had a good lunch, which always included pie. She would tell about all of the chickens she would butcher and prepare for the freezer, while doing the cooking and caring for their 3 children. She was a hard worker.

Amity FCE will miss Phyllis as she was so faithful to call each one every month to tell us where our meeting would be, what we were doing and any other information that we needed to know. Phyllis will surely be missed.



## FALL/WINTER 2020

### **Chewy Gluten Free Cookies**

1 cup unsalted butter  
2 cups brown rice flour  
¼ cup cornstarch  
2 tablespoons tapioca flour  
1 teaspoon zantham gum\*  
1 teaspoon kosher salt  
1 teaspoon baking soda  
¼ cup sugar  
1 ¼ cups brown sugar  
1 whole egg  
1 egg yolk  
2 tablespoons whole milk  
1 ½ teaspoon vanilla  
12 ounce pkg. semisweet chocolate chips

Preheat oven 375 degrees. Melt butter in a heavy-bottom medium saucepan over low heat. Once melted, pour into the bowl of the stand mixer. In a medium bowl, sift together the rice flour, cornstarch, tapioca flour zantham gum, salt and baking soda. Set aside. Add both of the sugars to the bowl with the butter using the paddle attachment, cream together on medium speed for 1 minute. Add the whole egg, egg yolk, milk and vanilla extract; mix until well combined. Slowly incorporate the flour mixture until thoroughly combined. Stir in chocolate chips. Chill dough until firm, approximately 1 hour. Shape dough into 2 ounce balls and place on parchment-lined baking sheets. 6 per sheet. Bake 14 minutes, rotating the pan after 7 minutes for even baking. Remove from oven and cool the cookies for 2 minutes. Move cookies to cooling rack to cool completely. Store in airtight containers.

\*Cornstarch is a substitute for Zantham gum. (It can be omitted. It is a thickening agent and stabilizer to prevent ingredients from separating.)

(Source: Alton Brown)



## FALL/WINTER 2020

### **Refrigerator Pickles**

Makes 1 quart

3 cups cucumbers peeled and sliced  
1 onion thinly sliced  
¾ cup sugar  
2/3 cup white vinegar  
½ teaspoon each celery seed and mustard seed  
¼ teaspoon salt

Mix cucumbers and onion in glass or plastic bowl; set aside. Stir remaining ingredients together in a microwave-safe container. On HIGH setting, microwave for 3 minutes, stirring after 2 minutes. Pour over cucumber mixture. Refrigerate for 24 hours. Keep refrigerated.

(Source: MYP Newsletter)

#### **JUST A REMINDER:**

Please, send your recipes and ideas.

Debbie Puckett

23130 Zieber LN NW

Salem, Or 97304

Pcktttd5@aol.com

Thank you, Stay well.



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## FALL/WINTER 2020

**APPLE PIE FILLING** makes 1 quart  
(Use firm, crisp apples such as Golden Delicious, Gravenstein, Granny Smith or Jonathons)

Wash, peel, and core 5 to 6 apples.

Cut into ¼ to ½ inch wide slices.

Place in a gallon of water with 1 teaspoon ascorbic acid crystals.

Bring 1 gallon of water to a boil and blanch about 6 cups of apples at a time.

(It will take about 6 cups of apples, blanched, to yield 3 ½ cups.)

3 ½ cups fresh sliced blanched apples

¾ cup + 2 Tablespoons sugar

¼ cup Clear –Jell

½ teaspoon cinnamon

1/8 teaspoon nutmeg (optional)

½ cup cold water or apple juice

¾ cup apple juice

2 Tablespoon lemon juice

1 drop yellow food coloring (optional)

Put blanched apples in a covered container so they will stay warm while making the sauce.

Combine sugar, Clear-Jell, cinnamon and nutmeg in a large kettle, Stir. Add water and/or apple juice. Stir and cook on medium-high heat until mixture thickens and begins to bubble. Drain apple slices and add to sauce with lemon juice. Cook an additional minute. Fill container, leaving ½ to 1 inch head space. This may be used immediately, frozen for use later, or canned. Process jar in water bath 1 inch above the lid, for 25 minutes. Remove and cool.

(Source: **Fruit Pie Fillings from Family Food Ed Program, SP 50-616, Oregon State University Extension Service**)

## HEAVENLY BARS

¾ cup butter

½ cup sugar

2 cups flour

Dash salt

Combine butter, sugar, flour and salt. Mix until particles are fine. (A mixer may be used.) Set aside 1 cup of mixture and save for topping. Press remaining mixture into an ungreased 13x9 baking pan. Bake at 375 degrees for 5 minutes. Remove from oven.

Prepare filling:

¼ cup butter

4 oz cream cheese

¾ cup brown sugar, packed

1 cup chopped nuts

1 teaspoon vanilla

Cream butter, cream cheese and brown sugar until fluffy. Add vanilla and nuts. Spread mixture to cover crust. Sprinkle the reserved crumb mixture over the filling. Bake 25 minutes or until golden brown. Check after 20 minutes. Cool. Cut into bars or squares. (Source: **Donna Janszen**)



## What we did during COVID-19

*Amity had lunch at a Mexican Restaurant in Amity to fill out our registration papers for 2021. I took advantage of the time to ask what they had been doing during the pandemic.*

Velma had planned a cruise to the Caribbean and travel through the Panama Canal. They got as far as Porta Verde and were held on the ship. They got word that everything was closing down with the COVID-19 and they would be sent home. What an adventure, they got on a crowded airplane, people coughing, no mask and landed in California. Velma was traveling with a niece from California and had driven to her home before the cruise. They got to the niece's home found something to eat and were told that the border was going to be closing, so Velma left right away so she could get home. After arriving home Velma quarantined herself for 2 weeks. She did not get the virus, but was so discouraged that her cruise had to be cancelled. They did get a refund and will be trying again in April for another Caribbean Cruise.

Velma also had another adventure with her daughter and granddaughter to Kansas to visit another granddaughter who works at Kansas State as a TA. She sometimes teaches Calculus as part of her training. They had to be quarantined for 1 week so all of their plans were changed. They did get to visit the campus as there was no school and see where the granddaughter worked. They did a lot of shopping for food, watching fireflies and had a great visit.

Annette went to Colorado for a niece's wedding. It was outdoors and no quarantine. While there she was busy making the ring pillow and helping her little sister make the wedding cake.

Several members enjoyed time at the beach and one member helped her daughter enjoy her new hot tub.

Debbie and I enjoyed Labor Day Weekend at the beach with family. We were on the South end of Neskowin, where the beach was mainly just our family. It was a great time seeing all of the kids and grandkids enjoy playing volleyball, having a great time and seeing all of the improvements they have made in their skills over the past few years. The weather was nice, company was great, meals together and after dinner games were very special. I

look forward to this vacation each year. Over the past 20 years (or more) we have grown in numbers and skills.

This year I was pampered since I was having trouble with my right knee, I had knee replacement surgery the week after we got back. The beach house we rented was not too far a walk to the beach but the trail was not an easy one for me, so my grandson-in-law was very good to give me a ride to the beach (along with beach chairs, food and whatever else we needed for the day). My son made a cart and also gave me a ride in the sand. He and several grandsons became my horses or dogs pulling the cart.



After the beach trip, on the 14<sup>th</sup> of September I arrived at the hospital at 5:45 am for 7:30 surgery on my right knee. By 10:30 I was back to my room, ordered something to eat, had PT came, get me up and around and take me for a walk. I opted to come home the same day so I was home by 6 pm. The first week I graduated from the walker to the cane and no cane in the house, so I am doing very well. I have PT two times a week. This was a good time to do the surgery as I can't go to a lot of meetings, so I don't need to bug someone to come pick me up. Husband is doing a great job of taking care of me.

After our lunch at the Mexican restaurant my group decided that we would donate \$25.00 to the Amity Fire Department in memory of Phyllis Hoag, our member that recently passed away. We also decided to do the ACWW walk on October 15. We will give the dimes that we have been collecting to ACWW "Walk for Food". After our walk on the high school track we will have lunch at the Bakery in Amity.

Submitted by Lynda, Editor MPY

