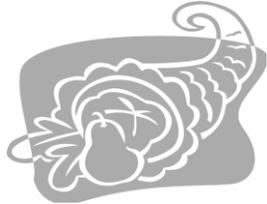


# MPY TRI-LINE NEWS

Volume 22, Issue 4

Marion, Polk, Yamhill

Fall/ Winter 2015



**Hello**, I can already smell the turkey cooking and hear the happy sounds of family and friends together for **Thanksgiving** and then before long the excitement of seeing what is in the packages under the **Christmas Tree**. We still have some small ones to enjoy the excitement and **I** can also think back to the time when **I** was growing up and then my children and how it was hard to wait to see what was under the tree. Memories are so good. Time is going by so fast that **I'm** sure that **I'm** not the only one thinking when will it slow down.

In this newsletter you will read **Sally Wyffels'** report on the **2015 FCE State Conference**.

**District III North** planned the lessons for **2016**. **I'll** give you the titles and the dates and locations of the trainings. Please let the leaders know if you will be attending the trainings and where. We are not leaving materials at training locations so we need to know your plans. If you want them mailed to you, you pay postage.

Lessons taught by **FCE** members are ones we learned at our state conference. We are fortunate to have **Tonya Johnson, Extension Agent in Marion County** teach the **OSU** lessons.

**January "Coffee Break-What's in Your Cup?"**, lesson given by **Tonya Johnson 503-373-3763**. Training **27th Polk Co. and 28th Marion Co.** Learn about this energizing and aromatic little bean from past centuries to modern day and from a seedling to your cup.

**February "The Story Lives On"**, lesson given by **Lynda Nyseth and Rene' Metteer**. Training **24th Yamhill Co. and 25th Marion Co.** Explore **Oregon** folklore, legends and myths.

**March "Say NO to Disease"**, lesson given by **Tonya Johnson**. Training **23rd Yamhill Co. and 24th Marion Co.** Lesson describes the importance

of the molecule **Nitric Oxide (or NO)** in disease prevention and reversal.

**April "Precious Water"**, lesson given by **Sally Wyffels and Linda Bird**. Training **27th Yamhill Co. and 28th Marion Co.** Water is a precious resource, a necessity of life. Learn to use water wisely.

**August "The Importance of Immunizations for Adults and Communities"**, lesson given by **Tonya Johnson**. Training **24th Polk Co. and 25th Marion Co.** As we get older we are less resistant to some diseases. Vaccinations can help us fight off viruses and bacterial infections. The lesson looks at vaccinations, when and why they are needed, risk factors and who should or shouldn't get vaccinations.

**September "Talking with your Doctor"**, lesson given by **Donna Michaelson and Sharyl Michael**. Training **28th Yamhill Co. and 29th Marion Co.** This lesson gives you the information needed in preparation for your doctor visit.

**October "Mom's Toolbox"**, lessons given by **Alene Showers and Connie Leavitt**. Training **26th Polk Co. and 27th Marion Co.** Discussion of the basic tools needed for the lady of the house, first time homeowner or new college student.

Hope you all have a wonderful **Thanksgiving, a Merry Christmas and Happy New Year**.

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**.

**Lynda Nyseth, Editor**



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### From the Desk of the District III Director

What a success the **2015 Fall conference** was and congratulations to the **Tenth District** for planning and hosting the event. **District III** was well represented at the meeting having members from **Marion, Polk, and Yamhill** counties in attendance. They went to the Finance Committee meeting, Board Meeting, on the **North Willamette Research Center** tour, paraded in their "fancy" ball wear, attended the various classes offered, gave presentations, ate, played games, and LAUGHED a lot!!

**FCE**, for me, represents friendships. **The Fall Conference** is that time when **I** get to see friends from all around **Oregon** and to make new friends as well. We, **Marion, Polk and Yamhill** counties, are now in partnership with the counties of **District IV**. As of **January 1, 2016** we are all in **District III**. **I** will be a co-director with **Anna Massingham**. The membership at the conference voted to change from 10 districts to 5 districts. Next year **District III** will include 8 counties. Just more friends for me to make.

The executive board voted to keep the **Oregon Creed**, but if a county council so voted, their study groups could also use the **National Creed** for their meetings. The issue of "**Human Trafficking**" is the focus topic for **National FCE and Oregon FCE President, Patti Malanaphy**, asked that this issue be a topic for **Oregon**, too. **Bonnie Teeples** is the new **State Treasurer**. **Lendamal Poole** is **District I** (formerly known as Ten) director.

The conference had two very interesting speakers. **Monday** evening the speaker a member of the **Oregon State Button Society, Brian Gilbert**. His power point presentation showed vintage, antique and contemporary clothing buttons. The other speaker on **Tuesday** at the luncheon was **Roger Rennekamp, the Associate Dean of OSU College of Public Health and Human Sciences**. His presentation was "**Harnessing the Land Grant Legacy**", or how the **US** got land grant colleges, like **Oregon State University**.

From the classes presented at the conference the county councils of **Marion, Polk, and Yamhill** have selected the lessons for **2016**. The **2016** brochure will be sent to each study group president or county council rep. The **FCE** lessons will be "**The Story Lives On**" myth and legends of **Oregon**, "**Precious Water**" saving, recycling, reducing the use of water, "**Talking with your Doctor**", and "**Mom's Toolbox**". The **OSU** lessons to be taught by **OSU Extension Agent from Marion county, Tonya Johnson** will be "**Coffee Break**", "**Say NO to Disease**", and "**Immunizations**".

Next year, **2016**, we, **District III**, will be hosting the **Fall Conference in Salem**. Each **FCE** member has an important part to make this meeting a success. **I** thank each of in advance for your help.

Have a wonderful and joyous **Thanksgiving, Christmas and New Year!**

**Sally Wyffels, Director District III North**

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# INVITATION

**I** would like to invite the lovely Ladies and Gentleman to our annual **Christmas** luncheon to be held at **Wing Ming restaurant 1170 S Main Lebanon Oregon on Friday December 4 at 11:30**. **Wing Ming** is reasonably priced and they **DO NOT** use **MSG** in anything.

We get together all too often now at memorials and funerals and **I** would like to take the opportunity to get together on a happier note.

**Vicki Graves, Linn County**

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**GREAT NEWS !!!!!** **I** just figured it out... **I** am a **Seenager**. (Senior teenager) **I** have everything that **I** wanted as a teenager, only **60** years later. **I** don't have to go to school or work. **I** get an allowance (pensions). **I** have my own pad. **I** don't have a curfew. **I** have a driver's license (so far) and my own car. **I** have **ID** that gets me into bars and the Beer Store. The people **I** hang around with are not scared of getting pregnant and **I** don't have acne.

**Life is great.**



**Violet (Vi) Shepard**  
**May 14, 1935 - October 13, 2015**

**Violet (Vi) Shepard** passed away at the age of 80 on **October 13, 2015**, from the effects of a stroke. She was born **May 14, 1935** in **Bend, Oregon**. Her parents were **Pete and Anna Klobas**, both of whom came to the **United States** from **Yugoslavia** in the early **20th Century**. **Vi** attended **Richardson Grade School**, which was located east of **Bend**. Later she attended **Bend High School** graduating in **1952**. She then enrolled at **Oregon State College** where she earned a **Bachelor's degree in Home Economics in 1956**.

During her childhood years on the family farm, she became interested in the **4-H** program- a product of the **OSC Extension service**. This interest in **4-H** became a lifelong event. She was not only a **4-H Club** member but also a leader, as well as being chosen as an **IFYE (International Farm Youth Exchange)**. In **1957**, she went to **Austria** and lived there for nearly 6 months. She lived and worked on four family farms near **Innsbruck, Salzburg, and Linz**. This experience lead to lifelong friendships with three of the four families.

**Vi's** careers included teaching one year in **Westfir, Oregon**, several years of teaching **Home Economics in the Salem-Keizer school** system, as well as an **Extension Agent in Wheeler County** and with teachers in federal programs such as **Head Start and RISE**. She worked for the **Oregon Trawl Commission and Fish in Schools in Lincoln County**. She taught various classes at **Chemeketa Community College** on a part-time basis. For eight years, she was a **Meal Site Supervisor for the Mid-Willamette Valley Senior Service Agency**. In **1990**, she entered the world of retirement.

In **1956**, she met her future husband at a dance in **Redmond**. He was **Jerry Shepard** who was born and raised in **Central Oregon**. They wed in **1958**

and enjoyed nearly 57 years of wedded bliss. After **Vi's** retirement, she and **Jerry** traveled to **Europe** twice, where they visited the **Austrian** families from the **IFYE** days. Later, members of each the families visited the **Shepards in Salem**. In addition to foreign trips, **Vi & Jerry** attended ten **Elderhostels** around the country.

**Vi** also kept busy with numerous activities, which includes judging at the **Oregon State Fair, Extension** groups, helping to write and produce the **MPY Tri-County Newsletter** (now in its 22nd year and is sent to more than 500 households in the area). She also was a part of the **Family and Community Education (FCE)**, whose purpose was to promote continuing education and development for families.

**Vi** is survived by her husband, **Jerry**; two sons: **Ray and Phil (Elin)**; one grandson: **Eric**; and one brother: **John Klobas**. A memorial service was held at the **Capital Manor auditorium** on **November 7** at 2:00 pm. If desired, donations may be made to **Willamette Valley Hospice or Marion Polk Food Share**.

Published in **StatesmanJournal** on **Oct. 25, 2015**  
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**John Klobas, Vi's** brother added these comments: **Vi** was born on a rock-pile 40 acre farm. She was the first girl at the high school to take wood-working classes. Her cedar chest is still treasured by niece **Olga Klobas Weddle**.

**Vi** was famous for her Potiica and her Sarma, and her other culinary and clothing creations. Her life was used to integrate her cross-cultural heritage with the **American Dream**. And she worked hard to leave each organization and community a more humane place to live. She persisted in her endeavors and reached out to many people from varied Ethnic and social groups.

Comments from others: **Vi** was a vibrant part of **MPY** leadership. She was the first **Co-Editor** and the recipe page editor. **Vi** tested each recipe before it went in the column. **Vi** was our go-to person with food questions, **FCE** and much more. She was a very valuable person helping to make our **Extension Units** continue on.

We all will miss **Vi**.

**Joan Lou Monnier**  
**July 15, 1936 - October 25-2015**

**Joan** is another **Marion County FCE** member that will be greatly missed. She was on **Marion Co. Council** and reported back to both **FCE** study groups in **Woodburn**. She was faithful helping with the mailings of the **MPY and Oregon FCE News**.

I can't tell you a lot about **Joan** other than for several years she was a rural mail carrier. And she was always available to drive to **FCE** events.

Another member wrote: Feel so sad. She was such a beautiful, sweet lady. She always made me feel "right at home". May she rest in eternal peace.

**Joan** will be missed by many **FCE** members and friends.

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## DONATIONS

*(Given in Memory of Vi Shepard and Joan Monnier  
Both of these Ladies believed in FCE and MPY  
Newsletter. They were both from Marion County.  
We will miss their help, guidance and friendship.)*

Amity FCE  
Anne Engen  
John Klobas  
Janet Lee  
Donna Michaelson  
Lynda Nyseth



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Plans are being made for **Yamhill/Polk Spring Festival, March 16th**. Held in **Amity**, we will start the day with a craft class, used book sale, selling chances on baskets from our study groups, silent auction and oral auction. Proceeds going to **MPY** and **2016 State Conference**. **National FCE** is focusing on "**Human Trafficking**", so we will have as our guest speaker **Ann Scott**, to give us information on this subjects and ways we can help. Plan to come have fun and then learn about this problem.

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## New Location

**Marion County Extension Office**  
**1320 Capitol Street NE, Suite 110**  
**Salem, OR 97301**

**503-588-5301**

**(Corner of Capitol and Gains)**



**Geri Gustafson**

We celebrated **Geri Gustafson's 100th birthday** at the **2015 State FCE Conference**. **Geri** was given many cards and many thanks for all she has done for **FCE**. What a friend and motivated person to keep **FCE** going. We are so glad to see **Jeri**, her determination and will to attend our **FCE** meetings.

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## My First FCE Conference

**Rene' Metteer - Union Woodburn**

I had the pleasure of attending my first **FCE** state conference this fall. "Let's Have a Ball" was held at the **Holiday Inn in Wilsonville October 4-7**. **Clackamas and Washington** counties hosted the conference and I did "have a ball!" I had a wonderful experience from the time I checked in to the end. What made it so wonderful you ask? Well, first of all, I met people from all over the state and made new friends. I enjoyed sitting with a new group of ladies at every meal. You see, this way, I could ask questions and pick their brains for valuable information. The conference gave me a better understanding of **FCE**, its roots and existence. **FCE** is a charitable organization, giving to others as well as myself.

Learning was a given at this conference, not only at the state level, but the national level as well. At the state level we voted on adopting the national **FCE** creed and changing from the current 10 districts to 5 new districts. I was informed about **human trafficking**, the national **FCE** project for **2016** and the importance of getting involved in this worthwhile project. **Human trafficking** is more prevalent than I thought, not only in the **United**

**States**, but here in our own communities. I am proud to participate in this project!

I love educating the mind (learning) and there were a variety of workshops to choose from when filling out my registration form. I attended "**The Story Lives On - Oregon Myths and Legends**" and "**Hope on the Horizon**" workshops. The **Oregon Myths and Legends** program was written by **Janet Allen and Ida Lee Knapp** and presented by **Janet Allen**. I loved hearing about **Oregon** folklore and **Indian** legends. "**Hope on the Horizon**" was written and presented by **Scott Teeples**. This program would be an interest to all clubs as it covered finding, recruiting and retaining new members that many of us struggle with. Both programs had handouts and a worksheet or two, along with some humor; both were very good.

**Tuesday** evening was the grand gala "Ball" event, dressing up seriously or humorously, as you wished; with good food, fashion parade and door prizes! I will say I felt kind of special this night because at some point the state **President Patti Malanaphy** whisked me onto the floor. I think we did some tango number and I remember having a vision of "**Dancing With the Stars**" when I was done!

The **Wednesday** morning workshop was "**Bubble & Squeak, Bangers and Toad-in-A-Hole, oh my!**" Yes, I know what you're thinking! What the heck is this about? Well, it was a trip through **England's** history, famous people, places and food. It was sort of a mini play with props, even a steering wheel; presented by **Sally Wyffels and Anne Engen**. We sampled 4 different **English** biscuits (cookies). It was hilarious! What a way to close the event.

Yes, I recommend you attend the **2016 Oregon FCE State Conference at the Red Lion Inn in Salem!** Mark your calendar for **October 3-5**.

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A blonde & her husband are lying in bed listening to the next door neighbor's dog. It has been in the backyard barking for hours & hours.

The blonde jumps up out of bed and says, "I've had enough of this". She goes downstairs.

The blonde finally comes back up to bed & her husband says, "The dog is still barking, what have you been doing?"

The blonde says, "I put the dog in our backyard...let's see how **THEY** like it!"



## **Renting Lacy**

**A story of America's Prostituted Children**

*A book review by Alene Showers*

Whoa! What an eye opener. I thought I was at least reasonably informed about this national disaster, but **Renting Lacy** by **Linda Smith and Cindy Coloma** really exposed my ignorance about the magnitude of cases of child slavery in this country. Yes, like many others I believed that this problem existed in the **United States of America**, but mostly it was a problem in third-world countries, and occurred here primarily with foreign children who were smuggled into our country. Boy, has that myth been dispelled.

**Lacy** was one of the many young girls lured away from her dysfunctional home by an older man who was “caring” and charming. She was only 11 years old when **Bobby Bad** convinced her that he loved her and wanted to take care of her. Soon **Lacy** was taking care of **Bobby**, financially that is, as she turned tricks to earn enough money for them to live on, and for **Lacy** to convince **Bobby** that she loved and trusted him. Then **Bobby** took her to **Las Vegas**, where she joined his “stable” of whores and sunk deeply into the hell of child prostitution, smut films, stripping, and more. Even in this hell **Lacy** stayed with **Bobby**.

By the time she was 16, **Lacy** had taught herself to use the computer. **Bobby** had made her his “bottom ho,” which meant that she was scheduling and supervising **Bobby’s** stable, as well as making her own quota of earnings each night. Then **Bobby** brought in **Star**, an 11 year old from **Kansas City**. **Lacy** had no influence over **Star**, as she was so emotionally chained to **Bobby** that she would do anything for him. But when 11 year old **Sugar** was kidnapped and forced to join the stable, **Lacy** rebelled. She had had enough.

According to statistics gathered for **Shared Hope International**, **Lacy**, **Star**, and **Sugar** are just three of 100,000 to 300,000 children who are victims of human trafficking in the **United States**. These numbers include only those children under 18 years of age, who are stolen, either forcibly or emotionally, by pimps who enslave them with promises of love, fear of beatings, and feelings of

guilt that they are no longer worthy of “going home.”

Why don’t these children get out of the life? The fear, the guilt, the dreams, the lack of resources, all keep these young victims bound to their masters, as tightly as ropes and chains, and barred windows. Besides, what child really has the intellectual and emotional maturity to make such weighty life decisions? The pimps, the supposed grown-ups are making the important decisions—how many hours to work, what the quota is for the night, which johns to service. An attempted runaway is severely punished or killed. So, why don’t they leave? Author **Smith** says that “we can only understand if we step into the [victim’s] shoes.”

But, there is hope: **Lacy** did get away. She took **Sugar** and ran. But only after **Star** had been beaten to death and dumped by the side of the road, like so much trash. **Lacy** knew that if she and **Sugar** were caught she also would be killed and **Sugar** would be severely beaten or worse.

Congress woman **Smith** says that “what we should be asking is [not why don’t they leave, but] ‘who are the sick men targeting and preying upon our young girls and boys?’” Why are they not being prosecuted and made to serve long prison terms? Why are the pimps getting away free from prosecution, but the victims are being sent to jail, earning a juvenile record, which is another strike against their leaving the life?

These are all questions which must be answered, and soon, if we are to save our young children, our future generations and the future of our country.

The last chapters of the book identify the lack of laws which address the issues, the lack of identification of the victims, the lack of resources, and the lack of understanding (the buying into myths, such as they don’t want to go home because they have freedom from rules, lots of money at their disposal, and besides they like the sex). Some chapters contain plans for addressing policy issues and methodology for solving the problem. The final chapter is a call to action. If we read no other chapter in this book of heartbreak and hope, we should all read this one chapter. It is only one page, but if we read it and join in the proposed actions, we can help solve this national disaster.

## Seniors Coffee Group

A group of seniors were sitting around talking about all their ailments at **Weatherspoon's**.

"My arms have got so weak I can hardly lift this cup of coffee," said one.

"Yes, I know," said another. "My cataracts are so bad; can't even see my coffee."

"I couldn't even mark an "X" at election time because my hands are so crippled," volunteered a third.

"What? Speak up! What? I can't hear you," said one elderly lady!

"I can't turn my head because of the arthritis in my neck," said one, to which several nodded weakly in agreement.

"My blood pressure pills make me so dizzy!" exclaimed another.

"I forget where I am and where I'm going," said another.

"I guess that's the price we pay for getting old," winced an old man as he slowly shook his head.

The others nodded in agreement.

"Well, count your Blessings," said a woman cheerfully....**Thank God we can all still drive.**

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have it, it's best we love it...and care for it...and fix it when it's broken...and heal it when it's sick.

This is true: for marriage...and old cars...and children who misbehave at times...dogs and cats with bad hips...and aging parents...and grandparents. We keep them because they are worth it because we are worth it.

Some things we keep, like a best friend that moved away or a classmate we grew up with.

There are just some things that make life important, like people we know who are special...and so, we keep them close!

Good friends are like stars...you don't always see them, but you know they are always there!

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

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## A Keeper

Their marriage was good, their dreams focused. Their best friends lived barely a wave away.

I can see them now, Dad in trousers, work shirt and a hat; and Mom in a housedress, lawnmower in one hand, and dish-towel in the other.

It was the time for fixing things; a curtain rod, the kitchen radio, screen door, the oven door, the hem in a dress. Things we keep.

It was a way of life, and sometimes it made me crazy. All that re-fixing, re-heating leftovers, renewing; I wanted just once to be wasteful! Waste meant affluence.

But when my mother died, and I was standing in that clear morning light in the warmth of the hospital room, I was struck with the pain of learning that sometimes there isn't any more.

Sometimes, what we care about most gets all used up and goes away...never to return. So...while we



**Yamhill County FCE Members**  
**"We're having a ball-'Mardi Gras' ball"**  
**Linda Bird, Lidia McRae, Alice Wicks, Lynda Nyseth and Sharyl Michael**

There were prizes for the best ball gown and other categories. **Rene' Metteer, Union/Woodburn** won best ball gown and she does pretty good at dancing too. **Linda Bird, Sheridan** won for best costume. There were other winners but I don't remember who they were, but at least I got the ones for **District III North**.

## FCE CALENDAR

|    |                                      |    |  |                                       |
|----|--------------------------------------|----|--|---------------------------------------|
|    | <b>November 2015</b>                 |    |  | <b>February</b>                       |
| 23 | Marion Co. Council, 9:30             | 5  |  | Deadline MPY Articles                 |
| 26 | Thanksgiving Day                     | 12 |  | Lincoln's Birthday                    |
|    | <b>December</b>                      |    |  | Yamhill/Polk Co. Council, 9:30        |
| 4  | Linn County Christmas luncheon 11:30 |    |  | Sandwich Express, McMinnville         |
|    | Wing Ming, 1170 S. Main, Lebanon     | 14 |  | Valentine's Day                       |
| 24 | Christmas Eve                        | 15 |  | Washington's Birthday (observed)      |
| 25 | Christmas Day                        | 19 |  | Mail MPY, 9:15                        |
| 28 | Marion Co. Council, 9:30             |    |  | 4-Corners Fire Station                |
|    | 4-Corners Fire Station               | 22 |  | Marion Co. Council, 9:30              |
| 31 | New Years Eve                        |    |  | 4-Corners Fire Station                |
|    | <b>January 2016</b>                  |    |  | <b>The Story Lives On</b>             |
| 1  | New Year's Day                       | 24 |  | Training Yamhill Co., 9:30-11:00      |
| 8  | Yamhill/Polk Co. Council, 9:30       |    |  | Extension Office Auditorium           |
|    | Sandwich Express, McMinnville        | 25 |  | Training Marion Co., 9:30-11:00       |
|    | Deadline for Oregon FCE Articles     |    |  | 4-Corners Fire Station                |
| 18 | Martin Luther King, Jr. Day          |    |  | <b>March</b>                          |
| 22 | Mail Oregon FCE News                 | 4  |  | Deadline Spring Festival registration |
| 25 | Marion Co. Council, 9:30             | 11 |  | Yamhill/Polk Co. Council, 9:30        |
|    | 4-Corners Fire Station               |    |  | Sandwich Express                      |
|    | <b>Coffee Break</b>                  | 16 |  | Yamhill/Polk Spring Festival          |
| 27 | Training Polk Co., 9:30-11:00        |    |  |                                       |
|    | Extension Meeting Room               |    |  |                                       |
| 28 | Training Marion Co., 9:30-11:00      |    |  |                                       |
|    | 4-Corners Fire Station               |    |  |                                       |

Oregon Association for Family & Community Education