

MPY TRI-LINE NEWS

Volume 22, Issue 2

Marion, Polk, Yamhill

Spring/Summer 2015



Hello, Some of you are busy with baseball, starting plants, maybe you have gotten a few things planted in the garden that do alright in this cool/cold weather and maybe some of you have done all of the above. It is hard to believe that soon the **May Day** programs will be at school and then before we turn around school will be out for the summer, graduations and then summer weddings.

In **District III**, we are getting ready for our District meeting. Information and registration form are in this newsletter. **May 4**, is the date and we will be in **Salem** at the **4 Corners Fire Station** on **Cordon Road**.

March 18th, we had our **Yamhill/Polk Spring Festival**. We were honored to have **Patti Malanaphy, our State President, and Lendamai Poole** join us for the day. We had 3 or 4 from **Linn County** and 3 showed up from **Prineville**. I was told that they were up at 3am or so to get over here. There was some mix-up getting started but I think that everyone had a good time. We started our day with a song "Make new friends keep the old, one is silver and the other gold". After the flag salute and pledge we offered two classes: eye glass or cell phone holders and envelopes made from calendar pages; we finished the day with a lesson on **Canada**. There was a lot of visiting, purchasing used books, buying tickets for chances on several baskets and of course eating.

This month in **District III** our training for the **May** meeting will be "**Whole Grains**". This lesson was developed by the **OSU** coordinator for the **Healthy Grains** project, endowed by **Bob's Red Mill**. **Sally Wyffels** will be presenting the lesson on **April 22** at the **Extension Office in McMinnville** and **April 23** at the **4 Corners Fire Station, 300 Cordon Rd. NE, Salem**. This training will be open to the public and will start at 9:30 and go until 11:00. Give **Sally** a call at 503-

472-3091 if you will be attending so she can have information available for your study group or visitors. Remember we will not leave materials at the training sites. If you want them mailed to you, you pay postage.

Also if you have changed your address, know of someone who would like to receive this newsletter or someone who received this newsletter and now is deceased please let us know so we can make the needed changes. Send the changes to **Susan Whitaker, 9875 Parker Rd., Monmouth, OR 97361-9762**.

Sincerely,



Lynda Nyseth, Editor



Books for Baby Project

On **March 9**, I took another supply of 44 books to the **Salem** hospital. A book, a bib along with a copy of the **MPY** newsletter and **FCE** brochure are put in the bag. These are given to the new mothers to encourage them to read to the babies and small children.

Several of you have donated bags and books and bibs. I had to buy several bags to make enough. I hope you will continue to donate the supplies so we can keep this program going. The nurses at the hospital say they like giving them out and the mothers like them.

Vi and Jerry Shepherd are still making the labels to put in the books. These say they are donated by **FCE** and our mission of strengthening families.

A big thank you to all who have contributed.
Connie Leavitt, Chairman, Books for baby project.



From the Desk of the District III Director

Phew...just got back from the **State Executive Board** meeting held in **Redmond** at the **Deschutes Extension Service** office. Always so nice to see and meet with **FCE** friends from around the state of **Oregon**. All district directors were in attendance as well as the state officers plus **National FCE President, Bonnie Teeples** and former **Oregon FCE President, Barbara Voltin**. Productive group of members.

Patti Malanaphy, current state president, kept us busy and moving along on the agenda. Many topics were discussed and new ideas presented. One topic was an update of **Oregon FCE's** districts. We now have districts (inactive) without representation and/or members. A redistricting of the state is being considered and input from you, the general membership, is needed as to the directions **Oregon FCE** should move. Your county council members will be bringing this topic before the various study groups and want you ideas.

The board discussed our image. What do we represent? How do nonmembers see **FCE**? How can we get new members? Change or updating...what direction do we move as an organization? See told you, lots of ideas and discussion took place. Always good to come back with new thought. It keeps us growing as a group and as an individual.

We did select **Oregon's "Heart of FCE"**. With so many wonderful candidates and well quilified it was difficult for the committee to narrow their final choice to just one person. The nominees were: **Patty Bonney, Washington Co.; Donna Michaelson, Polk Co.; Lynda Nyseth, Yamhill Co.; Julie Pearson, Jackson Co.; Betty Pribil, Clackamas Co.; and Scott Teeples, Klamath Co.** The winner will be announced in the state newsletter this **May**.

New **FCE** lessons were also selected for the 2016 year. The lessons will be presented at the **Fall Conference** held in **Wilsonville in October**. The **FCE** lessons will be "Hope on the Horizon", "Water Awareness", "**Oregon Myths and Legends**",

Computer Terminology", "Dr 'Speak' Health Literacy", and "Tools, kits and simple Home Repairs". From **Oregon State Extension Service** the topics offered will be "Olives" and "Coffee". In preparation for the next **Triennial Conference** to be taking place in **Warwick, England**, the country to be studied is "**England**".

"Plant a Seed of **FCE**", the annual **District III Meeting** to be held in **Salem, Oregon on Monday, May 4, 2015**, at the **Four Corners Fire Station**. Hope you will be able to attend. A flyer for the meeting is enclosed in the newsletter. Please read, fill out the form and send in your registration. Hope to see many of you attending.

"Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights." **Pauline B. Kezer**

"If nothing ever changed, there'd be no butterflies." Author Unknown

Sally Wyffels, District III Director



WALKERS NEEDED

April 29 is **ACWW "Women Walk the World"**, this is the 4th year. A group of us from **Yamhill County** will be walking around the **Polk County Fair Grounds, Rickreall on April 24th**. We will walk before we attend the quilt show that is taking place. The quilt show starts at 10 so we will walk around 9:30. We encourage **FCE Study groups** to sponsor walkers (money will go to **ACWW**). Last year we had 4 ladies walk and we would like more participants this year. Some study groups did short walks along with their "walking with ease" lesson. After the quilt show we will have lunch somewhere. We know that we will have a great time visiting and getting our exercise while helping women in other parts of the world.

If you are unable to walk with us, get a group together in your area and do your own walk. Be sure to report you walk, with pictures, to **Bonnie Teeples, 4338 Arthur Street, Klamath Falls, OR 97603**. The information will go in her reports.

Up coming events

The endeavor is to get the word out about **ACWW (Associated County Women of the World)** and the great work they are doing and have been doing since they started in 1929. It is difficult to tell people about an organization that you do not fully understand yourself so here is a little info: In 1927 in **Geneva, Switzerland**, the **Executive Committee** of the **International Council of Women** discussed the possibility of an international conference for rural women.

In 1929 in **London** representatives from 24 countries met and have continued to hold conferences every three years with the exception of the war years.

The **ACWW** works in partnership with its members, offering mutual support, friendship and practical help to women and communities around the world. **ACWW** has over 460 member societies active in over 70 countries.

With Consultative Status at the **United Nations**, **ACWW** gives women a voice at international level through its links with **UN** agencies. **ACWW** also funds small scale local development projects, which are requested by local women to suit their needs. All applications for funding are assessed by the **ACWW Projects Committee** and projects are monitored throughout their life to ensure success.

ACWW Vision: An improved quality of life for women and communities worldwide.

ACWW Mission: **ACWW's** membership and networks of rural and no-rural women will empower women and communities worldwide through: partnership, advocacy, sharing of knowledge and activities.

ACWW Values: Friendship, transparency, understanding, recognizing diversity, inclusive, excellence, openness, enabling and empowering.

Oregon Association for Family and Community Education is a member society and raises funds for **ACWW** through Pennies for Friendship. 80% of the funds raised are sent directly to help fund projects and 20% is used to help cover the expenses of our State President to attend the triennial Conference.

If you are in **District III** or close by contact **Lynda Nyseth**, 503-835-2044 or LYNDATrose@aol.com for more information and where we can meet.

April 27th, Clackamas County Fair Share.
Contact **Patti Malanaphy**, 503-663-0718 for more information.

April 24th, (District III), April 29th ACWW "Women Walk the World"

May 4th, District III annual meeting, to be held in **Salem**. Registration Form in this newsletter.

July 23-27, National FCE Conference in Blue Springs, MO.

October 5-7, Oregon State Conference, Wilsonville, OR. "We're Having a Ball".

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District III members we lost in 2014-2015

(These are the ones that I know about and have received notes about. We will miss them all.)

Joyce Iske

Joyce was a member of **White Cloud Study Group in Carlton**. She had attended **FCE** meetings while her husband was in the service, so she was close to or over a 50 year member. They spent part of that time in **Hawaii** and made several trips back. **Joyce** had also been in the service as a **WAVE**. She was very active in many organizations and would often share **FCE** lesson information with these groups. They made many trips after the service including **Scotland, England** and most recently **Joyce** and her daughter **Diana** went to **Panama**.

Pauline Trom

Pauline was a long time member of **Ambitious Annies in Dallas**. She was a former **Extension Agent in Marion County**. She was very active as a volunteer with the **Red Cross**. While her children were in school she was involved with sports activities. At one time she bicycled all over **Europe**.

Daisy Cox

Daisy was a 57 year member of **Woodburn/Union Study Group**. Her daughter, **Pauline Mikkleson**, told me that when going through her mother's things they found lessons from the 50's. A couple of the first lessons: how to make lamp shades and the perfect meringue. The **Gervis Home Extension Group** entered a booth at the **State Fair** entitled "Home made's from Home founds". **Daisy** held all of the offices and served as the caller up to the very end. She commented that she learned so much from **FCE** and all the lovely ladies through the years and it's constant social events.

Violet Yungen

Violet was a member of the **Salem West Study Group** for 26 years. Her eye sight kept her from teaching lessons, but she was always ready to open her home for meetings. **Violet** and her husband **Bob** owned and operated the **Brush College Store in West Salem** for many years and had operated the **Lincoln Store** prior to building the store at **Brush College**. **Violet** had also worked for the **Salem School** district taking care of food supplies. She was always actively engaged in things going on

around her and did anything within her power to improve the lives of everyone she met.

We will miss all of these dear ladies as **FCE** members and close friends to many of us.

DONATIONS

Doris Brown
Mina Hansen
Janet Lee
Anna Massingham
Betty Nyberg
Rosalee Ratto
Kathie Register
Charlotte Sharp
Nella Sims
Patsy Tinkham
Helen Wilson
Sally Wyffels



District III & IV have been making plans for the **2016 FCE Conference** that will be held in **Salem**. Each county has been asked to raise a set amount of money to help with expenses. One group is having a "Brown Bag Raffle" as a fund raiser. One group has a "No Bake, Bake Sale", you pay what you think you would spend if you baked something. One group makes **Christmas** Wreaths each year to help fund projects during the year. These ideas are good to help pay membership dues too if your members are having a hard time paying dues. Other suggestions that have worked in groups is to pay a small amount each month or have the club pay national dues and members pay state dues. I hope that these suggestions will help you keep members and stay part of our great organization of **FCE**.

Study Group Happenings

Ambitious Annies, from Dallas, collect underwear and socks for local schools. We gave \$25 to the **Yamhill County Extension Office** to help with the printing of our lessons. At our **Christmas** meeting we enjoyed a gift exchange.

January 15 we enjoyed an outing to the **Chachalu Tribal Museum and Cultural Center in Grand Ronde**. The first phase of this museum was recently opened, with phase 2 in the planning stages. The exhibits are open from 9a.m. to 4p.m. **Monday through Friday**. We called ahead and were greeted by drummers during our visit. The displays describe the **Grand Ronde Tribe's** history from early days. Then displays chronicle the journey through tribe termination and restoration with federal recognition occurring in 1983. Excellent photography tells a fascinating story from early days to the present.

The Museum is located in the former **Grand Ronde Middle School**. The **Willamina School District** sold the school to the **Grand Ronde Tribes** after the students began attending schools in **Willamina**. There is no admission fee, but contributions are appreciated.

We completed our morning outing with a buffet lunch at the casino in **Grand Ronde**.
Jean Rogers, Ambitious Annies FCE

Agriculture Week, March 15th, 2015

Agriculture Week is dedicated to having people think about who provides "Our bacon".

Here are a few facts:

- Agriculture is the world's most important industry. It doesn't just provide food--our most basic need, but raw products for many of our other desires.
- Agriculture manages and encourages the first solar energy--plants who through photosynthesis have the ability to convert sunlight to carbohydrates which are the lowest food on the food chain.
- Agriculture and secondary jobs of distributing, processing, marketing, etc. employs 17% of our nation's work force.
- **Oregon** produces 99% of the nation's hazelnuts. (25% of them come from **Yamhill Co.**)
- **Oregon** ranks 4th nationally in berry sales. Blueberries top the list, followed by blackberries, cranberries, raspberries,

strawberries, boysenberries and loganberries.

- In **1900** farmers produced 24 bushels of corn to the acre. Today they average 153 bushels.
- Farming is a key figure of **Yamhill County's** economy. More than 1,000 families engage in agriculture. Production is diverse--nursery products, hazelnuts, grains, grass seed, straw, livestock and the largest grape harvest in **Oregon**.

When you get behind some slow farm machinery--take it as a reminder to slow down and enjoy the scenery and be thankful for what is being produced.

We certainly live in a bountiful area!!

Submitted by **Nancy Thornton**, MPY reader

District III Meeting Rapidly Approaching "Plant A Seed For FCE"



Hey **District III** gals and guys, the date for the **District III** meeting and potluck is coming up fast. The date is only a month away, and **I** want to let you know what **Marion County** has planned:

A potluck, with the meat furnished (pulled pork for sandwiches)

Salads and desserts (bring whatever you choose)

Paper plates, napkins, and utensils furnished by

Marion County Council

Registration begins at 9:00 a m

Registration fee is \$10

Any monies remaining after expenses are paid will go toward funding for the **2016 FCE Annual Conference**

The business meeting begins at 10:00 a.m.

Entertainment follows the business meeting

Lunch begins at 12:00 p.m.

A **Master Gardner** will speak at 1:00 p.m.

A live plant sale (everyone bring something to sell, and everyone buy, buy, buy)

A recycled treasure (some call it a white elephant sale). Please bring treasures to sell, and please buy something. (Continued on page 6)

(Continued from page 5)

All sale proceeds will go toward funding for the **2016 FCE Annual Conference**

This year's meeting is very important, as we don't have a lot of time to prepare for **2016**. Please bring yourselves, your salad or dessert, your plants and treasurers to **Salem on May 4, 2015**; have a good time and show your support for **Oregon FCE**.
Alene Showers

Opportunities To Enter
(Two FCE Contest)

A FCE T-Shirt Contest That Inspires & Educates

Focus of contest - Women's Heart Health
"Almost every minute a woman dies of cardiovascular disease"

This is your chance to design an educational, clever or memorable T-shirt.

Contact Anne Engen for details
anne.n.engen@gmail.com Rules and other information was in the volume 22 issue 1 of the MPY.

Open Brochure Contest

This is your chance to design a brochure for FCE; for an event you are having or your business.

Rules can be found on our web site under the topic forms. www.oregon-fce.org

Be sure to check out our web site for newsletters, scholarships, study groups, state and national officers and much more.

HOW TO TEST YOUR STORED SEED FOR GERMINATION

CORVALLIS, Ore. – If you saved seeds from the last growing season and wonder if they will germinate when planted this spring, you can discover the average rate of germination before the planting season begins.

"It's easy to check vegetable and flower seed viability, and it can save you time later when the gardening season begins," said **Ross Penhallegon**, horticulturist with the **Oregon State University Extension Service**. "Some seeds remain viable for a year and others for three or more years."

To find out whether a variety of seed will germinate and grow, **Penhallegon** suggests the following test:

Place 10 seeds an even distance apart on a damp paper towel. Roll up the towel and place in a plastic bag.

Leave the damp, rolled towel in a warm spot in the kitchen for two to five days. The location's lighting doesn't matter.

After the two-to-five days, check the paper towel to see which seeds have germinated.

"The percentage of seed germinating in the towel will give you a fairly good idea how the same seed will do in the garden," he said. "If half the seed did well in the towel, half of the same batch of seed will probably do well in the garden."

Some seed types last longer than others. For example, seed from sweet corn, parsnips, Swiss chard and spinach generally keep well under normal house-hold conditions for only a year. On the other hand, beans, carrots, cole crops, collards, squashes, tomatoes and turnips are good for at least three years.

Seed is best stored through the winter at 50 degrees with 50 percent humidity. Another good way to store unused seed packets is to place seeds in a sealed jar with a desiccant or powdered milk at the bottom to absorb moisture. Store the jar in a cool room or refrigerator over the winter.

To learn more about storing seed, see **OSU Extension's** "Collecting and Storing Seeds from Your Garden," FS 220, online.

To learn about propagating plants from seed, see the **OSU Extension's** PNW 170 "Propagating Plants from Seed" online. (Continued on page 7)
(Continued from page 6)

You can search the **OSU** Extension Catalog for more than 1,200 items, including publications, books, videos and other educational media.

By **Judy Scott**

<http://extension.oregonstate.edu/gardening/how-test-your-stored-seed-germination-0>

Just Stay

It would be great if more of us fulfilled someone else's need, by us to "just stay".

A nurse took the tired, anxious serviceman to the bedside. "Your son is here," she said to the old man. She had to repeat the words several times before the patient's eyes opened.

Heavily sedated because of the pain of his heart attack, he dimly saw the young uniformed soldier standing outside the oxygen tent. He reached out his hand. The soldier wrapped his toughened fingers around the old man's limp ones, squeezing a message of love and encouragement.

The nurse brought a chair so that the soldier could sit beside the bed. All through the night the young soldier sat there in the poorly lighted ward, holding the old man's hand and offering him words of love and strength. Occasionally, the nurse suggested that the soldier move away and rest awhile.

He refused. Whenever the nurse came into the ward, the soldier was oblivious of her and of the night noises of the hospital - the clanking of the oxygen tank, the laughter of the night staff members exchanging greetings, the cries and moans of the other patients.

Now and then she heard the soldier say a few gentle words. The man said nothing, only held tightly to his son all through the night.

Along towards dawn, the old man died. The soldier released the now lifeless hand he had been holding and went to tell the nurse. While she did what she had to do, he waited.

Finally, she returned. She started to offer words of sympathy, but the soldier interrupted her.

"Who was that man?" he asked.

The nurse was startled. "He was your father," she answered.

"No, he wasn't," the soldier answered. "I never saw him before in my life."

"Then why didn't you say something when I took you to him?"

"I knew right away there had been a mistake, but I also knew he needed his son, and his son just wasn't here."

"When I knew he was too sick to tell whether or not I was his son, knowing how much he needed me, I stayed."

"I came here tonight to find a Mr. William Grey. His son was killed in Iraq today, and I was sent to inform him. What was this Gentleman's Name?"

The Nurse with tears in her eyes answered, "Mr. William Grey".....

The next time someone needs you ... just be there.
STAY!

Have a great day and bless someone else in some little way today!

Submitted by **Charlotte Lyman**, MPY reader



Memories of Easter

The delight of having a new spring outfit.
Nylons and my first high heels.

The smell of hot vinegar when dyeing eggs.

The rattle of coins in our mite boxes
when we put them at the foot of The Easter Cross.

The mouth watering aroma of Easter dinner
preparation

---roasted leg of lamb & mint jelly.

Grandma Ida giving us a pre-dinner taste
---a "snitzerlese."

Brunch with new friends on Lake Wakatiipu
in New Zealand.

The mystery and expectation at sun rise
services at McCabe Church.

Marjorie's traditional egg a la Golden Rod
and pineapple sun.

Arriving in Cleve don England on Easter
and cousin June humming:

"Jesus Christ has risen today. Alleluia!"

I hope that you have a memorable Easter

Nancy Thornton

FCE CALENDAR

APRIL

Whole Grains

- 22 Training Yamhill Co., 9:30-11:00
Extension Office Auditorium
- 23 Training Marion Co., 9:30-11:00
4-Corners Fire Station
- 24 ACWW "Women Walk the World"
District III, Rickreall Fairgrounds, 9:30
- 24-25 Quilt Show, Rickreall Fairgrounds, 10:00
- 27 Marion Co. Council, 9:30
4-Corners Fire Station
- Clackamas Co. "Fair Share"
- 29 ACWW "Women Walk the World"

MAY

- 1 Deadline for Oregon FCE News articles
- 4 District III Meeting 9:00-2:00
4-Corners Fire Station
- 8 Yamhill/Polk Co. Council, 9:30
Sandwich Express, McMinnville
- 10 Mother's Day
- 15 Mail Oregon FCE News, 9:15
4-Corners Fire Station
- 25 Memorial Day
Marion Co. Council, 9:30
4-Corners Fire Station

JUNE

- 21 Father's Day

JULY

- 4 Independence Day
- 9-12 Marion Co. Fair
- 15-18 Linn Co. Fair
- 23-27 NAFCE Conference, Blue Springs, MO
- 24 Deadline for Oregon FCE News articles
- 29-Aug.1 Yamhill Co. Fair, McMinnville

AUGUST

- 6-9 Polk Co. Fair, Rickreall
- 7 Mail Oregon FCE News
- Save The Bees**
- 26 Training Polk Co., 9:30-11:00
Extension Office Meeting Rm.
- 27 Training Marion Co., 9:30-11:00
4-Corners Fire Station
- 28 Oregon State Fair begins

SEPTEMBER

- 4 Deadline MPY Articles
- 7 State Fair ends
Labor Day
- 18 Mail MPY

Oregon Association for Family & Community Education