

MPY TRI-LINE NEWS

Volume 28, Issue 1

Marion, Polk, Yamhill

Winter/Spring 2021



The time is going by faster than I'm ready, here it is April. I have missed seeing everyone at all of our FCE events and other meetings too. What a different time we are having. Lessons being done thru ZOOM meetings as well as board meetings and also in some cases family get together.

If you are not into the zoom meetings, I hope that you are keeping in touch with friends and family in other ways: phone calls, letters or face to face with distancing and safety precautions.

Sports are finally taking place in the Amity schools. We have watched some that were on face book or live streamed by the school, but we did get to watch their last football game in person. It was good to see the kids play.

Thanks to our FCE President, Scott Teeples, we have had some lessons done virtually and we have been able to connect with other members through those. Some groups have invited one or two to their homes to participate in those lessons. Scott has also recorded the lessons and through the help of members or grandkids some have figured out how to show their lessons on their TVs from the computer. I hope that you are able to share with other members that do not have computers or do not want to zoom. I know that some feel that zoom is not a safe thing to do or do not have the proper equipment to do so.

As soon as we can we will be mailing out the MPY again, so if you know of someone who would like to receive this newsletter or someone who received it and is deceased or no longer wants to receive the newsletter please let us know so we can make the 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
Director Anne Engen
Polk-Yamhill, Marion, Linn and Lane
Counties**

**Semi-Annual Report,
November 2020 – March 2021**

Lessons taught: No FCE lessons, just learn to wear masks and stay home.

Polk County only one group, Homemakers Unlimited. **7** members

Yamhill County has three study groups. Sheridan Study Group has **8** members. Amity Study Group has **10** members. Creative Homemakers has **11** members.

Marion County: Open Arms Study Group has formally closed and dispersed their money to non-profit organizations the group has supported with gifts.

Only FCE group left in Marion County, Oak Meadows has 7 women, but only one to three women pay dues. Group has been together for many years.

Rene' Metteer is a FCE Member at Large.

Linn County: Linn County FCE group has closed, and dispersed their funds to non-profit organizations they had gifted every Christmas.

One member moved to become a Member at Large.

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Lane County: The only Study Group is Lost Creek Study Group 11 members

District III has 6 FCE Study Groups and 52 members.

Volunteer Hours: Polk County, no hours reported.

Yamhill County: FCE hours 214.25

Community hours 409

Lane County: FCE hours 60.5

Community hours 694

This is how our members made a difference in **our FCE organization**. Kept the members informed about ZOOM lessons, walked for ACWW & donated money, wrote/sent newsletters online, edited fce lesson and taught on ZOOM, taught Ireland lesson, and spent hours on the phone talking to each study group.

This is how our members made a **difference in our communities**. Knitted hats for veterans and those in need, crocheted preemie blankets sewed masks for downtown association to be given out at Christmas tree lighting, wrote grants to protect a pioneer cemetery, baked breads every week, and made meals for hungry families, drove a moving truck for a neighbor, drove people to appointments, helped to put up Birthday signs at senior living,



Because of the Corona Virus and not having our regular meetings we will only have 3 issues of the MPY this year.

If you have an article, book or movie review for the MPY Tri-Line News send it to Lynda Nyseth, Editor MPY Tri-Line News, 21461 South Hwy 99W, Amity, OR 97101-2239. Our next deadline is June 25, 2021. If you want to send a donation **make check payable to MPY Tri-Line News** and send them to me. If you have a recipe send it to Debbie Puckett, 23130 Zieber Lane NW, Salem, OR 97304. Thank you.



REPORT FROM STATE FCE TREASURER, BONNIE TEEPLES

October 1 thru March 1

We have 144 members and 2 members-at-large. We lost about 100 members due to age related problems or illness.

Keeper's Corner Booth is doing very well, January and February brought in \$318.45 and by the middle of March there was another \$142.95. If you have nice items that you would like to donate contact Anne Engen in District III or Bonnie to see about getting the items to Klamath Falls. The money goes to help our FCE organization.

Bonnie is our ACWW-USA Area President and reported that April 29, will be the ACWW Women Walk the World and this year's theme is "Will Walk for Food". Please join a walking group and/or donate to this project. The Pennies for Friendship that we collect at our meetings is the enabling fund for ACWW. It is the fund that keeps them going, it enables the Board to meet and engage with members in their areas, it enables the office, which we all know is the HUB of ACWW, to function, it maintains the staff, and most importantly it helps facilitate our global network. You can join ACWW by being a paid member, check out Associated Country Women of the World for information on how to join. You can also find them on Facebook at ACWW.Org.UK. Please do what you can to help this organization to stay solvent and growing.

Comments from ACWW Newsletter: Many years ago, I was given a book called "The Butterfly Effect" by Andy Andrews. I love the thoughts and theory put forth in the book. It begins by asking "How significant is my life" do I make a difference? When I move...when I act...when I do something...does the universe notice? DO I REALLY MATTER? The book ends with "The very beating of your heart has meaning and purpose. Your actions have value far greater than silver or gold. Your life and what you do with it today...MATTERS FOREVER". You, all of you, matter. Your life matters as a person, a leader, a teacher, a member, and most of all you matter for all the good you are doing. Thank you so much for all you do in service to others.

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Remember April 29 and plan to walk and/or donate to ACWW. Send contributions to Bonnie and specify ACWW Will Walk for Food.

Lessons being planned for the 2021 State Conference, Springfield, OR October 4-6, 2021

1. **“Chocolate”** Developed & taught by Bonnie Teeple & Karlene Christenson
2. **“Fight to Save America’s Food”** Developed & taught by Anne Engen & Sally Wyffels
3. **“Scams, Shams, and Frauds”** Developed & taught by Bonnie Teeple & Loretta McDonald
4. **“History of Dolls”** Developed & taught by Sandie Bolyard & Patti Malanaphy (Developed by Ida Knapp)
5. **“Time Management” (National FCE Lesson)** Developed & taught by Barbara Lougnot
6. **“Rabies”** Developed & taught by Margaret Polen & Martha Crawford (National FCE)

Wednesday Morning “Malaysia” Developed & taught by Scott & Bonnie Teeple

Titles may change and descriptions will be in the Oregon FCE News, August, along with the registration for the Conference.

Remember there are scholarships available for the conference. Plan to attend the conference, start saving and if you need help go to www.oregon-fce.org and check out what scholarships are available.

Sales Room at Conference

A discussion was held at the Spring Board Meeting about the sales room. It seems it is getting to be more of a garage sale. The sales room helps with conference expenses, so please bring nice things that will generate more funds for FCE. We all like a bargain, but do think about what to bring that would help raise funds. Not too many years ago we brought in over \$1,000.00 in the sales room and lately we are lucky to bring in \$400.00.

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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E-Mail susanwhitaker14@gmail.com

Officers for the State Board

If you are interested in serving our great organization let the nominating committee know. We are needing a President-elect, District Directors for District III and V, Treasurer and Vice President for Public Policy.

Nominating committee members: Kerry Mauk, 541-281-0271; Sally Wyffels, 503-472-3091 and Barbara Lougnot, 541-543-8370.

**2021 National FCE Conference
Erlanger, Kentucky
July 29-August 1**

Right now plans are going ahead to hold the conference. Deadline for registrations is May 1, 2021. In case it cannot be held as usual, virtual plans are also being made, so one way or the other it will be held. Be on the lookout for more information as it becomes available. If you have questions contact Scott, there are scholarships available for this conference also.



VOICE YOUR OPINION

The FCE State Board is asking for input.

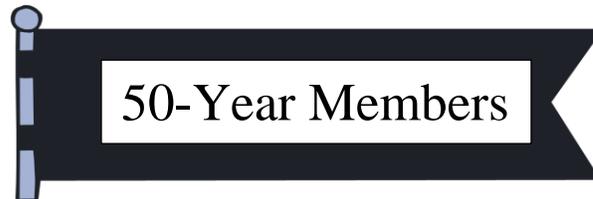
What are the disadvantages and advantages about future State Conferences? Should we go to holding it every other year? Continue holding it every year? Maybe choose a central location and everyone work on the details. Let them know where you stand, we are now down to 3 Districts that are able to hold the conference.

For many members this is the highlight of the year getting to see members from all over the state. Now that the state board has taken over getting the facilities, taking care of the registrations, there is not as much for each District to deal with. However, we are aging (as least some of us) and not getting around like we use to so it still is difficult.

So Please voice your opinion.



I just burned 2,000 calories.....That's the last time I'll leave brownies in the oven while I nap!!!!



If you have a member that is celebrating 50 years of FCE be sure they fill out the 50 Year Member form. We want them to receive their certificate and pin. The form can be found in the Oregon FCE Handbook on page 65, or on our website. Return the form to Scott Teeple, our State President, 4338 Arthur Street, Klamath Falls, OR 97603

**April Zoom Lesson
Kristin Walker, West Virginia**

There were 34 attending the lesson on **Immune System for the Soul** presented by Kristin. Members from 10 states participated in the class: Oregon, West Virginia, Hawaii, Kansas, Mississippi, Maryland, Delaware, Tennessee, North Dakota and Kentucky.

We talked about how the COVID Virus has affected us and what we do to make us feel better during this time. Scott recorded the lesson and anyone can get access to the lesson. Call Scott at 541-891-6456 if you would like the link so you can watch the lesson.

We divided up into rooms and discussed some of the external barriers that we face and how we handle them. (It is still a mystery to me how she did that and only 6 or so of us were talking to each other in one room and others in other rooms were talking and we didn't hear them.)

If you have a topic that you would like used as a lesson let Scott know, as he is looking for lessons. Also, if you know of someone that would teach the lesson it is very much appreciated.

The lessons are 10:00 am Pacific Time on the first Wednesday of the month.

Spring 2021

Pesto Chicken Stuffed Peppers

1 cup cooked white rice, cooled
½ cup chopped cooked chicken breast
½ cup coarsely chopped fresh spinach
1/3 cup shredded mozzarella cheese
¼ cup chopped fresh tomato
2 tablespoons shredded Parmesan cheese
1/3 cup refrigerated basil pesto sauce
1/8 teaspoon salt
1/8 teaspoon ground black pepper
2 large red or yellow bell peppers
Chopped fresh basil optional

Heat oven to 375 degrees. In a medium bowl, combine rice, chicken, spinach, mozzarella, tomato and Parmesan. Add pesto, salt and pepper; mix well. Cut bell peppers in half lengthwise; remove and discard seeds and ribs. Spoon rice mixture into pepper halves. Arrange stuffed peppers in a 2-quart square baking dish. Cover with foil. Bake 40-45 minutes or until peppers are tender and filling is heated through. Serve warm, topped with fresh basil if desired.

Serves 4. Calories: 201, Total fat: 11g, Saturated fat: 3g, Cholesterol: 25mg,

Sodium: 265mg, Carbs: 17g, Dietary fiber: 1.5g, Sugars: 5g, Protein: 10g (sourced UHC Recipe Library)

Macaroni & Cheese Insta Pot

1 lb elbow macaroni
2 Tbs. butter
1 Tbs. Yellow mustard powder
Sprinkle of cayenne pepper, black pepper, garlic, dried onion
1 Tbs. salt
4 cups water
1 12 oz. can evaporated milk
16 oz shredded cheddar cheese (sometimes I mix in some pepper jack cheese)
3 oz cream cheese

Mix macaroni, seasonings and water in **Insta Pot** (using a liner, optional). Cook on high pressure 4 minutes. When time expires do a manual pressure release. Stir in milk, cheese and cream cheese. Serve.

Source: Angela Nyseth, Thank you

Thanks Ladies. Hope all are doing well, stay healthy. Debbie Puckett
pcktt5@aol.com 503-302-4341

Breakfast Bruschetta

1 tsp. olive oil
1 medium red bell pepper, thinly sliced
1 medium carrot grated or chopped
1 medium garlic clove, minced
5 large eggs, lightly beaten
¼ tsp. salt
1/8 tsp. black pepper
2 slices mixed-grain breads, toasted

In medium nonstick skillet over medium, Heat oil. Add bell pepper, carrot and garlic; cook, stirring frequently, until vegetables are softened, about 5 minutes. Stir in eggs, salt and black pepper. Cook stirring often, until eggs are just set, about 2 minutes. Over toast slices, spoon egg mixture.

(Source: Debbie Puckett)

Bacon-Cheddar Egg Bites

1 tsp olive oil
2 cups coarsely chopped fresh baby spinach
2 slices cooked bacon, chopped
3 large eggs
3 Tbs. low-fat milk
Dash salt
Dash ground black pepper

6 Tbs. shredded white cheddar cheese.

Heat oven to 350 degrees. Thoroughly grease regular size muffin cups. Heat oil in 8-inch nonstick skillet over medium heat. Add spinach and cook and stir until wilted, about 1 minute. Remove from heat and stir in bacon. In small bowl, whisk together eggs, milk, salt and pepper. Stir in the spinach mixture and cheese. Divide the mixture among the prepared muffin cups. Bake 18-22 minutes or until egg bites are puffed and the tops and centers are set. Let cool in cups for 5 minutes. Loosen sides; remove from cups. Serve warm.

TIP:

For easy removal and clean up, line muffin cups with foil muffin liners; spray liners with nonstick cooking spray.

Serves 6. Calories: 113, Total fat: 8.5g, Saturated fat: 3.5g, Cholesterol: 110mg, Sodium: 265mg, Carbs: 1g, Dietary fiber: 0g, Sugar: 0.5g, Protein: 8g.

(Source: United Health Care Library)