

MPY TRI-LINE NEWS

Volume 26, Issue 4

Marion, Polk, Yamhill

Winter 2019



Happy Thanksgiving, Merry Christmas and Happy New Year!

Here we are in the fall of the year. Where does the time go? I know that as children we thought we would never get to our 50's, that was really old, but now how young 50 is. There was a time when I was almost offended when asked if I was a senior and now, I readily ask "Do you have a senior discount"?

Marion, Polk and Yamhill have chosen their lessons for 2020. I'll list them inside this newsletter with their training locations, time and dates.

Remember you have the training one month and give the lesson the following month to your study group. This year the teachers will be coming from Polk and Yamhill County, please let them know, 2 weeks in advance, as to what location you will be taking the training and how many copies of the lesson you need. This way we will be sure to have the materials for you. I know that the study groups sign up early, so giving your leader advance notice should be no problem.

I know that many of you that read this newsletter do not have a study group, so our trainings are open to everyone. Just call the leader and let them know you are interested in taking the lesson and what location you will be attending.

Maybe you get this newsletter but don't know who we are or what we do so here is my "elevator speech": Oregon Association for Family and Community Education (FCE) is a volunteer non-profit organization. Our mission statement: Strengthening individuals, families and communities through continuing education, developing leadership and community action.

FCE is an association of volunteers that promotes informal lifelong learning for adults that allows them to improve the quality of life for their families,

communities, nation and world. Learn more at www.oregon-fce.org & NAFCE.org

If you are interested in finding a group in your area let me know and I'll put you in contact with someone near you.

We, in District III, are planning ahead for our 2020 year starting with Yamhill/Polk Spring Festival, March 18th from 9 am to 3 pm, at the Amity Fire Station. In May will be our District III Meeting, hosted by Marion County, in August is the Millersburg picnic hosted by Linn County and then in October, 5-7, Oregon FCE State Conference in Springfield hosted by District III.

District III is made up of Marion, Polk, Yamhill, Lincoln, Benton, Linn and Lane Counties. Right now, we do not have groups in Benton or Lincoln Counties but would like to see study groups in their areas.

In July, 23-26, Oregon will host the 2020 National FCE Conference in Clackamas. There is a scholarship application on the oregon-fce.org web site. Look it over, fill it out and come join the fun and learning time with members from all over the states.

Now that is what is going on in our area for the next few months. Here is what took place at the Oregon FCE State Conference in Clackamas this last October. You missed some good times. My car load visited the Oregon Trail Museum, others came there as we were leaving. Some went to Bob's Red Mill and I heard from a couple of gals from Klamath Falls that went to The Pittock Mansion. After lunch several attended a workshop "Travel Tips & Trick". This was a very informative production. Funny skit and lots of great information on tips about packing, scheduling and other things to know when traveling by plane. Our next informative class was "Changing your Cultural DNA", Bonnie Teeple's lead us in a discussion on how we do things in our study groups, is it working or how may we change things to fit the time we are in now. Ideas were gathered from other groups that can be used in our groups. Good time of sharing and learning. (Continued on page 2)

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Our speaker Monday evening shared “Geology for the Homeowner”, what are some things we need to look at before purchasing a home, or things we need to be aware of on the property we now have.

After dinner the sales room was open for business and several of us played games in a joining area. Bingo, Chicken Foot and Pit were the games of choice. It was nice to have a room and about 15 people that we usually don’t see playing games.

Tuesday morning was our business meeting, followed by lunch and an author of Mystery Novels which take place along the Willamette River. Our afternoon classes were interesting and informative. We were welcomed to dinner with Hawaiian Music and lei’s that our guest Ruth Haituka, Hawaii State FCE President, presented to each of us. We had our usual recognition awards. Then Sharyl Michael presented Bonnie and Scott with a special thank you from her for all of the many things they do for FCE. Sharyl is our stain glass creator, here is Sharyl, Scott and Bonnie.



Our “Retired by spunky cheer leaders” (Sally Wyffels, Ann Conklin and Lynda Nyseth) invited everyone to Springfield for the 2020 FCE State Conference. Sorry no picture.

Wednesday morning, we were entertained with an opening skit to introduce us to Ireland. This is the country that was chosen and presented by Anne Engen and Cynthia Gibson.

Our State Conferences have been down in numbers the last couple of years. We do have a great time meeting with fellow FCE members, learning about the state organization, lessons for the year to come and visiting interesting places that we would probably not see on our own. Our state has many interesting places to visit and this is one way we can visit them. I hope that more of you will support FCE and attend the 2020 conference in Springfield. There are a number of scholarships

available, so ask your District Director or check on the web site and make plans to attend.

New editor to our recipe page is Debbie Puckett. Debbie is fairly new to FCE so welcome her and get those recipes to her so she knows she is appreciated and thanked.

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 Director Anne Engen

District I hosted a well run, fun filled educational state conference in Clackamas. This is our goal for next year.

District III put on a skit as an invitation to our 2020 conference next October 5, 6 & 7. With the theme being "Cheers for FCE" we invited the only cheer leaders I could find - **the "Retired Yet Still Spunky" Cheerleaders.** (Really Lynda Nyseth, Sally Wyffels and Ann Conklin.) We gave them a rousing welcome as they came bouncing on stage waving their pom poms. They led the crowd in our cheer and every time FCE was mentioned our cheerleaders turned around to show the letter on their backs - F or C or E.

***FCE, FCE Rally to our cry
Lessons planned for you to give in 2021
Rah, Rah, Rah
FCE, FCE
Meeting friends both new and old
Come to Springfield
Spread the news as you've been told.
Now shake your pom poms!***

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On October 18, in Dallas group leaders met with Tonya Johnson our OSU Extension Service contact to select lessons to be taught in 2020. OSU will provide leadership in 2 lessons, and 5 classes have been written by Oregon FCE members.

Before we began, I asked the important question - What was the silliest Halloween costume you ever wore?

Donna Mickelson grew up in the mid west in a time where there were **no treats but lots of tricks**. Her neighbor got tired of kids sneaking up behind the family's outhouse and tipping it over. So, her neighbor moved the outhouse forward, thus giving the tricksters a real icky surprise.

Sally Wyffels, a high school teacher, strolled into her class dressed as a biker mama. Complete with black leather pants and jacket, a dew rag around her head and fake tattoos up her arms.

Made my owl costume seem pretty tame.

Lesson Schedule for

Marion, Polk & Yamhill, 2020

(remember lesson training is the month listed below and the lesson is given the next month to your study group & please call the one giving the lesson so they are prepared for you)

- **Gluten Free – The Gluten Basics** taught by Tonya Johnson 503-373-3763. Yamhill Co. January 22 & Marion Co. January 23
- **Writing Personal Histories** taught by Donna Michaelson 503-623-2634 & Anne Engen 503-472-7146. Polk Co. February 26 & Marion Co. February 27
- **The Night Janitor – The Brain at Night** taught by Anne Engen 503-472-7146 & Sally Wyffels 503-472-3091. Yamhill Co. March 25 & Marion Co. March 26
- **Let's Get Outside** taught by Tonya Johnson 503-373-3763. Polk Co. April 22 & Marion Co. April 23
- **Things to Know When I'm gone** taught by Linda Bird 503-843-2979 & Sally Wyffels 503-472-3091. Yamhill Co. August 26 & Marion Co. August 27
- **Medical Cannabis: Benefits and Ill Effects** taught by Lynda Nyseth 503-835-2044. Polk Co. September 23 & Marion Co. September 24

- **Natural Home Remedies** taught by Linda Bird 503-843-2979 & Sharyl Michael 503-949-2057. Yamhill Co. October 28 & Marion Co. October 29

We are offering **Mindfulness & Stress Relief through Art** as an eye opener. Each study group will receive the material and you can decide to use it as an eye opener or a lesson.

Polk Co. lessons are given at the Extension Office in Dallas, 289 E Ellendale, Suite 301, Yamhill Co. lessons are given at the Extension Office in McMinnville, 2050 Lafayette Ave. and the Marion Co. lessons are given at the Extension Office in Salem, 1320 Capitol St. NE, Suite 110.

A Laugh or Two

When our lawn mower broke and wouldn't run, my wife kept hinting to me that I should get it fixed. But, somehow I always had something else to take care of first, the shed, the boat, making beer. Always something more important to me.

Finally, she thought of a clever way to make her point.

When I arrived home one day, I found her seated in the tall grass, busily snipping away with a tiny pair of sewing scissors. I watched silently for a short time and then went into the house. I was gone only a minute, and when I came out again I handed her a toothbrush.

I said, "When you finish cutting the grass, you might as well sweep the driveway."

The doctors say I will walk again, but I will always have a limp.



USS Indianapolis, Men of Courage

After becoming stranded in the Philippine Sea during World War II, a tenacious Navy crew faces a dire lack of supplies and a string of shark attacks. Cast: Nicolas Cage, Tom Sizemore, Thomas Jane. Director: Mario Van Peebles. Movies based on real life, action & adventure. 2016 film rated R runs for 2 hours 10 minutes.

Submitted by Lynda Nyseth



Iwo Jima Memorial

*(Article submitted by Donna Michaelson,
she did not write the article)*

Each year I am hired to go to Washington, DC, with the eighth grade class from Clinton, WI where I grew up, to videotape their trip. I greatly enjoy visiting our nation's capital, and each year I take some special memories back with me. This fall's trip was especially memorable.

On the last night of our trip, we stopped at the Iwo Jima memorial. This memorial is the largest bronze statue in the world and depicts one of the most famous photographs in history -- that of the six brave soldiers raising the American Flag at the top of a rocky hill on the island of Iwo Jima, Japan, during WW II.

Over one hundred students and chaperones piled off the buses and headed towards the memorial. I noticed a solitary figure at the base of the statue, and as I got closer he asked, 'Where are you guys from?'

I told him that we were from Wisconsin. 'Hey, I'm a cheese head, too! Come gather around, Cheese heads, and I will tell you a story.'

(It was James Bradley who just happened to be in Washington, DC, to speak at the memorial the following day. He was there that night to say good night to his dad, who had passed away. He was just about to leave when he saw the buses pull up. I videotaped him as he spoke to us, and received his permission to share what he said from my videotape. It is one thing to tour the incredible monuments filled with history in Washington, DC, but it is quite another to get the kind of insight we received that night.)

When all had gathered around, he reverently began to speak. (Here are his words that night.)

'My name is James Bradley and I'm from Antigo, Wisconsin. My dad is on that statue, and I wrote a book called 'Flags of Our Fathers'. It is the story of

the six boys you see behind me. Six boys raised the flag. The first guy putting the pole in the ground is Harlon Block. Harlon was an all-state football player. He enlisted in the Marine Corps with all the senior members of his football team. They were off to play another type of game. A game called 'War.' But it didn't turn out to be a game. Harlon, at the age of 21, died with his intestines in his hands. I don't say that to gross you out, I say that because there are people who stand in front of this statue and talk about the glory of war. You guys need to know that most of the boys in Iwo Jima were 17, 18, and 19 years old - and it was so hard that the ones who did make it home never even would talk to their families about it.

(He pointed to the statue) 'You see this next guy? That's Rene Gagnon from New Hampshire. If you took Rene's helmet off at the moment this photo was taken and looked in the webbing of that helmet, you would find a photograph...a photograph of his girlfriend Rene put that in there for protection because he was scared. He was 18 years old. It was just boys who won the battle of Iwo Jima. Boys. Not old men.

The next guy here, the third guy in this tableau, was Sergeant Mike Strank. Mike is my hero. He was the hero of all these guys. They called him the 'old man' because he was so old He was already 24. When Mike would motivate his boys in training camp, he didn't say, 'Let's go kill some Japanese' or 'Let's die for our country' He knew he was talking to little boys.. Instead he would say, 'You do what I say, and I'll get you home to your mothers.'

The last guy on this side of the statue is Ira Hayes, a Pima Indian from Arizona. Ira Hayes was one of them who lived to walk off Iwo Jima. He went into the White House with my dad. President Truman told him, 'You're a hero' He told reporters, 'How can I feel like a hero when 250 of my buddies hit the island with me and only 27 of us walked off alive?'

So you take your class at school, 250 of you spending a year together having fun, doing everything together. Then all 250 of you hit the beach, but only 27 of your classmates walk off alive. That was Ira Hayes. He had images of horror in his mind. Ira Hayes carried the pain home with him and eventually died dead drunk, face down, drowned in a very shallow puddle, at the age of 32 (ten years after this picture was taken).

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The next guy, going around the statue, is Franklin Sousley from Hilltop, Kentucky. A fun-lovin' hillbilly boy. His best friend, who is now 70, told me, 'Yeah, you know, we took two cows up on the porch of the Hilltop General Store. Then we strung wire across the stairs so the cows couldn't get down. Then we fed them Epsom salts. Those cows crapped all night.' Yes, he was a fun-lovin' hillbilly boy. Franklin died on Iwo Jima at the age of 19. When the telegram came to tell his mother that he was dead, it went to the Hilltop General Store. A barefoot boy ran that telegram up to his mother's farm. The neighbors could hear her scream all night and into the morning. Those neighbors lived a quarter of a mile away.

"The next guy, as we continue to go around the statue, is my dad, John Bradley, from Antigo, Wisconsin, where I was raised. My dad lived until 1994, but he would never give interviews. When Walter Cronkite's producers or the New York Times would recall, we were trained as little kids to say 'No, I'm sorry, sir, my dad's not here. He is in Canada fishing. No, there is no phone there, sir No, we don't know when he is coming back.' My dad never fished or even went to Canada. Usually, he was sitting there right at the table eating his Campbell's soup. But we had to tell the press that he was out fishing. He didn't want to talk to the press.

'You see, like Ira Hayes, my dad didn't see himself as a hero. Everyone thinks these guys are heroes, 'cause they are in a photo and on a monument. My dad knew better. He was a medic. John Bradley from Wisconsin was a combat caregiver. On Iwo Jima he probably held over 200 boys as they died. And boys died on Iwo Jima, they writhed and screamed, without any medication or help with the pain.

'When I was a little boy, my third grade teacher told me that my dad was a hero. When I went home and told my dad that, he looked at me and said, 'I want you always to remember that the heroes of Iwo Jima are the guys who did not come back. Did NOT come back.'

'So that's the story about six nice young boys. Three died on Iwo Jima, and three came back as national heroes. Overall, 7,000 boys died on Iwo Jima in the worst battle in the history of the Marine Corps. My voice is giving out, so I will end here. Thank you for your time.'

Suddenly, the monument wasn't just a big old piece of metal with a flag sticking out of the top. It came to life before our eyes with the heartfelt words of a son who did indeed have a father who was a hero. Maybe not a hero for the reasons most people would believe, but a hero nonetheless.

One thing I learned while on tour with my 8th grade students in DC that is not mentioned here is . . . that if you look at the statue very closely and count the number of 'hands' raising the flag, there are 13. When the man who made the statue was asked why there were 13, he simply said the 13th hand was the hand of God.

Great story - worth your time - worth every American's time. Please pass it on.



Book Review

Submitted by Velma Bottenberg

News of the World

By Paulette Jiles

Captain Jefferson Kyle Kidd travels through northern Texas performing live readings from newspapers to paying audiences. Captain Kidd is a 71-year-old widower who has fought in two wars. The war between the states is over and now he enjoys the freedom of traveling around the towns of the untamed country.

At his stop in Wichita Falls, he is offered \$50 dollar gold piece to return a ten-year-old orphan girl to relatives near San Antonia. Four years earlier she had been taken by a band of Kiowa raiders who had killed her family. The Kiowa's had raised her as one of their own. No longer able to understand the Captain's language she tries to escape and return to her Kiowa family

The Captain not only must protect his charge from the Kiowas and Comanches, he must also avoid thieves and the federal army.

This book gives an interesting look into early American history.

Questions to retirees

By Bill Fox/Columnist

I find life in retirement is pretty darn great. So it is with some hesitation I submit these jokes, which might have been true before 90 became the new 70.

Q What do retirees consider formal attire?

A Tied shoes.

Q What do retirees call someone who enjoys work and refuses to retire?

A Nuts.

Q Why are retirees so slow at cleaning out their basements, attics or garages?

A Because the minute they do, one of their adult children will want to store stuff there.

Q What do you think is the best thing about being 104 a reporter asked a centenarian?

A No peer pressure.

Q Isn't it difficult when you start to lose your memory as you age in retirement?

A No, it's great, especially at Easter. You can hide your own Easter eggs and have fun finding them.

Q How is your memory?

A It's not as sharp as it used to be, also, it's not as sharp as it used to be.

Q How do you prevent sagging in retirement?

A I just eat till the wrinkles fill out.

Q Why do retirees smile all the time?

A Because they can't hear a word you're saying.

Q How do you know you are old enough to retire?

A Instead of lying about your age, you start bragging about it.

Q How do you know when you are over the hill?

A When your back goes out more than you do.

Q What scares you?

A When I start making the same sounds as my coffee maker.

Q Did your 96-year-old father ever use glasses?

A No, he preferred to drink right out of the bottle.

Q Why don't some retirees mind being called seniors?

A It comes with a 10 per cent discount such as with the following:

Carlton Cards offers a 10 per cent seniors discount on all purchases every day.

Hallmark offers seniors discounts one day a week. Discounts vary by location:

Home Depot offers seniors discounts for eligible customers at the managers discretion.

Home Hardware offers a 10 per cent discount to seniors at select locations.

Michaels offer a 10 per cent seniors discount on all purchases every day.

Rexall Pharma Plus offers a 20 per cent discount every seniors day. See their website.

Value Village offers a 30 per cent seniors discount at select store locations.

Giant Tiger holds monthly senior discount days for customers.

Shoppers Drug Mart offers a 20 per cent discount to all seniors age 65 and older with a personal Shoppers Optimum card on the last Thursday of the month.

There are lots more that would take up another column.

I have a hip replacement, new knees, and diabetes. I've had cataracts, can't hear anything quieter than a rock band, I take 25 different prescriptions that make me dizzy, winded and subject to blackouts. I have poor circulation and can hardly feel my hands and feet any more. I can't remember if I'm 87 or 78, and I've lost all my friends, but thank goodness I still have my driver's license.

Remember folks, you don't stop laughing because you grow old, you grow old because you stopped laughing.

DONATIONS

Loretta McDaniel

Jan Blankenship

Thank you for supporting the **MPY Tri-Line News. Our next deadline is February 7, 2020.**

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Remembering a former FCE Member Ann Redmond

Some of you will remember Ann as a former McMinnville FCE member back when we were Extension Homemakers.

Ann lived on a farm, raised four daughters. She was actively involved in St. James Church, St. Jude's Circle, Pioneer Pantry, the Yamhill County

Livestock Association, Women for Agriculture, the Home Extension Program. She was also a Brownie, Girl Scout and 4-H leader and ran the Livestock Association BBQ at the county fair for many years.

Although Ann has not been active in FCE for several years, many of you might still remember her and she will be missed by many.

IMPORTANT DATES

At these meetings in District III we will be making plans for the 2020 FCE State Conference to be held in Springfield. We need help from all members so after the events we will hold short planning meetings.

1. Linn County Christmas gathering at Wing Ming's in Lebanon on December 4 at 11:30
2. Yamhill/Polk Spring Festival in Amity, at the Amity Fire Station, on March 18, 2020 at 9 am.
3. District III Meeting held in Salem, May 4, time & location to be announced later.
4. Millersburg Picnic at the park around the middle of August. Usually on a Wednesday. We will let you know as soon as we know.

Upcoming event not FCE but a fun one is the 10th annual Holiday Bazaar at the Yamhill Valley Heritage Center, 11275 SW Durham Ln., McMinnville. Saturday, Dec. 7 from 10am to 5 pm & Sunday, Dec. 8 from noon to 4 pm. Free entry with food donation for YCAP. Lots of vendors so get some Christmas gifts.