

MPY TRI-LINE NEWS

Volume 32, Issue 1

Marion, Polk, Yamhill

February 2025



Hello, Everyone

What will 2025 bring? 2024 started off with storms causing power outages from ice, snow and down powerlines due to wrecks and wind damage, plus flooding. Lots of clean up. Hopefully 2025 will be better. In the news we hear of plane crashes killing many people and people asking if it is safe to fly. But when we think about it how safe is traveling by car? There are so many accidents and deaths that we do not hear about and they cause many more deaths than the plane crashes.

We are again planning our Spring Festival, hosted by all of District III. March 19th, the third Wednesday, at 9:00 am for sign in and lasting until around 2:00. Registration fee is \$15.00. We will have our morning coffee and tea, drawings for gift baskets (tickets \$1 each or 6 for \$5), used book sale, bingo (bring coins for markers, coins will be collected for ACWW), and interesting programs and activities will be included. We will be having a catered lunch of soup and sandwich, so this year you don't have to think about bringing something from home. Our theme is "Helping Others", you may decorate your table if you would like. It is always fun to see what our groups come up with to fit the theme or just amaze us with their talent for decorating.

We will be at the Amity Fire Station located on the South end of town across from Amity Middle School. (Registration form is in this newsletter.)

Sandie Bolyard wants to remind everyone that Heart of FCE nominations and submissions for Character Counts & Essays from 2nd and 3rd graders are due by March 15th. Don't forget the permission slips for the kids contest and pictures of participants for all of these contests. Also open to high school age students, theme this year is "Trustworthiness".
Deadline

is March 1, 2025. Check out Oregon-fce.org for all of the rules and forms.

The 2025 National FCE Conference is going to be held in Erlanger, Kentucky on July 21-14, 2025. National FCE Alumni Association sponsors some National Conference Scholarships (which pay full registration cost) and Oregon FCE also has some scholarships. Contact Scott Teeple, Oregon FCE President, for more information on Scholarships. sfteeples@outlook.com or 541-891-6456.

2025 Oregon FCE Conference is October 5-8, 2025 at the Hilton Garden Inn in Springfield, OR. Again, scholarships are available, check Oregon-fce.org to see available scholarships and forms and deadlines to apply. We will have some changes this year and will be using only one room for all of our meetings, meals and other gatherings. We will be doing a community project this year on Monday that we want all to attend. It will be a time of visiting, enjoying each other, learning more about our fellow FCE members, having some laughs and making things to be given to charities (if you would like you can bring some home for organizations in your area or donate them to others at the conference to give to their charities). We will have door prizes, the community store and raffle (instead of the live auction) with donations going the Margaret Seibold Scholarship.

I look forward to seeing lots of FCE Members at several of our planned events.

Thank you to all that have donated articles and money to the MPY. This is your newsletter and it keeps going from generous donors like you. Thank You!

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 me know so I can make the changes. Send the changes to **Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239**

Sincerely, **Lynda Nyseth**, editor



**From the Desk of the District III
Director Lynda Nyseth
Polk-Yamhill, Marion, Linn and Lane
Counties**

Lane County:

We had our Christmas auction, with only 5 members and 1 guest. Three of our members are injured and could not attend. Pat Putnam broke her lower leg just before the state conference and is still recovering. She had to have it operated on and spend time in the hospital, rehab and is now at a daughters home in Anchorage Alaska recovering. Nadine Reed fell at the Jasper Grange and broke her nose and hurt her leg and she also spent time in the hospital and in rehab before returning home. Deanna Hadley tripped and caught herself on her wood stove and has some bad burns on the palm of her left hand, she is all healed now.

Even with members missing we managed to make \$135. at our auction, we donated \$50 to the Dexter Fire Department and \$50 to the Dexter Food Pantry. We brought mostly handmade or baked items to sell to one another.

I presented a hearth fire lesson called "Developing an immune system for the soul" in October and Elsie and Frank gave a lesson called "Your Marvelous Liver" in November.

We all feel fine about the changes in the timing of the lessons, etc. at the state conference next year. We especially enjoyed the lessons this year at the state conference on electric cars and on your marvelous liver. Our volunteer hours are not truly complete yet, but here is a rundown as best as I can report now. Other volunteer hours 237 and FCE 30. These include: helping family members, working at the grange, the museum, teaching kids to knit; FCE hours were from secretarial duties, leading meetings, teaching lessons and working the Christmas auction.

Here is a good salad recipe that Nadine Reed shared with me that you might want to include in your newsletter.

FuFu Salad.

You mix up 1 small box of pistachio pudding, 1 large can of crushed pineapple with the juice, 1 8 ounce tub of cool whip, and a handful of miniature marshmallows.

Submitted by Ann Conklin, Lane County

Amity FCE has 10 members.

Our October meeting was held at Lynda's house with 8 members. Anne Diabla and Lynda reported on the State Conference and showed items we won, table favors and reported on lessons we attended at the conference. We filled out our membership forms for 2025. And had lunch in Amity at El Toro Loco. We welcomed Jean Leppin as a returning member, so now we have 10 members.

November's meeting was held at Debbie's. Following our business meeting, Jeannie Rosenbalm (Lynda's daughter) presented a very informative lesson on tips to help us with daily activities as we age. Jeannie is an OT, she explained why she chose her field and the difference between OT's, PT's and Speech Therapist and how they overlap. Many tips and supplies were given to each of us to help hold items like silverware, knitting needles, crochet hooks etc. as our hands no longer want to hold items because we cannot grip them as well. She likes to do problem solving so she asked us two questions: "What is hard for you to do in your day? What are you not doing that you want to be able to do?" After all of these wonderful tips, we enjoyed our traditional Thanksgiving meal.

During November and early December several of us got together to make our Christmas wreaths to sell to the public and our members. We made 20 plus wreaths. The Amity Fire Department has a Tree of Giving and we chose a boy and a girl. We use our wreath money to buy them gifts. We like to give shoes, socks, top and pants, toy and book and this year each got a coat.

In December we went to the Black Bear in Newberg for our Christmas luncheon. We enjoyed our fellowship, Lynda showed pictures of the gifts we got the boy and girl from the giving tree, several

gave out Christmas cards and other goodies. What a great way to end 2024.



Wreath builders: June Palmer, Linda Bird, Jean Leppin, Lynda Nyseth and Linda Romey. Others that didn't get pictured were Velma Bottenberg and Annette Williams.



Christmas Black Bear in Newberg
Velma Bottenberg, Annette Williams, Debbie Puckett, Anne Diabla, Cheryl Pankey, Lynda Nyseth, Jean Leppin, Alice Wicks and Linda Bird

Our January meeting was held at Velma's, she fixed two soups, someone brought rolls and several brought desserts. This was just a game and eating day. We did have a short business meeting to start

and then the fun began. Old and new games were enjoyed by 8 members.



Playing Polish Poker. Velma, Anne, Jean, Alice, Linda, Lynda and Annette taking the picture and cut herself out of the picture. Not pictured Debbie.

Submitted by Lynda Nyseth

Creative Homemakers has 11 members.

Both November and December were active within the study group. In November ten members traveled to the Sherwood area to visit "Al's Garden Center". Each year Al's has several acres decorated for the Holidays...Christmas decorations, greenery, trees, flowers in all different colors, plus many other ideas for the season. Following the tour of the center the members had lunch in a Red Robin restaurant. In December the members met at a member's home. They had a gift exchange, potluck luncheon and raised money to be donated to an organization that is helping the people in North Carolina dealing with the areas destroyed by the hurricane this past year. In January the group met at another member's home. The study group appointed their new officers for 2025.

Submitted by Sally Wyffels

Washington County District I

Groner Study Group (7 members) is always busy with the walnuts they purchase from a local grove that they crack, shell and sell. The money they raise goes to the Washington County Domestic Violence Center and at Christmas to the Groner School. They finished off 2024 with a luncheon at a member's home.

Tualatin Study Group (10 members) took collections from their members to support the Community Transition School (for homeless kids) and The Good Neighbor House (for homeless

people). They ended the year with a luncheon at the Tualatin Country Club.

Both of our Study Groups are looking forward to continuing our work with FCE this year. We are so grateful to the OSU Extension Staff for all they do for us on a regular basis.

Three members-at-large. Making 20 members in Washington county.

Submitted by Karen Walker, Washington County FCE Advisory Council President

Volunteer Newsletter Staff

MPY Tri-Line News is published 3 times a year 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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Remember to bring items for our booth
in Keepers Corner when you come to
Spring Festival!

Scott and Bonnie will be attending, and glad to fill their car.

Spring Festival, March 19

Amity Fire Station

9:00 – 2:00

Doors open at 8:30 for set up, registration at 9. Speaker this year is from Safe Families, so we will take a donation for that organization. We will have our regular used book sale with money going to the MPY, raffle baskets (tickets \$1.00 each or 6 for \$5.00) this money goes for expenses. We will also have Bingo (use your coins for markers) with the coins going to ACWW. We will be sticking in other surprises too.

Registration is \$15.00, which covers lunch and other expenses. Lunch is soup and sandwich and of course desserts and fruit platters.

Come and join in the fun, meet new members and friends, and just have fun learning and enjoying time together.

ACWW Women Walk the World

April 30th

To encourage more people to join us this year we will do things a little different. We will meet at Discovery Park, on Cyprus Street, in McMinnville at 10am. Games will be scheduled, our walk around the park (nice paved walk area no hills so good for walkers, canes and wheel chairs) and bring your sack lunch. We will also talk about some of the projects that ACWW is working on this year.

Come and join in the fun and support ACWW Women Walk the World. Bring a donation for ACWW.

Lynda Nyseth ACWW Coordinator





DONATIONS



<i>Julie Altman</i>	<i>Velma Bottenberg</i>
<i>Carl Dauenhauer</i>	<i>Claudine Eden</i>
<i>Constance Gates</i>	<i>Vyonne Hite</i>
<i>Linda Johnson</i>	<i>Ida Lee Knapp</i>
<i>Connie Leavitt</i>	<i>Lost Creek FCE</i>
<i>Anna Massingham</i>	<i>Sharyl Michael</i>
<i>Donna Michaelson</i>	<i>Sharon Ricks</i>
<i>Lucille Ruch</i>	<i>Linda Schollian</i>
<i>Lorraine Scott</i>	<i>Charlotte Sharp</i>
<i>Meredith Sheely</i>	<i>Anita Stryker</i>
<i>Nancy Thorton</i>	<i>Rita Wagar</i>
<i>Delores Wagner</i>	<i>Karen Walker</i>
<i>Dawn Westphal</i>	<i>Penelopy White</i>
<i>Sally Wyffels</i>	

Thank you all for your donations to the MPY. It is a pleasure to keep you informed on events taking place around Oregon. Your donations make this possible.

Blonde Cookbook Diary

Monday: It's fun to cook for Bob. Today I made angel food cake. The recipe said beat 12 eggs separately. The neighbors were nice enough to loan me some extra bowls.

Tuesday: Bob wanted fruit salad for supper. The recipe said serve without dressing. So, I didn't dress. What a surprise when Bob brought a friend home for supper.

Wednesday: A good day for rice. The recipe said wash thoroughly before steaming the rice. It seemed kind of silly but I took a bath. I can't say it improved the rice any.

Thursday: Today Bob asked for salad again. I tried a new recipe. It said prepare ingredients, then toss on a bed of lettuce one hour before serving. That is what led up to Bob asking me why I was rolling around in the garden.

Friday: I found an easy recipe for cookies. It said put all ingredients in bowl and beat it. There must have been something wrong with this recipe.

When I got back, everything was the same as when I left.

Saturday: Bob did the shopping today and brought home a chicken. He asked me to dress it for dinner (oh boy). For some reason Bob keeps counting to ten.

Sunday: Bob's folks came to dinner. I wanted to serve roast. All I could find was hamburger. Suddenly I had a flash of genius. I put the hamburger in the oven and set the controls for roast. It still came out hamburger, much to my disappointment.

GOOD NIGHT DEAR DIARY: This has been a very exciting week. I am eager for tomorrow to come so I can try out a new recipe on Bob. If we could just get a bigger oven, I would like to surprise him with Chocolate Moose.



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 April 5, 2024.

Send pictures too of what your FCE group is doing. Don't let it always be pictures of Amity.

If you have a recipe send it to Debbie Puckett, 23130 Zieber Lane NW, Salem, OR 97304. Thank you.

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 me know so I can make the changes. Send the changes to **Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239**



50-Year Members

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 Teeples, our State President, 4338 Arthur Street, Klamath Falls, OR 97603

Who is my MAMA?

What is the baby called

1. Turtle
2. Horse
3. Kangaroo
4. Deer
5. Frog
6. Fox
7. Cow
8. Owl
9. Rabbit
10. Pig
11. Cat
12. Turkey
13. Bear
14. Seal
15. Elephant
16. Duck

Answers on page 7

Celebrate in February

February is a month of awareness for:

- African American History Month
- National Cancer Prevention Month
- National Heart Month

February weeks:

2-8 Women's Heart Week

9-15 National Jell-O Week

16-22 National Random Acts of Kindness Week

Days yet to celebrate:

21 National Caregivers Day

24 National Set a Good Example Day

Things to Celebrate in March

March is the month that reminds you the snow is leaving; blooms will soon be blooming and you will see your beloved sandals once again...but not quite yet. There are many things to celebrate during March besides the return of spring.

March 1: National Peanut Butter Lovers Day. Did you know that one tablespoon of peanut butter has the potential to fight the free radicals that cause cancer and heart disease? Peanut butter also promotes strong bones and lowers the risk of diabetes. This day might even be your chance to try your hand at making your own nut butter.

March 2: Read Across America Day and Dr. Suess Day. Gather your friends, family and children of all ages because March 2nd is Dr. Suess' birthday, a day to celebrate reading.

March 5: Employee Appreciation Day and National Unplugging Day. It's easy to overlook giving employees the proper appreciation they deserve because they are just doing their job. Let the employee know you appreciate them.

National Unplugging Day is a day to take a full twenty-four-hour break from all things electronic. We live in a world where technology has seeped into all aspects of our livelihoods and an hour without any form of technology can seem impossible. Observe this day by unplugging and doing an outdoor activity, spending screen-free time with friends or doing something analog.

March 8: International Women's Day. Celebrate women.

March 12: Plant a Flower Day.

March 17: St. Patrick's Day. Break out your green attire and celebrate all things Irish.

March 20: Equinox Day. Appreciate the balance of having equal daylight and nighttime hours.

March 30: Take a Walk in the Park Day. A walk in the park can calm anxiety and promote an overall feeling of wellness. Give yourself time to notice the birds, the newly budding leaves and the early blossoms that will be along your path.

Look on your phone or computer and find things to do each month that are different from your usual activities. Challenge yourself to try several of the activities.

Check out things to do each month. Go to Things to celebrate and name the month.

“Answers to “who is my mama?”

1. Hatchling
2. Colt
3. Kit
4. Fawn
5. Tadpole
6. Kit
7. Calf
8. Owlett
9. Bunny
10. Piglet
11. Kitten
12. Chick
13. Cub
14. Pup
15. Baby
16. Duckling

How did you do?

THE THINGS WE LEAVE BEHIND

Life is a journey.

It only goes in one direction.

**The roller skates and skipping ropes
are only memories**

As are bike rides and school bells.

**And also the companionship years
and snuggles with our children
who are now grandparents.**

**Now we adapt to poor eyesight,
loss of hearing and getting used to a cane.**

**I'm learning that life is like a game of strip poker.
you forfeit one thing
and then another
until you lose something vital
which puts an end to the game.**

**Enjoy the now
and look for today's blessings.**

It's an interesting journey!!

Submitted by Nancy Thornton, MPY reader

Remembering former FCE Member



Myrtle (Donna) Barber

August 31, 1926 – December 29, 2024

Myrtle was a member of the Grande Rhonde/Willamina before they disbanded many years ago. She was born in Ballston, OR to Viola and Frank Smart. She and her husband Ray lived in Carlton and then Willamina. Myrtle was living in McMinnville at the time of her death.

From the age 19 until she was 90 she was caretaker of the Willamina Cemetery Records. She and Ray took care of the cemetery grounds mowing and caring for it. As a family they put the Veterans' flags on veterans' graves for many years.

Myrtle was very involved in her children's activities as well as civic and community work. While raising her 4 children she was active in the Willamina Christian Church. Other activities were: Room mother, working in the cafeteria, writing for four newspapers (Willamina Times, Sheridan Sun News Register in McMinnville and the Salem Capital Journal). She was a member of the Garden Club, the Civic Club, helped with the March of Dimes, Goodwill and took the census as well. She also worked with Home Extension for many years. She was leader in Brownies, Cub Scouts, Girl Scouts and Boy Scouts, all at the same time!

This very active lady will be missed by so many people.

FCE CALENDER

March 2025

- 1 Deadline High School Essay
- 12 Deadline registration Spring Festival
- 14 Yamhill County Council, 9:30
- 15 Deadline for Heart of FCE & Essay
For Character Counts & 2nd & 3rd grade
- 19 District III Spring Festival
Amity Fire Station, 9:00-2:00
- 25 State Board Spring Board Meeting
10:00 via zoom

April

- 4 Deadline articles for Oregon FCE News
& MPY Newsletters
- 11 Yamhill County Council, 9:30
- 18 Mail newsletters, 9:00
- 20 Easter
- 30 ACWW Women Walk the World, 10:00
Discover Park, McMinnville