

MPY TRI-LINE NEWS

Volume 20, Issue 4

Marion, Polk, Yamhill

Fall/Winter 2013



Hello,



Can it really be that we are in the middle of **November** already? How the time does fly. We had a great **2013 State Conference in Medford**. Those clubs in **District V** did a terrific job of making us welcome. The hotel, food and speakers were excellent. Classes and meeting with friends new and old was time well spent. I hope that we will see more members and friends attending the **2014 State Conference in Pendleton**, I know that **Districts VI and VII** are preparing to show us a great time while we are there. Remember there are scholarships available so ask your **District Director** and look on the www.Oregon-FCE.org web site for all of the information you need.

We held our **District III Planning Meeting on November 1 at the Polk County Extension Office**. I'll list the lesson titles and the month of the training, remember training is one month and the lesson is given to your study group the next month. Be sure to let the leaders know if you will be attending the lesson and which location (their names and phone numbers are listed in the study group programs that you are given at the beginning of the year). This is important so we know where to have your lesson materials and also if we need to cancel a training we know who to contact. Thank you in advance for your cooperation.

- **January** training "Is There a Vaccine to Cure Rudeness?"
- **February** training "Re-examining Root Vegetables...the underground food"
- **March** training "Caring for Aging Skin"
- **April** training "Go Green: Growing and Enjoying Leafy Greens"
- **August** training "Lavender 101"
- **September** training "Spices of India"

- **October** training "Are you Prepared? (Who's in Charge?)"

Eye opener: "**The Genius of America**"

There will be information about the lessons topics in the **2014 Study Group Program**.

Again the 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

Are you enjoying the wonderful weather this fall? I love the crisp, cool nights with the pleasant mild, warm days. What will winter bring?

The trip to **Medford** for the **Oregon FCE Annual Conference** was filled with amazing events and, of course, superb people. The meeting brought together so many new faces and dear friends from across the state. There were 67 members in attendance at the **Rogue Regency Inn** and 13 of those members were first-timers.

On the first day many members were able to take tours to **Jacksonville, Harry & David's** or a winery. My day was busy with an executive meeting filled with reports, discussion, and decisions to be made. I was honored to report that **Marion-Polk-Yamhill** study groups had over 3600 volunteer hours. **Oregon FCE** will be getting an updated handbook this spring and will most likely be available next conference.

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Keeper's Corner –use it, promote it, it's a scholarship for new or returning members and it covers state and national dues for one year. Also **Scott Teebles** is constantly updating the **Oregon FCE website, www.Oregon-FCE.org**, the latest news and photos.

FCE lessons were presented on the second day of the conference: **Civility; Lavender 101; Root Vegetables; Are you Prepared?; BEE A Member and The Genius of America.** From these offerings in addition to the lessons from **Oregon State Extension** will come the **2014 Marion-Polk-Yamhill Study Group Programs.** They are going to be very informative education.

National FCE President, Bonnie Teebles and Oregon FCE President, Barbara Voltin, both spoke of their trip to **India.** They had fantastic pictures and stories of their journey. The next triennium will be held in **England**, so begin your “**walk to England**” by keeping track of your mileage or steps.

Anne Engen was my traveling partner to **Southern Oregon.** Anne was the winner of conferences’ “decorate the adult diaper contest”. Her winning design was “**Nature Boy**”, a very



I stunning theme. I was the lucky winner of “**Nature Boy**”. All of the members’ many creations were auctioned off by **Scott Teebles** and \$300 was raised for the **Margaret Seibold Scholarship.** What a fun and funny evening, we laughed and giggled like school kids!

Next year the annual conference will be held in **Pendleton, Oregon** at the **Red Lion Inn.** Start planning now to attend and take a fellow member or two. It is well worth the time and it's a chance to see another part of our beautiful state.

Three dates to note and remember on your **2014** calendars are **Spring Festival, “Wild West”**,

March 19, in Amity, OR; District III Luncheon, May 6, in Dallas, OR; and Fall Conference, “A Star is Born”, October 6-9, in Pendleton, OR.

Have a peaceful, joyful and blessed Holiday Season.

Sally Wyffels, District III Director

Volunteer Newsletter Staff

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Executive Editor: **Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239 Ph. (503) 835-2044 E-Mail LYNDATrose@aol.com**

Column Editors

Food: **Dorene Garland (503) 769-4290 1030 W. Locust St., Stayton, OR 97383-1137 E-Mail mgarland@wvi.com**

Kid's Corner:
Craft Projects: **Sharyl Michael (503) 949-2057**
Managing Editor: **Connie Leavitt (503) 581-7393 E-Mail cleavitt@wvi.com**

Proofreader: **Jim Nyseth**
Bookkeeper: **Linda Bird (503) 843-2979**
Mailing Committee: **Linda Bird, Doris Brown, Marie Dapses, Faye Douglas, Dorene & Ralph Garland, Donna Janszen, Connie Leavitt, Sharyl Michael, Joan Monnier, Vi Shepard, Alene Showers**
Word Processing & Layout: **Lynda Nyseth**

Contributors/County Council Chairs

Yamhill/Polk Council: **Lynda Nyseth**
Marion Council: **Dorene Garland**
District III Director: **Sally Wyffels, (503) 472-3091 E-Mail sjwyffels67@yahoo.com**

Advisors: **Vi Shepard—Home Economist E-mail schupbach47@q.com**

Debra Minar Driscoll—OSU Extension Educator (503) 623-8395 or E-Mail debra.driscoll@orst.edu

Send your mailing address and/or changes to:

**Susan Whitaker
9875 Parker Rd.
Monmouth, OR 97361-9762
(503) 838-3997 or
E-Mail gwhitaker@meritel.net**

Remembering former FCE members & loyal readers of the MPY

Jessie Webster
Formerly from Baker Creek Study Group
Doris Paldanius
Loyal MPY reader

Donations

Thank you all for your support

Anita Yates

Phyllis Hoag

Patricia Combest

Patsy Tinkham

Holidaze Faire

Presented by Washington County

Sally Wyffels, Hazel Dyche, Lidia McRae and Lynda Nyseth attended from Yamhill County. Rita Wager and her daughter, Connie McNeal from Linn County were some of the lucky prize winners. There were 66 registered and 61 present.

Grant McOmie, KGW TV "Grant's

Getaways" was the guest speaker. We always tell what's wrong with our community or world but Grant tells what is right with our world. He started **Grant's Getaway in 1988**. He shared interesting trips that he has taken and showed some of the TV spots that he has done. One story was on the "Cloud Girls", they worked for the **Tillamook Forest Center on Saddle Mt.** These gals manned the lookout station. He gave us a lot of great information on places in **Oregon** that are close enough for a one or two day trip.

A lot of laughter was heard during the giving away of the special prizes and baskets that were prepared by the study groups in **District X**. The first prize given was to the one that sent in the first registration, that was **Rita Wager**. The second gift was for the one that traveled the longest distance and that would be **Rita**, but since she had gotten a prize already her daughter **Connie** got the prize. Then tickets were drawn for the fabulous baskets. Wouldn't you guess that **Rita** got the first basket, lucky gal. The second basket went to a table of ladies from **Washington County**. The third basket went to the same table, the fourth basket went to the first lady that won a basket at that table. She decided to keep the second basket and so they drew for the first basket she won. That basket went to another lady at that table. The next basket went to that table too, to the second winner, who kept her 1st basket and they drew again. Finally another table got the last basket. Who would have guessed

that such a thing could happen. It was really a lot of fun.

The center pieces were also given away. They were a basket of flowers with a fish bowl in the center with a gold fish. Our table winner didn't want the gold fish so I brought it home with a couple of its' friends to live in the horse watering tank with our other gold fish. They are very happy and growing. What a fun day. Thank you **District X**.

Submitted by Lynda Nyseth, Amity FCE

Small Changes, Big Payoffs

Ease back pain, lower your blood pressure, alleviate allergies—in mere minutes
(AARP Magazine February 2013)

Tilt up your rearview mirror. A tiny adjustment forces you to sit up straighter to see clearly behind you. The result? A big improvement in your posture, which can help reduce back and neck pain. "Sitting creates pressure on the vertebrae," says **Karen Jacobs, Ed.D.**, clinical professor in the **Department of Occupational Therapy at Boston University**. She also recommends standing and stretching occasionally if you're going to be driving for hours.

Uncross your legs. Crossed legs, especially at the knees, are bad for your blood pressure. A **2007 Dutch** study showed that crossing your legs, particularly at knee level, upped blood pressure readings significantly. It was markedly bad for diabetics and those with high blood pressure, but even those with normal BP readings experienced a spike. On the good side, you can cross your legs at the ankle, as that position has no effect on blood pressure.



High-five your computer screen. To avoid eyestrain, neck and shoulder pain, dry eyes, and blurred vision, sit an arm's length away from your computer screen, experts with the **Vision Council** say. That means being able to give your screen a high five with your arm fully extended. Also, staring at your laptop for just two hours can cause a substantial increase in eyestrain, so take short breaks every couple of hours. And don't forget to blink occasionally, too. (Continue on page 4)

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Pitch your pillow every 18 months. Pillows older than that are repositories of fungi, dead skin, dust mites and drool, all of which can aggravate allergies, asthma, sinusitis and respiratory disease. (A British study found up to 16 species of fungi in a single pillow.) Can't remember how old your pillow is? Try folding it in half and squeezing out the air. If the pillow doesn't spring back, it's time for a new one.



Rent a funny movie. A good belly laugh, whether from an old **Cheers** episode or a new **Steve Carell** flick, is good for your heart. Blood vessels dilate when we laugh, researchers say, increasing blood flow and improving cardiovascular health. **University of Maryland** researchers showed subjects excerpts of two movies and found that blood flow increased 22 percent during the funny one.

Use the first bathroom stall. Most people seek privacy by using faraway stalls, so the first stall is used least. The result: It has the least bacteria, which reduces your risk of getting sick. **Allison Janse**, author of **The Germ Freak's Guide to Outwitting Colds and Flu**, also suggests keeping your bags off the floor, which has more fecal bacteria than anywhere else in the restroom. Last, don't forget to wash your hands.

Farm Home & Rural Life Annual Report 1938

By Rex Warren, Yamhill County Agricultural Agent

Successful and happy living on a farm depends largely upon two important factors—a good home and good, nutritious food. These are two outstanding considerations which should be the goal to be achieved by every family. Then they can only be arrived at by careful planning and budgeting for them in the farm expenditures, and this must be undertaken with close cooperation and with understanding by the whole family.

In **Oregon**, according to figures taken in a survey made in **1935**, a farm family with money and non-money income of \$750 to \$999 spends 35% for food, 9% for household operation, and 6% for housing, furnishing and equipment, or

approximately \$182 for food and \$85 on the house and its furnishing and operation.

Yamhill County has 41.1% of its rural population in this same income class, and 13.8% also with limited incomes of \$1,000 to \$1,500. The total, or 54.9% of **Yamhill County** rural people, need to budget carefully family expenditures and should utilize simple some accounts to plan definitely for all money to be spent, in order to derive the most good from their expenditures.

Because of the ultimate desire to have a good home, one which produces more than a mere subsistence, and to have good food, which may be produced cheaply at home—a general survey was taken to check the housing facilities and conditions and the farm food supply in **Yamhill County**. The housing survey showed that some new homes are being built and the old ones are being painted and remodeled. However, there is a great need for additional storage and closet room.

A program in the county should take into consideration in planning to modernize the farm kitchen where necessary. The program will emphasize storage spaces in the home—for clothing, for food and for supplies. A county-wide program used the **Extension Service Model Kitchen** trailer and distribution of working details of the kitchen. These are available in bulletins and demonstrations on **Color in the Kitchen** and **In the Home, Curtaining, Desirable Kitchen Planning and Details of Constructing Various Units**.

It was ascertained by the survey in **Yamhill County** that only 17% of the homes have draft coolers for the temporary storing of food. Such coolers are inexpensive and easy to build, and they are highly recommended for the sanitary storing of food when they are properly built and cared for. The plan is that all homes have such coolers.

Water supplies in many homes are inadequate and unsanitary. Utmost care must be used in locating wells and springs for water sources. Precaution should be exercised to prevent pollution, and water samples should be periodically submitted to the bacteriology department. Instructions for sampling are available at the **County Agent's office**.



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The county survey shows that in almost 48% of the homes surveyed sewage disposal is in streams or on the surface of the ground. This condition makes the area unsafe for healthful living and it is recommended that proper sewage disposal methods be installed whenever possible. An effective sewage disposal system consists of drains for receiving the waste from the house, a septic system and a seepage drain. No septic tank can be constructed nearer than ten feet from any building. The drainage system should be located at least 100 feet and downhill from any well, spring, or stream used for water supply. This is in accordance with the **Oregon Plumbing Code**.

Outside toilets are still subject to much improvement. A ratio of 27 unimproved toilets to 6 improved toilets was discovered in the survey. There is more improvement needed in regards to outside toilets—in their construction, ventilation, and position in regard to the source of water supply, water trough for stock and drainage away from the house.

In **Yamhill County** the survey showed that a large percentage of the homes are electrified. County-wide projects are being conducted in **Better Home Lighting**, so that the family may be obtaining the most out of the electricity employed for specific duties in the home and farm, that demonstrations be given to better familiarize people with the cost of operating electrical equipment, both on the farm and in the home and to encourage proper home decoration so that the principles of goof lighting will not be contradicted by improper use of shades, wall furnishings colors, size of globes, and location of lamps.

A special project brought to the county covering **Furniture Arrangement**, with the purpose of demonstration room arrangement that will give to the members of the family the maximum amount and correct uses of light from the sources available, and thus insure “seeing safety”.

An adequate supply of food is one the first necessities of the home. The food supply should be adequate not only in the amount, but also in its content of protein, minerals, vitamins, and other essential nutrients that comprise a balanced diet.

The rural families of **Yamhill County** are particularly fortunate in being able to supply all the essential food through home production. By

keeping two or more cows, a flock of 25 chickens, and by devoting time and fertilizer to the family vegetable garden, a large part of the family food needs can be met at slight cost. Home production and home preservation of the family food supply reduces expenses, provides the healthful types of foods in fresh, palatable condition, and gives healthful outdoor life to all members of the family. The money saved by home production and home preservation of food can wisely be invested in education of the children, in home convenience and home beautification, or for the enjoyment of books, travel, art, or whatever the family desire.

Families raise adequate amounts of vegetables for use with emphasis being on green and yellow vegetables and on tomatoes. Families preserve surplus food, at least 90 quarts of tomatoes or tomato juice for each four persons. A pressure cooker is secured for use in canning nonacid foods. Non-acid home canned food is boiled 20 minutes after emptying the jar before tasting.

Education in food selection is being sought for men and boys as well as women and girls in public schools, in **4-H clubs** and through agencies for adult education.

Submitted by **Sally Wyffels**, District III Director

Baby Book Program

Marion County is still doing the **Books for Baby Program**. This consists of a cloth bag with a book and a bib in it. I put a label in each book saying “**Donated by FCE**” and our mission statement. A brochure about our club and a copy of our **MPY** newsletter is also enclosed. I then take them to the **Salem Hospital** to be given to the new mothers, to encourage them to read to the babies and small children. I just took 37 bags to the hospital.

Jerry and Vi Shepherd make the labels that I put in the books. **Kathleen Hammack, Glenda Nelson and Penny White** have made cloth bags and bibs. I’m sorry I don’t have the names of all who have contributed. This is all so very much appreciated and you all deserve a big “**Thank You!**”

In the past I have had to buy bags and bibs from **The Dollar Store**, the home made ones are much better. If you like to sew a simple cloth bag about 12” x 12” would be welcome or a simple bib. They are so much appreciated.

Submitted by **Connie Leavitt**, Books for Babies Chairman

A Wonderful Trip

I had a wonderful time at the **National FCE Convention in Fargo, North Dakota**. The lessons were very good, some that I took were Civility (written by **Anne Engen**). One was on **Chronic Pain and “What is your style of learning”**. These were all presented very well.

Of course I enjoyed the tours. We saw and toured and learned a lot about the largest Hockey Arena in the world. A candy factory, where they made the best chocolate and also unusual things such as: Chocolate Covered pickles and olives and potato chips. We toured a **Hutterite Village**, we learned about their lifestyle and their work. Their main focus is their faith and family.

Another part of the convention was learning about the recipients of Awards such as: **The Heart of FCE**; the book winners and display board winners. The boy who won the **Essay Contest, from Missouri**, was there with his family. He read his essay on **Trustworthiness**.

For me just going to another part of the U.S. was exciting and learning about **North Dakota**. They have so many interesting things there and the lowest unemployment in the U. S. I was helped with my expenses from a scholarship. I am grateful for that. I hope a lot of you can go to the **2014 National Conference in Tucson, Arizona**. They are a learning experience and fun.

Submitted by **Connie Leavitt**, Open Arms FCE

MY FIRST TIME TO THE FCE STATE CONFERENCE

It was about a year ago that I was invited by **Lynda Nyseth** to attend the **Amity Study Group in November 2012**. I found out what good of a group it was where we all try to do some volunteering jobs to help our community, in the meantime all members also learn something every month and exchange ideas on various topics concerning everything that we need to know in our life. That is how I finally joined the **FCE**.

Last **October**, it was my first time to attend the **FCE State Conference in Medford**. I was impressed by how well organized it was. I had a chance to know and meet members from all over the state. During those three days, we had some interesting activities as well as getting the opportunity to attend classes of our choice. I went to the classes on Lavender and Root Vegetables.

Out of the tours offered, I chose to go to **Harry & David's**. The company's tour speaker showed us around the plant where we saw how they made their candies and chocolates. It was fun and we also got a chance to buy some of their products.

We spent our free evening-time to get together with some of the members to play cards. It was a nice time to chat and laugh and it always ended by midnight.

On our last day, all the members and board got together at the banquet room for dinner, auction and drawing raffle tickets for baskets. These baskets were prepared by each district and local members from **Medford**.

On our way back, we had a chance to visit the **Oregon Vortex** that I have never been to before. I thought it was very interesting and fascinating.

Overall, I thought my trip to the **FCE State Conference** was an incredible experience. I'm looking forward to next year's conference in **Pendleton**.

Submitted by **Lidia McRae**, Amity FCE

Eating more fruit may cut risk of AAA

Eating more fruit may decrease your risk of suffering a dangerous vascular condition, according to new research in the **American Heart Association** journal *Circulation*.

In a **Swedish** study, people who reported eating more than two servings of fruit daily had a lower risk of abdominal aortic aneurysm than those who ate the least amount of fruit.

Abdominal aortic aneurysm is a ballooning of the lower part of the aorta, the main blood vessel that supplies the body. It's relatively rare, but can be lethal. Older men, especially those who have smoked, are a higher risk.

Ultrasound screening, which uses sound waves to image structures in the body, can easily detect the condition.

Researchers divided more than 80,000 people, ages 46-84, into four equal-size groups based on how much fruit and vegetables they reported eating.

In the next 13 years, hospital and death records showed 1,086 people had abdominal aortic aneurysms, including 222 whose aneurysms ruptured. More than 80 percent of the aneurysms and ruptures were in men.

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Researchers found:

- Compared to those eating the least amount of fruit (less than one full serving), those who ate the most (more than two servings daily, not counting juice) had a 25 percent lower risk of the aortic condition and 43 percent lower risk of a ruptured aneurysm.
- Compared to those who didn't eat any fruit, those who had two servings a day had a 31 percent lower risk of a nonruptured aneurysm and a 39 percent lower risk of a ruptured aneurysm.

"A high consumption of fruits may help to prevent many vascular diseases, and our study suggests that a lower risk of abdominal aortic aneurysm will be among the benefits," said **Otto Stackelberg, M. D.**, lead author and a Ph. D. student at the **Institute of Environmental Medicine's Nutritional Epidemiology Unit at Karolinska Institute in Stockholm**.

High levels of antioxidants in fruits might protect against abdominal aortic aneurysm by preventing oxidative stress that can promote inflammation.

Researchers found no association for vegetables, which are also rich in antioxidants. Vegetables lack some types of antioxidants that are in fruits, which might help explain the fruit versus vegetable findings, **Stackelberg** said.

"Vegetables remain important for health. Other studies have found that eating more fruits and vegetables may decrease the risk of cardiovascular diseases, type 2 diabetes, high blood pressure, and several cancers," **Stackelberg** said.

In the study, people ate apples and pears the most, followed by bananas, oranges and other citrus fruits.

The **American Heart Association** advises the average adult to eat four to five servings each of fruits and vegetables daily, based on a 2000 calorie diet. A diet rich in vegetables and fruits is a way of getting important nutrients that most people don't get enough of, including folate, magnesium, potassium and dietary fiber, as well as vitamins A, C, and K. They are also naturally low in saturated fat and cholesterol. Being a nonsmoker is also crucial in preventing abdominal aortic aneurysm, **Stackelberg** said. "Never start smoking; and if you already do smoke, quit today. It's never too late."

(Taken from **Yamhill County Senior News, volume 20, No. 5, September/October 2013**)



Shhh...Secrets!

What's your attitude about secrets? Sometimes, keeping secrets is fun. I always keep secret the presents I've made or selected. It seems more exciting when the recipient opens the box and finally sees what is hidden away inside. Joy!

Sometimes, keeping secrets is hard. Several years ago, my family went through some extended and very trying times. In the course of working through those issues, we learned that keeping secrets—the big soap opera kind—can be damaging. Not everyone in the family participated in this life work, which has led to varying attitudes about secrets and secret keeping.

For example, one of our key family members lost his job of 30 years at the height of the recession. I was the only family member who knew. I was asked to keep this secret from my daughters and mother, which I did for six months, honoring his request. It was SO hard! The unemployed family member was denied the empathy and support of the rest of the family. Keeping this secret for so long stressed me. I felt guarded when speaking with close family members. Finally, in an effort to help him find new employment, I spilled the beans. In the aftermath, we all agreed to a "no more secrets" rule.

Now, my dear cousin has asked me to keep a health issue from her aunt, my mother. Her motivations seem pure; she doesn't want my mother to worry unnecessarily. She wants to go through her tests first and then share a cause and treatment plan, not just a problem. I can respect her wishes, but I'm feeling guarded in daily conversations with other. I'm hoping this will be resolved soon and the burden of keeping this secret can be lifted.

Do you keep secrets well? **Stephenie Meyer** wrote, "Sometimes, loyalty gets in the way of what you want to do. Sometimes, it's not your secret to tell."

(Article by **Barbara Polston, Phoenix, AZ, August 2012** , in a quilting magazine from **North Dakota**).

Submitted by **Lynda Nyseth**