

MPY TRI-LINE NEWS

Volume 30, Issue 3

Marion, Polk, Yamhill

Summer/Fall/Winter 2023



I hope that you have been able to enjoy your summer with some family gatherings, vacations and some FCE gatherings.

District III had a picnic in Dexter, OR hosted by Lost Creek Study Group. There were 23 FCE members, friends and family from Klamath Falls to McMinnville. What a nice day it was. One visiting friend was from California. It was a warm day but there was a breeze so it was comfortable. Lots of food, visiting, some took a walk around the park and some played a couple games. It was great to see friends that we often see only once a year. Thank you Lost Creek for hosting the day.



Front row: Bonnie Teeples, Velma Bottenberg, Linda Bird, Linda Romey, Nadine Reed, Jan Blankenship. Back row: Scott Teeples, Ann Conklin, Lynda Nyseth, Toni Frank, Anne McKnight, Deanna Wellman-Hadley, D-O-G, Ann Massingham, Frank Huisman, Pat Putman, Sally Wyffels, Elsie Gabrisch, Vyonne Hite and Anne Engen. Not pictured: Bonnie Weber, Morena Poplin, Ron Conklin and Ray Massingham.

If you know of someone that is receiving this newsletter that is deceased, moved or no longer want to receive this newsletter, please send me the information. Lynda Nyseth, 21461 S. Hwy 99W,

Amity, OR 97101-2239 or e-mail
LYNDATrose@aol.com

Sincerely,

Lynda Nyseth, Editor



Donations from

Amity FCE

Laurel Christiansen

Dawn Eckert

Lost Creek FCE

Anna Massingham

Sharon Nilsen

Susie Penhollow

Dawn Westphal

Sally Wyffels

Thank you for supporting the **MPY Tri-Line News.**

Our next deadline is February 2 2024.

Lynda Nyseth, Editor MPY Tri-Line News
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UPDATE FROM STUDY GROUPS

District I

Tualatin Study Group Washington County Karen Walker

Our Study Group continues to meet during the summer each month for coffee so that we can check up on each other and get caught up. Our August get together we will do a 'drive by' to two Tigard historical homes and then out to lunch.

Cute little thing: **My gentlemen friends**

I have become quite a frivolous gal. I'm seeing five gentlemen everyday. As soon as I awake **Will Power** helps me get out of bed. When he leaves I see **John**. Then **Charley Horse** comes, when he is here he gets all my attentions. When he leaves **Arthur Ritis** shows up and he stay the rest of the day. He doesn't like to stay in one place very long so he takes me from joint to joint. After such a busy day I am really tired and ready for bed with **Ben Gay**. What a day!!!!

Clackamas County FCE Woodmere FCE Cathryn Schabell

This summer is flying by so quickly it's difficult to keep track of the months. Woodmere FCE has nine members, doing their same volunteering activities. May 16th, we had our meeting followed by lunch at Elephants Delicatessen – 115 NW 22nd Ave, in Portland, followed by a tour of the Pittock Mansion. It was a beautiful day and seven members and three guest, enjoying our Annual Event. We

will meet again on September 19, 2023. At this meeting we will no longer be Woodmere FCE but will be Woodmere monthly-social Group. The current officers are “burned out” so we are making the change. As long-standing members of Oregon FCE, some have been with Woodmere for 55 years or longer, we will have lasting memories of our FCE time together.

As many of you know Orson and I moved to Cherrywood Village, The Gardens Building in November, and are still getting settled. Lendamai Poole recently moved into Cherrywood Village Retirement, Wynridge Building and is getting settled into her apartment.

District III

Lost Creek FCE Study Group Ann Conklin

July 12th we had a fun picnic at Elijah Bristow State Park. The day started out a bit hectic because a good share of the picnic supplies were in Springfield. Elsie and Frank came a bit later than the rest of the picnic goers. They had a run in with a fence before going to pick up our main dish at Albertsons. The rest of the crew tried to get as much ready as possible and tried to make our guests comfortable before they arrived. When they arrived we got everything out quickly and had a nice picnic lunch. Afterwards some played games and some just enjoyed catching up on visiting with one another, I think everyone had a good time and quite a few plants found new homes. We raised \$50. and gave it to the Margaret Seibold Scholarship Fund. A big thanks to everyone that took the time to come and join us.

Amity FCE Lynda Nyseth

In June we met at Lynda's place. We had a lesson on “Someone's asking...what are your fingers saying, when you're typing on electronic devices?”. Hearthfire Series #58. We learned about many of the advantages gained from the use of electronic devices and scams that we should be aware of that are showing up everyday. Good information! After the lesson we did some Mandala painted rocks that we will be placing around the community (we took some to the picnic in Dexter and placed them along

the path to the river). After painting we went to the Mexican Restaurant in Amity for lunch.

We had 5 members and one guest that attended the picnic in Dexter. It was a great time of visiting, catching up on each others lives, eating, game playing and a walk to the river by a couple of us.



Linda Bird, Velma Bottenberg, Lynda Nyseth, Annette Williams, Anne McKnight



Creative Homemakers

Anne Engen, District III Director

Creative Homemakers FCE study group Turns 50!

With the encouragement of our Extension Agent, Monine Strode, we started in 1973 with seven members and named ourselves “The Yamhill County Young Homemakers”. By the end of 1975 our group had grown – even had 6 babies. We needed to raise money to pay for babysitters. We had garage sales, rummage sales, (made \$40) sold cards and stationery (made \$40), had a bake goods & crafts sale at US Bank, had a booth at holiday craft sales, served pie and ice cream at Yamhill County Bank promotion (\$75) and once toured Macy's Funeral Home, our group was paid a dollar for each of us. In 1978 the group catered a dinner for 58 representatives and board members of Cascade Steel. Made \$300. After we no longer needed babysitters we raised money for 4-H Scholarships, FCE needs and places to visit without kids.

1973 – 1974 STUDY GROUP LESSONS

Eye-Opener – Work Smarter Not Harder

October – Japanese cooking

November – All Broke Feeling – how to live within one's income

January – Food Dollars and Sense

February – Our Children, What they Want

March – Our World is Fragile, Handle with Care - - -pollution

April – Delicious Nutritious Desserts

May – Electric Know how

Each summer we chose a tour, Bob's Red Mill, a doll factory, Pendleton Woolen Mills and shopping at John's Landing, walk Old Town Portland to visit Daisy Kingdom where a guy staggered off the sidewalk saying “Who let the cows out!” (we were in our 30's and 40's). We visited farm-stand/bakery near Woodburn, and a large lavender farm south of Amity.

In 1976 our group preformed a split stage play, a satirical comparison of a mother in 1876 and a mom in 1976. This was given for Spring Festival and at our County Fair. We gathered props, outfits and members were narrators and silent actors. We have that skit.

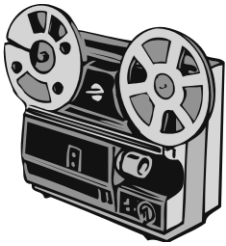
After other FCE groups snickered at our name, we changed it to Creative Homemakers and began to win all the prizes for best table decorations.

This May our group celebrated our 50th with colorful funny party hats with matching colorful cake made by one of our granddaughters. We played a game answering questions about stories, lessons, and activities our group has enjoyed these 50 years.

Only 2 active members have been here all 50 years, Dottye Keister and Anne Engen.



Carol Huson, Julie Tyser, Dottye Keister, Sharon Herron, Sally Wyffels, Sharyl Michael and Linda Johnson. Anne Engen took the picture.



Carolyn Rundorff from District I sent this information on movie reviews and book reports. Thank you, Carolyn.

The AARP Magazine does a yearly review of "Movies for Grownups" that I refer to when I want to know about a good movie. It usually comes out in March. Recently I enjoyed watching "**King Richard**"... the story of the Los Angeles parents who coached their kids, Venus & Serena Williams to the very top of the largely white tennis world. starring Eddie Murphy as the father.

Two good books that I could recommend are "**The Book Woman of Troublesome Creek**" by Kim Michele Richardson. Based on real facts about the 1940's WPA project to hire women to be the brave Pack Horse Librarians in rural Kentucky who brought more than just books to the women & children living in poverty. I recently read the sequel to her first book... it's called "**The Book Woman's Daughter**" and this one also brings up information about women hired as fire lookouts during the war years as well as the ferocity of the human spirit in the face of troubling times. Many of the things that women were having to do during those times makes me think of the practical project that Extension women have been doing for years.

As a retired middle school librarian, I've enjoyed sharing my love of reading with others.

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A Man Called Otto

Movie starring Tom Hanks. Fall in love with the grumpiest man in the world. When a lively young family moves in next door, grumpy widower, Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Submitted by Lynda Nyseth

Reason, Season and a Lifetime

By: Brian A. "Drew" Chalker

People always come into your life for a reason, a season and a lifetime. When you figure out which it is, you know exactly what to do.

When someone is in your life for a REASON, it is usually to meet a need you have expressed outwardly or inwardly. They have come to assist you through a difficulty, or to provide you with guidance and support, to aid you physically, emotionally or even spiritually. They may seem like a godsend to you, and they are. They are there for a reason; you need them to be. Then, without any wrong doing on your part or at an inconvenient time, this person will say or do something to bring the relationship to an end. Sometimes they die, sometimes they just walk away. Sometimes they act up or out and force you to take a stand. What we must realize is that our need has been met, our desire fulfilled; their work is done. The prayer you sent up has been answered and it is now time to move on.

When people come into your life for a SEASON, it is because your turn has come to share, grow, or learn. They may bring you an experience of peace or make you laugh. They may teach you something you have never done. They usually give you an unbelievable amount of joy. Believe it! It is real! But, only for a season. And like Spring turns to Summer and Summer to Fall, the season eventually ends.

LIFETIME, relationships teach you a lifetime of lessons; those things you must build upon in order to have a solid emotional foundation. Your job is to accept the lesson, love the person/people (anyway); and put what you have learned to use in all other relationships and areas in your life. It is said that love is blind but friendship is clairvoyant. Thank you for being part of my life...

Submitted by Carolyn Rundorff from District I

**Oregon FCE State Conference
October 1-4, 2023
Springfield, Oregon
Hilton Garden Inn
“FCE, Building Blocks for Today and
Tomorrow”**

Lessons planned for this year:
Cascadia Subduction Zone
The Silent Killer-Ovarian Cancer
Keeping the World Green
Filling Your Pantry on a Budget
Savory Meals for One or Two
Human Trafficking—It’s Not Just Sex Trafficking

Self-guided tours, crafts, games, good food, visiting with friends, meeting new people and lots of information to share when you get back home. Come join in the fun and learning.

SCHOLARSHIPS

Scholarships are offered for those attending FCE conferences. Check www.oregon-fce.org for scholarships that are offered.

You will also find the registration forms and other needed information for the conference on the Oregon FCE web site.

REMEMBERING FCE MEMBERS

Mina Hansen

Mina was a long-time member of Amity FCE. She has not been able to attend last few years. When she was able, she was very active serving as officers, calling people to remind them of meeting and always ready to head up the food committee when someone was sick or had just lost a family member. Always ready to serve when we held bake sales and when we had a booth at the Amity Country Fair. She was a very caring person and she will be missed by many friends and family.

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FCE also lost Ardyce Snyder

Ardyce was not known by a lot of people in our area but she will be missed by many FCE members around the United States. She served at National FCE President and an ACWW coordinator. She was from North Dakota. She had a very giving heart, loved to volunteer, to help people, and share about FCE, her smile and laugh lit up the room. Ardyce will be missed by many.

Volunteer Newsletter Staff

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**November 11th is Veterans Day.
Let's remember our Veterans every day.**

He was getting old and paunchy
And his hair was falling fast,
And he sat around the Legion,
Telling stories of the past.,

Of a war that he once fought in
And the deeds that he had done,
In his exploits with his buddies;
They were heroes, every one.

And 'tho sometimes to his neighbors
His tales became a joke,
All his buddies listened quietly
For they knew where of he spoke.

But we'll hear his tales no longer,
For ol' Joe has passed away,
And the world's a little poorer
For a Veteran died today.

He won't be mourned by many,
Just his children and his wife.
For he lived an ordinary,
Very quiet sort of life.

He held a job and raised a family,
Going quietly on his way;
And the world won't note his passing,
'Tho a Veteran died today.

When politicians leave this earth,
Their bodies lie in state,
While thousands note their passing,
And proclaim that they were great.

Papers tell of their life stories
From the time that they were young,
But the passing of a Veteran
Goes unnoticed, and unsung.

Is the greatest contribution
To the welfare of our land,
Some jerk who breaks his promise
And cons his fellow man?

Or the ordinary fellow
Who in times of war and strife,
Goes off to serve his country
And offers up his life?

The politician's stipend
And the style in which he lives,
Are often disproportionate,
To the service that he gives.

While the ordinary Veteran,
Who offered up his all,
Is paid off with a medal
And perhaps a pension, small.

It is not the politicians
With their compromise and ploys,
Who won for us the freedom
That our country now enjoys.

Should you find yourself in danger,
With your enemies at hand,
Would you really want some cop-out,
With his ever-waffling stand?

Or would you want a Veteran
His home, his country, his kin,
Just a common Veteran,
Who would fight until the end.

He was just a common Veteran,
And his ranks are growing thin,
But his presence should remind us
We may need his likes again.

For when countries are in conflict,
We find the Veteran's part,
Is to clean up all the troubles
That the politicians start.

If we cannot do him honor
While he's here to hear the praise,
Then at least let's give him homage
At the ending of his days.

Perhaps just a simple headline
In the paper that might say:

"OUR COUNTRY IS IN MOURNING,
A VETERAN DIED TODAY."
Author 'Unknown'

Body types have been stereotyped to the extent that most people wish they looked closer to the ideal.

Wouldn't be wonderful if we accepted human variations.

Then people could delight in how they were genetically formed.

Do bulldogs worry about their pug noses?
Or Dachshunds their short legs?

We should also accept how age modifies that face in the mirror. Just be sure it looks back with a smile.

Submitted by Nancy Thornton, MPY reader

Mental Confusion - very interesting... 😞

Particularly for over 60, but it applies to anyone.

Very interesting info that, quite frankly, I never thought about.

By: Arnaldo Liechtenstein, physician

Whenever I teach clinical medicine to students in the fourth year of medicine, I ask the following question:

What are the causes of mental confusion in the elderly?

Some offer: "Tumors in the head". I answer: No!
Others suggest: "Early symptoms of Alzheimer's". I answer No!

With each rejection of their answers, their responses dry up. And they are even more open-mouthed when I list the three most common causes:

- uncontrolled diabetes
- urinary infection
- dehydration

It may sound like a joke, but it isn't. People over 60 generally stop feeling thirsty and consequently, stop drinking fluids. When no one is around to remind them to drink fluids, they quickly dehydrate. Dehydration is severe and affects the entire body. It may cause abrupt mental confusion, a drop in blood pressure, increased heart palpitations, angina (chest pain), coma and even death.

This habit of forgetting to drink fluids begins at age 60, when we have just over 50% of the water we should have in our bodies. People over 60 have a lower water reserve. This is part of the natural aging process.

But there are more complications. Although they are dehydrated, they don't feel like drinking water, because their internal balance mechanisms don't work very well.

Conclusion:

People over 60 years old dehydrate easily, not only because they have a smaller water supply, but also, because they do not feel the lack of water in the body. Although people over 60 may look healthy, the performance of reactions and chemical functions can damage their entire body.

So here are two alerts:

1) ***Get into the habit of drinking liquids***. Liquids include water, juices, teas, coconut water, milk, soups, and water-rich fruits, such as watermelon, melon, peaches and pineapple, orange and tangerine also work.

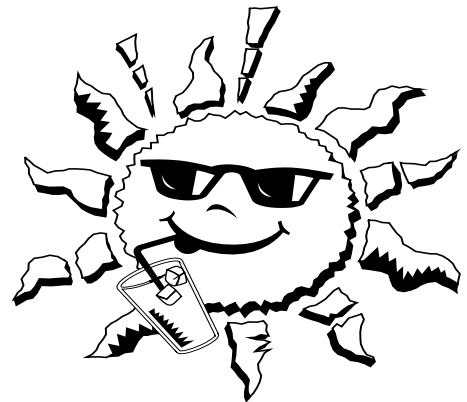
The important thing is that, every two hours, you must drink some liquid. Remember this!

2) **Alert for family members: constantly offer fluids to people over age 60.** At the same time, observe them. If you realize that they are rejecting liquids and, from one day to the next, they are irritable, breathless or display a lack of attention, these are almost certainly recurrent symptoms of dehydration

Inspired to drink more water now?? Send this information out to others!

Your friends and family need to know for themselves and help you to be healthier and happier.

Submitted by Cathryn Schabell, District I



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FCE CALENDER

August 2023
 25 Oregon State Fair, begins

September
 4 Labor Day
 Oregon State Fair, ends

6 ZOOM Lesson
 8 Yamhill Co. Council, 9:30

October
 1-4 Oregon State FCE Conference
 Hilton Garden Inn, Springfield, OR

5 ZOOM Lesson
 9 Columbus Day
 13 Yamhill Co. Council, 9:30

31 Halloween
November
 1 ZOOM Lesson
 7 Election Day
 10 Yamhill Co. Council, 9:30

23 Thanksgiving

December
 6 ZOOM Lesson
 8 Yamhill Co. Council, 9:30
 25 Christmas Day

January 2024
 3 ZOOM Lesson
 12 Yamhill Co. Council, 9:30

February
 2 Deadline Articles
 Both Oregon FCE and MPY
 7 ZOOM Lesson
 9 Yamhill Co. Council, 9:30
 16 Mail Newsletters, 9:00
 Bethel Church