

# MPY TRI-LINE NEWS

Volume 29, Issue 2

Marion, Polk, Yamhill

Spring/Summer 2022



It was wonderful to have our Spring Festival this year. We had 27 registered, everyone enjoyed the presentation on Malaysia that Scott Teeples, our State FCE President presented to the group. We tried something new this year by giving everyone a taste of foods that would be eaten in Malaysia. It was a learning experience for those preparing the plates as we served our guest. A lot of work too, but I think everyone enjoyed the experience. Desserts were provided by each Study Group. Thank you to all that took part in the days events.



Top left going clockwise: cucumbers, coconut rice, boiled eggs, snacks, pulled chicken, jasmine rice, Sambar. A fruit plate, tea and a mystery drink (coke a cola) and desserts were also served.

We had members from all over District III, Lane County to Yamhill County and Scott from Klamath Falls. A few were first timers at the event.

From our used book sales and donations, we made \$260.00 for the MPY. This amount covers about the cost for each edition. We try to do 4 issues each year to keep everyone informed about events in our area. I try to include events in the Portland area, as so many of us are close to them, it is nice to see events they are involved in and even participate. With our decreasing membership it is great to share and get others excited to see our accomplishments and draw them into wanting to be a part of our great organization.

I have heard from a few of the study groups telling of the lessons they have presented. Lessons that we offered have been well received. In Yamhill County we have recently done: "Time Management", "Oregon" and "Chocolate".

Our ACWW walk was on April 22, had to be cancelled. We were all encouraged to walk on our own and report what you did. We accepted donations to send to our sisters in ACWW. We are so blessed with many things and it is great that we are able to share with them. Bonnie Teeples, ACWW USA Area President, will be presenting a ZOOM lesson, June 1, to keep us informed about changes and programs with ACWW.

Another ZOOM program to look forward to May 4, "Flatbread" focusing on "Naan Bread". This lesson will be given by Scott and Bonnie's daughter Carrie Evans in Fairbanks, Alaska. Here are a couple of web sites if you want to try Naan Bread. <https://www.allrecipes.com/recipe270860/garlic-naan/> (yeast dough) or [sourdough https://oventales.com/sourdough-naan/](https://oventales.com/sourdough-naan/)

We are trying to cut down our mailing list as to who is really interested in what FCE is doing, so if you know of someone that gets this letter who are deceased, moved, changed address or no longer want the newsletter, please let me know.

Send the changes to **Lynda Nyseth, 21461 S. Hwy 99W, Amity, OR 97101-2239** or e-mail [LYNDATrose@aol.com](mailto:LYNDATrose@aol.com)

Sincerely,

*Lynda Nyseth, Editor*





### From the Desk of the District III Director

Yamhill's Spring Festival March 16 was a Hoot! We tried a new idea – if your State President will be showing photos of Malaysia, where next ACWW will be held, you could name the event “A Taste of Malaysia”. And have the County Council make Malaysian food. So, who’s going to plan the food? Linda B. said “I’ll run the used books sale, Sally and Sharyl said “We’ll handle the registration and raffle, and Lynda N said “I always plan all the games”. They looked at me, “You research and plan the menu!”

I called a former FCE member who had lived in India, she suggested some ideas. Malaysian food contains a blend of Indian, Thai and Japanese favorites. The council made Sambar (veggies/tomatoes/spices) with Sally popping black mustard seeds. Bought Naratan, all to serve over Jasmine rice. Also, shredded chicken, three different snack bites, coconut milk rice mounds topped with shredded coconut & parsley, hard cooked eggs nestled next to slices of cucumbers and platters of fresh fruit.

For bread, we surprised people with lentil Applam. It starts as a thin disc, then 45 seconds on high in a microwave and it blooms into a large frilly sea shell shape of crisp deliciousness. Two favorite Malaysian beverages were served, Teh Tarik, Pulled Tea of black brewed tea with condensed milk then frothed to give each glass a head of foam. Rasa Klaski was served so people could guess what it was. (It's Coke)

Each study group brought one or two desserts to share.

District III's Heart of FCE was announced, Claudine Eden from Sheridan who headed up so many of her group's events. Their study group will be disbanding with some members moving to other groups.

**REMEMBER SEPTEMBER** is an open meeting, no lesson. Have your group take an “education” tour to a local business, place, art or craft gallery. Tour your own downtown. Enjoy a picnic in a park and invite friends to join you. Ride the Carousel in Salem's Riverfront Park, stroll down to the giant world globe.

**District III Director, Anne Engen**

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### Yamhill County Heart of FCE

**Claudine Eden, Sheridan FCE**, was chosen as our nomination from Yamhill County.



Claudine, joined the Sheridan FCE Study Group September 1974. She has held many offices during her 50 years. At present she is President and has served many terms as president. She has been vice president, secretary, lesson leader, held meetings in her home, served as bake sale leader for fund raisers, notified members of meeting changes and is a willing worker and helper in many duties.

Outside of FCE she helped with Brownies and Girl Scouts with her daughter and Cub Scouts and Boy Scouts with her son.

Claudine is a willing and faithful member of Sheridan FCE and we are happy to nominate her as Yamhill County Heart of FCE.

At Spring Festival, we recognized Claudine and presented her with a heart pin.

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I want to Thank You so much for picking me for the Heart of F.C.E.

I really appreciate being choose for District III.

Love the pin.

Thank you  
Claudine Eden



## What has your FCE Study Group been doing?

*I came across this notice from Lane County in 2020 that I did not get in the newsletter. I want to include it now. Sorry for the delay.*

Today my ladies group had our monthly meeting. We are FCE, Family Community Education, formerly known as Lane County Home Extension Lost Creek Study Group. Our group has been meeting consistently for more than 60 years. We have been meeting in a local park during the Spring and Summer, since the pandemic kept us from being together indoors. Today we tried a different park, one with a covered area, though still outdoors. This park is at the Lowell marina, overlooking Dexter Reservoir, absolutely gorgeous and seriously besieged by an icy wind! Still, we were undaunted, we are hearty country folks, a couple of us are considered elderly, in our 80's and 90's.

We had an interesting lesson, given by Pat Putnam, with information on the country Ireland. We celebrated three November birthdays. We had a business meeting that included decisions about our end of the year money donations to two local food banks and our fire department. We decided not to meet again until the numbers of virus cases diminish in Lane County.

At exactly eleven minutes after the hour of eleven o'clock on this date of the eleventh day of the eleventh month of the year, we all recited the pledge of allegiance to the flag flying over the lake. Then we thanked our veterans who were present in our group, Ken McGee and Rolf Jung.

Sincerely, Carol Jung

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*District I used to have the newsletter "Caring and Sharing" and these articles would have appeared there. They no longer have an editor so I will gladly share their information.*

## Washington County

We are moving along with Advisory Council meeting still on Zoom. We are hoping to arrange a get together with Clackamas County this Summer, hopefully something outside.

### Siri Daly's Sticky Ham Sandwiches

COOK TIME: 20 minutes. PREP TIME: 15 minutes. SERVINGS: 12

#### INGREDIENTS

- 1/2 cup (1 stick) unsalted butter
- 1 tablespoon dry mustard
- 1 tablespoon Worcestershire sauce
- 2 tablespoon brown sugar
- 1 tablespoon poppy seeds
- 1 package small sweet Hawaiian buns
- 1 pound sliced ham
- 1 pound sliced Swiss cheese

#### PREPARATION

1. In a medium saucepan, bring butter, dry mustard, Worcestershire, brown sugar and poppy seeds to a boil in a saucepan. Lower heat and let simmer for a few minutes. Set aside.
2. Slice buns in half and assemble sandwiches by adding desired amounts of ham and cheese. Place in a small baking dish (it helps if they fit snugly in there) and pour sauce all over, using a spatula to make sure they are all coated. Cover with foil and let marinate in fridge for at least one hour, or overnight.
3. When ready to bake, preheat oven to 325.
4. Bake sandwiches for 10 minutes covered and another 10 minutes uncovered.

Enjoy! Karen Walker, President

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The Rural Dell and Wildcat FCE Groups in Clackamas County, District 1, were already a combined group when the CoVid pandemic stopped our monthly meetings. In November 2021 the meetings started up again at the home of our group's President Beryl Fisher. (Continued on page 4)

(Continued from page 3)

We've been meeting monthly at Beryl's home with good attendance. The group has enjoyed FCE programs on Chocolate, Antibiotics, Obesity, Dolls, Malaysia, Rabies and Scams. Visits to the Mt. Angel Doll Museum and the Aurora Museum are in the works for summer field trips in lieu of meetings.

Due to CoVid, the Rural Dell/Wildcat FCE annual Spring Luncheon/Share Fair fundraiser hasn't been held but we're looking forward to continuing those again in 2023.

It has been good to come back together to laugh and learn, support and share with each other.

Ann Clites, Secretary

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### Clackamas County FCE Woodmere FCE

I guess, it's time for another Newsletter from Clackamas County FCE groups, since we no longer have Sharing and Caring News. We just had our County Council meeting, got our new 2022 Oregon FCE Handbooks. We have five groups, 40 members, we're all trying to get organized after the Covid shutdown. Now that spring has arrived, flowers are popping up, trees are blooming, have to get busy with yard work too.

February, Clackamas and Washington Counties had a ZOOMING SESSION for ideas for our Oregon State FCE Conference table decorations, for October 3-5 at the Hilton Garden Inn in Springfield, Oregon. Myrna Loucks' (Groner FCE of Washington Co.) daughter, Lynn has volunteered to do our Table Decorations. She's a very creative and knowledgeable lady, so we're ALL very excited to have her assistance and expertise in this ADVENTURE. (You'll have to attend the State Conference in Springfield, Oregon to see her completed works.)

We're ALL busy doing various duties: collecting DIMES for Dimes for ACWW; Church projects; donating to Sno-Cap, My Father's House, Francis Center; Blood donations to Red Cross; helping friends and neighbors; attending groups meetings, as well as County Council meeting and Officer duties in their groups.

Patti Malanaphy is State Secretary, so March they had their "ZOOMING BOARD MEETING". She's

kept busy typing up all those minutes. Good Job, Pattie.

We can't forget all the ZOOMING LESSONS we've had these past months either, very educational. April, 6 we attending "Junk in Your Trunk". By Bonnie Teeples. WHAT'S IN YOUR TRUNK?

We are looking forward to our May trip and luncheon together, ending meetings until Fall. Even though Covid is calming, we still are wearing masks in some stores. Soon you'll be able to get another Prevention Covid shot to keep us all active through Summer months into Fall.

See you at the 2022 National FCE Conference July 14-17 in Portland, Oregon and the Oregon State FCE Conference Oct. 3-5 in Springfield, Oregon. Stay safe and healthy through the Summer into Fall.

Cathryn Schabell

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Dawn Westphal ran across this old newsletter article from the Washington County TEL-A-LEADER newsletter dated August 1979. It was shared by Roger Fletcher, Polk County Extension Agent.

#### "The Story of Four People"

This is the story about four people. Everybody, Somebody, Anybody and Nobody.

There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when actually Nobody asked Anybody. (sound familiar)

Hope things are going well for you. We're slowly getting a new normal here in Washington County. Our office is still not open to the public for meetings so we are still having Zoom council meetings. We only have two groups left and we meet in person. We have only one member-at-large at this writing.

I hear that we have had some changes in all districts. I hope we can all hang in there!

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## Yamhill County

We have been busy planning Spring Festival, volunteering both with FCE and in our neighborhoods. We have 3 study groups and have been presenting the lessons: "Destination Oregon"; "Time Management" and "Searching For Chocolate". We will have a packet lesson on "Cons, Scams and Frauds and Robo Calls". Then we will break for the summer months. Some will take tours with their groups, we will have to wait to hear how they spent the months before starting up again in the fall.

At our Spring Festival we recognized our 50-year members: Darlene Grauer, Sheridan Study Group; Sharyl Michael, Creative Homemakers and Alice Wicks, Amity FCE. Congratulations to these ladies and thank you for all you have done and are doing for FCE in Yamhill County.

Lynda Nyseth, County Council President

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## REMINDER

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 August 5, 2020. 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.

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### Remembering FCE Members

**Edna Hobbs** was a member of the Woodburn FCE. She was a people person and with Edna there were no Strangers.

Edna graduated from Oregon City High School in 1942. During her high school years she worked at Bernard's Crème Freeze and the State Theater where she was usher, cashier and learned to run the movie projector (wage: 35 cents/hour). Later Edna worked for Tektronix for 23 years. She started out in production and was promoted to a manager position, the first female manager in production at Tektronix.

While in a senior living facility she continued to serve others: reading to an elderly man who was

hard of hearing; visiting with, writing cards and shopping with a lady who was blind. Her love of people continued until her death. She will be missed by a lot of friends.

**Shirlijeanne Abel** she a long-time member of the Sheridan FCE. She had a large doll collection and repaired dolls. She taught a class at Yamhill Spring Festival on repairing dolls.

She will be greatly missed by her many friends and family.

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## REMINDER FOR NAFCE and Oregon FCE Conference 2022

### Be the spark that Ignites FCE

This year Oregon is the host for NAFCE Conference to be held in Clackamas, July 14-17. If you have never been to a National Conference this is a great time to go, no flying involved. You get to meet FCE members from all over the USA, learn what is happening in FCE, learn what other states are doing that may work in your study group or state.

Oregon offers a scholarship of \$200 if you attend full-time. This scholarship is funded by FCE auctions and earnings from our booth at Keepers Corner in Klamath Falls. Your FCE State Board wants every FCE member to have a chance to attend a national conference and now is the time. Application forms can be found on the National website as well as hotel information.

[www.nafce.org](http://www.nafce.org)

### Honor the Past, Embrace the Future

October 2-5 are the dates for Oregon FCE State Fall Conference. The 2<sup>nd</sup> starts off with early registration, craft class, socializing and games.

Monday will hold the Pre-Conference Board Meeting, registration, tours, shopping, fun activities, 1 FCE Lesson, dinner, opening session, door prizes and evening games. (Continued on page 6)

(Continued from page 5)

Tuesday will include Business meeting, lunch, 4 FCE Lessons, evening dinner and session, door prizes, country store raffle drawings and more games.

Wednesday will hold our Memorial session, 1 FCE Lesson, closing and Post Conference Board meeting.

Come meet old friends and make new friends too. Go to [www.oregon-fce.org](http://www.oregon-fce.org) or ask your District Director to get you a form.

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### Something about Facebook

Article from Donna Michaelson

I came across this little jewel on Facebook the other day. I thought I would pass it on.

For those of my generation while applying the same principles, who do not and cannot comprehend why Facebook exists: I am trying to make friends outside of Facebook.

Therefore, I walk down the street and tell everyone and passersby what I have eaten and how I feel at the moment, what I have done the night before and what I will do later and with whom.

I give them pictures of my family, my dog, me gardening, taking things apart, things in my workshop, watering my lawn, standing in front of a landmark, driving around town, having lunch and doing what anybody and everybody does every day.

I also listen to their conversations and tell them I "like" them and it works. just like Facebook.

I already have four following me: two police officers, a private investigator and a psychiatrist. Enough said????

(wow, are you still thinking about being on Facebook? I hear that you find the same things there)

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## Zoom Lesson May 4, 2022

Several from Oregon and many of our US States have been enjoying the zoom lessons on the first Wednesday of the month. Our May lesson will feature flatbread. Contact Scott Teeples for the zoom information and join in on the learning.

### Overview!!!

Good day! Great day! Time to learn about just SOME of the different flatbreads from different cultures around the world.

Flatbread has been used for generations as a meal-time staple (and in many cases, used as the utensil of choice!). We'll be reviewing just a few of these breads (and trust me, there are many!) with a special focus on Naan bread. If you would like to prepare dough ahead of time, here are two tried and true recipes (one with yeast and one with sourdough).

<https://www.allrecipes.com/recipe/270860/garlic-nann/>

<https://oventales.com/sourdough-nann/>

Carrie Evans is our teacher for this lesson. She is the daughter of Scott and Bonnie Teeples. She worked for 17 years in the restaurant industry in a multitude of leadership and teaching roles. She met her husband James, married and moved to Fairbanks, Alaska.

Carrie enjoys cooking from scratch (thus the fascination with flatbreads), food preservation, learning about different cultures, learning about the human body, spending time with her family and exploring all that Alaska has to offer.

This should be a very interesting and tasty lesson. Join us on May 4.

## Benefits of Reading

When was the last time you read a book or a substantial magazine article? If you're one of countless people who don't make a habit of reading regularly, you might be missing out. Reading has significant benefits. Here are some of the benefits of reading:

**Mental Stimulation** – Studies have shown that staying mentally stimulated can slow the process of, or possibly even prevent, Alzheimer's and Dementia, keeping your brain active and engaged prevents it from losing power. Just like any other muscle in the body, the brain requires exercise to keep it strong and healthy.

**Stress Reduction** – No matter how much stress you have in your life, the stress slips away when you lose yourself in a great story. A novel can transport you to other realms, while an engaging article can distract you and keep you in the present moment, letting tension drain away and allowing you to relax.

**Vocabulary Expansion** – The more you read, the more words you gain exposure to and they'll inevitably make their way into your everyday vocabulary.

**Memory Improvement** – when you read a book, you have to remember an assortment of characters, their backgrounds, ambitions, history and sub-plots that weave their way through every story. Amazingly every new memory you create forges new synapses (brain pathways and strengthens existing ones). This assists in short-term memory recall as well as stabilizing moods.

**Improved Focus and Concentration** – In our internet crazed world, attention is drawn in a million different directions at once as we multi-task through every day. In a 5-minute span you can check e-mail, chat with a couple of people via skype, etc. look at twitter, your smartphone and interact with co-workers. This type of ADD like behavior causes stress levels to rise and lowers your productivity. When you read a book, all of your attention is focused on the story.

**Better Writing Skills** – This goes hand-in-hand with the expansion of your vocabulary. Exposure to published well-written work has a noted effect on your own writing by observing the cadence, fluidity and writing styles of other authors. This will have influence on our own writing work.

**Tranquility** – In addition to relaxation that accompanies reading a good book, it's possible that the subject you read about can bring about inner peace and tranquility.

**Free Entertainment** – For low budget entertainment, you can visit your local library.

Step away from your computer for a little while, crack open a book and replenish your soul for a little while.

Source:

<https://lifehackorg/lifestyle/10benefitsreading-why-you-should-read-everyday.html>

By Catherine Winter,

shared by Jackson County Connection, February 2022

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**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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## **FCE CALENDER**

**May 2022**

**July**

- 8 Mother's Day
- 4 Independence Day
- 13 Yamhill County Council, 9:30
- 14-17 NAFCE Conference
- Meet at Dairy Queen Hwy 18
- Clackamas, OR
- Tour Chachalu Museum
- Monarch Hotel 503-652-1515
- 30 Memorial Day
- 12566 SE 93<sup>rd</sup> Ave.

Clackamas, OR 97015

**June**

- 13 Deadline NAFCE Conference &
- August**
- Hotel Registrations
- 5 MPY Deadline for articles
- Forms on [www.nafce.org](http://www.nafce.org)
- 19 Mail MPY
- 19 Father's Day