Contacts:

**Family & Community Education**
- Study group reports
- Volunteer hours
- FCE Awards
- Tri-county council questions
- Evaluation forms from FCE-developed lessons
- General FCE questions

For all of the above, contact:
Alene Showers, District III Director 503-393-9389
4485 42nd Ave NE, Salem OR 97305
Schauer65@comcast.net

**OSU Extension Service**
- Consumer questions
- Evaluation forms from OSU-developed lessons

For the above, contact:
Debra Minar Driscoll, Extension Educator
OSU Extension Service
PO Box 640
Dallas, OR 97338
(503) 623-8395
debra.driscoll@oregonstate.edu

**MPY Tri-Line News**
To submit articles or items for this newsletter:
Lynda Nyseth, LYNDATrose@aol.com
or mail to:
21461 S. Hwy 99W, Amity OR 97101-2225

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**Oregon FCE Creed**

Let us seek contentment and joy in living,
Get rid of all false estimates,
Set up high ideals – first love our Master and know His will,
Have a comfortable home and happy family relationships with a strong devotion to the right that will not swerve,
Have a simple religion, empty of bigotry and full of tolerance,
Have good friends, worthy of being loved,
Develop a good neighborly community contact,
Have books full of inspiration,
Have beauty of our own making,
Have innocent pleasures that bring no one pain or remorse,
Be homemakers who love growing in knowledge and development,
Let this be the philosophy which our FCE Study Groups implement and promote,
For in this way our greatness lies.

Mrs. W. Parker and Mrs. A. Willey, revised 2005
### Lesson Topic | Please note: It is important to let the lesson instructors know which lesson you plan to attend so they can have materials available for your study group. Their phone numbers are listed below. | Training Dates: All trainings are from 9:30-11:00 AM | Study Group Meeting Date | Leader-Teacher | Hostess
---|---|---|---|---|---
**Eye-opener: Rev Up Your Engine: Healthy Body, Healthy Heart**
This packet eye-opener will be available at spring FCE functions in March or April. It will touch on the highlights of two Hearthfire lessons; “Does Your Engine Purr?” and “Here’s to a Healthy Heart”
Alene Showers, 503-393-9389 | | | | January | 
**Green Up Your Outdoors**
Let’s return to the “green” method of gardening, that Grandpa and Grandma used. Find out how to avoid chemicals and still handle common yard and garden problems.
Dorene Garland 503-769-4290 Lynda Nyseth 503-835-2044 FCE | Two trainings: Yamhill January 27 Marion January 28 | | | February | 
**Better Balance, Better Bones, Better Bodies**
Learn strategies to prevent falls, slow bone loss, and improve functional health with age.
Debra Minar Driscoll 503-623-8395 OSU | Two trainings: Polk February 24 Marion, February 25 | | | March | 
**Mushrooms, Nature’s Hidden Treasures**
Cultivated or domestic mushrooms are more and more available to the consumer. Find out differences in the flavor, preparation and uses of enoki, crimini, shiitake, oyster mushroom varieties and more.
Debra Minar Driscoll 503-623-8395 OSU | Two trainings: Polk, March 24 Marion, March 25 | | | April | 
**Lighting the Way**
Examine lighting choices for our homes and yard. What can enhance safety and efficiency as we get older? Learn about choices that can save money and the environment.
Debra Minar Driscoll 503-623-8395 OSU | Two trainings: Polk, April 28 Marion, April 29 | | | May | 
**Hot as a Chili Pepper, Cool as a Cucumber: Managing Stress**
We all have stress in our lives, but what kind of stress is it? Take the Stress Prone Personality test to see if you are adding more stress to your life than you need to.
Lynda Nyseth 503-835-2044 FCE | Packet lesson: Will be available after August 15 in Extension offices | | | September | 
**Mold in Your Home**
Find out how to prevent, detect, and clean up this potential health hazard in your home.
Linda Bird 503-843-2979 Sharyl Michael 503-949-2057 Alene Showers 503-393-9389 FCE | Two trainings: Yamhill, September 22 Marion, September 23 | | | October | 
**Taking Charge of Your Brain**
This lesson will focus on brain health activities, games, exercises, ideas, and fitness.
Lynda Nyseth 503-835-2044 Patricia Sanders 503-589-1917 FCE | Two trainings: Yamhill, October 27 Marion, October 28 | | | November | 
| | | | | December |

**Locations:**
- **Yamhill:** Extension Office Auditorium
- **Polk:** Room 212, Academy Building
- **Marion:** Health Services Bldg., Room 1C