



# EXTENSION

## STRENGTHENING OKLAHOMA FAMILIES

### Family and Consumer Science News

#### OK County Monthly News Oklahoma Home & Community Education

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#### CALENDAR OF ACTIVITIES

- Nov 03, 2021** Registration deadline for Dutch Oven Workshop, \$25.00.
- Nov 4, 2021** County Leadership Development/Planning Meeting, 10:00am, Extension Conference Center.
- Nov 06, 2021** Dutch Oven Cooking Workshop, 9:00am-1:00pm, Extension Conference Center.
- Nov 24, 2021** Deadline for OHCE Holiday Luncheon RSVP
- Dec 02, 2021** OHCE Virtual Holiday Event, 7:00pm
- Dec 03,** OHCE Holiday Luncheon, 11:30am, Extension Conference Center; Groups may come earlier to decorate their tables.

**Thought for The Day:** Opportunity is missed by most people because it is dressed in overalls and looks like work. - Thomas A. Edison

#### DEADLINE FOR January 2022

NEWSLETTER

Dec 22, 2021

#### OK County Extension Office

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Website for Extension Center:  
<https://extension.okstate.edu/oklahoma>

##### Website for OHCE:

[ohce.okstate.edu](http://ohce.okstate.edu)

##### Website for Genealogy

**Group:** [www.ohcegenealogy.com](http://www.ohcegenealogy.com)

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## EDUCATOR'S COLUMN

By Lisa Hamblin

The **holiday luncheon** is happening! Save the date of Friday, December 3<sup>rd</sup> to attend with your group members. This year will be a potluck and the county organization will be providing the meat. Please RSVP to Lisa no later than Wednesday, November 24<sup>th</sup>, how many are coming from your group. Attendees are asked to bring a dessert, side dish or bread. Our social chair, Jan Bohannon will be coordinating this event.

**Thank you to Jan Beattie** for presenting the October leader lesson, "DIY Family History Gifts". In addition to providing an interesting program for us, Jan taught the lesson in Garvin, Cleveland and McClain counties, too. She also appeared on the KFOR news with anchor, Heather Holeman to promote this month's lesson.

Please submit your **group officer and committee chair lists** to me asap. With no county vice-president, I will be editing and printing the yearbooks in between my official Extension work duties. To have the yearbooks ready for distribution at the holiday luncheon, I need the information now. Thank you to those who have already submitted.

Happy Holidays,

Lisa Hamblin  
OHCE Advisor  
Oklahoma County





## ***Memorial Service for Deceased Members***

by Jan Beattie

I still need additional photos for **Betty Kill** from the Cardinal group. Thanks for the photos and information already submitted to me.

I could also use additional photos for **Evelyn Gianfillipo** from Las Amigas/Will Rogers group, **Theresa Terry** from Solider Creek and **Evelyn Harris** from Modern Homemakers.

If groups lose additional members, please let me know so we can remember them at the next Memorial Service. Please email information or photos to me at [jankb80@sbcglobal.net](mailto:jankb80@sbcglobal.net).

## **Genealogy Group By Kathy Fetters**

The Genealogy group met Wednesday, October 20<sup>th</sup>, at the extension center. We had a total of 19 people in attendance: 16 members were present at the center, including one new member, Jerry Geurin and a member returning to Genealogy Group, Freda Cunningham, and two viewed via Zoom. Our President, Jan Beattie, opened up the meeting and our Vice-President, Cynthia Johnson, led us in the salute to the flags. Our monthly inspiration was given by Jan Beattie in the form of her monthly Quick Tips. The tip sheet this month was "Genealogy Projects for Celebrating Family History Month".

Molly Monaghan, a member of the Genealogy Group, presented "Westward Ho!" which was the story of her ancestors' movements westward. Some ancestors came from the New England states and had been there since colonial times. Some were newer immigrants from Germany. As land and opportunity opened up or hard times made current situations difficult those hardy ancestors took boats, trains and wagons moving ever west, eventually ending up in Washington and Oregon. She was lucky to have access to letters that were written from this country to family back in Germany giving us all a very personal look at their lives.

Next month we will meet on November 17<sup>th</sup> at the Extension Center and members of the group will present "Making Sense of the Census".

## **SOCIAL COMMITTEE UPDATES**

**by Jan Bohannon, Chairman**

### **October Word Search Answers Provided on the back of this newsletter.**

The Musical Terms Word Search Answers are included. This was the toughest one ever for me! We hope you enjoyed the challenge!

### **Winner Of The \$25 Braum's Gift Certificate For Highest Volunteer Hours for September**

#### **Modern Homemakers**

The name of the winner will be announced in next month's newsletter. Stay tuned! In the meantime, did you know, Braum's is an Oklahoma-owned company, providing 13,504 jobs in five states, OK, TX, AR, KS, MO, with 6,592 of those jobs in our state!

They make the best Hamburgers and Ice Cream. Yummo!

### **IMPORTANT HOLIDAY LUNCHEON UPDATE - "SONGS OF CHRISTMAS"**

Potluck! Special Guests! Contests! Sing-A-Long! Entertainment! Gifts! And More! Free!

If this sounds like your idea of fun, you will enjoy our annual Holiday Luncheon **Friday, 11:30 am, December 03 at the Extension Center**. The meat will be provided by the Social Committee Budget. Everyone is to bring a dish. Group presidents will be contacted to coordinate dishes so we don't end up with meat and 75 pecan pies!! But on second, thought, I do love pecan pie! **RSVP to Lisa at the Extension Center No Later Than Wednesday, Nov. 24<sup>th</sup>.**

Music and a fun Sing-a-long will be led by our very own Valerie DeBoer. This year's theme will be "Songs of Christmas". Each group is to decide on a Christmas song and then decorate their table accordingly as their theme. But don't tell anyone outside your group. We will have a contest guessing the Christmas Song/Theme of each table. A gift will be presented to the winner!

Also, a second contest! We have two very special guests attending, OSU Extension staffers, who will serve as our Judges. These Judges will determine the best decorated table! The winning table will receive a gift!

Our very own Jan Beattie, has prepared an intriguing and entertaining program for us, "The History of Santa Around The World".

**Be sure to put this date on your calendar! You won't want to miss out on all the festivities!**

## **CULTURAL ENRICHMENT**

### **by Pat Smith**

“FIRST AMERICANS MUSEUM Delayed Dream!” That is how THE OKLAHOMAN newspaper titled their article on September 12, 2021 about the ‘soon to open’ new museum in Oklahoma City. This new museum highlighting the state’s 39 Native American Tribes had taken years to be completed. The site at the crossroads of I-35 and I-40 in Oklahoma City had been selected in September, 1998. But the project had actually been in the planning stage since 1989!

There had been many problems, financial and other things, through the years that had delayed it’s completion. The opening was September 18, 2021!

If you have not visited this new museum in Oklahoma City, your Oklahoma County OHCE Cultural Enrichment Committee encourages you to add this to your “Bucket List” as soon as possible

## **OHCE Bits & Bytes Group**

### **by Pat Smith**

The OHCE Bits & Bytes Group began meeting by ZOOM in April, 2020 and has met every month since that time. As of now the Group has voted to continue meeting by ZOOM, on the fourth Monday of each month from 1:30 pm to 3:30 pm.

Our meeting consists of a short OHCE business meeting, a Question and Answer time where each participant can ask about any computer problem they are having, and a lesson prepared by our instructor, Bill James. With each lesson Bill provides a printed Tips and Tricks sheet. Bill is very knowledgeable on all phases of computers. He is the leader of the Oklahoma City Computer Group and is an officer in the APCUG national computer organization.

Any member of another OHCE Group or non-OHCE individual are invited to visit our monthly ZOOM session. If you are interested in checking out this Group please contact Pat Smith at [pmsmithokc@gmail.com](mailto:pmsmithokc@gmail.com) for the ZOOM link provided by the instructor.

## **FAMILY ISSUES**

### **by Pat Smith**

Since there has not been a Chairman for the OK County Family Issues Committee this year, Kathryn Wells and I worked together to ensure that the Oklahoma County Family Issues projects were accomplished. This is an update of what this Committee has done during 2021.

In April, 2021 we were invited by TRIAD to participate in a drive-by Senior Health Fair being held at the Putnam City Baptist Church parking area in the Northwest part of Oklahoma City on May 15, 2021. After discussing this project, it was decided it would not be just an OHCE project, but an OSU Extension project sponsored by OHCE. It was further decided that we would provide bags containing information about all the areas sponsored by the Oklahoma County OSU Extension Service. With Lisa Hamblin's help, contact was made with all the different areas, who were then asked to provide brochures and/or items for the bags to be given to the public that attended the Health Fair. The Family Issues Committee purchased bags, and Kathryn's daughter helped us by creating a very nice label for the bags. We gathered the various brochures/items, recruited volunteers to stuff the bags, and to hand out the information at the event on May 15, 2021. We prepared 88 bags, and it was very successful. The public was very grateful to learn more about the Oklahoma County OSU Extension Service. We thank everyone that volunteered on this project. It is possible that TRIAD may invite OHCE to participate in this event in the future, and it is our hope that you will consider volunteering.

The second successful Family Issues project was: The VA Hospital July 4<sup>th</sup> Personal Items bags for hospitalized veterans. All OHCE Groups, and some individuals donated items for the bags. This year the items on hand by mid June were inventoried, and the Family Issues Committee shopped, with money provided by five Groups, for the items needed to complete 75 bags. The OHCE Genealogy Group provided canvas bags for the collected items, volunteers were recruited, and on June 30<sup>th</sup> we had a bag stuffing day. The completed bags were delivered to the Oklahoma City VA Hospital that day. We thank each Group, and individuals who donated items/money for this project, and volunteered to fill the bags, or deliver the completed bags to the VA Hospital. You may have noted that each month's newsletter has a list of items needed for this project in 2022.

The third Family Issues project is the Santa Stockings we make for the Mental Health Association, and the TRIAD Grandparents Raising Grandchildren. We expect to need 850 stockings this year! We know that many Groups and individuals are still sewing stockings, but we need to get an inventory of the completed stockings. It would be helpful if you could turn in the completed stockings now, and then bring any additional stockings when they are completed. If you are attending the Leadership Development/2022 Planning event on November 4<sup>th</sup>, that would be a great time to bring any stockings that are completed. Thank you!

## **OHCE Las Amigas/Will Rogers Group by Pat Smith**

The OHCE Las Amigas/Will Rogers Group began having in person meetings on August 2, 2021 at the OSU Extension Center for the first time since March, 2020. We meet in the Kitchen Conference Room at 10:00 am on the first Monday of each month and would love to have anyone visit our Group.

Two of our members, Glenda Hargis and Emily Self, are currently having home rehab as part of their recovery from surgery. They are both long time members of this Group, Emily is one of the founding members of the Las Amigas part of the Group.

Through the years our Group has done a variety of service projects, we are now supporting 4-H and the CNEP project with donations.

### **VETERANS ITEMS FOR NOVEMBER/DECEMBER**

- Soap bars
- Body Lotion
- Shampoo
- Conditioner
- Body Wash

### **OHCE NEEDS OFFICERS AND COMMITTEE CHAIRS!**

Our organization needs you!! Please consider volunteering for one of the following offices or chairmanships. These are 2 year commitments that will begin January 1, 2022. Contact Lisa asap. The following vacancies are open:

- County President
- County Vice-President
- Resource Management Chair
- Family Issues Chair
- Santa's Stockings Coordinator
- County Historian
- Membership Chair
- Leadership Development Chair

### **2022 SE District Meeting**

Mark your calendars for Tuesday, March 8, 2022. The SE District OHCE meeting will be held at the Ardmore Convention Center. More information coming soon.



## **OKLAHOMA COUNTY OHCE TO HOST 2023 SE DISTRICT MEETING**

We will be hosting the 2023 meeting with Cleveland, Garvin and McClain counties. Be prepared to help organize and host this event next year. It is expected that we will host a silent auction at the 2022 meeting to raise funds for the 2023 meeting. I will let you know how many items we are to provide. We will have a planning meeting soon to discuss location, catering, speakers, etc. Please let me know if you would like to serve on the planning committee with the other 3 counties.

## **OHCE STATEWIDE VIRTUAL GROUP**

OHCE is going virtual! Beginning in 2022, Suzette Barta from the state OHCE office at OSU, will be organizing a virtual OHCE group that will accept members from all over the state. Lisa has been serving on the advisory committee for this new format with other educators and OHCE members. The target audience for the group will be people who don't have time or aren't able to attend in-person OHCE meetings. There will be a **Virtual Holiday Event, Thursday, December 2<sup>nd</sup> at 7:00pm** to give potential members a taste of OHCE. Activities will be on Zoom, and will include demonstrations on Short Cut Cinnamon Rolls, Slow Cooker Holiday Meals, Easy Holiday Crafts, and how to make a Holiday Charcuterie Board. More information will be coming soon, so watch your email and share with a friend that may be interested in this new version of OHCE.

## **2022 OHCE LEADER LESSONS**

The following are the leader lesson topics for 2022. Please remember to send a group representative to each presentation:

January 27: Sheet Pan Meals  
February 24: Medical Identity Theft  
March 24: Seed Saving Made Easy  
April 28: Enhance Your Photography Skills  
May 26: Herbs, Spices and Oils  
June 23: Not So Spooky Spiders  
July 28: Dealing with Stress  
August 18: A Century of OHCE History  
September 22: Internet Food Safety Myths  
October 27: How to Make Your Home Secure

## **CNEP FOOD BASKET DONATIONS DUE DECEMBER 15<sup>TH</sup>**

Our county CNEP (Community Nutrition Education Program) is collecting food to provide baskets for 3 families the nutrition assistants have provided nutrition education lessons to this year. Many OHCE groups have donated in the past, and hopefully will continue the tradition. **Thank you to the Genealogy Group for being the first to donate!** Please see the attached list for ideas. Christy will also accept cash or checks to purchase items they don't get through donations.



We are hoping to collect enough items to provide Food Baskets to 3 CNEP families this year. See examples below for items needed.

Please bring items to the Oklahoma County OSU Extension office by December 15th.

**MEATS**

Small Ham (whole or half)

Small Turkey 10-12#

Other canned meats

**STAPLES**

Flour

Sugar, Salt

Cooking Oil

Dry Milk/Canned Milk

Hot Cereal (oatmeal, grits, etc)

Ready to Eat Cereals

Dried Beans or Peas

Dried Pasta

Rice

Cake Mix or other Dessert Mix

Cornbread Mix-Stuffing Mix

Eggs

**DAIRY PRODUCTS**

Butter or Margarine

Milk

Cheese

**CANNED GOODS**

Canned Vegetables

Canned Fruit

Peanut Butter or other nut butter

Soups or other canned items

**BREAD**

Whole Wheat Bread or Rolls

Cookies

Crackers

**NON-EDIBLE**

Soap, Dish Detergent

Paper Towels or napkins

Toilet Tissue

Laundry Detergent

Bleach

**FRESH FRUIT & VEGETABLES**

Fruits

Lettuce or greens

Potatoes

Other Fresh Vegetables

# Musical Terms



- ~~MEDLEY~~
- ADAGIO
- ~~ATONAL~~
- ALLEGRO
- ~~LEGATO~~
- ~~CHORD~~
- ~~CLEF~~
- ~~CADENZA~~
- ~~CADENCE~~
- GALLIARD
- CONCERTO
- ~~MEZZO~~
- ~~DISSONANCE~~
- CHORUS
- ~~DUET~~
- ~~ESPRESSIVO~~
- FALSETTO
- CAVATINA

Play this puzzle online at : <https://thewordsearch.com/puzzle/168/>