

Strengthening Oklahoma Families

Having a Vision For Your Child

When parents divorce, it can be a traumatic situation for children. The normal routines and rituals they are used to get disrupted and so many things in their lives are changing all at once. Establishing new routines and rituals can help ease the transition they are experiencing.

As a parent, it's vital to be aware of your child's emotions and how they're responding to these changes in their life, said Katey Masri, coordinator for Oklahoma State University Extension's Co-Parenting for Resilience program.

"Children often respond to divorce in various ways. You and your co-parent know your child best, and it's important for both of you to stay attuned to their needs and help them overcome these new challenges they're facing," Masri said. "The trauma of divorce is hard on children, but parents can help them be resilient and overcome the difficulties."

Obviously, divorce can be hard on children, but it doesn't have to be the end of the world. There

are things parents can do to lessen the impact on their child and help guide them toward a bright future. By the same token, it's important to realize there are things parents may do that can make the situation even more difficult, as well.

Masri said having a vision and setting goals is a great way to take control of the situation and help put your children on a positive path.

"It's important to keep in mind you cannot control the actions of your co-parent. However, knowing the path you and your children are on allows you to respond to some of the challenges you're facing," she said. "Child success is predicted by how parents 'parent' after the divorce. A divorce is stressful for everyone involved and can change the way you parent."

It's best to use a balanced style of parenting, which focuses on emotional expression, love and support for the child's needs and their best interests. Establish new routines and rituals as soon as

you can in an effort to provide a sense of normalcy for the child while they are still adjusting to the fact their parents are divorcing.

Always be available to listen when your child comes to you and wants to talk. Let them show their emotions and feelings about the divorce.

"Sometimes this can be hard to hear, but allowing them to share what they're feeling is key to helping them bounce back and have a bright future," Masri said.

Balanced parenting also involves firm but appropriate discipline and open conversations about

why the child is being disciplined. When parents use balanced parenting, children tend to be responsible, confident, caring and happy individuals.

"We understand co-parenting is can be difficult, but it's important for your child's future," she said.



Lunchtime Learning Workshops

- June 11th - Summer Salads
- July 9th - Wooden Bead Garlands
- August 13 - Nuts About Fudge

Leader Lessons

July 23rd - Family Meal Time @ 2:00 p.m.

It's Time to Elect Local Officers for the Year 2022



*Please provide the Extension office
your list of local officers by
October 1, 2021.*

We have a new addition to the Alfalfa County OSU Extension Office!



We would like to welcome Delana Hansel to our office!! She is a Cherokee local graduating from high school in 2005. Delana graduated from Northwestern Oklahoma State University with a Business Degree in 2009. She obtained her MBA from Northeastern State University in 2011. She is married to Clifton Hansel and has two sons; Hayden and Hudson. Delana is a member of FBC Cherokee, enjoys volunteering on Wednesday nights with FBC Kids. She is a member of the Cherokee Main Street, Cherokee City-County Library Friends of the Library, and ESA.

July OHCE Leader Lesson

"Immunizations & Vaccines" District Lesson available to pickup on June 25, 2021.



Blood Drive

The Blood Drive will be on July 29, 2021. It will be at the Alfalfa County Exhibit Building.



**Thank you to everyone
who helped make the
2021 Alfalfa County
Flower Show a success!**

OHCE Enrollment

Membership dues need to be collected by local treasurer and sent to the county treasurer during the month of October.

Dues for the 2022 year

County 4.50

State 12.50



\$17.00

Local treasurer's need to provide a list of the 2022 year enrollment and all new member enrollment forms to the Extension Office and a copy to the county treasurer Theresa Hutchison Copies can be made at the Extension Office. If you have further questions please call the Extension Office 580-596-3131.

Extension Office Use Only
Placed on Computer Roster _____
Initials _____

Return membership form with
dues to county OHCE Treasurer

Oklahoma Home and Community Education COUNTY MEMBERSHIP FORM _____

(year)

Date: _____ New Member: ☐ (or) Changes: ☐

First Name: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Gender: Female ☐ Male ☐

Group Name: _____ Member Since: _____
(year)

E-mail: _____ County: _____

Age Range: (1) 19 Years & Under ☐ (2) 20-34 ☒ (3) 35-44 ☐ (4) 45-64 ☐ (5) 65-79 ☐ (6)
80 & Over ☐

Send Outreach Newsletter by email ☐ YES

VOLUNTARY INFORMATION REQUEST *(Equal Employment Opportunity Information Request)*

Ethnic Data *(select only one):*

- ☐ **White** (not of Hispanic origin. A person having origins in any of the original peoples of Europe, North Africa, or the Middle East).
- ☐ **Black** (not of Hispanic origin. A person having origins in any of the black racial groups).
- ☐ **Asian or Pacific Islander** (A person having origins in any of the original peoples of the Far East, Southeast Asia, the Indian subcontinent, or the Pacific Islands. This includes, for example, China, Japan, Korea, India, Pakistan, Bangladesh, Sri Lanka [formerly Ceylon], Nepal, Sikkim, Bhutan, Afghanistan, the Philippine Islands, and Samoa).
- ☐ **American Indian or Alaskan Native** (A person having origins in any of the original peoples of North America, and who maintains cultural identification through tribal affiliation or community recognition).
- ☐ **Hispanic** (A person of Mexican, Puerto Rican, Cuban, Central or South American, or other Spanish culture or origin, regardless of race).

Member Signature _____

County Use Only



86th Annual State Conference News

August 1,2 & 3, 2021

Champion Convention Center, Oklahoma City

You Hit A Home Run With OHCE

Greetings from [Debbie Mote](#), Vice President for Programs

It's time to pack those bags because the plans for this year's annual conference are in the final stages. YOU are invited to come "play ball" with OHCE members from all across the state for this special time together. Travel around the bases as we celebrate accomplishments, attend interesting and fun workshops, and reconnect with friends. This is a homerun for sure. Your ticket to all the fun and fellowship is the conference registration of \$120.00 which includes Monday and Tuesday luncheons and the Friendship Banquet on Monday Evening.

Deadline for registration is July 16, 2021. After this date the registration increases to \$140.00. Register Early!!

All conference activities will take place at the Champion Convention Center in Oklahoma City. Reservations for the Hilton Garden Inn can be made by calling 405-942-1400 and **telling the hotel you are with OHCE** to get the discounted rate of: Single \$104 Double \$114 Triple and Quad \$124 plus tax. **Deadline for these discounted rates is July 16, 2021.**

Registration for the conference can be made online at

www.orangehub.okstate.edu

Agriculture Conference Services

OHCE

If you have any questions call 405-744-6489 and Jandra or Stacy will be more than happy to help you.

On Sunday afternoon let's begin our **Ballgame!!** Be on the field (convention center) at 3:30 as we travel from base to base making adorable Christmas Crafts. The cost of the 4 workshops is only \$20.00.

Monday morning enjoy a complimentary full breakfast buffet. Then activities will begin at 8:00 am with the First Timers Session and the Voting Delegates Orientation. Voting delegates, please be in your assigned county seat by 8:55. The Business Meeting begins promptly at 9:00 am. There will be 5 learning session opportunities with 15 workshops on Monday and 12 on Tuesday. Several workshops will repeat allowing greater flexibility to attend workshops of your choice.

During the Monday luncheon, the **winning Life Essay stories** will be read. At the Friendship Banquet, the **OHCE Member Awards** will be recognized as will those winners from the previous "Covid" year. The evening entertainment will be Chris James and his wife Kyla. They have both been performers in Branson, Missouri. The banquet concludes with vespers as we remember fellow OHCE members who have passed during the last two years.

Tuesday will be our time to celebrate our **Outstanding Award & Report Winners** beginning at 8:45 am. Kathy Fentress will share the **winning reports** with us, and our **50+ year members and groups** will also be recognized. During lunch, we will hear **Life Essay stories** from the previous year that were unable to be shared last year.

AND - I forgot to mention that you will be receiving special **"Baseball Cards"** at every workshop you attend, every lunch and at the Friendship Banquet. Collect, Save and even Trade baseball cards. These cards will be used for door prize drawings.

Register. Reserve Your Room. Pack those bags and "Let's Play Ball"

See you in August!!

86th Annual State Conference News

August 1-3, 2021

The hotel sits adjacent to the Champion Convention Center, home to our 2021 State OHCE Conference. Their amenities include free parking, non-smoking rooms, fitness center, and outdoor pool and whirlpool. Each room comes with free Wi-Fi, refrigerator, microwave, Keurig coffee maker, 40" remote TV, hair dryer, iron and ironing board. The hotel is following all recommended safety precautions.

Hotel Reservations

Telephone Number: 1-405-942-1400

Group Name: OHCE

Room Rates: Single \$104; Double \$114; Triple & Quad \$124 (plus tax on all rooms)
Rates included complimentary Hot Breakfast Buffet for each registered hotel guest at the Garden Grille' located in the hotel lobby.

Reservation Deadline: July 16, 2021

Hotel Address: 801 South Meridian Avenue, Oklahoma City, OK

All conference attendees are requested to follow all current CDC guidelines and protocols for event gatherings. This includes staying home or in your reserved hotel room if feeling ill, and washing hands often. **Oklahoma State University has lifted the mask and social distancing mandate.**

Conference Registration

- **Early Registration Fee is \$120**
- **After July 16, 2021 Registration Fee is \$140**
- **Christmas in August - Sunday Evening is \$20 (attendance limited to 100)**
- **No Refunds after July 16, 2021**
- **No walk-in registrations will be accepted this year. Everyone WILL need to preregister.**

Register for the conference using our secure OSU On-Line process. Credit card/debit cards accepted are Visa, MasterCard, Discover or American Express. This process is being used to guarantee your financial information remains confidential and secure.

You will receive an email confirmation when you place your order. Please watch for a second email in a couple days later that will contain your receipt.

For registration question please contact: OSU Ag Conferences

Phone: 405-744-6489

Email: agconferences@okstate.edu



Flower Show Results



The Alfalfa County Oklahoma Home and Community Education Flower Show committee and the Alfalfa County Cooperative Extension Service sponsored the annual Alfalfa County Flower Show on May 5th as they celebrated OHCE Week.

The Flower Show received 150 entries this year. Nearly all divisions and categories were represented. Best of Show winners were Mary Etta Campbell in the Artistic Division; Nancy Hada, Irises, and Jacqueline Britt, General Horticultural Division. Jacqueline Britt also received Grand Champion Overall with her staghorn fern.

Prizes for the Best of Show winners and other awards were provided by the Puffinbarger family for Best of Show, Medicine River Soap Company, Cherokee Co-Op, Cherokee Floral, United, Smith Drug, TH Rogers, Ace Hardware, Bumper to Bumper, Lola's, Cavali's, Smok Shak, BancCentral, Gateway Bank, Team Hot Fitness, The Shack, Debra Redd, Angie Buck, Domes-Ti-Kates OHCE, Farmerettes OHCE, Jet Industrious OHCE, and Wheathearts OHCE.

The Judge for the Flower Show was Pam Lyon, a Garfield County Master Gardener, from Enid.

In the afternoon Mini Smart educational workshops were presented to the public. Tommy Puffinbarger of Alfalfa County Extension presented a workshop on "Pruning Trees" and included a field trip to the park to learn hands on. Lynetta Cressler of Cherokee Floral conducted a workshop, "All About Succulents", where participants learned about caring for succulents and potted their own succulent to take home.

The Alfalfa Oklahoma Home and Community Education Association is an organization that promotes, and strengthens individuals, family and community through education, leadership development and action, in cooperation with state, county and local groups. If you would like to have more information about Alfalfa County OHCE Groups or you would like information on how to join a local group, please contact the Alfalfa County Cooperative Extension Service at 580-596-3131.

