

Specialists Trained in Coming Together for Racial Understanding



Five years ago, the Extension Committee on Operations and Policy (ECOP) charged a small team of Cooperative Extension Service and non-land grant university professionals to examine the current capacity of CES to respond to the need to promote racial understanding and healing.

The vision was to grow a community of Extension professionals who are well prepared to foster meaningful community conversations around race, ultimately leading to positive change. The result of this effort is the Coming Together for Racial Understanding dialogue program, which is built upon four major principles:

- CES is positioned to help organize and facilitate these challenging conversations, as they are viewed as trusted resources in some communities.
- CES must demonstrate in our own practices what we seek for communities.
- CES must do its own work around race before we can effectively engage communities.
- Dialogues are vital to understanding, and understanding is vital to healing and enduring change.

Mike Stout, OSU Extension specialist, said Oklahoma sent a team to Minneapolis to be trained as CTRU trainers. The team had representation not only from OSU, but also Langston University and the College of Muscogee Nation.

"We just finished training our first cohort of facilitators for the program in Oklahoma," Stout said. "We're hoping to host the first round of dialogues with staff and administration from the three universities this fall."

Nationwide, 26 states are participating.

These trained teams first will be initiating efforts by expanding the pool of trained Extension professionals before launching community efforts. The COVID-19 pandemic certainly delayed Oklahoma State University's efforts, but these core teams across the country are making progress.

"With the completion of training our new facilitators, we'll be working on facilitating the conversation not only with OCES faculty and staff, but we're looking forward to much-needed conversations within the state," he said. "Civil dialogues around race relations requires a broad skill set drawn from two overlapping subsets of skills. One set of skills relates directly to organize, convene and help lead an effort to bring people together for conversations around challenging issues. The other is directly related to competencies around multi-cultural communication and interaction."

Understandably, conversations about race and racism, as well as other human differences, can be very difficult. This is due in part to lack of positive role models and limited opportunities to engage in discussions focused on complex issues in ways that lead to increased understanding and positive change.

Stout said these difficult conversations, not only about race, but gender, class and other differences, can trigger strong emotions in people.

"Knowing how to effectively facilitate these conversations is vital. OSU Extension must do its part to put these dialogues on the front burner and keep them there," he said. "We have to demonstrate to Oklahoma communities that Extension is committed to addressing racism and other issues by training teams who support both deep learning and self-exploration on race and is invested in meaningful dialogues."

Major County OSU Extension Center

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Courthouse Suite 3
Fairview, OK 73737

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dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/major

Facebook page-

Major County OSU Extension

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Blaine County OSU Extension

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Safe and Clean Spring Cleaning

It's spring cleaning season again! Let's celebrate everyone who will organize, sweep, vacuum, dust, disinfect or otherwise clean their homes. A recent survey found that 90% of Americans take part in spring cleaning. Still home because of the pandemic? Join the trend and roll up your sleeves!

What is the priority space to clean this spring? According to our survey results, the kitchen!

If the kitchen is on your spring cleaning list too, keep these best practices in mind:

- Work from the top down – Look up first and clean stove ranges and cabinet knobs. Work your way down, cleaning door frames, light switches and counters, followed by getting low and cleaning the baseboards and floors.
- Don't skip the appliances – To keep appliances running efficiently, clean your dishwasher filter, under the fridge and in the oven. Don't forget to give the inside of the microwave a scrub as well.
- Tackle the food – Move on to the fridge and pantry to clean out expired condiments, dusty herbs and spices or spoiled leftovers. Wipe down shelves and pull out fridge drawers to soak in soapy water.
- Reassess placement – Are there appliances you don't use as often? Or are you past your early pandemic baking phase? Consider moving seldom used pieces to a closet or other storage area. Or, if you haven't used them in a year, consider donating them.

Take these tips and go forth!

In honor of National Prescription Take Back Day, Red Rock RCORP, Cheyenne & Arapaho Tribes and local law enforcement are hosting a drive-thru take back event on Saturday, April 24 from 10AM-2PM at the Opportunities Inc. parking lot, 117 W. Russworm in Watonga. Please dispose un-needed medication safely.

Food Handlers: **Food Safety Training**

Choose from one of these remaining 2021 dates:

-April 22 -June 24 -August 26
-October 28 -December 9

-2:30 P.M. or 4:30 p.m.

-Online Format Only (Zoom)

(participants will need internet access)

Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register by the Monday prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator– FCS/4-H & Major County Extension Director
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737
580-227-3786 (phone)
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Blaine County OHCE News and Notes



West District Meeting– Virtual

Thank you to those that participated in the virtual meeting on Friday, March 26. Share with others what you learned!

Lesson Leader Trainings

The Lesson Leader Training in April (for May meetings) is Thursday, April 22 at 10 a.m. at the Watonga Library. The lesson topic is "Nurturing Your Emotional Health". Please attend if you are able.

There will not be a Lesson Leader Training in May since June is a FREE month. Enjoy a fun activity with your group!

High School Scholarships

We received 12 applications for the high school scholarships. Judging results will be announced soon.

COVID 19 Guidelines

Please note that for any OSU Extension program or event, the current CDC guidelines for COVID 19 will be followed including social distancing, wearing masks, proper sanitizing, etc. Do not attend or participate if you are feeling ill or if you are uncomfortable in doing so. Continue to stay safe!

OHCE Week– Promotional Event

OHCE Week is May 2-8 and we will be hosting a "History of Feed Sacks" program on Wednesday, May 5 beginning at 5 p.m. at the fairgrounds. Be looking for more details soon and start thinking about who you can invite as guests!

New State Project

A new OHCE state project was announced last month- *Reduce Childhood Hunger*. 2020 statistics show 1 in 4 children in Oklahoma suffer from food insecurities. Let Dana know if you have a project idea or are interested in getting involved.

Check us out on Facebook!

See details in this newsletter for upcoming programs that may be of interest to you! For updates and announcements, "Like" our Facebook page: *Blaine County OSU Extension*. Also, visit our website and add it to your favorites: <http://extension.okstate.edu/county/blaine>

Volunteer Hours

Don't forget that we need your volunteer hours turned in each month. This information is useful for state reports.

OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills
- To develop leadership potential
- To provide community service opportunities

Members are involved in programs including:

- Arts and crafts and volunteering for county fairs
- Helping raise reading skills of youth in Oklahoma
- Preserving our history and celebrating the roles that families have played in our communities
- Providing both youth and adult scholarship programs
- Nutrition and health programs for both youth and adults
- Family well-being programs
- And many more.

A member belongs to:

- their local OHCE group
- their county OHCE association
- the state OHCE association
- Country Women's Council of USA (CWC)
- Associated Country Women of the World (ACWW).

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.html>

OHCE Groups in Blaine County:

- Domestic Engineers- President- Mary Larson, 580-791-1126 (meets 2nd Tuesdays at 6:00 pm)
- Pleasant Valley- President- Terri Crawford, 580-623-9469 (meets 3rd Thursdays at 7:00 pm)





For parents and other caregivers where the following topics will be addressed:

- Being an Active Parent
- Building Courage & Self Esteem
- Cooperation & Communication
- Understanding & Redirecting Misbehavior
- Responsibility & Discipline
- Active Parenting for School Success

2021 Class Sessions

June 3, 10, 17, 24 at the Blaine County Fairgrounds in Watonga
October 7, 14, 21, 28 at the Major County Fairgrounds in Fairview

Sessions will meet from 6-9:00 p.m.

Participants must attend all four classes in a session to complete the program.

Classes will consist of group discussions, video presentations, and hands-on activities.

Dana Baldwin, Major and Blaine County OSU Extension Educator-FCS/4-H & Major County CED is the program facilitator.

Fee for the class is \$30.00 per participant per entire session.

Please pre-register 3 business days prior to the session you plan to attend.

(at least 4 people must be pre-registered for the classes to be held)

If interested, complete and return the bottom portion of this flyer with the class fee to the Major or Blaine County OSU Cooperative Extension Center. If you have questions, please call 580.227.3786 (Major County) / 580-623-5195 (Blaine County).

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age disability or status as a veteran and is an Equal Opportunity Employer.

Yes, I plan to attend the **Active Parenting** class!

Enclosed is my \$30.00 class fee, payable to "OSU Extension Center".

Name _____ Address _____

Phone Number _____ Number & Ages of Children _____

Return at least 3 business days prior to the session you plan to attend:

Major County OSU Extension Center
500 E. Broadway, Courthouse Suite 3
Fairview, OK 73737

or
Blaine County OSU Extension Center
212 N. Weigle Ave., Suite 101 Courthouse
Watonga, OK 73772



EXTENSION

2021

Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities
and a brief Educational Program Focusing on Self-Improvement*



One hour sessions from 12:00 to 1:00 p.m.

Major County: at the County Fairgrounds in Fairview

Blaine County: at the Watonga Public Library

-Shadow Box Bird Feeder & "Blood Cholesterol"

Tuesday, April 27 in Blaine County

Wednesday, April 28 in Major County



-Patriotic Wood Block & "Physical Activity"

Monday, May 24 in Major County

Tuesday, May 25 in Blaine County



-Embroidery Hoop Welcome Wreath & "Positive Attitude"

Tuesday, June 29 in Blaine County

Wednesday, June 30 in Major County



**Bring your own lunch and come take part in these programs.
\$10.00 fee per person per session to cover the cost of supplies.**

**Register by calling either the Major County or the Blaine County OSU Extension Center.
(Major County- 580-227-3786/Blaine County- 580-623-5195)
RSVP at least one week prior to the session you plan to attend.**



EXTENSION



Dana Baldwin

*Major & Blaine Counties Extension Educator
Family & Consumer Sciences/4-H Youth Development
and Major County Extension Director*

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**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

JELLY ROLL LAP QUILT WORKSHOP



Saturday, May 1, 2021

9:00 a.m. start time

Blaine County Fairgrounds in Watonga

Participants will complete a lap quilt made with jelly roll fabric strips.

(Fabric will be a variety of prints and colors.)

Fee is \$60 and includes snacks, drinks and lunch.

Participants will need to bring your own sewing machine, extension cord, fabric scissors, straight pins, measuring tape, iron & ironing board.

**Please RSVP and pay the fee no later than Monday, April 26.
Contact the Blaine County OSU Extension Center with questions.**

580.623.5195

dana.baldwin@okstate.edu

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religion, sex, age, disability, or status as a veteran, and is an Equal Opportunity Employer.*



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

2021 CREATIVE COOKING WORKSHOPS

-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-



**-Saturday, June 5 at the Alfalfa County Fairgrounds, Cherokee
Let's Talk About Tacos - Versatile Veggies - Blender Recipes**

**-Saturday, August 14 at the Major County Fairgrounds, Fairview
Foil Pack Meals - Sheet Pan Dinners - Dump Cake Magic**

Workshop times: 10:00 a.m. to 2:00 p.m. each day

Fee: \$15/per person each day

Please RSVP and pay fee no later than one week prior to the workshop you plan to attend. Contact the OSU Extension Center in your county:

Alfalfa County-580.596.3131 Blaine County-580.623.5195

Major County-580.227.3786 Woods County-580.327.2786



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

Blaine County OSU Extension Center
212 N. Weigle Ave., Suite 101 Courthouse
Watonga, Oklahoma 73772

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Major and Blaine Counties

and Major County Extension

Director



Family & Consumer Sciences assists communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.



Oklahoma Home & Community

Education, Inc. (OHCE) is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.

www.OHCE.okstate.edu

