

# STRENGTHENING OKLAHOMA



## GARFIELD COUNTY EXTENSION

Together with Langston University and the College of Muscogee Nation, Oklahoma State University has joined forces to bring people together and engage in connection, learning and planning regarding racial understanding.

Mike Stout, OSU Extension family and consumer sciences specialist, said the Oklahoma program is based on the national dialogue program Coming Together for Racial Understanding.

“Several educators from OSU, Langston and the College of Muscogee Nation have been trained as trainers, and we’ve done two facilitator trainings to engage Extension faculty across Oklahoma’s 1862, 1890 and 1994 land-grants in both the dialogue program itself and the facilitation training,” Stout said. “The purpose of the programs is to provide a space and process through which members of diverse communities can work through issues. We encourage sharing experiences, thoughts and opinions in order to learn more about issues.”

In addition, this type of setting shows how different factors can influence understanding. Once participants share their experience, facilitators and participants can step back and look at the data and learn more about what’s happening in communities across the state.

OSU Extension is a trusted organization across the state and is structured in a way to help organize and facilitate such challenging conversations concerning race, gender, class differences and more.

“We want to give people long-term

## OSU Extension makes strides with Coming Together for Racial Understanding Dialogues

goals to work toward, but also provide a framework on what steps can be taken collaboratively in order to move the needle to make progress on specific issues,” he said. “The plan is for a group of individuals to engage in dialogue and action planning to come up with their top one or two priorities. After they develop a plan, the broader community is invited to attend a discussion and these dialogue groups become action teams.”

Many communities around the state have gaps in programming. Stout said OSU Extension is looking to fortify those gaps and develop programming to meet the needs of state residents. “The goal is to build up enough capacity to offer these dialogues more broadly, and to expand them to potentially include topics such as workforce development; agriculture, family and consumer sciences and STEM,” he said. “It’s key to identify where there is common ground and build trusting relationships. We want to bring people together in a positive arena where their voices are heard and they can connect with people who have similar experiences. We want to help empower them to be agents of change and feel better connected to each other and to community leaders.”

Stout said there is some start-up funding available for action plans that are developed through these dialogues and grassroots efforts. It boils down to identifying common ground and building trust and relationships.

“We’re trying to find ways to productively come together and move forward. There aren’t a lot of models that look like this,” he said.

## Garfield County OSU Extension

### Address

316 E. Oxford  
Enid, OK 73701

### Phone

580-237-1228

### Email

Joy Rhodes  
joy.rhodes@okstate.edu

### Website

<http://oces.okstate.edu/garfield/>

### Social Media

Facebook: Garfield County OSU  
Extension Family & Consumer  
Sciences

### In this issue:

**OSU Extension makes  
strides with Coming  
Together for Racial  
Understanding Dialogues**

**West District Fair Judge  
Training**

**CPR Class**

**Group walks being held in  
May**

**4 Steps to Food Safety**

**OHCE News & Notes**

**Dates to Remember**



**GARFIELD COUNTY  
EXTENSION**

### West District Fair Judges Training

Training provided by the West District FCS Educators, Retirees, Volunteers & State Specialists

Major County Fairgrounds  
808 E. Highland, Fairview, OK  
Tues., May 16, 2023  
9:00 a.m. — 3:00 p.m

Attend this fun filled day so that you will be a judge that every county requests in order to have a successful fair!

Registration is \$20 and includes lunch and workshop materials. Please make your check payable to West District OSU Extension and mail to 205 W. Maple, Suite 510, Enid, OK 73701

*Registration is due May 1st to the West District OSU Extension Office.*

For Questions and Registration Forms Contact:

- Dana Baldwin, Major County (580)227-3786
- Susan Holiday, Alfalfa County (580)327-2786
- Donna Jung, Canadian County (405)262-0155
- Lesa Rauh, Custer County (580)323-2291

### CPR Certification Training

Two CPR Certification classes will be held on Wednesday, June 7th.

Class times are:

10 a.m.— 12 p.m.  
and  
1 p.m.—3 p.m.

The cost is \$20 and class size is limited to 10 per class.

Be sure to call (580) 237-1228 to reserve your spot in this class.

Please make checks payable to:  
Stephens County Extension



### Group Walks Being Held in May

In conjunction with the Walk with Ease program and the TSET Walk this May, there will be 5 community walks being held. I will lead each walk and all OHCE members and their guests, friends, potential members are invited. Things to remember, dress for the weather and time of day and wear appropriate walking shoes. All the trails we will be using are paved and bring a bottle of water or lunch for the noon meetings, if you wish. I will always try to wear the Walk this May shirt or an orange shirt. The schedule is as follows:

May 1---Noon---Meadowlake Park—bring a lunch and water if want to enjoy the weather-large pavilion

May 9—8:30 am Crosslin Park—large pavilion near the playground

May 15—Noon—Government Springs—large pavilion—bring a lunch and water

May 22—8:30—Cleveland Trail Head-south of Hobby Lobby-at the pavilion east of parking lot

May 30—5:30pm—Government Springs-At the large pavilion

# 4 STEPS TO FOOD SAFETY



  
CLEAN



  
SEPARATE



  
COOK



  
CHILL

With warmer weather arriving, here are some reminders on having a safe summer, enjoying the outdoors and eating safely. Follow these four simple steps—**Clean, Separate, Cook, and Chill**—to protect you and your loved ones from food poisoning.

## **Clean: Wash your hands and surfaces often.**

Germs that cause food poisoning can survive in many places and spread around your kitchen. Wash your hands for at least 20 seconds with soap and warm or cold water before, during, and after preparing food and before eating.

Always wash hands after handling uncooked meat, chicken and other poultry, seafood, flour, or eggs.

Wash your utensils, cutting boards, and countertops with hot, soapy water after preparing each food item.

Rinse fresh fruits and vegetables under running water.

## **Separate: Don't cross-contaminate.**

Raw meat, chicken and other poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.

When grocery shopping, keep raw meat, poultry, seafood, and their juices away from other foods.

Keep raw or marinating meat, poultry, seafood, and eggs separate from all other foods in the refrigerator. Store raw meat, poultry, and seafood in sealed containers or wrap them securely so the juices don't leak onto other foods.

Use one cutting board or plate for raw meat, poultry, and seafood and a separate cutting board or plate for produce, bread, and other foods that won't be cooked.

Raw chicken is ready to cook and doesn't need to be washed first. Washing these foods can spread germs to other foods, the sink, and the counter and make you sick. If you choose to wash chicken, do so as safely as possible.

## **Cook to the right temperature.**

Food is safely cooked when the internal temperature gets high enough to kill germs that can make you sick. The only way to tell if food is safely cooked is to use a food thermometer. You can't tell if food is safely cooked by checking its color and texture (except for seafood).

Use a food thermometer to ensure foods are cooked to a safe internal temperature. Learn how to place the thermometer correctly in different food to get an accurate reading.

Whole cuts of beef, veal, lamb, and pork, including fresh ham: 145°F (then allow the meat to rest for 3 minutes before carving or eating)

Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork

Ground meats, such as beef and pork: 160°F

All poultry, including ground chicken and turkey: 165°F

Leftovers and casseroles: 165°F

Microwave food thoroughly: Follow recommended cooking and standing times. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook

(Continued on page 4)

(Continued from page 3)

for 3 minutes before carving or eating)  
 Fish with fins: 145°F or cook until the flesh is opaque and separates easily with a fork  
 Ground meats, such as beef and pork: 160°F  
 All poultry, including ground chicken and turkey: 165°F  
 Leftovers and casseroles: 165°F

Microwave food thoroughly: Follow recommended cooking and standing times. Letting food sit for a few minutes after microwaving allows cold spots to absorb heat from hotter areas and cook more completely.

Know your microwave's wattage. Check inside the door, owner's manual, or manufacturer's website. If your microwave is high wattage (800 watts or more), use the minimum cooking time recommended. If it is low wattage (300–500 watts), use the maximum cooking time recommended.

When reheating, use a food thermometer to make sure that microwaved food reaches 165°F.

**Chill: Refrigerate promptly.**

Bacteria can multiply rapidly if left at room temperature or in the "Danger Zone" between 40°F and 140°F.

Keep your refrigerator at 40°F or below and your freezer at 0°F or below, and know when to throw food out before it spoils. If your refrigerator doesn't have a built-in thermometer, keep an appliance thermometer inside it to check the temperature.

Package warm or hot food into several clean, shallow containers and then refrigerate. It is okay to put small portions of hot food in the refrigerator since they will chill faster.

Refrigerate perishable food (meat, seafood, dairy, cut fruit, some vegetables, and cooked leftovers) within 2 hours. If the food is exposed to temperatures above 90°F, like a hot car or picnic, refrigerate it within 1 hour.

Thaw frozen food safely in the refrigerator, in cold water, or in the microwave. Never thaw food on the counter because bacteria multiply quickly in the parts of the food that reach room temperature.

Source: <https://www.cdc.gov/foodsafety/keep-food-safe.html>

**FOOD SAFETY**



**OHCE County Tour**

There is still time to sign up for the OHCE Week Tour Monday, May 8 as we travel to Oklahoma City to visit the OKC Bombing Memorial. We will tour the Myriad Gardens and lunch in the Plaza District. Meet at the Extension office at 8:30 (we will travel to the Courthouse to sign the OHCE Week Proclamation and then head out to OKC) and return about 4:30. Please call in by May 3, to assist in planning the car pool list.



**OHCE Leader Lesson and Board Meeting**

There is no Leader Lesson planned for June, it is considered a "free" month to plan an activity as a group and/or to participate in the county activity. The next Leader Lesson will be held June 28, 2 p.m. here at the Conference Room. Topic for your July meeting is "Encouraging Motivation in Others".

There will be an OHCE Board Meeting Monday, June 5, 9:30 am.



# OHCE News & Notes

## Canning Water Bath Process- Jelly and Jams

Wednesday, May 17th from 1:30—4 PM will be a workshop to learn the Water Bath method of food processing. Two different items will be processed. Cost is \$20 and all materials will be provided. Class size will be limited to 12 so enroll early to reserve your spot.



You will learn:

- Effective and non-punitive discipline for young children
- What babies' cries mean
- Ages and stages of development from birth to age 5
- Steps toward building a more positive relationship with your baby/child
- Positive communication— even when you are stressed
- How your style of parenting affects your child's reactions
- How to care for yourself
- Steps to improve parenting, such as:
  - ◊ The "method of choice" to limit power struggles
  - ◊ Mindfulness activities to decrease the stress of parenting
- Activities to promote your child's brain development and behavior control
- Preparing children for school success

Call the Garfield County OSU Extension office at (580) 237-1228 to sign up for these free classes.

Classes will be held on Wednesday, May 3rd, 10th, 17th, and 24th from 12 p.m.—1 p.m. Bring your lunch, drinks will be provided.

Garfield County OSU Extension Office  
Will be closed Monday, May 29th, 2023

## MEMORIAL DAY

Remember and Honor

## Pressure Cooker Food Processing Class

Will be Wednesday May 31, 1-5 p.m. at the Extension Office. Class size limited to 12 and cost will be \$20 which includes all supplies as well as the USDA Food Processing Manual. Participants will learn the basics of food processing and prepare 2 different foods using the Pressure Cooker method of food processing.

Call (580) 237-1228 to register

## Barn Quilt Class

Thursday, May 25 starting at 10:30 until 5 p.m. All supplies provided. Cost is \$40 and includes all materials and lunch. Each participant will complete a 2 x 2 ft board.



Bring a pattern or we will have many options to select from that day.

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.



Garfield County Cooperative Extension Service  
Oklahoma State University  
316 E. Oxford  
Enid, OK 73701

**GARFIELD COUNTY  
EXTENSION**

## Dates to Remember

- May 3, 10, 17, 24– Active Parenting Class 12-1 PM
- May 7-13—OHCE Week
- May 8– OHCE Cultural Enrichment Trip-OKC 8:30 AM– 4:30 PM
- May 17– Canning Water Bath Process– Jelly and Jams 1:30-4 PM
- May 25– Barn Quilt Class 10:30 AM—5 PM
- May 31– Pressure Cooker Food Processing Class 1-5 PM
- June 5– OHCE Board Meeting 9:30 AM
- June 7– CPR Class 10 AM—12 PM and 1 PM—3 PM
- June 28– Leader Lesson 2 PM



**GARFIELD COUNTY  
EXTENSION**

