

STRENGTHENING OKLAHOMA FAMILIES



GARFIELD COUNTY EXTENSION

Beginning in January 2021, we changed the way we collect OHCE volunteer hours.

The Process:

Each group should designate a Volunteer Hours Coordinator who will collect volunteer hours for the group each month, total the values, and then enter the data either on a paper form or online. **All that is being asked for is dollars and hours in a limited number of categories.**

How will the coordinator do this? **Whatever way is easiest!** If they prefer to just verbally ask about it at a meeting and then record the answers in a spiral notebook, that is fine. They may ask that you write it out and hand it to them and that is fine. We also have a *Member Hours* form (a copy is included in this newsletter for your reference) that you may want to use, **but it is not required.**

Members, **find a way that YOU are comfortable keeping track of your hours and donations.** Volunteer Hours Coordinators, find a way that you are comfortable receiving this information and then communicate that to your members.

A packet of forms and instructions have been shared at the recent OHCE Board meeting with your local officers.

Even if members and Volunteer Hours Coordinators decide not to use the *Member Form*, it is still good to take a

A New Way to Report Volunteer Hours



look at it so that you know the categories.

Volunteer Hours Coordinators, you are not required to use the *Group Hours* tally form, but it will probably help you since the online entry form is set up in a similar way.

By the way, if you engage in activities and there is no category listed for it, PLEASE go ahead and report it. When your VHC turns in totals, there is an “other community activities” category.

Please take the time to report your volunteer hours and donations as accurately as you can each month. When all members report their hours and donations each month, it is an awesome way to show what a significant impact OHCE members have on others and in their communities. Just think, what if you hadn't kept track of all those masks you made?! Garfield County was recognized as the most masks (5,590) in the Northern part of the West District at our recent meeting. We all deserve a pat on the back.

THANK YOU for giving this new system a try and helping us report all of the great work you are doing!

Garfield County OSU Extension

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Bird Watching in Northern Oklahoma

With nearly 500 species of birds winging their way across Oklahoma, the Sooner State is prime bird-watching territory. Migratory birds pass through Oklahoma twice a year along the central flyway of North America, delighting birders with surprises like Bald Eagles, American White Pelicans, Lesser Prairie Chickens and more. Birding is a rewarding pursuit that can be combined with hiking, boating, fishing or almost any other outdoor activity, and Oklahoma is one of the best places to experience it.



Byron Hatchery Watchable Wildlife Area



The 40-acre Byron Hatchery Watchable Wildlife Area, located in northwestern Oklahoma near Cherokee, includes three habitats and a half-mile, self-guided trail through marsh, swamp and mid-grass prairie habitats. Visitors can expect to see such species as warblers, hooded mergansers, red-winged blackbirds and marsh wrens, among others.

Great Salt Plains Lake

Great Salt Plains Lake is an 8,700-acre saltwater reservoir located east of Cherokee, Oklahoma. Bordered by barren-looking salt flats, the landscape doesn't seem inviting for wildlife at first glance – but bring your binoculars and you'll spy some of the area's abundant winged wonders. Some 300 species of birds have been identified here, including snowy plover and the American avocet. According to the Tulsa Audubon Society, about 50,000 geese and ducks find safe harbor and ample food on and around the Great Salt Plains Reservoir. Migrating Sandhill cranes and whooping cranes sometimes pass by on their way to Arkansas Refuge, and white pelicans can often be seen circling Sand Creek Bay.

Source:
Oklahoma
Tourism
Updates



L. E. A. D.



Live well Eat well be Active with Diabetes

A new class of LEAD will start Tuesday May 4 at 5:15 -6:15 held at the Garfield County OSU Extension Conference Room. Call 580-237-1228 to Register – Space is Limited. This program is open to anyone with type 2 diabetes and their families. A diabetic friendly meal will be served at each session with a \$30 class fee. This program includes four classes. Classes will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes. The fee covers all handouts and the meal for the 4 separate evenings.

Oven Fried Chicken with Spring Salad

A simple oven-frying method makes fried chicken a reality even on the busiest weeknight. And you'll love how the crispy chicken pairs with this fresh salad and tangy caper vinaigrette.

Active: 20 mins Total: 45 mins Yield: Serves 4

- 4 (6-oz.) chicken cutlets
- 1 cup all-purpose flour
- 1 1/4 tablespoons kosher salt, divided
- 1 large egg, lightly beaten
- 1 1/2 cups lemon pepper panko (Japanese-style breadcrumbs)
- 2 tablespoons finely chopped shallots (from 1 medium shallot)
- 1 tablespoon capers, drained
- 1 tablespoon fresh lemon juice
- 2 tablespoons Dijon mustard
- 1 teaspoon honey
- 1/4 cup canola oil
- 1/4 cup extra-virgin olive oil
- 8 ounces Belgian endive (about 3 heads), diagonally sliced (about 2 cups)
- 1 (5-oz.) package baby spring mix
- 4 ounces multicolored radishes (about 8 radishes), very thinly sliced



1. Preheat oven to 400°F. Line a baking sheet with aluminum foil, and place a lightly greased wire rack on the baking sheet.
2. Place chicken between 2 sheets of heavy-duty plastic wrap; pound each cutlet to 1/4-inch thickness using the flat side of a meat mallet or small heavy skillet. Place flour and 1/2 teaspoon of the salt in a large plastic resealable bag. Combine egg, water, and 1/2 teaspoon of the salt in a shallow dish. Place panko in a separate shallow dish. Place 1 cutlet in bag; seal bag, and shake to coat with flour mixture. Dip floured cutlet in egg mixture; dredge in panko, pressing gently to coat cutlet completely, and place on wire rack. Repeat procedure with remaining cutlets. Coat cutlets with cooking spray. Bake in preheated oven until cutlets are golden brown and cooked through, 20 to 25 minutes.
3. Meanwhile, place shallots, capers, lemon juice, Dijon mustard, honey, and remaining 1/4 teaspoon salt in a mini food processor or blender; pulse until blended, about 5 times. With processor running, slowly pour canola oil and olive oil through food chute, and process until well blended. Combine Belgian endive, spring mix, and radishes in a medium bowl; toss with 3 tablespoons of the vinaigrette. Divide cutlets and salad evenly among 4 serving plates. Drizzle salads with remaining vinaigrette, if desired, and serve immediately.

Source: Southern Living March 2021 online recipes

Reporting Month: _____ Group Name: _____

MEMBER VOLUNTEER HOURS

Member Name: _____

1. For this section, we are looking for the dollar value of donations you have made this month. This can be either cash you have donated to a project or the value of in-kind donations you have made. We cannot list every project in every county, so if you have other cash or in-kind donations that are not listed here, please lump them together under "Other community activities." We do not need you to list these, but we have given you the option of either OHCE-related or non-OHCE related.

<input type="checkbox"/> Value of cash or in-kind donations to County Fair (such as items to the Country Store)	\$
<input type="checkbox"/> Value of cash or in-kind donations to 4-H programs or members	\$
<input type="checkbox"/> Value of donations to Scholarship programs. Which scholarship?	\$
<input type="checkbox"/> Value of cash or in-kind donations for gardening projects.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to nursing homes.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to military packages or projects	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: OHCE related	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: not OHCE related. (An example on this one might be church-related gifts or United Way donations.)	\$

2. Did you donate your TIME to assist with programming in the Extension office?

	Hours	Minutes
<input type="checkbox"/> Time spent volunteering for 4-H programs or activities:		
<input type="checkbox"/> Time spent assisting your FCS (Family & Consumer Sciences) Educator		
<input type="checkbox"/> Other time spent volunteering for the Extension office:		

3. Did you donate your TIME this month? List amount of time spent in the activity as well as preparation.

	Hours	Minutes
<input type="checkbox"/> Time spent attending OHCE related meetings (local, district, and state):		
<input type="checkbox"/> Time spent planting/tending garden as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering at a nursing home as part of an OHCE project:		
<input type="checkbox"/> Time spent working at a cemetery as part of an OHCE project:		
<input type="checkbox"/> Time spent reading or tutoring as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering for Military support activities as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering for recycling efforts as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering at the County Fair:		
<input type="checkbox"/> Time spent exercising:		
<input type="checkbox"/> Time spent volunteering for other community activities that are OHCE-related: (There is no need to list the activities. Just estimate time spent.)		
<input type="checkbox"/> Time spent volunteering for other community activities that are not OHCE-related:		

OHCE News & Notes

West District OHCE Meeting

Thank you to all who attended our West District meeting held virtually at our office. We had a great time. We heard from our leaders on campus, District Representative in Harper County and our OHCE State President Sandy Pogue in Stephens County. Garfield County OHCE was recognized as the top Mask maker with a total of 5,590 contributed. Way to go everyone. This is one reason that reporting makes a difference. Please read about **Reporting our Volunteer Hours** in a separate article. Thanks for giving it a try. Hopefully this system will make reporting easier. We don't do our work for recognition but it is nice to get credit where credit is due.

OHCE Covid Impact Survey

The State Cultural Enrichment Committee of OHCE has requested our assistance in conducting a survey of OHCE members regarding how they responded to the global Covid-19 pandemic. The aggregated results will be maintained in the OHCE historical archive. It is also believed that the results of the survey could be relevant for social researchers studying how people were impacted by the events of 2020.

Survey participation is restricted to OHCE members age 18 and older who reside in the United States. Participation is completely voluntarily. OHCE members may opt out at any time. Please contact me if you have any questions.

There will be 2 options for filling out the survey, a paper one or an email link. This link will be sent out in a separate email in a few days. Please fill it out if you wish or we will have paper copies at the next few upcoming in-person meetings.

OHCE Week May 2021

Make your plans to celebrate State OHCE Week May 2-8, 2021 at your April meeting. We will be discussing County Plans at our Board meeting April 5.

OHCE Board Meeting

The Garfield County OHCE Executive Board will met Monday April 5, 9:30 am in the OSU Conference Room. We will be hearing from each committee and completing plans for the Spring OHCE County Meeting Tuesday April 20.



May Leader Lesson

Will be presented April 28, 2 pm at the OSU Extension Conference Room. The topic is Immunizations and Vaccines: Benefits, Risks, and Effectiveness. Learn the facts about immunizations and vaccines: how they are produced, what illnesses they prevent, and when you should get them. We will look at the benefits and risks of immunization, as well as dispelling the myths and misconceptions tied to vaccines.

The alternative lesson is **Sharing Family and History through Food**. If your group would like this lesson, materials can be printed out. Please call and request these materials if your group wishes this lesson.

OHCE Spring Meeting, Tuesday April 20 6:30 p.m. Garfield County OSU Extension Conference Room

Please join the county as we gather together Tuesday, April 20 for our annual Spring Meeting. Casa La Mia will be our hostess for this meeting. Our educational speaker is a Master Gardener and will share with us ideas on Gardening in Northwest Oklahoma. Bring a potential member as a guest to this meeting. All OHCE members and guests are welcome to attend.

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.

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**GARFIELD COUNTY
EXTENSION**

Dates to Remember

- OHCE Board Meeting– April 5th, 9:30 am
- OHCE Spring Meeting– April 20th, 6:30 am
- Leader Lesson—April 28th, 2 pm
- OHCE Week—May 2nd– 8th, 2021



**GARFIELD COUNTY
EXTENSION**

