

(Continued from page 1)

knowledge of steps 1 and 2, people can further help bridge the gap between those suffering from food insecurity and available resources. These may look different in each community.

“The holiday season is just around the corner, which is a great time to become involved in helping those in need. Many organizations put together food baskets for families in need,” Klufa said. “Get your local Oklahoma Home and Community Education group or a 4-H club to help with these efforts.”

Oklahoma has some of the worst food insecurity statistics in the country. Hunger costs Oklahoma more than \$1.4 billion each year through increased illness and medical costs and decreased academic achievement alone. Research also shows that hunger can lead to low birth weight, delayed development and decreased language acquisition.

“Food-insecure children are more likely to have lower reading and math scores, more significant behavior and social problems and lower high school graduation rates,” she said. “Also, food insecurity weakens

the labor force and decreases educational attainment.”

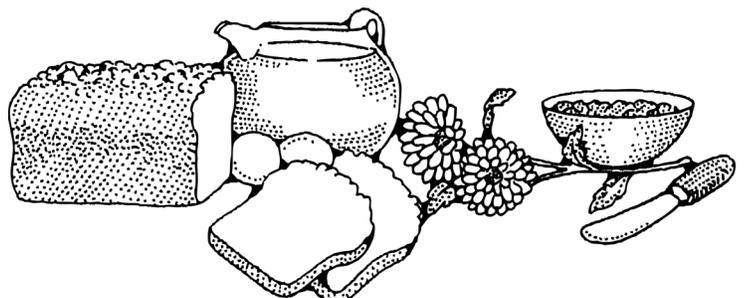
The pandemic has played a big role in food insecurity and impacted families that already were facing hunger or were one paycheck away from hunger. Households with children are more likely to experience food insecurity.

“Take a look around your community and become involved to help raise awareness of this problem,” Klufa said.



Basics of Bread Baking

A hands-on workshop for young adults to learn the basics of yeast bread will be led by Joy Rhodes, Garfield County OSU Extension Educator, FCS. The class will be held Monday, November 22nd, at the Garfield County OSU Extension Conference Room from 1:30-4 p.m. Participants will create a yeast bread and variations using a basic yeast bread recipe. Students must pre-register by November 17th. Please call 580-237-1228 to register; the class size will be limited to 15, so register early to reserve your spot.



WALK WITH EASE

A 2 WEEK GUIDED WALKING PROGRAM



GARFIELD COUNTY
EXTENSION



Walking for better
health, improved
fitness, and less pain

Meet at Crosslin Park at noon, Large Pavilion

M-W-F November 8-November 19th

Dress for the weather and wear walking shoes

Meeting Dates November 8-10-12-15-17 and 19th

Call Garfield County OSU Extension 580-237-1228 to register- NO COST



*Garfield County OSU
Extension Office will close
on Wednesday, November
24th through Sunday,
November 28th.
Have a wonderful
Thanksgiving!*

Family Issues Committee

Helen Smith, the County Family Issues Chair, has been working diligently on a project to recognize our Veterans. Helen has made a display, and it is ready to be loaned out among our members to share about this project.

To recognize Veterans, the Family Issue committee would like to invite teachers to ask students to write a letter to a Veteran. The letter can let the Veteran know what is going on at their school and community and to thank them for serving our country. All letters need to be positive with no mention of politics or religion.

The OHCE member making contact can pick up the letters (as a group) and bring them to the County Extension Office 316 East Oxford or call Helen Smith at 580-758-3424 for pickup. Veterans enjoy hearing from you, and many don't receive mail, especially during the holidays.

Veterans Day November 11, 2021



Woodring Wall of Honor & Veterans Park



<https://www.visitenid.org/visitors/things-to-do/cultural-heritage/m.directory/82/view/39>

Wall of Honor

An 80% replica of the Vietnam Veterans Memorial Wall in Washington D.C. was dedicated on Veterans Day 2013. It was declared Oklahoma's Official Vietnam War Memorial in a proclamation signed by Gov. Mary Fallin. The memorial is accessible to the public free of charge from 7 am till 9 pm every day of the year.

The Living Walls located across the street from the Vietnam War Memorial are dedicated to honoring and remembering our military heroes. It is for our Oklahoma veterans, active duty, retired, MIA, killed while serving or for those who have made the ultimate sacrifice.

Also on site is the M.L. Becker Learning Center, a collection of permanent and temporary exhibits of patriotic, military and war-related memorabilia. The center won a 2019 Oklahoma Museums Association award for Education and Outreach. The center is open 10 am-4 pm Thursday-Saturday and also by special appointment.

Woodring Regional Airport
1026 S 66th St, Enid OK 73701
580.233.4530

OHCE News & Notes

Leader Lesson for December

There is no Leader lesson scheduled for December, therefore no lesson in November. Leader Lessons for 2022 are being finalized and will be shared soon. We will also start work on the 2022 OHCE Yearbook.

Garfield County OHCE Board Meeting

The next Garfield County OHCE Board meeting will be Monday, December 6th, at 9:30 am. We will be making plans for the OHCE Awards and Officer Installation Brunch Saturday, January 22nd, 2022, at 9:30. Officers and Committees will host the meeting.



Sewing Workshop

Sue Schmidt, OHCE Clothing Chair, will be offering a Make Your Own Snowball class Monday, November 8th at 9 am. We will be working with sewing on curves, using the embroidery machine, and a couple of other techniques; we will be making a basket of snowballs for the upcoming holiday season. The cost is \$5. Please enroll by Wednesday, November 3rd.

Walking Class

A new 2-week Walking Class will start Monday, November 9 through November 19 every M-W-F, at noon at the Crosslin Park large pavilion. See the enclosed flyer for more information. Yes, everyone knows how to walk, but this class will help you develop a stretching routine, track your progress, and have more accountability by joining a group. There is no cost for this class.



Thank You

A big Thanks to the Domes-Ti-Kates as they served as hostesses for the Fall Association meeting. The winner of the OHCE Oklahoma Batik Quilt was Debbie Roggow. We elected New Officers for positions of President (Shirley Clark) and Treasurer (Patsy Thibodeau). Secretary Books, Awards, and Applications are due to the Extension Office by January 14, 2022; please call or stop by if you need assistance with any of these forms.

50th Anniversary Celebration



Let's Celebrate

Pioneer Wheathearts Golden Year
Saturday, November 13th
Bethlehem Baptist Church
6206 South 66th Street
Enid, OK 73701
2-4 pm
Program at 2:30

Time to Celebrate

50



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.



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

**GARFIELD COUNTY
 EXTENSION**

Dates to Remember

- Nov. 1– OHCE Membership Years information due
- Nov. 8– Sewing Workshop 9 am
- Nov. 13– Pioneer Wheathearts 50th Anniversary 2-4 pm
- Nov. 8-19—Walking Class at Crosslin Park 12 pm
- Nov. 22– Basics of Bread Baking 1:30– 4 pm
- Nov. 24-28– Garfield County OSU Extension Office Closed
- Dec. 6– OHCE Board Meeting 9:30 am



**GARFIELD COUNTY
 EXTENSION**

November

