



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

STRENGTHENING OKLAHOMA FAMILIES

-Major County-

Focus on What Brings Joy During the Holiday Season

Although consumers haven't heard the BC Clark jingle yet, it's not too early to start planning for the holiday season. Special meals, travel, decorations and gifts add up quickly, but putting a plan in place now will help alleviate some financial concerns later on.

The holidays are both joyful and stressful. We still have some time to get a plan together, to set a budget. The important thing is to focus on what makes the holidays meaningful. It's not about the money you spend; it's being together as a family and creating lasting memories.

One place to start is to think about how much money was spent last year. Did you overspend, and if so, why? Consider the different categories in which families spend money and set a budget, but make sure it is realistic. One way to boost the holiday budget is to start saving small amounts every day.

Skip the coffee shop and brew a cup at home. Pack a lunch for the office instead of dining out. Watch a movie on television instead of going to the theater. Figure out how much these activities would have cost and set that aside. By doing this every week, consumers can set aside a good amount of money.

It's amazing how quickly small amounts of money can add up. Another tip is to start watching prices and do some shopping now. Sometimes the sales advertised closer to the holidays aren't always the best price. Some items may be in short supply closer to the holidays. Plus, shopping ahead of time will help reduce impulse shopping or buying a gift simply because you're out of time.

Consider changing the gift-giving part of the holidays. Instead of buying for everyone, draw names or give a family gift



instead. Another option is to give gifts of time. Older family members may need help with chores around the house. Give coupons for running errands, homemade baked goods, house cleaning, leaf raking or mowing.

These are the kind of gifts that are appreciated, and it gives an opportunity to spend time with a loved one.

While it can be easy to shop with a credit card, that tactic can lead to overspending. When possible, pay in cash or make the purchase with a credit card and set the cash aside to pay the bill when it arrives.

Every family has traditions, and for some, it may not feel like the holidays unless those traditions continue. Although everyone loves the foods prepared for this special time of year, given the cost of groceries, some dishes may be too expensive to make.

Some of those dishes call for special spices that may be used only for that dish. Try searching online for spice alternatives so you don't have to spend money on something you'll use only once. Get creative with protein options, too.

Food waste tends to be higher around the holiday season. Make sure the foods prepared are the ones the family truly enjoys. Avoid making something if it's not a favorite just because it's a tradition.

For the family who hosts the holiday gathering, turning it into a potluck can cut costs. If everyone brings a dish to share, that will cut down on expenses.

The holidays will be here quickly, and putting a plan into place now will help lessen the stress we often feel during that time of year.

Major County OSU Extension Center

**500 E. Broadway
Courthouse Suite 3
Fairview, OK 73737**

Phone- 580-227-3786

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Website-

extension.okstate.edu/county/major

Facebook-

Major County OSU Extension



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Why Family Rituals are Important

Family rituals are more than activities families do regularly. They are special routines, events or traditions that share meaning for the whole family. Rituals can be simple or elaborate, planned or spontaneous, and may occur daily, weekly or annually. What makes an activity a ritual is the meaning attached to it and the sense that it is important and distinctive to the family.



Family rituals provide valuable opportunities for parents and children to interact, communicate and spend meaningful time together. Whether sharing a family meal, reading before bedtime, taking an annual vacation or celebrating a birthday in a special way, these traditions can deepen relationships and create lasting memories.

Rituals also reflect a family's culture, history, beliefs and values. They communicate what family members consider important and can help pass those values from one generation to the next. Some traditions preserve cultural or religious practices or teach children about their family's history. Others become meaningful through repeated participation. Even small or seemingly silly traditions can help create a family's unique sense of identity.

Family rituals can take many forms, including family meals, bedtime routines, weekend activities, vacations, holiday celebrations, religious practices, cultural traditions recreation. Families may also establish traditions around important milestones or create their own unique routines. Over time, these experiences build a shared family history and reinforce a sense of belonging.

Family rituals give children opportunities to practice important relationship skills in a safe and familiar environment. Through regular interactions with family members, children can learn to talk and listen, share, cooperate, express emotions, resolve minor disagreements and give and receive support. Family rituals provide repeated opportunities for children to feel listened to, included, supported, respected and valued.

Parents can strengthen a child's sense of belonging with rituals. Participating in shared traditions creates memories and a sense of "we." It communicates that children are important members of the family and have a meaningful place within it. Celebrating a child's birthday, for example, is about more than the occasion itself; it sends a message that the child is valued and worthy of celebration.

Meaningful family rituals should remain important as children grow older. Although adolescents naturally become more independent and increasingly turn to peers for social support, family relationships continue to matter. It's easy for family life to become centered on schedules, responsibilities, work, school and household management.

Rituals create intentional opportunities to pause those demands and prioritize connection. When traditions feel meaningful rather than burdensome, they can provide parents with a sense of purpose, enjoyment and connection.

Shared rituals can strengthen relationships by fostering togetherness and reinforcing a shared identity. They can provide stability, continuity and emotional support during stressful or uncertain times.

It's important to remember that rituals can change as families change. The value comes from the meaning and connection that rituals create, not from following a tradition perfectly. Adapting a tradition does not mean losing its meaning.

Also, keep in mind that traditions don't have to be elaborate or expensive for the family to benefit. A short, predictable activity that family members genuinely enjoy can be just as meaningful as a large annual celebration.

There is no such thing as a perfect family ritual. What matters most is creating opportunities for family members to connect, communicate, feel valued and reinforce what is important to their family. Ordinary moments can become meaningful traditions when families intentionally make them their own.



OSU EXTENSION
FAMILY AND
CONSUMER SCIENCES

"LET'S MAKE HOMEMADE" HANDS-ON WORKSHOPS

*-On Saturdays in 2026 in the Exhibit Building at the Major County Fairgrounds in Fairview
beginning at 1:00 P.M.-*

-Saturday, October 24: Homemade Seasoning Mixes \$20 fee
make 5 seasonings: ranch, taco, fajita, burger & chili, taste one in a dish, and get recipes for more



-Saturday, December 12: Homemade Baking Mix \$15 fee
make your own baking mix and a recipe using the mix, and get a variety of recipes for using the mix



Please RSVP and pay the fee by the Monday prior to the workshops. More information will be available on supplies you may need to bring. Each workshop has a limited number of spots.

*Major County OSU Extension - 500 E. Broadway, Courthouse Suite 3 -Fairview, OK 73737
Phone: 580.227.3786 -- Email: dana.baldwin@okstate.edu*

OSU is an Affirmative Action, Equal Employment Opportunity, E-Verify Employer.

*Persons with disabilities who require alternative means for communication or program information or reasonable accommodation,
please contact Dana Baldwin at 580-227-3786 at least one week prior to the event.*



Major County OHCE *News and Notes*



Lesson Leader Trainings-

The Lesson Leader Training in October (for your November meetings) will be held on Friday, October 23 at 10:00 a.m. as the program for the Fall Association Meeting. The lesson is *"Family Traditions: Cultivating a Family History."*

There will be no Lesson Leader Training in November since December is a FREE month.

There will not be a Lesson Leader Training in December (for you January meetings), this is a state lesson that will be ready for pickup by Friday, December 18. The lesson is *"Dancing for the Health of It."*

Officers and Dues for 2027-

Group officer lists for 2027 are due by October 16 as well as dues and membership forms. If you need help with the new online membership form, please give Dana a call.

November 4 County Planning Meeting-

Because the date is so close to the Fall Association Meeting, this meeting is cancelled.

Lunch for Leadership Fairview-

Thank you to each group for agreeing to provide soup, salad and dessert for lunch on Monday, October 19 for the Leadership Fairview group. We will be serving lunch at approximately 12:30 p.m. at the fairgrounds.

Bake Sale-

The next Major County OHCE Bake Sale is set for Friday, November 20 beginning at 9:00 a.m. Flyers will be available to distribute as it gets closer. Please do your part as you can with this county fundraiser.

Workshops, Classes, and More!-

Be sure to check out the information in this newsletter on workshops and classes coming up- there are several!

Volunteer Hours-

Please continue to keep track of your volunteer hours- and be sure to turn your forms in on a monthly basis. This information is beneficial to our state and federal reporting.

Check us out on Facebook!

For announcements and updates, check out and "Like" our page on Facebook: *Major County OSU Extension.*

We're on the Web, too!

Check us out: <https://extension.okstate.edu/county/major>

Fall Association Meeting-

The Fall Association Meeting will be Friday, October 23 at the fairgrounds. Registration will begin at 9:30 a.m. with Call to Order at 10:00 a.m. with the program to follow.

Group duties are as follows:

Busy Bees- Devotion and Mixer

Cheyenne Valley- Decorations

Orion Homemakers- Meal Coordination

Lunch will be soup, salads, and desserts. Each group please bring one soup; members bring salads and desserts.

Make plans to join us as we will be setting dates for 2027, approving the 2027 budget, electing a County Vice President and County Secretary, discussing by-law changes and more.

Awards Deadlines-

Secretary's Books, Member Awards (Member of the Year, Heart of OHCE, Rookie of the Year, Young Member of the Year) and Life Story Essays are due to the OSU Extension Office by December 18.

Local and County Award Report Books are due to the OSU Extension Office by January 20. Contact Dana for assistance with any of these items.

OSU Extension Open House-

See the flyer with this newsletter for the OSU Extension Office Open House set for Thursday, October 22 from 3:30 p.m. to 5:30 p.m. We have asked each OHCE group to have a tri-fold display of their group activities. Each group has been asked to provide 6 dozen cookies as well.

Be sure to come by and see us!

Bylaw Changes-

To be voted on at the Fall Association Meeting on October 23; from Article IV, Section 1 of the bylaws:

Old: The membership of the Major County Association of Home and Community Education shall consist of all local groups whose membership does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or status as a veteran in any of its policies, practices or procedures.

New: The membership of the Major County Association of Home and Community Education shall consist of all local groups whose membership supports and advances its objectives of the parent organization. OHCE adopts the current OSU Extension EEO statement.

L. E. A. D.

Live well

Eat well

be Active

with Diabetes

***A Program for People with
Diabetes and their Families***



November 2, 9, 16, & 23, 2026

Time: 5:00 to 6:30 p.m.

Location: Major Co. Fairgrounds, Fairview

Call Now to Register – Space is Limited (Register by October 26)

580-227-3786

This program is open to anyone with type 2 diabetes and their families. The class fee is \$24 per person.

The full program includes four sessions. Each session will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

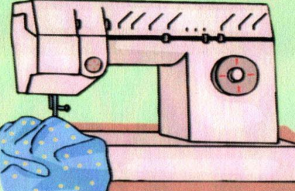
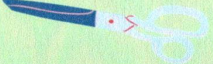
Sessions will also include demonstrations on how to prepare recipes that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack, and dessert recipes.



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**



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ADVANCED SEWING WORKSHOPS

2026 SERIES

THESE ARE PROJECTS FOR
THOSE WITH ADVANCED
LEVEL SEWING SKILLS.

**10:00 AM TO 3:00 PM
EACH SESSION**

**AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW**

**SEPTEMBER 26:
HOLIDAY PATCHWORK
TABLE RUNNER**
\$35 FEE

**OCTOBER 10:
SET OF 2 QUILT-AS-YOU
GO PLACEMATS**
\$35 FEE

**NOVEMBER 14:
JELLY ROLL LAP QUILT**
\$50 FEE

SATURDAYS!

Spaces are limited! Sewing machines may be provided with notice or bring your own.

**Register and pay the fee (no later than 10 days prior to the workshop
you plan to attend) at the Major County OSU Extension Center.**
phone: 580-227-3786 email: dana.baldwin@okstate.edu

Teaching assistance will also be provided by Ashlynn Fast, FCS Extension Master Sewing Volunteer.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation, please contact Dana Baldwin, Extension Educator- FCS/4-H & CED at 580-227-3786 at least one week prior to the event.



2026

HOLIDAY HAPPENINGS



TUESDAY, NOVEMBER 10
10:00 a.m. – 3:00 p.m.
Alfalfa County Fairgrounds • Cherokee

THREE HANDS-ON WORKSHOPS and AN EDUCATIONAL LESSON



FEE • \$40

Registration & payment deadline: Monday, November 2

(payable to "Alfalfa County OSU Extension")

Registration fee covers morning refreshments, lunch, and all session supplies.

REGISTER NOW — SPACES ARE LIMITED!

To register, please contact your county OSU Extension Center:

Alfalfa County • 580.596.3131

Major County • 580.227.3786

Dewey County • 580.328.5351

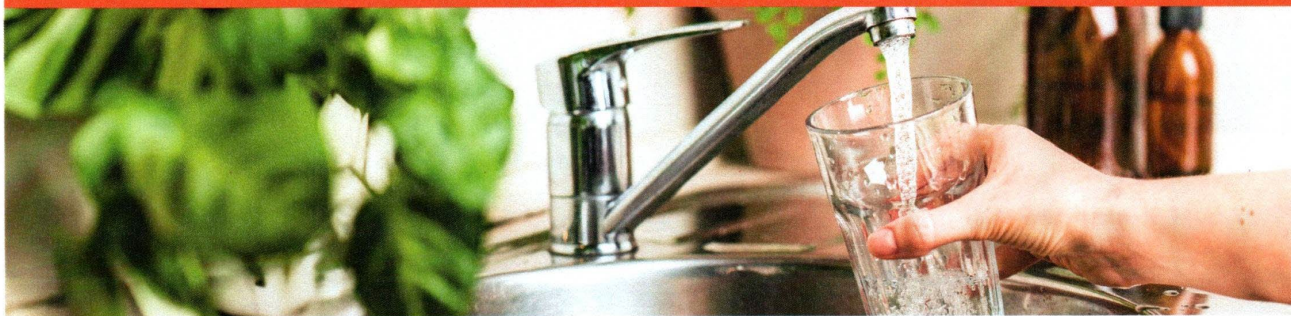
Woods County • 580.327.2786



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OSU EXTENSION
WATER RESOURCES

DRINKING WELL WATER TESTING IN MAJOR COUNTY

November 9, 2026

BRING YOUR WELL WATER SAMPLES

Bring your collected well samples to be screened for nitrate, total dissolved solids (TDS), pH, bacteria and hardness for **\$15 a sample**.

HOW TO SAMPLE

- ▶ **Empty:** You will need a 16 fluid ounce plastic water bottle to collect your sample. Empty the water bottle and drain all its contents to reduce cross contamination of your sample.
- ▶ **Rinse:** Once the water bottle is empty, wash your hands before collecting your sample. Use the faucet as close to the well as possible for collection. Turn on the faucet full force and let it run at full force for two minutes, then reduce the water flow to a small stream.
- ▶ **Fill:** Fill the water bottle from your faucet then empty the bottle, rinsing the inside of the bottle. Repeat the rinsing procedure twice. After rinsing three times, fill the water bottle. Write your full name and email on the bottle using a permanent marker. For bacterial testing, sample must be collected within two hours of event.

For more information on the sampling process, visit

<https://water.okstate.edu/our-work/oklahoma-well-owner-network.html>

RSVP REQUIRED

- ▶ **Please RSVP prior to event by:**
Calling county office (above) OR Scanning QR Code:



LOCATION

- ▶ **Major County OSU Extension**
6:00 p.m. - 7:00 p.m.
808 E Highland St, Fairview, OK
73737

CONTACT

- ▶ **Andrea Perkins**
Andrea.perkins10@okstate.edu
580-227-3786

Partnering
Agency:



OKLAHOMA WATER
RESOURCES CENTER

Visit us at extension.okstate.edu

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Andrea Perkins at 580-227-3786 or andrea.perkins10@okstate.edu at least two weeks prior to the event.

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Please join us!



**MAJOR COUNTY
EXTENSION**



Thursday, October 22, 2026

3:30 PM to 5:30 PM

500 E. Broadway, Courthouse Suite 3 in Fairview

(enter through the south courthouse door)



Enjoy light refreshments and learn about educational programs and opportunities available for all ages through the Major County OSU Extension Office.

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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



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.

Newsletter Editor:

Extension Educator-

Family & Consumer Sciences/4-H Youth Development
& County Extension Director

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This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity. Any person (student, faculty, or staff) who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator 405-744-9154. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of .05 cents per copy for 80 copies.

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