



***Community Forums Provide
Framework for Improvement***

During the spring and summer of 2019, the Oklahoma State University Extension worked to open the lines of communication with the people of Oklahoma. A series of public forums took place at 16 locations across the state in an effort to engage a wide range of community members.

Mike Stout, OSU Extension specialist, said the forums were a reinvention of a process OSU Extension used 20 years ago using a community informed process developed by Purdue Extension.

“We wanted to engage a wide range of participants to get their opinions and perspectives on important issues that would be represented in OSU Extension’s strategic planning,” Stout said. “Community forums took place at 16 locations across the state and more than 400 people participated.” Participants represented OSU Extension stakeholders, local and regional governments, educational leaders, nonprofit and volunteer groups, local residents, faith-based groups, state and federal representatives and business and industry leaders.

“The participants were able to provide input into what they thought were the most important issues facing their communities right now, as well as where they were going to be over the next three to five years,” he said. “In addition, they were asked specifically about issues related to families, youth and children, as well as issues relating to their community, economy and agricultural and natural resources.”

County Extension educators will use the results from their county to engage the community in action planning around the identified issues and action ideas. In the area of children, youth and families, one of the top issues to address was providing workforce education and financial training to increase job skills and promote economic security and prosperity.

Other findings included promoting and supporting programs, education and access to resources for healthy living; and supporting life skills for strong youth, families and relationships.

Issues related to community, economy and natural/environmental resources include strengthening and growing local economies; improving water, soil, energy and natural resource conservation efforts; supporting agriculture education and promoting rural prosperity; promoting education and engagement with policymakers about local issues; and investing in resources and programs to secure the future of farming in the state.

A statewide summary, along with summaries from each county that participated, are available [online](#).

“In terms of our next steps, we had planned to host in-person follow-up events for communities to collectively examine their results and begin planning an agenda for what will happen in the future,” Stout said. “However, since we’re in the midst of the COVID-19 pandemic, we won’t be hosting those in-person events. I’m currently working on trainings, resources and other materials for engaging communities virtually around the results we’ve gathered. Hopefully we’ll be able to start doing that this summer for any county OSU Extension offices that would like to host a virtual follow-up this summer in an effort to engage their communities authentically and effectively.”

For more information about the community forums, contact Stout at 918-594-8311 or the local OSU Extension office.



**Major County OSU
Extension Center**

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

Phone– 580-227-3786

Fax– 580-227-4786

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/major

Facebook-

Major County OSU Extension

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Tips to Help Cut Home Cooling Costs This Summer

When it comes to reducing home cooling costs during the summer, some people think adjusting the thermostat is all they can do.

Fortunately, there are several things that can help put a dent in the cost of keeping a home cool, said Gina Peek, Oklahoma State University Extension housing and consumer specialist.

“We all know Oklahoma summers can be hot. Luckily, consumers don’t have to break the bank with cooling costs,” she said, offering tips to help keep utility bill as low as possible.

For example, efficient thermostat operations can make a huge difference. Set the thermostat to 78 degrees when at home and use fans to keep cool while spending less. Obviously, in the Oklahoma heat a fan cannot replace the air conditioner, but Peek said ceiling fans and oscillating fans can help circulate cool air in your home. This is especially important when the humidity is high. Turn the fan off when leaving the home. Fans cool people – not rooms – through a wind chill effect.

She also suggested making sure hot air isn’t leaking into the home. Seal cracks and openings, and use weatherstripping around doors and windows.

Homeowners should schedule regular maintenance to make certain the air conditioning system is in tip-top shape. A maintenance checkup could help avoid a big problem later on, also. Make sure the air ducts in your home are properly insulated, especially those that pass through the attic or any other non-air conditioned areas.

“It could be cost effective to have a specialist come in to check for holes or leaks in the duct work,” she said. “To help ensure air flow, make sure furniture does not obstruct the air conditioning vents. Close off unused rooms and close vents in those rooms. Vacuum registers from time to time, and remember to change the HVAC air filter.”

Take care not to add heat with appliances and lighting. For example, use the cooktop or grill outside instead of using the oven. Peek said that while natural light is refreshing, the sun’s heat pouring through the windows can raise the temperature in your home. Keep blinds and drapes closed during the day to help block heat.

“While you’ll probably see some sort of increase in your utility bills during the summer months, utilizing these tips will help consumers stay cool without breaking the bank,” Peek said.

Pressure Canner Gauge Testing



Did you know that pressure canner gauges can be tested at the Major County OSU Extension Center? All you need to bring in is the lid with the gauge attached or just the gauge-- and please allow at least one day for testing. There is no charge per gauge for this service.



Let’s Preserve!

Food preservation materials are available through the Major County OSU Extension Center as well. Handouts include several topics on food preservation such as: Peaches, Apricots, Nectarines, Pears, Jellies, Jams, Spreads, Cherries, Fruit Pie Fillings, Sweet Corn, Tomatoes, Apples, Leafy Greens, Peppers, and Snap Beans.

Also available is a booklet with salsa recipes for canning. These salsa recipes have been tested to ensure that they contain enough acid to be processed safely in a boiling water canner. We also have information on preserving many other foods as well.

Canning Headspace Guidelines

Headspace is the space from the top of the jar to the food or liquid in the jar.

Correct Headspace Guidelines -- As a general rule:

1. Leave 1-inch headspace for low-acid foods, vegetables and meats.
2. Leave 1/2-inch headspace for high-acid foods, fruits and tomatoes.
3. Leave 1/4-inch headspace for juices, jams, jellies, pickles and relishes.

Why is it important?

Too little headspace -- Some foods, especially starchy foods, swell more than others and require additional headspace. If too little headspace is allowed, as food boils inside the jar it may be forced under the lid, leaving residue on the sealing surface and possibly preventing the lid from sealing.

Too much headspace -- The jar may not seal properly because the processing time is not long enough to drive the air out of the jar. And the food at the top of the jar may discolor.



Major County OHCE *News and Notes*



Lesson Leader Trainings

There will not be a Lesson Leader Training for June (for your July meetings) since the lesson is a mail-out. We will be mailing the materials for “What is Normal Aging” to each member individually since some groups may not be meeting yet due to the COVID-19 pandemic.

County Planning Meeting

The next County Planning Meeting is scheduled for Wednesday, July 8 beginning at 10:00 a.m. in the Exhibit Building at the Major County Fairgrounds. Social distancing and COVID-19 sanitation guidelines will be in place. Items on the agenda will include the Major County Fair, the fair concession stand and other upcoming events. Jot it down on your calendar and make plans to join us if you feel comfortable in attending.

Jelly Roll Lap Quilt Workshop

See the insert in this newsletter for details on a Jelly Roll Quilt Workshop set for Friday, July 10 starting at 9:00 a.m. in the exhibit building at the county fairgrounds. Share information about this opportunity with your friends too! Please take note of the registration deadline of July 1.

2020 Major County Fair

Fair dates are (Thursday, Friday & Saturday) September 10, 11 & 12. The exact schedule for the fair is still being worked out. We will let you know as soon as books are ready and available for pick up.



Canning Workshop– Fruits

This workshop originally scheduled for June 10 has been changed to Wednesday, September 23. We are fortunate to have Extension Foods Specialist Dr. Barbara Brown join us and share her expertise with us. We will be starting at 10:00 a.m. in the exhibit building at the fairgrounds as we learn about Canning Fruits. Full details on this hands-on workshop will be available as it gets closer but if you want to attend, please call the OSU Extension Center at 580-227-3786 and sign up now– space will be limited.

Quilt Block Challenge

Fabric kits are now available for year two of this Major County OHCE project– the Quilt Block Challenge! This is a great way to promote our organization. Please see the informational insert in this newsletter with full details.

Also, tickets are available for all OHCE members to offer the opportunity to others to win the completed quilt from year one. If you haven't had the chance to see it– it is beautiful! See details on this on the information insert as well.

Check us out on Facebook!

For updates and announcements, if you are a Facebook user, check out and “like” our page on Facebook: **Major County OSU Extension.**

Check us out our website!

Also for updates and announcements, if you have internet access, check out our webpage at:
<https://extension.okstate.edu/county/major/index.html>



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**



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EXTENSION SERVICE

JELLY ROLL LAP QUILT WORKSHOP



Friday, July 10, 2020

9:00 a.m. start time

Major County Fairgrounds in Fairview

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 Wednesday, July 1.
Contact the Major County OSU Extension Center with questions.

580.227.3786

dana.baldwin@okstate.edu

*Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating.
The OUS 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.*



Major County OHCE Quilt Block Challenge 2020



Guidelines for the 2020 Major County Fair

The Major County Oklahoma Home and Community Education (OHCE) Association is sponsoring a *Quilt Block Challenge*. The winner will be determined by viewer's choice voting during the 2020 Major County Fair on September 10, 11 & 12.

- A \$5.00 participation fee is due when you pick up your fabric kit which is available at the Major County OSU Extension Center, located on the first floor of the county courthouse in Fairview.
- You will be provided one fat-quarter of the designated fabric. You must use the designated fabric. You may add any other 100% cotton fabric to complete your block.
- Your block may be of any design (original, traditional, etc.) as long as it measures a 12 ½" x 12 ½" square.
- You may only enter one quilt block per kit. (Multiple kits can be purchased.)
- Finished quilt blocks should be turned in at the Major County OSU Extension Center no later than 5:00 p.m. on Thursday, September 3, 2020 so they can be prepared for display at the fair for judging. (They will be displayed in the Exhibit Building.)
- This contest is open to any resident of Major County.
- All quilt blocks become the property of Major County OHCE. If you have questions, please call the OSU Extension Office at 580-227-3786.

PREMIUMS to be paid by Major County OHCE

\$25---1st \$20---2nd \$15---3rd \$10---4th \$5---5th

After the fair, the quilt blocks will be made into a quilt; donations will be accepted and it will be given away at the 2021 Major County Fair to benefit OHCE High School and Adult Scholarships.

2020 Fabric Kits will be available starting May 1!

-2020 fabric is shades of orange, red and green flowers on yellow and cream-



Tickets are available for the opportunity to win the 2019 Quilt Block Challenge quilt. A suggested donation per ticket is one for \$1 or six for \$5 and tickets are available from Major County OHCE members.

Major County OHCE Quilt Block Challenge 2019 Quilt



Tickets are available now for the opportunity to win the 2019 Quilt Block Challenge quilt!
-Suggested donation per ticket is one for \$1 or six for \$5-
Proceeds will support high school and adult returning student scholarships.



Tickets are available from Major County OHCE members.
Call the Major County OSU Extension Center with questions- 580-227-3786.



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

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

2020 Session

August 3, 11, 17, 25, 31 and September 8

Classes will meet from 6:00 p.m. to 8:00 p.m.
at the Exhibit Building at the Major County Fairgrounds in Fairview.

Participants must attend all six classes of a session to complete the program. Classes will consist of group discussions, video presentations, and hands-on activities. Dana Baldwin, Major County OSU Extension Educator-Family & Consumer Sciences/4-H Youth Development & County Extension Director is the program facilitator.

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

Please pre-register 1 week prior to first class date (July 27).

(At least 4 people must be pre-registered in order for a session to be held.)

If interested, complete and return the bottom portion of this flyer with program fee to the Major County OSU Cooperative Extension Center. **If you have questions, please call 580.227.3786.**

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Yes, I plan to attend the **Active Parenting** program!
Enclosed is my \$30.00 program fee, payable to "OSU Extension Center".

Name _____ Address _____

Phone Number _____ Number & Ages of Children _____

Return 1 week prior to first class date (July 27):
Major County OSU Cooperative Extension Center
500 E. Broadway, Courthouse Suite 3
Fairview, OK 73737



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

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This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources, was printed at no cost to the taxpayers of Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources and has been prepared and distributed at a cost of \$192.00 for 120 copies.

Dana Baldwin
Extension Educator-
Family & Consumer Sciences/4-H Youth Development
and County Extension Director

Newsletter Editor:



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.