



**OSU Extension  
Promotes Civic Engagement  
Across the State**

Civic engagement is an important component of all communities – big and small – across Oklahoma, but how does one get started?

Oklahoma State University Extension can help. Mike Stout, Oklahoma State University Extension specialist and George Kaiser Family Foundation Endowed Chair in Family and Community Policy, works with communities to address public issues.

“Our mission is to strengthen families and communities across the state through community-driven programs that address public issues,” Stout said. “It’s critical to meet the needs of community residents and civic engagement helps meet that goal.”

This is where OSU Extension programming fills a need. Extension programs enhance opportunities that involve all stakeholders in self-governance and participants can develop:

- Civic skills that enable individuals to engage in informed decision-making, collaborate with others and contribute to the betterment of their communities and society.
- Tailored approaches for civic engagement around public issues.
- Tools, skills and resources for community-driven approaches to identifying and prioritizing issues.
- The ability to work collaboratively with other individuals, organizations and decision-makers to address local issues.

“For more than a century, OSU Extension has partnered with community groups to foster the development of citizens who are not only informed but engaged in improving their communities,” he said. “We are here to help communities adopt participatory approaches to solving local issues.”



There’s a saying that goes like this: It takes a village. There are no truer words. Building strong communities takes everyone pulling together to get things done and make things happen. For goals to be set and acted upon, community members unite in public deliberation.

Stout said this provides a platform for citizens to discuss, weigh different perspectives, evaluate the implications of different options and contribute to decisions of concern to the families who call the community home.

He teaches various workshops designed to help local citizens develop the skills needed to be difference-makers. Workshop topics include:

- Tailored approaches to using dialogue, deliberation and action planning to address public issues.
- Using community-based participatory research to identify, prioritize and address public issues.
- Capacity-building for community-based organizations.
- Mission, vision and values statement workshops
- Logic models for organizations, programs and grant proposals.
- Program evaluation.
- Strategic planning.
- Building effective community partnerships.
- Using data to inform decision making.

For more information about these workshops, contact Stout at 918-594-8311 or michael.stout@okstate.edu.

**Major County OSU  
Extension Center**

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

Phone- 580-227-3786  
Email- dana.baldwin@okstate.edu  
Website- extension.okstate.edu/county/major  
Facebook- Major County OSU Extension

**Blaine County OSU  
Extension Center**

**212 N. Weigle Ave.  
Courthouse Suite 101  
Watonga, OK 73772**

Phone- 580-623-5195  
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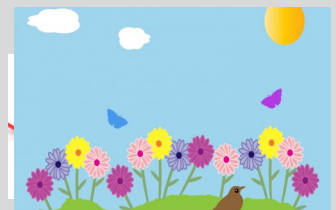
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# How to Grill Safely

Food poisoning peaks in the summer months when warmer temperatures cause foodborne germs to flourish. Follow these steps for a safe and enjoyable grilling season:



**Separate:** When shopping, pick up meat, chicken and other poultry, and seafood last, right before checkout. Separate them from other food in your shopping cart and grocery bags. To avoid cross-contamination, put packages of raw meat and poultry into individual plastic bags.

**Chill:** Keep meat, poultry, and seafood refrigerated until ready to grill. When transporting, keep at 40°F or below in an insulated cooler.

**Thaw & Marinate:** Harmful germs can multiply quickly at room temperature. Thaw food safely in the refrigerator, cold water, or microwave. Always marinate food in the refrigerator no matter what kind of marinade you're using. Never thaw or marinate meat, poultry, or seafood on the counter.

**Clean:** Wash your hands with soap before and after handling raw meat, poultry, and seafood. Wash work surfaces and utensils with hot, soapy water before and after cooking.

**Check Your Grill and Tools:** Use a moist cloth or paper towel to clean the grill surface before cooking. If you use a wire bristle brush, thoroughly inspect the grill's surface before cooking. Wire bristles from grill cleaning brushes may dislodge and stick into food on the grill.

**Don't Cross-Contaminate:** Throw out marinades and sauces that have touched raw meat juices, which can spread germs to cooked foods. Use clean utensils and a clean plate to remove cooked meat from the grill. Do not place cooked meat back on a plate that held raw meat.

**Cook:** Use a food thermometer to ensure meat is cooked hot enough to kill harmful germs. When smoking, keep temperatures inside the smoker at 225°F to 300°F to keep meat at a safe internal temperature while it cooks.

- **When grilling, cook to:**
  - 145°F—whole cuts of beef, pork, lamb, and veal (then allow the meat to rest for 3 minutes before carving or eating)
  - 145°F—fish (or cook until the flesh is opaque and separates easily with a fork)
  - 160°F—hamburgers and other ground beef
  - 165°F—all poultry and pre-cooked meats, like hot dogs
- **After grilling, keep food hot:**
  - 140°F or warmer—until it's served

**Refrigerate:** Divide leftovers into small portions and place in covered, shallow containers. Put in freezer or fridge within 2 hours of cooking (1 hour if above 90°F outside). It is okay to put small portions of hot food in the refrigerator since they will chill faster.

## Food Handlers: **Food Safety Training**

**Choose from one of these 2024 dates:**

**-May 30    -July 25    -September 26    -November 21**

**(other dates can be scheduled as requested)**

**-3:00 P.M.**

**-Online Format Only- Zoom- (participants will need internet access)**

Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety

Please register at least one week prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator– FCS/4-H & County Extension Director  
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension--580-227-3786  
500 E. Broadway, Suite 3 Courthouse  
Fairview, Oklahoma 73737

Blaine County OSU Extension--580-623-5195  
212 N. Weigle, Suite 101 Courthouse  
Watonga, Oklahoma 73772





# Major County OHCE *News and Notes*



## **Lesson Leader Trainings-**

There will not be a Lesson Leader Training in June (for July meetings) due to scheduling conflicts with 4-H camp and other activities. We will have your lesson materials for *"Finding the Right Bra"* ready to pick up by Friday, June 28.

The Lesson Leader Training in July (for August meetings) will be Friday, July 26 at 10:00 a.m. at the fairgrounds. The lesson topic is *"ABC's of Vitamins"*.

There will not be a Lesson Leader Training in August (for September meetings) since they are state prepared lessons. Please let us know which lesson that your group would like by Friday, August 16 so we can have materials prepared for pick up by Friday, August 23- *"Nature and You"* or *"Bone Broth"*.

**County Planning Meeting-** The next County Planning Meeting will be Wednesday, July 3 at 1:00 p.m. at the fairgrounds. There will also be a County Planning Meeting on Wednesday, August 28 at 1:00 p.m. at the fairgrounds. See you there!

**Quilt Block Challenge-** The 2024 Quilt Block Challenge is underway! Come by the OSU Extension Center and pick up your kit (or kits!) for completing a block (or blocks!). Also, tickets are ready for pick up so you can take donations for chances to win the 2023 quilt. The 2023 quilt will be given away at the county fair.

**Major County Fair-** Plans are underway for the 2024 Major County Fair on September 5, 6 & 7. We will soon be working on getting books and promotional fliers ready- be watching.

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

**We're on the Web, too!** Check out our website: <https://extension.okstate.edu/county/major>



OKLAHOMA COOPERATIVE  
EXTENSION SERVICE

**District Planning Meeting-** We will be meeting with Blaine and Kingfisher Counties for 2025 District OHCE Meeting planning on Tuesday, July 2 at 10:00 a.m. in the Kingfisher FEM Lobby at 300 S. 13th in Kingfisher. I hope to see you there.

**Cookies and/or Fruit for 4-H Camp-** We are going back to a 3 day 4-H camp this year on June 26, 27 & 28. If your group would like to provide fresh fruit and/or cookies, please bring them to the OSU Extension Center by Tuesday, June 25.

**State OHCE Meeting-** It's time to register for the State OHCE Meeting on July 7, 8 & 9 at the Champion Convention Center in Oklahoma City. This is always a good meeting to participate in. You can find all information for the meeting and hotel registration online at: [ohce.okstate.edu](http://ohce.okstate.edu) Please let Dana know if you need assistance.

**Thank You!** to everyone that helped make the annual promotional tea a success once again. What great attendance, program and food! Also thank you to everyone that helped make the recent bake sale a huge success- over \$1250 raised.

**State Fair-** If you plan to enter items in the State Fair of Oklahoma, the entry deadline is August 15. You will need to take your items to the fair own your own. The state fair dates are September 12 to 22.

**Fall Association Meeting-** The Fall Association Meeting is scheduled for Wednesday, October 9. Please make note of this on your calendar and plan to join us. Full details will be sent out as it gets closer.

**Officers and Dues for 2025-** Planning ahead... county and group officer lists for 2025 will be due by October 18 as well as membership forms and dues for 2025. Group Presidents will receive more information as it gets closer.

**Volunteer Hours-** Please continue to keep track of your volunteer hours- and thank you to those that have turned in forms. Those have all been recorded on the online site. The hours are beneficial to our statewide reporting efforts.

For any event/activity listed in the newsletter:

Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact Dana Baldwin at 580-227-3786/[dana.baldwin@okstate.edu](mailto:dana.baldwin@okstate.edu) at least two weeks prior to the event.

# 2024 BACK TO BASICS WORKSHOPS

*-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-*

**-Thursday, July 11 at the Alfalfa County Fairgrounds in Cherokee (4pm to 8pm)-**

***Pickles***



**-Saturday, August 10 at the Alfalfa County Fairgrounds in Cherokee (begins at 1pm)-**

***Sourdough Breads***



***-Fees will vary for each workshop; to be determined as each gets closer.-***

**Holiday Happenings-** Thursday, November 7 at the Woods County Fairgrounds in Alva  
*-details and fee to be announced-*

**Please RSVP and pay the fee no later than one week prior to the workshop you plan to attend.**

**Contact your OSU Extension Center:**

Alfalfa County-580.596.3131  
Major County-580.227.3786

Blaine County-580.623.5195  
Woods County-580.327.2786

**L. E. A. D.**

**Live well**

**Eat well**

**be Active**

**with Diabetes**

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



**June 3, 10, 17, & 24, 2024** (Mondays)

Time: 6:00 to 7:30 p.m.

Location: Blaine Co. Fairgrounds, Watonga

Call Now to Register – Space is Limited (Register by May 28)

**580-623-5195** (Blaine Co.) • **580-227-3786** (Major Co.)

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.

Presenter: Dana Baldwin, *OSU Extension Educator*



## Active Parenting- 2024 Class Sessions

June 3, 10, 17 and 24 and September 9, 16, 23 and 30

June session will meet from 2-4:00 p.m. at the Blaine County Fairgrounds in Watonga  
September session will meet from 6-8:00 p.m. at the Major County Fairgrounds in Fairview

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

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

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

Please pre-register no later than one week prior to the first class date of the session you plan to attend.

(at least 3 people must be pre-registered for the class to be held)

**If interested, contact either the Major or Blaine County OSU Cooperative Extension Center.**

580.227.3786 (Major County) 580-623-5195 (Blaine County)



**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

## JELLY ROLL LAP QUILT WORKSHOP

Wednesday, May 29, 2024

9:00 a.m. to 4:00 p.m.

Blaine County Fairgrounds in Watonga



[This Photo](#) by Unknown

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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, May 22.**

**Contact the Blaine County OSU Extension Center with questions.**

**580.623.5195**

# Just In Time Parenting Newsletters



Our free parenting newsletters are written by parenting experts (who are parents themselves!). They are designed so that information that's relevant to your child is automatically delivered to you *just in time!*

*Just in Time Parenting* brings quality, research-based information to you at the time it can be most useful and make the biggest difference in your lives.

Over the past 30+ years, Cooperative Extension faculty in land-grant universities have developed and evaluated an unusually parent-friendly series. Capitalizing on the "teachable moment", monthly "just in time" newsletters are delivered -- keyed to the age of each of your children.

These newsletters start at the pre-natal stage and go through age 5. Each newsletter is 8 pages in length.

Cooperative Extension has a well-established track record in delivery information parents find useful.

You can receive these newsletters FREE from the Major County OSU Extension Center by contacting Dana Baldwin, Extension Educator-FCS/4-H & CED at 580.227.3786. Call now to get started!



**EXTENSION**

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## OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills.
- To develop leadership potential.
- To provide community service opportunities.



Members are involved in programs including:

- Arts and crafts and volunteering for county fairs,
- Helping raise reading skills of youth in Oklahoma,
- Preserving our history and celebrating the roles that families have played in our communities,
- Providing both youth and adult scholarship programs,
- Nutrition and health programs for both youth and adults,
- Family well-being programs,
- And many more.



A member belongs to:

- ⇒ Their local OHCE group
- ⇒ Their county OHCE association
- ⇒ The state OHCE association
- ⇒ Country Women’s Council of USA (CWC)
- ⇒ Associated Country Women of the World (ACWW)

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.htm>

### OHCE Groups in Major County:

**Busy Bees:** President- Debby McKee, 580-227-6007

(meets 2<sup>nd</sup> Thursdays at 6:00 pm)

**Cheyenne Valley:** President- Gail Farrand, 580-227-0611

(meets 1<sup>st</sup> Thursdays at 1:30 pm)

**Orion Homemakers:** President- Joyce Suenram, 580-922-5176

(meets 2<sup>nd</sup> Tuesdays at 4:30 pm)



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**OKLAHOMA COOPERATIVE  
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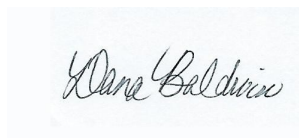
*Family & Consumer Sciences assists communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.*



*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](http://www.OHCE.okstate.edu)

**Dana Baldwin**

Extension Educator-  
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Newsletter Editor: