



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

November 1: Applications for Members of the Year awards due.
November 14: Reservations for Holiday Luncheon due to County Treasurer

Reminders: Group Presidents remind group members to begin finalizing their individual Award of Excellence summaries.

December 6: 9:30am Decorate for Annual Holiday Luncheon.
11:30 Annual Holiday Luncheon, 2025 OHCE County Officer Installation and Outstanding Member Award Recognition.

December 14: Articles for January 2025 to Newsletter Editor
Monthly Group Volunteer Hours Forms Due to Extension Center.

Reminders: Group Secretaries collect individual Award of Excellence summaries from group member.
Secretary Books and OHCE Oklahoma County Summary Report (Award of Excellence) due to Extension Center January 23,2025.

"I wish we could put up some of the Christmas spirit in jars and open a jar of it every month." -Harlan Miller

IN THIS ISSUE CONTINUED:

- Healthy Living Recipe of the Month plus other Holiday recipes
- Flyers attached: Barn Quilt, OHCE Cruise, Cleveland County OHCE Stitches & Stories Quilt and Textile Show.



PRESIDENT'S COLUMN

I want to Thank everyone who came to the Planning Meeting. I think we had some great ideas and I look forward to next year's planned projects. I feel we have a great group that is willing to work together to achieve our goals. With that being said we are looking for a few great leaders! Thank You to **Beverly Kirk** for volunteering to be the county secretary for the next two years. We are also looking for someone to be the chairman for the Cultural Enrichment committee. Thank You, **Jan Beattie** for serving this past two years.

County OHCE President
Gayla Mosteller

WINTER BARN QUILT WORKSHOP DATES

Hold the dates of January 24th or 25th for the next barn quilt workshops. We had such success holding a Friday and Saturday class during the summer, Gayla is going to offer them again to brighten up the doldrums of winter! A registration form is attached.

OHCE IS GOING ON A CRUISE

Former state OHCE president, Debbie Wagstaff is organizing an OHCE cruise through New England and Canada October 25-November 1, 2025. Details are attached at the back of this newsletter. There is a \$100 deposit, with final payment due July 2025. Contact Debbie at (580) 336-8860 or motedebbie@gmail.com if you have questions.

****HOLD THE DATE****

SE DISTRICT MEETING MARCH 11, 2025 SULPHUR, OK

“Something to Smile About” is the theme of the 2025 SE District OHCE Meeting. The meeting will be held at the Crossway Baptist Church in Sulphur. Registration fee is \$25, which includes lunch and many workshops to choose from. As the date gets closer, more information will be coming regarding workshop titles and registration deadline.

The district Cultural Enrichment committee is holding a **poster contest** again this year at the meeting. Individuals or groups can enter. **Poster theme** is “Highlight Someone or Something of Importance in your Community”. The display should be on a tri-fold science display board. **Judging criteria:** neatness, overall presentation, and significance of history. Cash awards of \$10, \$15 and \$25 will be awarded to the top three placings. Display posters can be turned in the morning of the district meeting.

MEMBER OF THE YEAR AWARDS

For outstanding Member, Rookie, Young Member, and Heart of OHCE awards, the criteria from the OHCE state website will be used. **Applications are due to Lisa no later than November 1st.** Fillable forms are located at <https://ohce.okstate.edu>, click on the Resources link, and then the Awards tab. Paper copies are available by contacting Lisa. **Nominees will NOT be required to submit a photo or the 2 page story (submit only a paragraph about the nominee) until they are selected to advance to the district competition.** County winners will be announced at the holiday luncheon December 6th.

PHOTOGRAPHY CONTEST AND LIFE STORY ESSAYS
DUE JANUARY 23RD

Did you take a great photo at an OHCE event this year? Consider entering it in the state OHCE Photography contest. Rules are on page 51 of your yearbook and are due to Lisa by January 23, 2025. If you have an interesting, funny, or dramatic story about something that happened to you as a child or even recently, take time to read the Life Story Essay guidelines on pages 51-52 of your yearbook and return your entry to Lisa by January 23, 2025. They can also be found at <https://ohce.okstate.edu>, click on the Resources link, and the Awards tab.

REALITY CHECK VOLUNTEERS NEEDED
NOVEMBER 21

If you missed attending the OHCE planning meeting recently, members heard an excellent presentation by McClain County OHCE Advisor, Connie Wollenberg about the Reality Check program her OHCE members have been participating in for several years.

Oklahoma County Extension will be hosting its own Reality Check program Thursday, November 21st at Francis Tuttle Technology Center's Rockwell campus. This fun project is for high school students and teaches them about the cost of living in the adult world. OHCE members who volunteer will be asked to man a table and role play one of the "businesses" the teens will rotate through. You could be a car dealer, insurance agent, banker, etc. Please contact Lisa asap if you're interested in volunteering. Thank you to those who signed up at the planning meeting. You will be contacted with more details soon. The activity is scheduled from 1:00-3:00pm, volunteers may be asked to come about 30 minutes early for an orientation.

STATE MASTER SEWING VOLUNTEER TRAINING
MAY 5-7, 2025

The 3rd annual Master Sewing Volunteer training is scheduled for May 5-7, 2025, at the Logan County Fairgrounds, Guthrie. This training is for OHCE members who have strong sewing skills and are interested in learning how to share that knowledge in their county. Our County President, Gayla Mosteller, completed the training last year and said it was a positive experience. Please visit with her if you have questions. There is an application form and online trainings that must be completed by March 1, 2025. A \$40 registration fee is due April 1, 2025.

VETERANS' ITEMS TO COLLECT FOR NOVEMBER/DECEMBER

- Puzzle Books
- Razors
- Shaving Cream
- Bottled Water Size Flavoring Packets (Such as Crystal Light, Gatorade, etc.)

OHCE MARKETING PAMPHLETS

By County OHCE President, Gayla Mosteller

We need to get our new OHCE pamphlets ready. Like in the past we will do a trifold with group information, pictures and the OHCE statement. I have asked a committee to work on a grant for our new Informational Pamphlets. What we need from each group is information about your group, special interest, meeting times and place. As a county we will focus on the VA Project and Stocking Project.

OFFICERS NEEDED

By County OHCE President, Gayla Mosteller

Have you ever been asked to serve as an officer in any organization? I'm asking each of you today to think about; "Why are they asking me to serve as an officer or committee chair?" Well, it's because you enjoy OHCE, and learn new things from the Educational Lessons, demonstrations, and workshops, making new friends with members in your group as well as members in the county and across the state. We each have something that we can bring to our organization. I have had several of you come to me with ideas for workshops, how you liked a program; these ideas I passed on to the committee. If you would like to know more about an office you can look in your Yearbook, By-Laws, pages 67-70, for the duties of each office and committee. Lisa and I would love to visit with you, if you have questions.

I want to thank **Susan Hart** for serving as our secretary for the past two years. With great regrets she had to resign her position, due to recent health issues. Please keep her in your prayers.

As your groups are filling in your local officers and committee forms for the 2025 year, please consider becoming a County Officer. Offices that are vacant at this time, Vice President, Cultural Enrichment, and Leadership Development.

OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

We are in STOCKING MODE, and we can't wait to see all the stockings your groups have put together. The stockings will be on display at the holiday luncheon and picked up by Grandparents Raising Grandchildren and Mental Health Association at the Luncheon. Please arrive early to see all the stockings WE have put together for these organizations. If you would like to go and hand out stockings, we will be doing that on December 14th, so let me know. I will give you all the details. **THANK YOU ALL FOR YOUR HARD WORK AND DEDICATION TO MAKING THIS HAPPEN.**

As of today, we need 670 stockings, and we have 429 completed. I reached out to all the groups and of those that reported we have 180 that still needed to be completed. If you need help finishing, please let me know. We are here to help each other. That is what we love and that is what we do.

Please have all completed stockings to the Extension Center by November 14th. There is a basket at Lisa's office for drop off. Include Group name and number of stockings on your bag.

SOCIAL COMMITTEE
Chair: Connie Graham/Kathryn Wells

Annual Holiday Luncheon December 6, 2024
Theme: "Cowboy Christmas"

November 14 th	Deadline for members attending – contact Lisa or Connie with number attending.
December 5 th	Social Committee members and any able bodies needed to set up tables, chairs etc. Lots of fun.
December 6 th	9:30 am decorate tables for annual Holiday luncheon 11:30 am Annual Holiday Luncheon begins

The Social Committee will provide water, tea, and coffee. Everyone is to bring a Potluck dish.
We can't wait to see your interpretation of a "Cowboy Christmas".

NEWSLETTER EDITOR
By Dee Dee Shepherd

THANK YOU TO EVERYONE WHO SUBMITS PICTURES, STORIES, AND ARTICLES. We try to get the newsletter out by the first of every month. Thank you very much for all the support. This newsletter would not be what it is without YOU. Thank you.
Please send any pictures or stories to Deeshep147@aol.com. We love seeing your groups in action.

Thank you so much for all the recipe contributions!

GENEALOGY GROUP
By Kathy Fetters

The Genealogy Group met Wednesday, October 16th at the Oklahoma County Extension Center for our regular meeting. We had thirteen members present. President Jan Beattie shared her October *Jan's Genealogy Quick Tip: Top Websites for Finding Tombstone Photos and Obituaries*. This tip and all her past tips can be found on our website: ohcegenealogy.com. Jan was also our presenter for the first portion of the meeting as she shared information on *The Irish Wake*. Following her presentation, we all enjoyed another session of *Beginning Genealogy*, featuring the things we can find and use in libraries to help in our research. Next month we will meet on November 20th, at the Extension Center when Jan Beattie will again be our presenter with *Victorian-Era Cemetery Superstitions, Funeral Customs and Mourning Traditions*. You are invited to join us.

Cultural Enrichment

By Jan Beattie Co-Chair

As snowflakes tumble softly to the ground and Christmas lights shine brightly across the state, Oklahoma offers plenty of ways to enjoy the magic of winter. Here are just a few:

Marvel at Christmas Lights - Whether you decide to drive through Chickasha's Shannon Springs Park to see millions of twinkling lights or stretch your legs to take a walk under the famous Crystal Bridge, the Chickasha Festival of Light does not disappoint. Grab a cup of cocoa while you're there for an iconic Oklahoma experience.

Lace Up Your Skates - Hit the rink at the Edmond Outdoor Ice-Skating Rink. The holiday lights and festive decorations will seem even brighter while you're gliding across the ice with family and friends. While there, take in the sights from the miniature Christmas Express train.

Celebrate Christmas With a Bang - History is brought to life at the annual Fort Reno Christmas Guns event in El Reno. A lively take on a German tradition, firearms such as guns and cannons are discharged to ward off unwanted spirits. Located on the grounds of Historic Fort Reno, this event also features storytelling, a chili cook-off and even a visit from Santa for the children.

Snap a Photo with Santa - Take the kids to meet Saint Nick at Crystal Christmas in Woodward. After the little ones have told their wish lists to Kris Kringle, take them on a lighted train or hayride around the park to view live nativity scenes. And then it's off to look at the lights.

Take a Swim - Really! If you just can't wait for summer to begin, the Water-Zoo Indoor Water Park in Clinton will keep you cool until the warmer months. This climate-controlled water park is kept at an ideal temperature for swimming all year. Enjoy activities for all ages including a Cub's Cove for tiny tots, the Tornado Bowl for the adventurous and even a Lazy & Crazy River for a relaxing dip.

Lose Yourself in a Classic Ballet - Watch a little girl's dreams come true during a story filled with sugar plum fairies, Christmas imagery and a Nutcracker prince during a ballet performance of "The Nutcracker." Watch the Oklahoma City Ballet whisk audience members away on a journey filled with timeless musical scores and impeccable choreography this season.

Watch Eagles Soar - Colder temperatures bring beautiful bald eagles to Oklahoma. For some excellent bird watching, grab your warmest coat and head to the Sequoyah National Wildlife Refuge in Vian. Eagle Tours & Loon Watches are held throughout the winter months, so bring your binoculars and watch these beautiful birds soar through clear Oklahoma skies.

Walk Through a Shimmering Garden - The Garden of Lights in Muskogee is a sight to behold when Honor Heights Park is covered in over 1.2 million twinkling Christmas bulbs for the holiday season.

Travel Back to Christmas Past - Step back into the Victorian era by visiting Guthrie's Territorial Christmas Celebration, which features festive nights throughout December that include carolers in early 20th century costumes, candlelit trolley rides and classically decorated storefront windows. Pick up some delicious snacks from roadside vendors, enjoy the sparkling lights or go on a Victorian house tour.

View Lights From a Double-Decker Bus - See Elk City's Christmas in the Park from a special vantage point and tour Ackley Park's light displays from the top of an English double-decker bus. Children also love the Centennial Carousel and Candy Cane Train. For an even more relaxing trip through the park, hitch a comfortable ride in a horse-drawn carriage.

Make a New Year's Resolution - Start your New Year's resolution on the right foot and head out to one of Oklahoma's state parks for a day of hiking. Let the cool air invigorate you and take in the beautiful surroundings while you explore unique terrain. Make a special resolution to hike in all of the parks in the next calendar year for extra motivation.

Ride a Christmas Train - The Polar Express in Oklahoma City is a holiday attraction unlike any other. This Oklahoma Railway Museum train ride brings the Christmas story to life aboard an old-fashioned steam engine. After hearing Christmas stories read aloud while sipping hot cocoa, be sure to enjoy festive Christmas carols, photo opportunities with Santa Claus and Mrs. Claus and goodie bags for the kids.

Celebrate Chinese New Year Oklahoma City's - Asian District buzzes with excitement during the Chinese New Year. Join the festivities and enjoy a steaming bowl of pho before heading to the Super Cao Nguyen market for a parade and other activities in the heart of Oklahoma's vibrant Asian community.

Witness a Living Nativity - The Living Nativity at Shepherd's Cross in Claremore gives you the chance to walk through an interactive depiction of the birth of Jesus Christ. Complete with actors in full costume, farm animals and a barn, this one-of-a-kind event is fun for the whole family. During the nativity, Shepherd's Shop is open and features seasonal treats, homemade items and gifts.

Take a Streetcar Ride Through Lights - During Downtown in December, the Bricktown Entertainment District turns into a wintery play place. Take a free weekend streetcar ride to enjoy Christmas lights and festive cheer.

Go Antiquing - Winter is the perfect time to explore Oklahoma's small towns for some great antiquing. Perry and Cushing are just two destinations that offer handcrafted antiques and one-of-a-kind vintage creations and unique treasures.

**NEW BEGINNINGS
(3 E's and Soldier Creek)
By Dee Dee Shepherd**

Our group met on October 14th. We reviewed the leader lesson from October 3rd Food Safety for Seniors. We updated and visited about the Stocking project. We talked about upcoming opportunities for our group and what committees we can serve on for the new year. We adjourned and enjoyed healthy snacks and great conversation. We're planning a working meeting for November to complete stockings, and sign holiday cards for Cross Timbers Senior Mental Health facility. We will have Thanksgiving and Christmas cards for them and maybe volunteer to help with their holiday parties.

VIRTUAL OHCE GROUP HOSTING HOLIDAY CANDY MAKING WORKSHOP

November 5th, 7:00 p.m.

Many of our newer members may not realize that there is a statewide OHCE group that meets once a month on Zoom. The “Zoomers” meet on the first Tuesday of the month at 7:00pm. A few times a year, they host a Zoom event, usually with a holiday theme to recruit new members. These are always fun as well as educational. Their monthly meetings also follow the same basic format: A fun craft or recipe taught by an educator or OHCE member, followed by an educational lesson from an OSU state specialist or county educator. This group is perfect for people who work during the day or may be home-bound.

They are also starting an OHCE book club at their December 3rd meeting. The book is “Redbird Christmas” by Fannie Flagg. I just finished it, give it 2 thumbs up, and plan to attend. Please join me! Lisa
On the schedule:

- We will have new videos from Tammy Elliott and Kathy Langley (Cleveland Co OHCE). If you saw last year’s holiday video, you’ll know that some people starting referring to them as “Lucy & Ethel.”
- For our educational component, Christi Evans will be with us to talk about Candy Making Safety.
- Kelsey Ratcliff will be presenting some of her favorite microwave candies.

New video by Tammy and Kathy!

**HOLIDAY
CANDY
MAKING WITH
VIRTUAL
OHCE**

**NOVEMBER 5, 2024 AT 7PM
VIA ZOOM**

First-time attendees are asked to register.



THE BITS & BYTES COMPUTER GROUP

By Kathy Feters

The Bits & Bytes Computer group will meet at the Extension Center on Monday, October 28th. October is Cyber Security Month so we will join with the APCUG and enjoy a joint meeting discussing how to keep your on-line information safe. Our group does not meet in November or December due to the holidays being so close to our meeting date during those months.

As our final member focus for this year, we are featuring Susan Hart. Sue was born in Indiana but lived in New York State until 2014 when she moved to Oklahoma. She has been involved with the Extension Center since moving to Oklahoma and OHCE since 2019. Sue is a member of Bits & Bytes, New Beginnings, former member of Genealogy Group, a Master Gardener, Master Composter, Master Wellness volunteer and worked with Junior Master Gardeners. Most recently she served as Oklahoma County OHCE Secretary and Co-Chair of the Resource Management Committee.

Sue's professional career includes a Bachelor's Degree in Speech Pathology and a Master's Degree in Education of Deaf and Hearing Impaired. Along with her degrees, she is certified and/or licensed in a variety of fields. Sue will be the first

to tell you that she loves learning and that is obvious in her wide knowledge base. The desire to understand the why, how, what if, and when of almost everything that crosses her path and then to share and put into practice what she has learned has led her into foster care, remodeling an 1810 home, learning and training others on computers, furniture rehab and refinishing, theatre, art, recycling, water conservation, genealogy, history, and so much more. Her home reflects these interests with walls filled with her paintings, furniture she has brought back to life or repurposed, a beautiful yard and lots of books on many subjects. Her current project is to finish writing a family history, beginning with personal profiles on each direct ancestor.

Take a few minutes to visit with Sue at the next meeting and you will find that she is always learning. Her greatest pleasure comes from getting to know the people around her.



SCISSOR TALES

Beverly Kirk

Nancy says.... The Quilt class has provided a second life for me in several ways. I have regained a lot of balance and walking skills I lost after a stroke four years ago.

Sewing had always been an important part of my life. My family all sewed. My maternal grandmother made quilts for all of her family. One of my most cherished possessions was a tulip quilt she made especially for me after I admired one, she had made. I don't remember my paternal grandmother, yet I knew her from sleeping under a quilt she made. Her choice of colors told me what fabrics she chose for her clothing. The meticulous stitching told me much about her personality. I remember sewing a little nine patch by hand in early grade school, seated beside my ever-patient mother who was also sewing. In fourth grade I joined 4-H and did every year's work for nine years, entering the annual revue and fairs. I completed a degree in Vocational Home Economics. It was a profound loss when it seemed the stroke had robbed me of my ability to sew and other skills...

Yet I was drawn to the Quilt Class: I found that my fingers and mind remembered as I guided the fabric through the machine and the feel of the fabric was once again magic. Our ever-patient instructor provided guidance and my fellow group members were a source of inspiration, fun and laughter, kindness and friendship.

Although slow, I eventually made a Disappearing Nine Patch quilt in recognition of my over 50 year college friend whose beloved little dogs have been an important part of her life and who faces yet another surgery. It will provide comfort and warmth as she convalescents from yet another surgery in her recliner when I can't be there.

When I invited another friend to the show, she expressed it well, "That center is a God send. It hit at a perfect time for you and has truly been a breath of fresh air in your life."



MODERN HOMEMAKERS

By Burchie Smith

Modern Homemakers met on October 10 with six members present. Discussion about the business cards was all positive but a point was made that they must be handed out to do any good. On the card should have info and it would be good to also hand out further information on a paper that tells more about our club. We had a very good discussion on the lesson about how we spent our money on good healthy food. The planning meeting information was presented giving ideas to members for future participation within the club. Our main project for OHCE are the Christmas stockings. We have many stockings prepared, but it was brought to our attention that more Christmas stockings are needed, so some of the ladies agreed to sew them and have them ready for our November 7 meeting at Burchie Smith's house. We talked about the Christmas luncheon and no theme had been discussed, but the date was noted, and it was decided that it was too early for definite commitment. Burchie Smith will call for the definite number ready to be sent in by November 14. Our group will have a special Christmas luncheon on December 12 at Mary Watson's house. The exact time will be announced at our November meeting. We discussed the stuffed animals that we will bring to that Christmas luncheon to give to the police department to be given to youngsters experiencing trauma in their lives. The stuffed animals are preferred to be new but gently used animals will be OK. The meeting was closed with happy spirits and a good dessert.

HEALTHY LIVING
Recipe of the Month
Vegetarian Shepherd's Pie
Submitted by Kathryn Wells from Martha Stewart (recipes).com.

Ingredients:

- 2 TBSP extra-virgin olive oil
- 1 large onion, finely diced
- 2 carrots, peeled and thinly sliced
- 2 celery stalks, thinly sliced
- 10 ounces cremini mushrooms, trimmed and sliced
- 1 TBSP tomato paste
- 1 TBSP vegetarian Worcestershire sauce, such as Annie's Naturals
- 1 dried bay leaf
- 1 cup French green lentils, picked over
- Kosher salt and freshly ground pepper
- 1 cup frozen peas
- 2 LBS Yukon Gold potatoes, scrubbed and cut into 1 ½-inch pieces
- 4 cloves garlic
- 4 TBSP unsalted butter
- 1/2 cup whole milk, warmed

Nutrition Facts	
8 servings per recipe	
Serving size	
Amount per serving	
Calories	303k
Total Fat	10g
Saturated Fat	4g
Sodium	66mg
Total Carbohydrate	44g
Dietary Fiber	7g
Protein	11g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Preparation:

- *Heat oil in medium sized pot over medium heat. Add onion, carrots, and celery. Cook, stirring until tender, 6 to 8 minutes.
- *Add mushrooms and cook, stirring, until tender, 8 to 10 minutes. Add tomato paste and cook, stirring, for 1 minute.
- *Add Worcestershire, bay leaf, 4 cups water, and lentils: season with salt and pepper. Bring to a boil, then reduce to a simmer and cook until lentils are tender, 30-35 minutes.
- *Stir in peas: remove from heat and season with salt and pepper.
- *Preheat oven to 400F. Place potatoes and garlic in a medium saucepan: cover with 2 inches of cold water. Season generously with salt: bring to a boil, then reduce to a simmer and cook until a knife pierces potatoes easily. 10 to 12 minutes.
- * Drain: return potatoes and garlic to pot. Add butter and milk, mash with a fork or potato masher until smooth. Season with salt and pepper.
- *Transfer lentil mixture to a 2-quart baking dish. Dollop with mashed potatoes; spread evenly to edges. Transfer dish to a baking sheet.
- *Bake until golden and bubbling around edges, about 15 minutes. Let stand 20 minutes; serve.

Pumpkin Cake Roll

Submitted by Gayla Mosteller

This is my family's favorite dessert I make each year. When my husband was working in the oilfield, I would make 25- 40 rolls each year for the company men and co-workers, plus my nephews would request the rolls for their birthdays and holidays.

Ingredients:

3 eggs
1 cup sugar
2/3 cup pumpkin puree
1 teaspoon lemon juice
¼ cup flour
1 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon ginger
½ teaspoon nutmeg
½ teaspoon salt
1 cup chopped pecans or walnuts

Preparation:

- *Beat eggs on high speed for 5 minutes. Beat in the sugar.
- *Stir in pumpkin puree and 1 tsp lemon juice.
- *Sift together flour, baking powder, cinnamon, ginger, nutmeg, and salt. Fold into the pumpkin mix.
- *Spread into greased and floured 10X15-inch pan.
- *Top with nuts. Bake 15 minutes at 375*. Turn out onto towel sprinkled with water and coated with powdered sugar. Carefully roll cake into a loose log, starting on short end of cake. Let cool while making the filling.

Filling:

- *Cream together the following ingredients:
1 cup powdered sugar
2- 3oz. pkgs of cream cheese
4 Tablespoons butter
½ teaspoon vanilla
- *Carefully unroll the cake, spread the filling and re-roll the cake and chill.

This recipe is from the Garvin County Extension Homemakers Bicentennial Recipe Book from 1976. The recipe was submitted by Evelyn Brooks the Extension Home Economist at the time. This has been my go-to recipe book for years.

Nutrition Facts	
10 servings per recipe	
Serving size	
Amount per serving	
Calories	357k
Total Fat	19g
Saturated Fat	7g
Sodium	265mg
Total Carbohydrate	44g
Dietary Fiber	2g
Protein	5g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Aunt Ganie's Christmas Punch

Submitted by Jan Beattie

My great-aunt made this for Christmas dinner every year. It wasn't a Christmas celebration without it!

Ingredients:

1-quart fresh cranberries in 1 quart water or cranberry juice
1 cup red hots (1 box)
12 whole cloves
1 lemon or 1 Tbsp lemon juice
2 cups sugar (this can be reduced if preferred or use a sugar substitute)
2 oranges or 1/2 -3/4 cup orange juice
46 oz can pineapple juice

Preparation:

Boil cranberries until they pop, drain and save the juice.

In another large pan, heat red hots, sugar, and cloves in 1 quart water until dissolved.

Add all 4 of the juices to the sugar mix.

Let it set in the fridge for several days for the best flavor. When ready to serve, dilute half or to taste with water.

Can serve warm or cold. Makes 3 quarts of concentrate.

Plus ... if you heat it up in a crock pot or on the stove, it makes the kitchen smell good!

Nutrition Facts	
Per 1 cup serving	
Serving size	1cup
Amount per serving	
Calories	145k
Total Fat	trace
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	3mg
Total Carbohydrate	37g
Dietary Fiber	1g
Total Sugars	
Includes 0g Added Sugars	
Protein	trace
Vitamin D	
Calcium	
Iron	
Potassium	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Frozen Cranberry Salad Submitted by Linda Steele

Ingredients:

8 ounces cream cheese, softened
 ½ cup mayonnaise
 1 cup sugar
 2 (12 ounce) cans jellied cranberry sauce
 2 cups heavy whipping cream
 1 cup powdered sugar

Preparation:

- * In a large mixing bowl combine cream cheese, mayonnaise and sugar using the whip attachment on mixer, until smooth.
- * Add cranberry sauce and continue mixing until smooth. In a separate bowl, combine heavy cream and powdered sugar and whip to medium stiff peaks.
- * Fold whipped cream mixture into cranberry mixture until fully combined.
- * Scoop cranberry salad into individual cups and place in freezer for 1 hour until frozen. Serve chilled with dollop of whipped cream.

Nutrition Facts	
12 servings per recipe	
Servings	12
Amount per serving	
Calories	419k
Total Fat	23g
Saturated Fat	13g
Sodium	137mg
Total Carbohydrate	66g
Dietary Fiber	1g
Protein	3g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Quick Holiday Smores (great for guests with Children) Submitted by Dee Dee Shepherd

Ingredients:

- * 1 piece Honey Maid Graham Cracker, made with honey with no high fructose corn syrup.
- * 1 TBSP Jet Puffed Marshmallow cream
- * 1 piece of Hershey's milk chocolate mini candy bar

Preparation:

- * Separate the Graham Cracker into 2 pieces and lay 1 piece aside for the lid
- * Place candy on graham cracker.
- * Cook in microwave for no more than 30 seconds (just to soften the chocolate)
- * Remove from microwave, add marshmallow cream and lid.
- * The chocolate will melt a little and soften the marshmallow.

Nutrition Facts	
Serving size	1 smore
Amount per serving	
Calories	236k
Total Fat	6g
Saturated Fat	2g
Sodium	174mg
Total Carbohydrate	44g
Dietary Fiber	7g
Protein	3g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

HAM BALLS

Submitted by Kathy Fetters

(an Iowa favorite that is great for that leftover ham from Christmas)

Ingredients:

- 1 lb. ground pork
- 1 lb. ground ham
- 2 eggs
- 3/4 cup milk
- 1 cup graham cracker crumbs
- 1 cup brown sugar
- 2 tsp. mustard
- 1/2 cup ketchup
- 1/2 cup water
- 1/4 cup vinegar

Preparation:

- *Preheat oven to 350 degrees.
- *Combine ground pork, ground ham, eggs, milk, and graham cracker crumbs.
- * Using a 1/2 cup measuring cup or large cookie scoop, form ham balls, and place in a 9" x 13" baking pan.
- *To prepare the sauce, combine brown sugar, mustard, ketchup, water, and vinegar.
- *Pour the sauce on top of the ham balls.
- *Bake, uncovered, at 350 degrees for 1 hour. Baste the ham balls periodically with the sauce while baking. (You may want to double the sauce recipe so there is plenty for spooning over the ham balls as they bake)

Nutrition Facts	
8 servings per recipe	
Serving size	
Amount per serving	
Calories	523k
% Daily Value	
Total Fat	35g
Saturated Fat	12g
Sodium	611mg
Total Carbohydrate	32g
Dietary Fiber	trace
Protein	19g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.