

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

JANUARY 2022

Taking Small Steps to Health and Wealth in 2022

The beginning of a new year can sometimes have people thinking about goals or resolutions. Seventy-five percent of Americans make resolutions; about 46% of those concern health and 34% concern money. And yet, 80% of those resolutions are abandoned by the end of January, said Cindy Clampet, retired family resource management specialist for Oklahoma State University Extension.

"The mistakes some people make concerning resolutions is trying to achieve too big a goal, the goal may not be specific enough, it is unrealistic or it involves trying to break a habit 'cold turkey' instead of in smaller stages," Clampet said. "One key to goal success is to make small steps toward the ultimate goal and increase efforts as time/money/and success allow."

Thinking about where you are now and what your goals for the future might be. Putting a specific number to a goal can make the goal seem impossible to achieve. For example, instead of setting a goal to lose 50 pounds this year, instead set a goal of walking one mile a day. When that becomes habit, increase the distance. Don't get discouraged if you miss a day – just continue on the next day. Clampet said the same idea applies to savings goals.

"Instead of setting a goal of saving \$1,000 this year, which is just \$83.33 per month, challenge yourself to find \$85 in savings out of your usual expenditures.

That's \$21.25 per week," she said. "Give up the daily trip to the coffee shop, pack your lunch two or three days per week. Those costs add up quickly. The more ways you think of to save, the quicker you'll meet your goal."

Many goals having to do with health and wealth are interconnected. Some habits that make a person unhealthy cost money, such as smoking, drinking or eating out. Cutting back on these expenditures will make you healthier and wealthier.

"It's important not to bite off more than you can chew. We all like quick gratification and if it seems you're not reaching your goals quickly, it's easy to lose interest," Clampet said. "Using a tool called the step-down principle helps people be more successful and feel less deprived if their spending or calorie consumption is reduced in gradual stages as opposed to eliminating an item completely."

To visualize the step-down principle, imagine a staircase with four or five steps. On the top is the most expensive or highest calorie option and the bottom step is the least expensive or healthiest option.

The step-down principle is simply a way of getting what you want but not using the most expensive option. For example, you want to treat your family to a night at the movies.

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In This Issue

- OHCE Achievement Day
Thursday, January 20, 2022
at 11:00 AM
(Bring Your Own Lunch)
- February Leader Lesson:
"Versatile Air Fryers"
- OHCE AWARDS DUE DATE:
Monday, January 3, 2022
at 5:00 p.m.
- OHCE Food Festival is
Friday, February 11th
- Food Festival Superintendents' Training on 1/20/21
 - Save the Date:
2022 NE District Meeting
 - Barn Quilt Workshop
- Afghan Family Resettlement Project

SMALL STEPS (continued from front page):

There are options to cut the expense. The nighttime movie, plus snacks is the top step. The next step is going to the matinee, which offers discounted tickets and often has snack specials. Another option is going to a theater that features older movies where ticket prices are lower. Better yet, watch the movie on a streaming service you already pay for or borrow a DVD from a friend or the library, and prepare your own snacks at home.

The step-down principal applies to eating out, as well as other discretionary expenses such as clothing or vehicles. Shop resale stores for clothing. Buy a pre-owned vehicle. Eat out four times per month instead of eight. Restaurants often have larger portions, so share an entrée and skip the appetizer and dessert.

“You’re still enjoying the activity, but it’s costing you much less than before,” Clampet said.

Interested in cutting calories? Apply the step-down principal in the kitchen, too. Reduce oil and sugar in baked goods by up to one-third for the same results. Substitute lower fat dairy products for those higher in fat. Try using fruit puree or applesauce in place of the fat in quick-bread and cookie recipes.

These same principles apply to exercise. The top step may be no exercise. The next step down is walking for 15 minutes three times per week. Next try walking for 30 minutes and do 10 minutes of weightlifting four times per week.

“The small steps you take with both health and wealth can add up to big changes over time and is so much easier to achieve than trying to stick to a huge goal that seems unrealistic and unattainable,” Clampet said. “Using the step-down principle may also help you develop some better habits that will carry over year after year.”



2022 OHCE Leader Lessons

- | | |
|--|--|
| January: Beautiful Cross-Country US Train Routes (mail out) | February: The Versatile Air Fryer & Cooking Ideas |
| March: Diseases & Pests in Landscape Plants | April: Jarcuterie 101: A New Twist on Charcuterie |
| May: Dealing with Stress | June: Quick, Easy, Inexpensive Party Food Ideas |
| July: Group Choice | August: Mind Full or Mindful? Mindfulness Tips & Tricks |
| September: Developing OHCE Member Enthusiasm | October: Amish Foods & Traditions |
| November: What Shoe are You? (Personality Types) | December: Group Choice (Holiday) |

In 2022, we are going to have in-person leader lesson presentations as scheduled so please try to have the lesson leader attend if possible. If members do not feel comfortable attending local group meetings and/or if your local group is not meeting, let me know and I can email you the lesson information. If you do not have access to email, I can make copies of the lesson material for you and you can pick it up at the Extension Office—**just let me know ahead of time**. With our limited postage budget, I cannot mail lessons to everyone but I can mail lesson material to a few members who have no other way to get the information. Thank you for being patient, flexible and understanding in these difficult times. ***Each of you are a valued member of Payne County OHCE and I want to do everything I can to support you and make sure you receive the lesson information.*** Dea



PAYNE COUNTY OHCE NEWS



MANY THINGS ARE DUE ON MONDAY, JANUARY 3, 2022!

Due on Monday, January 3rd by 5:00 p.m. are:

- ⇒ Secretary's book (there are no state report forms so you have to tell *everything your club did in the summary pages in the back of the book*)—please submit your Secretary books with the information for the months that you did meet reporting what your local group members did.
- ⇒ All award forms & reports, Life Stories & Photography entries
- ⇒ 50, 60, 70 year members' names
- ⇒ Memorials for members who passed away in 2020 and 2021
- ⇒ **No Perfect Attendance will be recognized for 2020 and 2021**

FEBRUARY LEADER LESSON

"The Versatile Air Fryer & Cooking Ideas" will be taught on **Thursday, January 20th immediately following Achievement Day at the Expo Center.** If you are the lesson leader, please plan to attend or stop by the Extension Office to pick up the lesson packet.

If you are not yet attending your local group meeting, I will be glad to email you the lesson information. If you do not have access to email, I will be glad to make you a copy of the information and you can stop by the Extension Office to pick it up. Just give me a few days notice.

OHCE ACHIEVEMENT DAY IS GOING TO HAPPEN THIS YEAR!

THURSDAY, JANUARY 20th beginning at 11:00 a.m. We will have business followed by awards for 2020 and 2021!

NEW this year due to COVID-19

PRECAUTIONS:

Please bring your own lunch. Coffee, tea & water will be provided. I have sent out a hostess group letter, but here are the hostess groups and their responsibilities:

**Registration: Floral Valley
Decorations: Rising Star
Set Up/Clean Up: Cherokee**



MARK YOUR CALENDAR: 2022 NORTHEAST DISTRICT MEETING

Red, White and Blue and OHCE too!

Join us on Tuesday, March 29th at the Broken Arrow Armed Forces Center for the 2022 NE District OHCE Meeting. We plan to celebrate OHCE and our country with lots of patriotism. The facility is large with lots of open space and will be a great place to have our first meeting since the pandemic!!

Lunch will be catered by Stu-B-Que Catering with Chicken or Pulled Pork, Cheesy Potatoes, Green Beans, Mixed Vegetables and Cobbler. Yum!!

Workshops that are being planned include: *Dealing with Stress, Diet and Inflammation, Medical Identity Theft, Macrame, Tatting, Vinyl Clings, Isaiah Quilts and Applying Mindfulness and Communication Techniques.* **Save the date and plan to attend!**

OHCE FOOD FESTIVAL IS ON FRIDAY, FEBRUARY 11TH

Food Festival is coming up on **Friday, February 11th at the County Administration Building**. It's a money-making project as well as a contest, so make your entries attractive and eye-appealing as well as good to eat, and in disposable containers. Also, you are encouraged to advertise the event in your area!

Note that there have been some class changes for 2022—please read the information below closely so you have the correct information and classes.

Entries will be taken from **8:00 to 9:00 a.m.** **Judging will begin at 9:30 a.m.** **Exhibits will be released at 11:30 a.m. or at the conclusion of the event after Champion & Reserve Champion awards have been chosen, whichever is sooner.** *Each group may only have one entry per class. **A complete exhibit will be 10 or more of the 14 classes.***

All entries should be from “scratch”, that is, from basic ingredients. Complete rules will be in the packet given to each group. Entry packets have been mailed to 2021 local group Presidents.

Classes and the prices are:

1. Angel Food Cake, glazed on top & running down sides, any flavor **\$12.00**
2. Chocolate Cake, chocolate frosting, 3 8” or 2 9” layers **\$12.00**
3. Chiffon Cake, glazed on top & running down sides, any flavor **\$12.00**
4. Fruit &/or Nut Cake, compatible frosting, 3 8” or 2 9” layers or a large Bundt cake (*list flavor on tag*) **\$18.00**
5. Italian Cream Cake, cream cheese frosting, 3 8” or 2 9” layers **\$18.00**
6. German Chocolate Cake, icing between layers & on top ONLY, 3 8” or 2 9” layers **\$18.00**
7. **(12)** Decorated Sugar Cookies on disposable tray (*tray wrapped in clear cellophane and tied with a bow ready for gifting*) **PLUS a single cookie on separate 6” plate in resealable bag for judging \$15.00**
8. Quick Bread Loaf, any flavor, baked in standard pan (*list flavor on tag*) **\$10.00**
9. Yeast Dinner Rolls, **12 rolls** baked in standard pan—any shape **\$10.00**
10. Other Specialty Yeast Bread, using 3 to 4 cups flour, no specific shape; French, onion, herb, etc. **\$12.00**
11. Cinnamon Sweet Yeast Rolls, **12 rolls** baked in standard pan—any shape, iced **\$12.00**
12. Sweet Specialty Yeast Bread, such as tea ring, braid, etc., using 3-4 cups flour, no specific shape **\$12.00**
13. Two Crust Fruit Pie, baked in standard disposable pie pan **\$15.00**
14. Pecan Pie, baked in standard disposable pie pan **\$18.00**

We need **(28) superintendents** to work taking entries during the event, **7:30 a.m. to 12:30 p.m.** We also need **(4) Snack Bar workers (2/shift)** for two shifts: **8:00 - 10:00 a.m. and 10:00 a.m. - 12 noon.** Please call the office at **(405)747-8320** to volunteer to be a superintendent or work at the snack bar.

Food Festival Superintendent Training will be held on **Thursday, January 20th at 9:30 a.m. at the Expo Center Community Building (prior to Achievement Day.)** Please plan to attend the training even if you've been a superintendent before.

We also need each group to bring something to sell in the Snack Bar: **one dozen muffins, cinnamon rolls, 3 cookies/bag, or similar packaged and ready to sell for \$.75/pkg.** Snack bar items need to come in early in the morning **by 8:00 a.m.**

EXTRA FOOD REQUESTED FOR FOOD FESTIVAL—Proceeds will go to the Gloria Hesser Scholarship Fund

You are asked to bring extra baked goods (duplicates of food festival classes only) to sell in addition to your entries. These items will not be judged **but they will be sold for the same prices as the entries so they must follow the same specifications** as the food festival entries listed above so please make them pretty, too.

Please mark what your extra baked items are using the white labels on the extra food table when you drop it off so people will know what they are buying.

Plan now to participate in the Food Festival. 80% of the selling price is returned to your group.

BARN QUILT WORKSHOP

Back by popular demand, we are going to have another *Barn Quilt Workshop!*

Lesa Rauh, FCS Extension Educator from Custer County, will come & teach the workshop. Cost for the workshop is **\$20/ person** (which covers paint & supplies) **plus the cost of a 2 ft. by 2 ft. plywood board which you must purchase and prime before the workshop (\$5-\$8).** *You must bring your own lunch.*

Friday, February 4, 2022
8:30 a.m. to 2:00 p.m.

Please invite a friend or two (*OHCE members and non-OHCE members*) to attend the workshop with you as this will give non-OHCE members a glimpse of the fun & educational things OHCE has to offer.

Please call or come by the Extension office to register for the workshop. *Registrations will be taken on a first-come/first-paid basis—make checks to Payne County OSU Extension. We must have your paid registration by Monday, January 24th at 5:00 p.m.* You will not be considered registered until we receive your \$20 payment. Once we have your paid registration, you will receive information on the best kind of plywood to purchase and information on how to prime your board. You will also be able to choose your pattern and start thinking about color combinations for your barn quilt.

OHCE FOOD FESTIVAL SUPERINTENDENTS' TRAINING

Food Festival Superintendents' Training will be held prior to OHCE Achievement Day in the Community Building at the Expo Center. Training will start at 9:30 a.m. so please plan to attend if you are signed up to be a superintendent, *even if you have been a superintendent in the past.* It will be a good refresher since we skipped a year and you can help those who are new as well.

We need **(28) superintendents** to work taking entries during the event, **7:30 a.m. to 12:30 p.m.** We also need **(2) more Snack Bar workers (2/shift)** and **(1) Extra Food Table Worker for two shifts: 8:00 - 10:00 a.m. and 10:00 a.m. - 12 noon.** We have several members signed up to be superintendents & work downstairs but we still need your help! **Please call the office at (405)747-8320 to volunteer to be a superintendent or work at the snack bar or extra food table.**

AFGHAN FAMILY RESETTLEMENT PROJECT

IN NEED OF

\$50 gift cards to Walmart or the Himalayan Market

Furniture:

*Bed frames - twin/full/queen

*Bookshelves

*Twin sized box springs - 10

*New futons

Household Items:

20 of each item unless otherwise noted

*Mops

*Buckets

*Full & Queen size sheet sets (10 of e

*Full & Queen size comforters (10 of e

*Kids utensils sets

*Tissues - 15

*Toilet bowl cleaner - 15

*Hanger sets

WOULD BE NICE TO HAVE

• Adult & Childrens bicycles

• Bike helmets - new

• Bike locks

• Televisions

• Microwaves

• Sewing Machines

• Area rugs - new or very good used

condition

If you are interested in staying informed about the Afghan Family Resettlement project, join the **Stillwater Refugee Resettlement** private Facebook group. It has the most up-to-date information on what families need. They have added an extra drop-off for donations on **Monday, December 27th from 5:00 to 7:00 PM at First Baptist Church at 7th & Duncan.** Several families have arrived and more will be here after the first of the year. If your group would like to help with this effort or have a special project in mind, fill out this link: <https://form.jotform.com/213484824507055>

Extension FCS/4-H will be doing some educational workshops in 2022 and will need lots of volunteers to make the programs successful so watch for information and plan to help with those projects, too!



Payne County Home & Community Education JANUARY 2022



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Editor...

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Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					DECEMBER 31 New Year's Day Holiday (Office Closed)	1
2	3	4	5	6	7	8
OHCE AWARDS & REPORTS DUE						
9	10	11	12	13	14	15
Cimarron Valley Elm Grove Pine Vale						
16	17	18	19	20	21	22
Martin Luther King, Jr. Holiday (Office Closed)						
23	24	25	26	27	28	29
9:30—Food Festival Superintendent Training 11-Achievement Day followed by Leader Lesson						
30	31					