

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

OCTOBER 2023

October is Breast Cancer Awareness

October is more than ghosts, goblins and trick-or-treating – it is also Breast Cancer Awareness Month. This disease affects one in eight women in the United States every year and 2.3 million women worldwide.

Breast Cancer Awareness Month aims to support people diagnosed with breast cancer, educating people about breast cancer risk factors and stressing the importance of regular screenings, which should start at age 40 or an age that's appropriate for a woman's breast cancer risk.

Breast cancer isn't something that can usually be prevented, so it's important to be proactive about your health, said Diana Romano, Oklahoma State University Extension associate specialist.

"Doctors seldom know why one woman develops breast cancer and another doesn't, but what we do know is that breast cancer is always caused by damage to a cell's DNA. Why or how that DNA becomes damaged is still unknown," Romano said. "The damage can be caused by genetic or environmental/lifestyle factors – or in most cases, a combination of the two."

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. While some risk factors can be avoided, such as drinking alcohol most risk factors cannot. Having a risk factor doesn't mean a woman will get breast cancer. In fact, 60% to 70% of women with breast cancer have no connection to the risk factors, and others with risk factors never develop the disease.

Romano said some of the genetic risk factors that cannot be changed include gender, age, race, family history, health history, menstrual and reproductive history, certain genome changes and dense breast tissue.

Environmental and lifestyle risk factors that can be changed include lack of physical activity, poor diet, being overweight or obese, drinking alcohol, radiation to the chest and combined hormone replacement therapy.

"A sedentary lifestyle with little physical activity can increase your risk for breast cancer," she said. "Moving your body or exercising for as little as 20 minutes a day can help lower this risk factor. Also, a diet high in saturated fats and lacking fruits and vegetables can increase your risk. Eating 3.5 to 5 cups of fruits and vegetables each day can be beneficial."

Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection and care. "For many, the key to survival is early detection. As we observe Breast Cancer Awareness Month, take the time to get a screening," Romano said.

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PAYNE COUNTY OHCE NEWS



OHCE FALL COUNTY MEETING

**will be held on Tuesday,
October 17th at 10:30 a.m.**

We will have a covered dish luncheon so please bring one or two side dishes which will each feed 12 or more. We will also have some special guests and we want to make sure we have plenty of food for everyone. Some meat will be provided by Payne County OHCE.

Hostess Groups: Registration: Elm Grove; Decorations: Rising Star; Set-Up/Clean-Up: Cimarron Valley. (The hostess group letter has been emailed to Presidents.)

We will have an interesting, interactive program and business meeting which will include planning for 2024 and election of officers so please plan to come and join the fun and fellowship!

2024 LESSON SELECTION MEETING FOR LOCAL GROUP VICE-PRESIDENTS

The 2024 lesson selection meeting for local group Vice-Presidents is scheduled for **Tuesday, October 17th at 10:00 a.m. at the Community Building at the Expo Center.**

At this meeting, we will decide on the Payne County OHCE members' choices for 2024 lessons based on the lesson surveys completed by members.

If your local group Vice-President cannot attend the meeting, please send another officer to represent your group.

2024 OHCE LESSON SURVEY

Enclosed in this newsletter is the 2024 lesson survey. Please complete your lesson survey and return it to the Extension Office by **Friday, October 13th at Noon** (note the time and the date change from 10/5/23.) You can drop it by or email it to me at: dea.rash@okstate.edu. If you want to complete one survey as a local group, that would be great, too—be sure to put your group's name on the survey. I apologize that it is late getting to you but it has been hard to coordinate schedules with my co-workers from Creek, Pawnee & Osage Counties. Thank you for your patience!

NOVEMBER LEADER LESSON

"Pondering the Importance of a Positive Attitude"

The November Leader Lesson will be taught on **Tuesday, October 17th immediately following the Fall County Meeting.** Plan to attend if you are the November lesson leader or if you need a makeup for perfect attendance.

2024 OHCE MEMBERSHIP INFO

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2024 dues \$20.00. You will turn in your enrollment card and pay your dues to your local group treasurer by **Tuesday, October 17, 2023.**

This year, current OHCE members will not be required to fill out new enrollment cards if you are a current 2023 OHCE member. You will just need to get any information updates and the money for your dues to your local group's treasurer by **TUESDAY, OCTOBER 17th.**

Thank you for paying your dues to your local group treasurer by the October 17th deadline so we can have an accurate count of members for the new year. We want to keep everyone on the membership list and we must have your dues paid to do that.

If you know members who would like to join OHCE for 2024, please have them fill out a membership card and turn the card and the dues in to your local treasurer by **TUESDAY, October 17th. Make checks payable to Payne County OHCE.**

Treasurers: I will send you a current local group roster for you to update for 2024 along with the membership/donation form to submit with your local group roster and dues check. Forms and dues are due to the Extension Office by **Monday, October 23rd at 5:00 p.m.**

Fruit Pies for Sale

There are only a few leftover pies from the fair kitchen. We have (6) apple pies, (6) peach pies and (4) mixed berry pies. Pies are \$18 and will be at the Fall county meeting but call the Extension Office to reserve the pies you want—**(first come/first serve)**

2024 COUNTY OFFICER ELECTIONS

Election of officers will be held at the Fall county meeting on October 17th.

Officer Positions to be Filled:

- **2024 County Vice-President-Elect who will then serve as County Vice-President for 2025-2026 & 2024-2025 County Treasurer.**

If you are curious about what these officers are responsible for, please reach out to the current officers and they will be glad to visit with you about the expectations. Delpha Whitefield is the current Vice-President & LeeAnn Barton is the current Treasurer. Their contact information is in the front of your yearbook.

If you are interested in serving in a county officer position, please let Carol Robbins, Nominating Committee Chairman or Pat McNally, County President, know ASAP. Carol & her committee are working on finding interested members to serve in these important leadership roles.

“100 Years of OHCE” Float in OSU Homecoming Parade

100 Years of Payne County OHCE!!

We are celebrating by having a float in the OSU Homecoming Parade on Saturday, October 28th and we need your help!

We have secured a 16' flatbed trailer and a truck to pull it. We will work up displays of OHCE over the last 100 years with emphasis on what we are doing today as an outreach to the community.

If you missed the planning meeting, it is not too late to get involved. We need quilts to display on racks, barn quilts to promote our workshops, and more than anything, we need **MEMBERS to sit on a bench on the float and smile and wave or walk with the float and hand out goodies to parade spectators.**

Please contact LeeAnn if you are willing to join us in the parade. For those who may not be able to attend but are handy with a paint brush and/or poster board, please contact Pat McNally to find out how you can help.

We only turn 100 once, so let's be proud of who we are and how far we have come!

HOMEMADE SNACKS FOR “Say YES to FCS Day” REQUESTED

Payne County OHCE members have been asked to provide **individual homemade snacks** for the “Say YES to FCS” Day held at OSU for high school Juniors & Seniors who are interested in pursuing FCS as a possible career.

Therefore, we need OHCE members to bake a variety of **homemade individual, hand-held, silverware-free breakfast or brunch items or snacks.** Suggestions are: mini- muffins, mini-quiches, mini-scones, cookies, etc.

If each local group will provide **6 dozen items**, we will have it covered. Items will be held at room temperature overnight so please make items that don't need to be refrigerated.

Please bring your goodies in disposable pans, trays or bags to the Extension office on **Monday, October 23rd by 2:00 p.m.** It would be helpful if you call or text LeeAnn at (405-714-2595) to let her know what your group will be bringing so we don't all bring the same thing.

Each local group will receive \$20.00 as a small token of appreciation for your efforts.

Thank you for helping us support the OSU Extension FCS program. LeeAnn Barton

2024 OHCE County Committee Goal Setting

OHCE County Committee Goal Setting will be held on **Tuesday, October 17th.**

Here are the committee choices:

- | | |
|-----------------------|--------------|
| **Cultural Enrichment | **Family |
| **Healthy Living | **Membership |
| **Fair Kitchen | **Nominating |
| **Resource Management | |

If you would like to serve on a county committee for 2024-2025, contact President-Elect Dee Porter at **(405)612-5979 or dwaylad4@yahoo.com** to let her know you would like to serve on a committee and what your choices would be. She would love to hear from you!



Payne County Home & Community Education OCTOBER 2023




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Editor...

Dea Rash
Extension Educator
FCS/4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Cimarron Valley Floral Valley	10 Elm Grove	11	12 Cherokee (date change for October only) Lunch Bunch Rising Star	13 Noon—2024 Lesson Surveys DUE to Extension Office	14
15	16	17 10:00—Lesson Selection—Expo 10:30—Fall Coun- ty Meeting then Leader Lesson— Expo	18	19	20 4-7—Cherokee OHCE Chicken Noodle Supper	21
22	23 2:00—6 dozen snacks DUE to Extension	24	25	26	27	28 FLOAT DAY!!
29	30	31 Happy Halloween 				

Cherokee OHCE Chicken and Noodle Supper October 20, 2023 from 4:00 to 7:00 p.m. at Cottonwood Community Center

A long-standing event hosted by Cherokee OHCE is the Annual Chicken and Noodle Supper, to be held October 20, 2023, from 4 to 7 pm at the Cottonwood Community Center. The meal includes chicken & noodles, ham & beans, seasoned green beans, cornbread or French bread and dessert (pumpkin or apple). The Country Store will feature baked goodies, crafts, jams and jellies. Proceeds from the supper support improvement and maintenance projects for the 100+ year old former country school along with other community service projects. Hope to see our fellow OHCE members there!



PAYNE COUNTY
EXTENSION

HOLIDAY BARN QUILT WORKSHOP

THURS. NOVEMBER, 16

9 a.m. - 4 p.m.

\$30 per individual, covers
supplies. Bring a sack lunch!

REGISTRATION DEADLINE:
NOVEMBER 1

For more information on the Holiday Barn Quilt Workshop call
the Payne County OSU Extension office at **405-747-8320**.

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