



A New Way to Report Volunteer Hours

Beginning in January 2021, we changed the way we collect OHCE volunteer hours.

The Process:

Each group should designate a Volunteer Hours Coordinator who will collect volunteer hours for the group each month, total the values, and then enter the data either on a paper form or online. **All that is being asked for is dollars and hours in a limited number of categories.**

How will the Coordinator do this? **Whatever way is easiest!** If they prefer to just verbally ask about it at a meeting and then record the answers in a spiral notebook, that is fine. They may ask that you write it out and hand it to them and that is fine. We also have a *Member Hours* form (a copy is included in this newsletter for your reference) that you may want to use, **but it is not required.**

Members, find a way that YOU are comfortable keeping track of hours and donations. Volunteer Hours Coordinators, find a way that you are comfortable receiving this information and then communicate that to your members.

In the back of your yearbook, there is also a space for you to record your volunteer hours, donations, etc. You may use that space if it is helpful to you and your Volunteer Hours Coordinator.

A packet of forms and instructions will be sent to your local group Secretary so they will have a copy of the forms. Even if the members and Volunteer Hours Coordinator decide not to use the *Member Form*, it is still good to take a look at it so that you know the categories.

Volunteer Hours Coordinators, you are not required to use the *Group Hours* tally form, but it will probably help you since the online entry form is set up in a similar way.

By the way, if you engage in activities and there is no category listed for it, PLEASE go ahead and report it. When your Coordinator turns in totals, there is an “other community activities” category.

Please take the time to report your volunteer hours and donations as accurately as you can each month. When all members report their hours and donations each month, it is an awesome way to show what a significant impact OHCE members have on others and in their communities. Just think, what if you hadn't kept track of all of those masks you made?! It's a good feeling to know that Payne County OHCE was the frontrunner in that project and that we made a difference in the lives of nearly 4000 people! While you don't do it for recognition, it's nice to get credit where credit is due.

THANK YOU! for giving this new system a try and helping us report all of the great work you are doing!

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Spinach Salad with Raspberries & Candied Walnuts

<https://www.tasteofhome.com/recipes/spinach-salad-with-raspberries-candied-walnuts/>

Ingredients

1 large egg white
3/4 tsp. vanilla extract
2 c. walnut halves
1/2 c. sugar

Dressing

1/4 c. canola oil
2 T. cider vinegar
1 T. sugar
1 1/2 tsp. light corn syrup
1 tsp. poppy seeds
1/4 tsp. salt
1/4 tsp. dry ground mustard

Salad

8 oz. fresh baby spinach leaves (about 10 cups)
1 1/2 c. fresh raspberries

Directions

1. Preheat oven to 300 degrees. In a small bowl, whisk egg white and vanilla until frothy. Stir in walnuts. Sprinkle with sugar; toss to coat evenly. Spread in a single layer in a greased 15x10x1 baking pan.
2. Bake 25-30 minutes or until lightly browned, stirring every 10 minutes. Spread on waxed paper to cool completely.
3. In a small bowl, whisk dressing ingredients until blended. Place spinach in a large bowl. Drizzle with dressing; toss to coat. Sprinkle with raspberries and 1 cup candied walnuts (save remaining walnuts for another use.)

Nutrition Facts:

Serving Size: 1 1/2 cups: 171 calories; 13g fat (1g saturated fat); 0 cholesterol; 100mg sodium; 12g carbohydrate (9g sugars, 3g fiber); 3g protein. **Diabetic exchanges:** 1 1/2 fat, 1 starch, 1 vegetable



OHCE WEEK is MAY 2-8, 2021

What all is your group going to do to **CELEBRATE OHCE WEEK?**

We will again have the promotion contest during the **entire month of May** so start thinking of some creative ideas you can do to promote OHCE! Then, take lots of pictures of your members doing the activities so you'll have plenty of pictures for your scrapbook! **Plan to submit a scrapbook for the contest—each group does special things that are noteworthy and your members deserve to be recognized for your promotion efforts!**

Promote OHCE to your friends and family members—OHCE has much to offer people of all ages so let them know what all they can learn and do through OHCE! The **BEST WAY** to recruit new members is to connect with them and personally invite them to join your group.

With COVID-19 still a concern, you will need to be more creative to promote OHCE again this year but I know you can do it! Send texts, emails, and make phone calls to potential members, do random acts of kindness and service, pamper businesses—the list is endless!

We currently have **100 members**—**let's set a goal to have 12 new members (that's less than (2) new members per group) in May!!** OHCE has so much to offer—we shouldn't keep it a secret!

NORTHEAST DISTRICT OHCE MEETING & OUTSTANDING MEMBERS

The 2021 Northeast District Meeting was held virtually on Tuesday, March 16th with 12 Payne County OHCE members attending.

Special CONGRATULATIONS! to our Payne County award winners who were recognized at the meeting:

Donna Cook—Outstanding Member
Kathie Tanner—Outstanding Rookie Member
Charlotte Parrack—Heart of OHCE Award

We are proud of each of you for your contributions to OHCE!!

CONGRATULATIONS!! to Payne County OHCE Mask Makers!!

Members were recognized at the Northeast District Meeting for receiving **FIRST PLACE** for the most masks made in the district!! You made a total of **3836 masks and 25 button headbands**. You are to be commended for your efforts!

Check out this article that was published about the mask project that was started right here in Payne County and ultimately grew to a statewide project. **THANK YOU!!** for your dedication to helping people stay safe!

<https://news.okstate.edu/articles/human-sciences/2020/grassroots-volunteers-sew-thousands-masks.html>



OHCE SPRING COUNTY MEETING has been CANCELLED

The OHCE Spring County Meeting originally scheduled for Tuesday, April 27th at 6:30 p.m. at the Expo Center has been **cancelled** due to continued concern about the COVID-19 virus. **The meeting will not be rescheduled.** The leader lesson will be held at 2:00 that day at the CAB.

MAY LEADER LESSON

“Financial Behaviors to Increase Savings or Decrease Spending”

will be taught on Tuesday, April 27th at 2:00 p.m. at the Extension Office and via Zoom. If you are the lesson leader for your group, please attend if you can. If you want to join via Zoom, here is the link:

<https://us02web.zoom.us/j/88019567560?pwd=NjJHaHJydKNUZEhpbHhydXRfSGJ5QT09>

Pulse Supplementation and Gut and Bone Health Study (IRB 20-430-STW)

If you are 45-70 years old and have not had menstrual cycle for at least 1 year but otherwise healthy, you are invited to participate in a research project that will investigate the effects of **pulse** supplementation on gut bacterial population and markers of gut and bone health.

Study Benefits

- Assessment of markers of gut and bone health, inflammation, and metabolic markers
- Dietary and exercise assessment
- Monetary compensation for the completion of the study

What Will You Do?

- Come to the study site for 4 visits (each about 1-2 hours)
- Consume the study products daily for 12 weeks
- Provide blood and fecal samples
- Measure body composition, bone density, weight, height, waist and hip circumference, and blood pressure
- Answer questions about your medical history, diet, and physical activity

For more information, contact: Jessica Orphan at (314)717-9098 or jorphan@okstate.edu or Dr. Edralin Lucas at (405)744-3132 or edralin.a.lucas@okstate.edu



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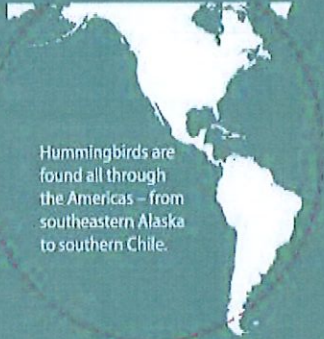
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8 Floral Valley Lunch Bunch Rising Star	9	10
11	12 Cimarron Valley Pine Vale	13 Elm Grove	14	15 Cherokee	16	17
18	19	20	21	22	23	24
25	26	27 2:00 Leader Lesson—CAB & Zoom	28	29	30	

HUMMINGBIRDS

Kingdom: **Animalia**
 Phylum: **Chordata**
 Class: **Aves**
 Subclass: **Neornithes**



Infraclass: **Neognathae**
 (unranked): **Cypselomorphae**
 Order: **Apodiformes**
 Family: **Trochilidae**



Hummingbirds are found all through the Americas – from southeastern Alaska to southern Chile.

Hummingbird wings are unlike those of any other bird. Able to move in a figure eight pattern, they are built for optimum speed and agility and gain lift from both sides, allowing the birds to hover and fly backwards and even briefly upside down.

Normal-sized hummingbirds have about 940 feathers – that's more feathers per square inch of their body than any other bird.

Hummingbird brains are approximately 4.2% of their body weight—the largest ratio of all bird species.

Males often have iridescent feathers around their throats that help attract mates.

Hummingbird eyes are large and have more rods and cones than human eyes, allowing the birds to see colors better than we do as well as ultraviolet light.

Hummingbirds have virtually no sense of smell.

Hummingbirds have long, thin bills that allow them to reach deep inside flowers.

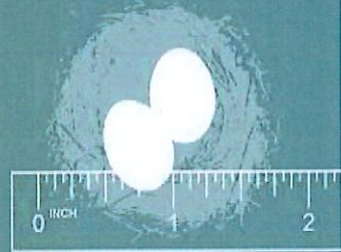
Hummingbird tongues are long and grooved in the shape of a "W". Hairs on the tip of the tongue help collect nectar which they can lap up at a rate of 13 licks per second.

Hummingbird hearts beat about 250 beats per minute at rest and about 1,260 beats per minute in flight.

Hummingbirds breathe an average of 250 times per minute. Breathing and taking in air helps to cool off their bodies.

Hummingbird bones are porous and in some cases hollow, so that the birds can be as lightweight as possible.

Hummingbirds have weak feet which they don't use to walk but do use to perch.



Hummingbirds are the smallest of all warm-blooded animals.



Hummingbirds visit over 1,000 flowers in a single day.



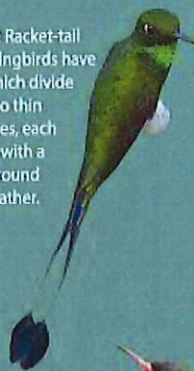
When hummingbirds sleep, they go into a kind of hibernation called torpor. Body temperature, oxygen consumption, and heart rate drops, and they cannot react to changes in their environment or predation threats.

SPECIES There are nearly 350 different species of hummingbirds



Giant Hummingbirds are the largest species of hummingbird, weighing about .6 ounces (18 grams).

Booted Racket-tail Hummingbirds have tails which divide into two thin branches, each tipped with a single round blue feather.



The only birds in the world whose bills are longer than their bodies are the Sword-billed Hummingbirds.



Plovercrests are known for their unique crest, which features long blue feathers pointing out from the back of their heads.



Found only in Cuba, Bee Hummingbirds are the smallest bird in the world, weighing only .06 ounces (1.8 grams).



White-tipped Sicklebills have downward-curved bills that are adapted to feed off the heliconia flowers found in Costa Rica and Peru.



Hummingbird body temperature when awake



Hummingbird body temperature while sleeping



Contrary to myth, hummingbirds do not ride on the backs of geese during migration. Hummingbirds must make this journey on their own!



Master Gardener: Attract Hummingbirds Through Plants, Feeders

By Tom Ingram (Ask a Master Gardener)

Hummingbirds are the smallest of native birds in North America and are typically about 3½ inches in length, weighing only about ¼ of an ounce. As most of us know, the humming sound is created by their wings, but did you know they average about 55 strokes per second?

During courtship, males can exhibit rather dramatic behaviors by ascending and then diving straight down toward either the object of their affection or irritation. When this happens, their wings can beat up to 200 beats per second, which creates a louder than normal humming sound, as well as a colorful display of their feathers.

While many people think hummingbirds use their tongues as we might use a straw to drink, they actually drink via a licking motion at a rate of about 13 licks per second. Hummingbirds also capture small flying insects in the air, especially when raising their young.

All hummingbirds of North America are migratory with the exception of one species found in California. The species found most often in Oklahoma is the ruby throated hummingbird. This hummingbird may travel more than 2,000 miles during migration, including 500 nonstop miles over the Gulf of Mexico. To make this journey, they must add about half of their body weight in fat before the trip.

With all the energy expended during flight apart from migration, hummingbirds must feed every 15 minutes during the day to survive. So, the best way to attract them to your garden is through nectar-producing plants or by providing a supplemental food source. Placing the feeder near your garden will encourage feeding from natural sources.

When placing feeders near the house, be sure to get several feeders and place them some distance apart as hummingbirds can get territorial and aggressive around a single food source. Also, be sure to use a feeder with a bee and wasp guard, as this will eliminate aggressive competition for nectar between these insects and the hummingbirds. There is no need to be concerned with small insects found at the mouth of the feeder, as they will typically help fulfill the hummingbird's need for protein.

You can make your own feeding solution using one part granulated sugar to four parts boiling water. Of course, cool the solution before pouring it in the feeder. The use of red food coloring in the solution is unnecessary and unhealthy for the birds. Feeders should be cleaned every two to three days, especially during warm weather.

You can get answers to all your gardening questions by calling the Tulsa Master Gardeners Diagnostic Center at 918-746-3701, dropping by the Extension office at 4116 E. 15th St., or by emailing us at mg@tulsamastergardeners.org.

Garden tips

- Prune and feed all of the spring-blooming shrubs, such as azaleas and forsythia immediately after blooming, if needed. Azaleas need less fertilizer than many shrubs and often a yearly addition of mulch, as it decays, it will add all the nutrients they need.
- Cool-season lawns — tall fescue and bluegrass — can be fertilized again. If you did not fertilize in March and April, do so now. Do not fertilize these grasses in summer.
- Seeding and sodding of warm-season grasses, such as bermudagrass, Buffalograss and zoysiagrass, is best performed in mid-May through the end of June. The soil temperatures are warm enough for germination and growth. These grasses need a long summer growing season to promote winter hardiness.

Reporting Month: _____ Group Name: _____

MEMBER VOLUNTEER HOURS

Member Name: _____

1. For this section, we are looking for the dollar value of donations you have made this month. This can be either cash you have donated to a project or the value of in-kind donations you have made. We cannot list every project in every county, so if you have other cash or in-kind donations that are not listed here, please lump them together under "Other community activities." We do not need you to list these, but we have given you the option of either OHCE-related or non-OHCE related.

<input type="checkbox"/> Value of cash or in-kind donations to County Fair (such as items to the Country Store)	\$
<input type="checkbox"/> Value of cash or in-kind donations to 4-H programs or members	\$
<input type="checkbox"/> Value of donations to Scholarship programs. Which scholarship?	\$
<input type="checkbox"/> Value of cash or in-kind donations for gardening projects.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to nursing homes.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to military packages or projects	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: OHCE related	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: not OHCE related. (An example on this one might be church-related gifts or United Way donations.)	\$

2. Did you donate your TIME to assist with programming in the Extension office?

	Hours	Minutes
<input type="checkbox"/> Time spent volunteering for 4-H programs or activities:		
<input type="checkbox"/> Time spent assisting your FCS (Family & Consumer Sciences) Educator		
<input type="checkbox"/> Other time spent volunteering for the Extension office:		

3. Did you donate your TIME this month? List amount of time spent in the activity as well as preparation.

	Hours	Minutes
<input type="checkbox"/> Time spent attending OHCE related meetings (local, district, and state):		
<input type="checkbox"/> Time spent planting/tending garden as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering at a nursing home as part of an OHCE project:		
<input type="checkbox"/> Time spent working at a cemetery as part of an OHCE project:		
<input type="checkbox"/> Time spent reading or tutoring as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering for Military support activities as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering for recycling efforts as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering at the County Fair:		
<input type="checkbox"/> Time spent exercising:		
<input type="checkbox"/> Time spent volunteering for other community activities that are OHCE-related: (There is no need to list the activities. Just estimate time spent.)		
<input type="checkbox"/> Time spent volunteering for other community activities that are not OHCE-related:		