

FAMILY & CONSUMER SCIENCES CALENDAR

*****All events will be held at the OSU Extension Office unless noted*****

****Please observe that some event dates have been changed****

MARCH:

- 1 Co-Parenting for Resilience Class, 9 am @ OSU Tulsa Campus (pre-registration required)
- 10 Registration Deadline for Spices & Herbs Workshop
- 15 Workshop 10 am: Spices & Herbs (pre-registration required)
- 15 RSVP for OHCE Game Day to Jean Parks
- 17 OHCE GAME DAY 1-3 pm
- 23 OHCE Bunco, 10 am – Noon
- 28 OHCE NE District Meeting, Tulsa Tech-Owasso, 10800 N. 137th E. Ave., Owasso (pre-registration required)
- 31 Registration Deadline for Insta Pot Workshop

APRIL:

- 4 Workshop 10 am: Insta Pot (pre-registration required)
- 5 Registration Deadline for Drying Workshop
- 5 Co-Parenting for Resilience Class, 9 am @ OSU Tulsa Campus (pre-registration required)
- 7 Good Friday, Extension Office Closed
- 12 Workshop 10 am: Drying (pre-registration required)
- 14 Registration Deadline for Barn Quilt Workshop
- 19 Workshop 6 pm: Barn Quilt (pre-registration required)
- 27 OHCE Bunco, 10 am – Noon

MAY:

- 1-5 OHCE WEEK!** Activities TBA
- 1 OHCE President's Quarterly Meeting, 7 pm, Zoom
- 3 Co-Parenting for Resilience, 9 am @ OSU Tulsa Campus (pre-registration required)
- 15 OHCE Board Meeting, 7 pm, Zoom
- 16 OHCE Leader Lesson Training, First Church, 4715 Price Road, Bartlesville
- 17 OHCE Business Meeting, 10 am
- 18 Registration Deadline for Jelly Workshop
- 24 Workshop 10 am: Jelly (pre-registration required)
- 25 OHCE Bunco, 10 am – Noon
- 29 Memorial Day, Extension Office Closed



OHCE UPDATES



HEALTHY LIVING LINK

Recently, my friend and co-worker passed away. I had worked with her about 28 years. She was 61 years old. She had at least one heart attack and open heart surgery to put in three (maybe four) stints. So, my Healthy Living Handout to you this month is about our heart.

<https://www.goredforwomen.org/en/about-heart-disease-in-women/signs-and-symptoms-in-women/silent-heart-attack-symptoms-risks>

February was the American Heart Association's month to GO RED FOR WOMEN and feature heart attacks in women. For women, symptoms are different from those of men, as they can be "quiet". Please read the website and watch for yourself, your friends and your co-workers. Sometimes even if you know the signs, you can't help them in time. Some heart attacks are not so silent.

Charline Romine, OHCE-TC Healthy Living Chairman



OHCE UPDATES



SHOUT OUT FROM ELAINE

Tulsa County OHCE President

March is a special month in the Egan family. Growing up I went to St. Patrick School and later married into a family that only a few generations before had come directly from Ireland. Green was a staple color and I tried my hand at corned beef and hash for a few years until my kids said we didn't really need to celebrate in that way.

March is also a busy OHCE month. We have Game Day on March 17th. I hear there are lots of prizes to be won and fun in celebrating all the winners. Make sure you RSVP to Jean Parks to be a part of this fun activity. Use this as a membership tool – invite your friends!

Lots of planning has gone into the 2023 Northeast District meeting on March 28th. Make sure you take advantage of all the workshops and shop the sales to help raise money for future meetings.

It's never too early to start thinking about OHCE Week in May. How do you want to celebrate this year? Do you have an activity in mind? Please let us know so we can start making some plans to share our organization with our communities.

Finally, I love hearing about all the activities you are doing. Make sure you document them and take lots of pictures. You will then have the basis for writing a state report to submit in 2024. If you write the report shortly after the activity is completed you won't forget all those fun details that make our stories so engaging. Let's let everyone know the value of OHCE!

Elaine



Tulsa County Family Issues

MARCH 2023 FAMILY ISSUES

In 2023 we are supporting the Tulsa County Emergency Shelter which provides temporary quarters for families and helps them move into their own homes.

We are collecting items throughout the year to present to shelter representatives at our Christmas Luncheon in December. Keep a box in your closet to collect your items. This month we will collect TOOTHBRUSHES/DENTAL FLOSS.

MARCH FAMILY ISSUES TOPIC

Increasing family skills across all generations using research-based curricula

Take one fact from this month's lesson and share it with someone who is not an OHCE member.

Elaine Egan & the Family Issues Team

SCHOLARSHIPS

By: Shari Munroe

The OHCE Tulsa County Scholarship Application is available on the Tulsa County OSU Extension website at:

<https://extension.okstate.edu/county/tulsa/media/docs/ohce/ohce-scholarship-application-2023-a-2.pdf>

Or a copy can be picked up at the OSU Extension Office. Applications are due in the office by JUNE 1st.

For questions please call Shari Munroe, Scholarship Chairman, at 918.408.6918

MEMBERSHIP

Reminder: Please get together with your clubs about how we can contribute to the overall Membership for Tulsa County.



OHCE UPDATES



The Jenks group held a membership drive at their February meeting with a soup-sampler luncheon followed by a member/guest craft event... the "Folding Iris" card-making, guided by Kathy Erwin. They gained one new member to their group from this outreach!!!

BEREAVEMENT ANNOUNCEMENT

Tulsa County OHCE is heartbroken over the loss of their member, Judith Gillmore. As some may know, the last few years she was inactive due to Alzheimer's. She was a 30 year member at the onset of her disease. Please contact Shirley Cox to see how condolences should be made.

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Family and Consumer Sciences
Tulsa County OSU Extension Service