



OHCE.OKSTATE.EDU

OHCE OUTREACH SPRING 2022  
VOLUME 31 NUMBER ONE

# OKLAHOMA OUTREACH

OFFICIAL NEWSLETTER OF OKLAHOMA HOME AND COMMUNITY EDUCATION

**Our Theme: *LIVE LAST***

**“Kindness and consideration of somebody else besides yourself keeps you feeling young.”**

**-Betty White**

Betty White has been a mainstay in television and film my whole life. I've always admired the cheery person she portrayed on the screen, while still being a little spunky. So, when I received this saying from one of my former Sunday School girls, I thought it was a very appropriate quote to share and a great reminder of our theme “Live Last”, as well as one of its benefits.

Sometimes as we get older, we begin to think things like “it’s someone else’s time to get involved” or “I just don’t feel like getting out.” Sometimes we do have physical ailments that keep us from getting involved. Sometimes there is a pandemic or flu outbreak that makes us fearful of being around other people.

It’s been almost two years since the beginning of the pandemic and here we find ourselves once again in an outbreak of the current variant of Covid. While I want you to be safe, I also want us to stay vigilant to our purpose and goals. Let’s be creative in finding ways to be kind and considerate of others. Maybe send a card or letter or make a phone call to check on a person in need or a group of people. Maybe make a basket of goodies to leave on the porch of someone who is struggling physically or emotionally. There are definitely things we can do to serve others while keeping ourselves safe.

Our District Representatives and hosting counties are busy preparing for 2022 District Meetings, which will be held in Ardmore, Duncan, Woodward, and Broken Arrow/Tulsa. The news is telling us this surge should peak in Oklahoma by the end of January. I got my third vaccination yesterday. So, I’m prepared and ready for us to meet in person. It seems a long time since the state meeting and I’m excited to see you all. Be looking for information about each meeting in this newsletter.

By now, your counties may have set their goals for 2022 or at least will have by the end of February. As you work on each of these goals, please remember to have a positive attitude and be kind to all you are around, whether current members, potential members, or the people we are trying to help. Think about Betty White and that dimpled smile she always portrayed.

**Sandy Pogue, OHCE State President**



## **Greetings from the FCS Extension State Office!**



I cannot wait to see all of you in March for the district meetings. I am certain that you will enjoy the sessions, which include leader lessons and workshops on a range of important topics. Whether you want to learn about dealing with stress or increasing fiber consumption, we have something for you. I look forward to listening to your stories and sharing more news from the state. Finally, a shout out to Sandy Pogue. She really made an impact on me with the phrase “flexy, flexy, flexy.” We are flexible and resilient, and we help others to be as well. Thank you for all that you do to make an impact in Oklahoma!

**GINA PEEK, INTERIM ASSOCIATE DEAN**

**2022 SOUTHEAST DISTRICT**

It is time to mark your calendar for the SE District Meeting to be held **Tuesday, March 8, 2022** at Ardmore Convention Center located at 204 North Rockford Road in Ardmore, Oklahoma. "Back in the Saddle with OHCE" is our theme for this year. The hosting counties are Bryan, Carter, Johnston, Love and Marshall Counties.

Morning Refreshments and a catered lunch are included in the registration fee of **\$25.00** that is due by **Friday, February 11, 2022**. The late registration fee is \$30.00, lunch will be guaranteed through March 1, 2022. After that date, those who register cannot be guaranteed a meal for lunch. In case you are coming from one of the far counties or just for the fun experience, reservations can be made at the Holiday Inn Ardmore, until February 1, 2022, at a special rate of \$94.00 plus tax. To make a reservation, call 580-226-3333 and use the code Carter County OHCE to receive the special rate. The Holiday Inn is located right next to the Convention Center, so you won't even have to go outside to get to the meeting!

Meeting day begins with registration and refreshments at 8:30 a.m. followed by the business meeting at 9:30 a.m. State officer and committee workshops will be held in Session I. After lunch, more fun and informative workshops will be held in Sessions II and III: Choctaw Code Talkers; Bees, Quilt Blocks, Wind Farms, Beef, Alligator Snapping Turtles, Container Gardening. The following workshops have a fee attached and limited seating. These workshops must pre register by using the QR code on the registration form, Yard Ornaments, Leather Craft, and Quick and Easy Table Runners. All these workshops are planned for Sessions II and III. A number of workshops will be repeated so members will have two opportunities to attend.

Thank you

**Teo Hair**

**SE District Representative.**

**SOUTHWEST DISTRICT MEETING**

Southwest District will be held on March 25, 2022 at First United Methodist Church, 2300 N Country Club Road, Duncan, OK. Registration is \$25 and due by March 1, 2022. Late registrations with lunch guarantee will be accepted through March 15 and will be \$30. Registration will begin at 8:30.

The 2022 theme is Be A Flamingo! Stand Tall! Stand Out! Stay Balance! Dream Big! There will be the usual workshops, fun & informative, and we will end the day with a characterization of Lizza Johnson, Chisholm Trail cattle-woman, by Eddie Stewart of the Chisolm Trail Historical Museum. She also includes a fun game of "Move'em Long Horns!"

Designated conference hotels are \$96 per night. Holiday Inn Express (580-251-9627), Room block OHCE. Hampton Inn (580-255-1704), Room block -Brenda Gandy-Jones/OHCE. Duncan is full of antiques – come early, stay late!

**Pam Vaughn, SW District Representative**

**Northeast District 2022 Meeting**

The Northeast District 2022 Meeting is coming together rapidly and smoothly! The lovely ladies of McIntosh, Wagoner and Muskogee Counties and their Educators are working very hard to make this a great day for everyone who attends. The theme this year is "Red, White and Blue and OHCE, too" in honor of the Broken Arrow Armed Forces Building and our military who are stationed where the Meeting will be held. There's lots of space inside this beautiful building, 600 parking spaces for us to fill, and even an Army tank outside for you to use as a backdrop for photos. Stu-B-Que will be catering chicken, pulled pork, cheesy potatoes, green beans and cobblers. Patriotic decorations are planned, hostess dress decided and lots of workshops to choose from. It's been two years since we were able to meet in person so this will be a great time to catch up with friends you haven't seen in a while. Hats off to these hard working people who are so easy to work with. P.S. Mays, Nowata and Rogers Counties are having a fundraiser for the 2023 Meeting so bring your money and support them. We look forward to seeing you on March 29<sup>th</sup>.

**Mvto!** (That's Muscogee Creek for Thank you)

**Rita Lee, Northeast District Representative**

**VIRTUAL OHCE MEETING**

Theme: Valentine's Day with Friends

Date: Thursday February 10, 2022, 7-8pm

Where: Zoom

Demonstrations:

Valentine (Strawberry) Trifle Recipe – Dea Rash

Leader Lesson: "3 Keys to Better Relationships" Dolores Williams, Tulsa County OHCE

Handmade Valentine Cards

Bath Bombs

Register: [https://okstateches.az1.qualtrics.com/jfe/form/SV\\_25o2BPK2I8HYXm6](https://okstateches.az1.qualtrics.com/jfe/form/SV_25o2BPK2I8HYXm6)

If you have not yet had a chance to watch the Christmas event, it is located on YouTube: <https://youtu.be/aeIRXZByw8w>.

Thank you, Suzette

# West District OHCE Meeting (North Region)

# Back on Track with OHCE

Host Counties:  
Dewey – Ellis - Woodward

**SATURDAY  
MARCH 26, 2022**

**Woodward County Fairgrounds  
Event Center  
105 Temple Houston Drive - Woodward**

**MEETING REGISTRATION: \$25 DUE BY MARCH 1, 2022**

LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

## **SEND TO:**

Ollie Henderson, Woodward County OHCE Treasurer  
26623 South County Road 217, Mooreland, OK 73852

## **PLEASE MAKE CHECKS PAYABLE TO:**

Woodward County OHCE

## **SATURDAY ~ MARCH 26TH ~ 8:30 A.M.**

### **HIGHLIGHTS**

- ❖ Registration/Refreshments
- ❖ Business Meeting/Awards
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prize Winners Announced

### **WORKSHOPS**

- A Race to Healthy Exercise
- Applying Mindfulness & Communication Techniques to Jumpstart the New Norm
- Cell Phone Safety
- Charcuterie Boards
- Dealing with Stress
- Fabric Carrots
- Goat Milk Soap
- Macrame
- Medical Identity & Theft

## **DESIGNATED CONFERENCE HOTEL**

**\$83/NIGHT**

### **HAMPTON INN**

**(580) 254-5050 – 2814 WILLIAMS AVENUE, WOODWARD  
ROOM BLOCK – OHCE**

**RESERVE YOUR ROOM BY MARCH 10, 2022**



**2022 AWARDS AND REPORTS**

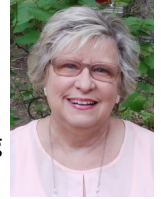
Awards & Reports have been very slow in arriving this year. I have received very few up to this point. Hopefully this means you are busy writing lots of Project Reports and fine tuning the Award nominee reports. Soon my mailbox will be full. I am so excited to attend all the District Meetings and to be able to present the Awards in person. Every local group has members that are deserving of these Awards. If you have not done this, let me encourage you to do so. You still have time to get them in. Let's recognize them and share in all the wonderful ways they encourage and support their communities across the state. Stay encouraged and stay excited. You are doing great things to make this A Great State.

**Debbie Wagstaff**  
Awards & Reports Chair



**2022 President Elect Article**

As a new OHCE year dawns, there are so many exciting things to look forward to. We are working on new goals and new projects; a new sleight of member award nominees will be presented; project awards will be determined; members are assuming new leadership roles at the local and county levels; but the upcoming District Meetings are the best of all! All of the activities I mentioned build momentum for the coming year, but the District Meetings really kick it into high gear. I love the momentum and inspiration we all take away from them, so I hope everyone who possibly can plans to register for their District Meeting. As your President Elect, I will be attending all four District Meetings and will look forward to seeing some of you again and meeting some of you for the first time. I so enjoy attending all the different meetings across the state and experiencing the fun and fellowship unique to each one. See you soon!



**Kathy Fentress**  
OHCE State President Elect

**2022 NOMINATING COMMITTEE**

The nominating committee wants to thank those who have submitted an application for the state board. We have a few new members that will be joining us this year.

We will be nominating district representatives at the district meetings in March.

As of the writing of this article we still haven't received applications for all the positions. We are sure we will be flooded with more applicants.

Thanks to the board members for their hard work and leadership.

**Leslye Owen , Nominating Committee**

**Promotional Sales**

Just because we can't meet in person, doesn't mean you can't purchase promotional items. Come check out all the fun items! To see available items, please visit the Facebook Group at OHCE Promotional Sales. To place an order, please contact me via e-mail, cell, messenger or text at: [ohcepromotional-sales@gmail.com](mailto:ohcepromotional-sales@gmail.com), (405)826-3269. I look forward to hearing from each of you!

**Angle Hudson**  
OHCE Promotional Sales Rep  
(405) 826-3269  
[Ohcepromotionalsales@gmail.com](mailto:Ohcepromotionalsales@gmail.com)



**2022 Family Issues Article**

The Family Issues Committee will be offering two workshops at each district meeting this year. If it works for each district, our afternoon workshop will be a continuation of the morning workshop, but it is not required that you attend both. Our morning workshop will be, *Ways to Jumpstart the "New Normal"* and the afternoon workshop will be a continuation or as we like to call it part 2, *Applying Mindfulness & Communication Techniques to Jump Start the "New Normal"*. We hope you make plans to attend one or both workshops at your district meeting.

**Tammy Elliott, Family Issues Chairman**

**‘DOLLARS AND CENTS – TAKING CARE OF THEM’**

IS THE TITLE FOR THE TREASURER’S WORKSHOPS THAT WILL BE OFFERED AT EACH OF THE 2022 DISTRICT MEETINGS.

JOIN US WHILE WE DISCUSS THE VARIOUS PROCEDURES AND RESPONSIBILITIES OF OUR TREASURERS AND PROVIDE YOU WITH THE PROPER FORMS AND RESOURCES TO MAKE THE JOB OF BEING A LOCAL OR COUNTY TREASURER REWARDING.

THE WORKSHOPS ARE FOR ANY MEMBER THAT MAY BE IN A POSITION OF HANDLING OHCE FUNDS NO MATTER YOUR EXPERIENCE LEVEL.

REMEMBER – BRING YOUR QUESTIONS AND PARTICIPATE AS WE LEARN TOGETHER.

**SHELIA BURNETT, STATE TREASURER**

**2022 State Meeting**

**ALL ABOARD With OHCE!**

Welcome 2022!!!! I hope this finds you staying healthy and Covid Free.

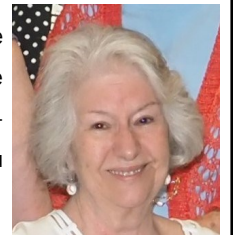
GREAT NEWS – as of right now we WILL be having the 2022 OHCE State Meeting. .

We will be returning to the Champion Convention Center in Oklahoma City for our 87th Annual State Conference. Rooms will be available at the Hilton Garden Inn for July 10th and 11th.

Be sure to mark your calendar for July 10th– 12th.<sup>th</sup> . You will get more information in the Summer Outreach about rooms and activities.

Begin putting some money aside and make plans to join the train and attend the State Conference. More information will be available at our District Meetings. See You There!

**Darline Ruyle, Vice President of Programs**



**JUST A THOUGHT OF THE DAY**

**A STRONGER YOU.**

THERE WILL BE MANY THINGS IN LIFE THAT YOU WON’T HAVE CONTROL OVER. THEY WILL CRIPPLE YOU, HURT YOU, BREAK YOU INTO PIECES BUT THEY WILL ALSO BUILD YOUR CHARACTER AND CHANGE YOU COMPLETELY AS A PERSON. SO WHEN YOU ENCOUNTER THEM, DON’T FEAR THEM. WELCOME THEM AS OPPORTUNITIES TO GROW, TO BE A BETTER VERSION OF YOU. YOU WILL BE HURT BUT IN THE SAME PROCESS YOU WILL LEARN HOW TO FIND A STRONGER YOU - DHIMAN



I WISH EVERYONE A GREAT PROPEROUS AND HEALTHY NEW YEAR FOR 2022

**JOY TRAMMELL, STATE CHAPLIN**

**2022 RESOURCE MANAGEMENT COMMITTEE REPORT**

Megan Montieth, OSU Resource Management Specialist, will be presenting a workshop on Medical Identity Theft at all districts. Medical Identity theft can be a real burden if it happens to you. A thief may use your name or health insurance number to get care for themselves. The workshop will help you detect signs of medical identity theft, protect your medical information, and what to do if you notice mistakes or find out your identity has been used.

**Margaret Barbour, Resource Management Chair**

**FROM YOUR OHCE STATE TREASURER:**

I WOULD LIKE TO THANK ALL OF THE COUNTY TREASURERS THAT HAVE BEEN SO DILIGENT WITH GETTING THEIR 2022 MEMBERSHIP MONEY AND NUMBERS TOGETHER.

WE STILL HAVE A LITTLE WORK TO DO. THERE ARE A FEW QUESTIONS TO BE RESOLVED AND FIVE COUNTIES HAVE NOT TURNED IN THEIR 2022 REPORTS AND MONEY.

AS OF JANUARY 20, 2022, WE HAVE 2,603 PAID MEMBERS. THIS BROKEN DOWN AS FOLLOWS: NORTHEAS46T DISTRICT – 1,009; SOUTHEAST DISTRICT – 737; WEST DISTRICT NORTH – 460 AND WEST DISTRICT SOUTH – 397.

WE WILL BE IN TOUCH WITH EACH OF THE COUNTIES NOT REPORTING AND WORK TO RESOLVE THE FEW OTHER QUESTIONS THAT REMAIN.

KEEP UP THE GOOD WORK AND REMEMBER – LETS ALL WATCH OUR DEADLINES.

**SHELIA BURNETT, STATE TREASURER**



## 2022 Healthy Living Committee Report

The beginning of a new year can sometimes have us thinking about goals and resolutions. Seventy-five percent of Americans make resolutions; about 46% of those concern health. Making just one small change daily, like drinking more water, walking, exercise, eating less sugar will improve our health.

The Healthy Living Committee has set some goals for 2022 for healthy eating and active living that everyone can follow to help improve their physical health and we must not forget our mental health.

Specialist Ashlea Braun will be presenting, "Benefits of Bulk Fiber" at the District Meetings. I want to encourage members to take advantage of attending these informative workshops. Also, specialist Janice Hermann will be presenting a workshop, "Diet and Inflammation" for Healthy Living Committee.

**Madallne Kropff, NE Chair, Susan Nelson, SE Member,  
Linda Heilman, WS Member, Maggie Clinton, SE Member**



## OHCE STATE PROJECT: CHILD HUNGER

To those who have worked so diligently, and creatively, you are Child Hunger Free HEROs.... Thank you. We thought the pandemic was over, and again it rears its ugly head bringing with it more health issues, causing schools to return to virtual learning, some face-to-face classes, sports and other events either cancelled or postponed. This is a difficult time but OHCE members have strength in numbers, creative planning, and implementing events to help reduce child hunger in Oklahoma. So members: keep on keeping on after all you are Child Hunger Free HEROS!

**Marie Jones, State Project Chair**

## 2022 HISTORIAN ARTICLE

I am excited as State Historian to be able to attend all the district meetings this year. Something new this year; I will be installing each district representatives at each of the district meetings. I am very honored to perform these installations and look forward to seeing everyone.

**Shirley Burnett, State Historian**

## 2022 OHCE BY-LAWS COMMITTEE

The OHCE By-Laws Committee is proposing a change for our By-Laws to be voted on at the state meeting in July 2022. Each county president should bring this change to their voting delegates at their council meeting to be approved. To be in compliance with OSU and the federal government each county should make this change in their county by-laws. Several by-law changes were made at the state OHCE meeting in July 2021. The state committee urges each county By-Laws Committee meet to see if their by-laws are in compliance with the state by-laws. If not, it would be the time to bring them up to date and approved by your county delegates.

### Article III – Membership

**SECTION 1.** The membership of the Oklahoma Home and Community Education, Incorporated, shall consist of all county organizations for Home and Community Education whose membership support and advance its objectives and whose bylaws do not conflict with those of the parent organization. The Oklahoma Home and Community Education, Incorporated does not discriminate by gender, race, color, age, disability, religion, national origin, economic circumstance or status as a veteran in any of its policies, practices or procedures.

### Proposed Change:

**SECTION 1.** The membership of the Oklahoma Home and Community Education, Incorporated, shall consist of all county organizations for Home and Community Education whose membership support and advance its objectives and whose bylaws do not conflict with those of the parent organization. The Oklahoma Home and Community Education, Incorporated does not discriminate based on *race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status in any of its policies, practices or procedures.*

### OHCE By-Laws Committee

**Sheila Ely, Chairman, Jerri Faulkner, Kelly Bachler, Nancy Oglesby**

## Oklahoma Home and Community Education 2022 Calendar of Events

January	1 25	OHCE State fiscal year begins OHCE Program Area Goals begin Deadline for February Outreach
February	1 15	Annual Award Nominee completed forms to State Awards Chair County and Local Reports due to State Awards Chair Nomination forms for state offices due to State Nominating Committee Chair State Nominating Committee evaluates qualification forms for state board positions
March	8 25 26 29	SE District Meeting, Ardmore, Ardmore Convention Center West District, South Region, Duncan, First Methodist Church West District, North Region, Woodward, Fairgrounds Event Center NE District Meeting, Broken Arrow, Armed Services Reserve Building
April	1 21 21 22 24 29	OEAFCS Annual Awards Banquet, Location TBD (virtual or Embassy Suites, 1815 South Meridian, OKC) – Cultural Enrichment Chair presents Norma Brumbaugh Awards OCES-FCS Ambassadors Annual Meeting & Luncheon, OK County Extension Center OHCE State Board meeting, Oklahoma City Awards Book Evaluation meeting, Oklahoma City Deadline for May Outreach ACWW Day – Women Walk the World
May NA	1-7	OHCE Week (first full week in May, Sunday through Saturday) ACWW Triennial World Conference, May 17-23, 2023 in Kuala Lumpur, Malaysia
June	1 1	Deadline for OHCE Week Reports to Membership Chair Deadline for 50, 60, 70 year members to Membership Chair
July	1 10-12 12	Cut off for receiving 2022 state dues Annual OHCE State Meeting New OHCE Board members and appointees begin duties
August	4 5 24	OHCE State Board Meeting OHCE State Board Goal Planning Session Deadline for September Outreach
September	1 20-22 15 15	County Presidents review state officer and committee qualification forms, encourage members to serve on State Board CWC USA Conference, N. Little Rock, AR, Riverfront Wyndham 2023 State Goals published and sent to counties Deadline to send all financial claims for reimbursement to State Treasurer
October	1 15 16	County Treasurer collects 2023 dues, \$12.50 per member International Day of Rural Women World Hunger Day
November	1 1 1	Deadline for County Treasurers to collect 2023 dues to be sent to State Treasurer with updated Membership Roster Donations due to State Treasurer for Pennies for Friendship, Norma Brumbaugh Scholarship, and CWC USA List of County Officer and Committee Chairs due to State Office (Dr. Gina Peek)
December	1 31	State Treasurer prepares books for tax preparation End of State OHCE Fiscal Year HAPPY NEW YEAR!!



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