



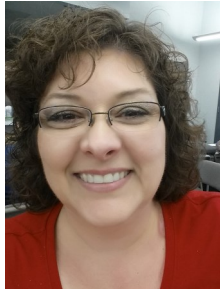
Spring 2020 ohce.okstate.edu

Volume 29 Number 1

OKLAHOMA OUTREACH

OFFICIAL NEWSLETTER OF OKLAHOMA HOME AND COMMUNITY EDUCATION

Our Theme: PASSION ATTRACTS TOGETHERNESS



The new year has begun and new goals and projects are in your future. Sounds like a horoscope in the daily paper. I just read the articles and do the puzzles. I do look forward to the spring board meetings when I get to hear all the things we did in the previous year. I get a warm feeling to know you do so much for the community.

March is a busy month, all the district meetings are being held and I have the privilege to be present at each one. Make sure you read the articles to get all the needed info for your district meeting. The district reps are allowing me to place a basket on the registration table with letter to the state board members.

These letters will have agendas and hotel reservation cards. Please make sure if you are on the board as an officer, chairman and committee member you pick up your envelope. You can also place the reservation card back in the same basket.

April 20th and 21st the board meets to review your projects. All the committees will be busy. Remember the budget committee does not attend. We will also discuss the issue of the La preciosita "The precious ones" has been voted to end. There is still monies that has been collected that we will decide where this money will go next. If you have suggestions please pass onto a board member or email your ideas to me at ohcepresident@gmail.com.

Change in many aspects has been a big part of my life this past year personally. Fortunately, more good than bad. But OHCE has been through a lot of changes too. We will grow with those changes. We may have growing pains along the way, but it will get better. Last year we had the Holstein Ohce and she inspired us to look at potential members differently. This year I have chosen the butterfly, well it chose me. I was sitting on my back porch and pondering things. Thinking about the changes I was going through in my life and a butterfly landed on the table in front of me. At that moment I was reminded that this beautiful fragile creature goes through a drastic struggle to become a butterfly. I knew my changes are hard right now but I will be okay. I have family and friends that will help me along the way. I decided to have the butterfly be our inspiration in my final year as president. I hope this butterfly reminds us that our change will be worth it because we know our struggles could be worse.

Yes, my last year as president. Just when I am getting the hang of it. I have to turn it over to Sandy. Well all good things must come to an end. I am excited to be the nominating chair. I will be watching for new blood on the board.

At our state meeting in July we will be celebrating our 85th anniversary as an organization. Wow 85 years. This is amazing. I would like to ask those who want to do so to dress for the occasion to celebrate this milestone in style. You can dress Sunday best, cocktail or as fancy as you want to get. Bring those fancy hats out of the closet, wear that dress we only wore once because you haven't had a place to wear it again. Or like me I have one I made for the fair and haven't worn yet. Yeah, I got to lose a few pounds to wear it but I am gonna make it happen. It will be a blast to see everyone all dolled up. NO... this is not mandatory; it is for those who want to participate.

I am a big fan of CHANGE, we need change to grow personally and spiritually. Look at how you are doing things and remember "insanity is defined as doing the same thing over and over again the same way and expecting different results". So, if you are stuck and not advancing, take a step back and start stepping in a different direction.

See you in March. Remember I love you all. God Bless each and every one of you.

Leslye Owen, State President



Southeast District Meeting

March 10, 2020

Crossway Baptist Church

Sulphur, OK

It is time to mark your calendars for the SE District Meeting to be held March 10, 2020, at Crossway Baptist Church, located at 2108 West Broadway Ave., in Sulphur, Oklahoma. Our theme for this year is “OHCE – Keys For The Future”. The hosting counties are Hughes, Murray, Pontotoc, Pottawattamie and Seminole.

Registration of \$20.00 is due by February 18, 2020. The registration fee includes morning refreshments and a catered lunch. There will be a \$5 late registration fee for registrations received between February 18 and March 1. Fees received after March 1 or at the door will not guarantee a meal at lunch.

Your day will begin with registration and refreshments at 8:30 a.m. Registration will be followed by our business meeting at 9:30 a.m. Election of your next District Rep will be held, so please plan to have your voting delegates ready. Three workshop sessions are planned. State officer and committee workshops will be held in Session I and will include: Exploring Mental Health; Cents You Ask; Finding Common Ground; Help! I’m a Grandparent Raising Grandchildren; Help Us Thank Them for Their Service; The Secretary Twist; and others. More fun and informative workshops begin after lunch in Sessions II and III including Keys to Making Flying Geese; House Plants & Succulents; Cake Mix Recipe Quilts; Laughter Yoga; and Creative Paper Pockets, to name a few. Some workshops will be repeated, giving more members an opportunity to attend. Our day will end after Session III about 3:30 p.m. Also, don’t forget we will be having a silent auction, so come prepared to bid on one or more of the gift baskets available.

We look forward to seeing you Let’s all get ready to see what doors “OHCE-Keys For the Future” will open.

Please send one check for your county made payable to "SE District OHCE". *Please mail to: Javonna Ear-som, 1126 West Broadway, Sulphur, OK 73086*

Pat Chapman, SE District Rep.



With

Northwest Region of the West District Meeting

Time to Rock 'N' Roll with OHCE. So wear your poodle skirts and bobbie socks and join us at the Fairview Fair Grounds on Thursday March 26, 2020.

There will also be a 50's night on Wednesday evening the 25th for fun and games. Baked Potato and Salad Bar \$10.00 at 6pm. If you are driving in on Wednesday and would like to visit with other OHCE members.

Sessions are going to be very versatile from health and wellness to fun and hands on projects. There will be a message from the President, door prizes, and a silent auction!

Registration is \$20.00 and the 50's Night is \$10.00. Deadline for monies is March 10, 2020. Checks are to be made out to Major County OHCE.

Sent to: Betty Sawyer, 500 E. Broadway, Suite 3, Fairview, OK 73737

Hotel of choice is The Best Western Plus, mention "West District OHCE" for special price. 580-227-2880

There are two other motels in Fairview: The Heritage Inn: 580-227-2534.

Knights Inn: 1-800-733-5466

Sandra Judge

West District Northern Region District Rep.

Be sure and check out Family Issues Workshop. We want you to share ideas with us as we share with you.

See you at the District meetings.

Darline Ruyle, Family Issues Chair





The 2020 Northeast District Meeting will be held March 31, 2020 at the First Christian Church at Miami, Oklahoma. Host counties are Craig, Delaware and Ottawa. Our theme is "OHCE- A Timeless Treasure". Besides the usual state workshops, other workshops planned are [The First Cup of the Day](#), [Exploring Mental Health](#), [Women and Guns](#), [What is Normal Aging](#), [Wreath Making](#) and others still being planned. There are some interesting ones on the list. Two lucky winners will receive \$50 each as the Grand Prize.

For those coming the day before, check out the Miami Visitor's Guide sent with the president's letter. Rooms have been blocked at the Hampton Inn, 115 Deacon Turner Rd, Miami, OK at **\$99.00** per room plus tax (918) 541-1500 and at the Buffalo Run Hotel, 1366 US 69, Miami, OK at **\$69.00** flat rate (918) 542-2900. The reservation code is **OHCE**.

The 2021 District Meeting hosts are Creek and Lincoln counties and will be there with silent auction items and grab bags for sale. They are also raffling a Kindle Fire tablet, an Insta Pot and an Air Fryer. There will be some lucky winners!

Mildred Taylor, Northeast District Rep

There will be a workshop at the SE District and NE District on "Rain Barrels". The workshop will be conducted by Rita Hunt and Vivian Meredith who are both on the Resource Management Committee. Cindy Clampet will be doing a workshop at all districts on "Time Management". Don't forget to observe Earth Day in April.

Margaret Barbour
OHCE Management Chair



"OHCE - Recipe for Life" is the theme for the Western District (Sothern Region) District Meeting for 2020.

We will be meeting at the **First Baptist Church**, 928 N Rd, Mustang, Friday, **March 27th**. Registration will start at 8:30 a.m.

Some of the workshops that are being planned are Oklahoma Wheat Commission, Origami/Math Magic, Oklahoma Cattle Women, New ideas on Quilting, Cooking with spices and more.

Registration fee of \$20.00 is due by **March 12**, to Marilyn Humble, Caddo County OHCE Treasurer.

1202 E. Central, Anadarko. OK 73005.

Caddo, Canadian and Grady counties are serving as your Hostesses.

For those needing a room we have a block of rooms at the Hampton Inn & Suites 405-261-6850 reserved under the name "OHCE". The rate is \$93.00 for rooms with 2 queen beds.

Looking forward to seeing you then



Debra E. Stevenson
Western District
(Southern Region)
District Rep

**BECOME A FAMILY & CONSUMER SCIENCES
MASTER VOLUNTEER**

What: A Master Volunteer increases the capacity of **FCS volunteers** to help their County Educator, and increases the visibility of **FCS** through the work of **Master Volunteers**.

Who: All OHCE members are eligible.

How : Contact your local County Educator, express your interest.

Training: 24/7 on-line available training or in-person sessions with your County Educator.

Marie Jones
Leadership Development Chair

AWARDS AND REPORTS

it is a new year, and the excitement is building! Member Awards and Project Notebooks are being submitted, and plans for the District meetings in March are in full swing. I love kicking off the year going to the District meetings and seeing old and new friends again, many of whom I have not seen since last July or August. District meetings are such a fun time to catch up and enjoy attending great workshops. They are also a time to reward the hard work member award nominees have done.

At all four District meetings, the awards spotlight will shine brightly as county winners for member awards will be recognized. District winners for Young Member, Rookie, OHCE Member, and Heart will be announced, and those winners from each district will go on as State nominees. There will be special reserved seating for all District Award nominees so look for that at your District meeting. Please, I do ask that all award nominees sit in their reserved seats because it helps the awards presentation flow more smoothly.

I plan to attend all four District meetings and will be presenting a workshop titled, "Criteria – It Makes It or Breaks It." In this workshop, we will discuss the judging criteria for project notebooks and the application and essay for member awards. You will be given tips on emphasizing the "right stuff" to help your notebook or award shine! Handouts will be available and questions are welcome. Whether you are a pro at writing award notebooks or member awards or have never done it before, there is something for everyone.

I hope to see many of you from all over the state in Sulfur, Fairview, Mustang, and Miami!

Kathy Fentress,
Awards and Reports Chair



2020 STATE MEETING

With 2020 well on its way it is time to start implementing the 2020 State Goals. I know many of your groups have already met and have your goals for this year in place, many of you will be meeting soon.



New lessons, new goals, new projects! Don't forget to spread the word so you can gain New Members., What a great way to start a new year. Speaking about all the newness of a New Year also comes new 2020 District Meetings. I hope you are making plans to attend your District Meeting. What a great way to get new ideas. Don't forget to let your new members know how fun the District Meetings are.,

Speaking of fun meetings be sure to mark your calendars for our 85th Annual State Conference. This is a special Anniversary Conference. It will be held on July 12, 13, and 14th. The theme for this Conference is 85 Years Strong – Diamonds and Sapphires. The Conference will be held at the Embassy Suites Downtown in Oklahoma City. On Sunday afternoon - early evening we will have a "Christmas In July" event. There will be four Make & Take Workshops. This will be on a rotation basis. You will attend all four workshops and take away with you four Christmas crafts for the price of just \$20.00.

Start putting some money aside and make plans to attend the State Conference. Our 85th Anniversary **AND** we are lowering the registration price from

\$120.00 to \$110.00. .

The hotel room rates are as follows:

\$105.00 for a Single - \$110.00 for a Double -
\$120.00 for a Triple - \$130.00 for a Quad

The price of the rooms includes a Full Breakfast for the number that is registered in your room.

For your convenience credit cards will be accepted for registration. More information about the State Conference will be available at all four District Meetings

Debbie Mote, Vice President of Programs



TREASURER WORKSHOP AT DISTRICT MEETINGS

“Cents you ask” will be the title for the Treasurers workshop that will be presented at each of the district meetings.

Join us as we assist you with your questions, breakdown the various procedures and responsibilities of treasurer and provide you with the proper forms & resources to make the job of being your local or county treasurer a breeze.

This workshop is for any member that may be in a position of handling OHCE funds no matter your experience level.



Karen Pospisil, State Treasurer
ohcetreasurer@gmail.com

I would like to thank all the County Treasurers, Educators, OSU Extension Secretary, Kimberly Nolting and District Advisor, Brenda Miller.

2020’s membership dues were sent in a timely & efficient manner. I am very pleased with everyone’s cooperation and help in resolving issues that needed to be corrected.

As of January 16th, 2020 the total number of paid OHCE members for the state is 3,026. This is 152 members less than was recorded on January 31, 2019.

District breakdowns are as follows: Northeast 1,127; Southeast-895; West District/Norther Region-556 and West District Southern Region 447.

Keep up the good work!

Karen Pospisil,
State Treasurer
ohcetreasurer@gmail.com



The **Cultural Enrichment Committee** will be giving a workshop at each of the District Meetings. The Mediterranean Diet Workshop will be presented by Candy Grabel. It will be an interesting and informative workshop. Hope to see you there.

Linda Swindler

WE NEED YOU ON YOUR OHCE STATE BOARD!!!

The time for filing for a state office, committee chair or member is coming up soon! **FEBRUARY 1st!**

We have received several applications, but we still need more.

If you are a current committee chair/member and wish to continue that committee I still need you to fill out and send your form to me. If I do not hear from you, I will be calling you.

These are the areas of work we need members:

- Secretary
- Chaplain
- Parliamentarian
- Promotional Sales
- District Representatives – SW, SE, NW, NE
- Healthy Living Chair/Members
- Cultural Enrichment Chair/Members
- Membership Chair/Members
- Resource Management Chair
- Budget Committee Members

I am looking forward to hearing from you soon.

Debra Stevenson
3029 Ten killer Dr.
Yukon, OK 73099



Promotional Sales

I am sure some of you have heard that I am not applying to continue as chair of Promotional Sales. I have thoroughly enjoyed the last 6 years of working with all the wonderful OHCE members across the great state of Oklahoma. I have also enjoyed visiting places I would not normally get a chance to see and as a transplant to OK this has been a wonderful opportunity.

I am going to miss seeing all of you at the district meetings, but I will still be an active OHCE member and going to my District and the State meetings.

So, thank you to all those who have visited with me, ordered from me and just made the whole experience one I won't forget. A big thank you to my traveling companions and all the help they give me with unloading, setting up, selling and just plain making me laugh a lot. They are a great bunch.

Phyllis Tumandar
Promotional Sales Chair



HEALTHY LIVING

Entering in the decade of 2020, most women have either voiced a New Year's resolution or at least thought of some habit they'd like to start or change. Most of the time these changes deal with one of these topics: health, wealth, or happiness. The problem with focusing on one area of our lives is that women are not one dimensional. One area of our lives that gets out of control truly effects all areas of our mind, body, and soul.

When considering how to live our healthiest, we must consider all three areas, or we will fail at what ever we do. It is important to maintain a healthy balance between your mind, body, and soul by nurturing your whole self, including your physical, mental, emotional, and spiritual needs. There are many things that we can do in our daily lives to achieve overall wellness. here are a quick 10 suggestions,

- Read often, open your mind to new possibilities
- Pray daily, reset your spirit daily
- Start exercising, try yoga, buddy walk, join a gym, dance
- Spend time outdoors, plant a garden, work in flower beds, play with the grandkids
- Volunteer somewhere, church, hospitals, schools, senior citizens centers
- Create something, sew, paint, remodel, craft
- Listen to music, sing along, or better dance
- Be grateful, for all things: family, friends, pets, food, shelter, health, friendships
- Let stuff go, If something won't matter tomorrow, don't let it ruin today
- Laugh Often, be the joy in someone's life and enjoy yourself

Thanks for spending time with us.
See you at Districts!

Healthy Living
Robbie Sloan, SE Chair
 Kelly Baehler NE Member
 Lynn Heck, SW Member
 Dottie Gatz, NW Member



Calling all secretaries! I will again be travelling to all the districts for a secretarial workshop. Compose your questions and /or concerns and I will do my best to answer! See you in March!!!

Pam Vaughn
State Secretary



50+ Member and Group Member Certificates

If your county, groups and members are 50,60, 70 members of OHCE, it is time for you to honor them. It is important for the Membership Certificate Form to be completed and mailed by April 1. You can find the 50 year+ Member forms on the OHCE Website under resources. Please have all members, groups and counties who qualify fill out two (2) copies of the applicable form and return one copy to the State Membership Chairman, Dee Porter, and one copy to the State Advisor, Dr. Jorge Atilas. Addresses are at the top of the form. These member, group and county certificates are to be calculated on the year 2019. If your county or group missed the deadline for the last year (2018) please submit and certificates will be issued. As you complete the forms carefully check the spelling of the member's name and year they joined OHCE. It will be appreciated if the forms are received by the deadline in order to prepare certificates for the State Meeting. If you have any questions, contact State Membership Chairman at 405-612-5979.

Let's honor these member and groups have served OHCE for 50 years and more. They have guided us to where we are and we are so grateful we can honor them.

Dee Porter, State Membership Chair
 Membership Chairman

PRESENTING WORKSHOP



Look for a Workshop at the District Meetings on member years of service and other important information.

Dee Porter, State Membership Chair
Leslye Owen, State President

I hope you all got those reports turned in because I'm looking forward to seeing them all at judging time. Thanks for all your hard work.



Marilyn Gibson
State Project Chair

Revised Nov 1, 2019 **Oklahoma Home and Community Education**
2020 Calendar of Events

Revised Nov 1, 2019

| | | |
|-----------|------------------------|---|
| 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 Awards Chairman separates and mails County and Local Reports to Program Committee Chairs for evaluation State Nominating Committee evaluates qualification forms for state board positions |
| March | 10 26 27 31 | SE District Meeting, Sulfur Western District North Region, Fairview West District Southern Region, Mustang NE District Meeting, Miami |
| April | 9 20 21 24 | OEAFCs Annual Awards Banquet, Embassy Suites, 1815 South Meridian, OKC – Cultural Enrichment Chair presents Norma Brumbaugh Awards OHCE Board meeting, Embassy Suites, Oklahoma City Awards Book Evaluation selections at Oklahoma County Extension office Deadline for May Outreach |
| May | 3-9 NA | OHCE Week (first full week in May, Sunday through Saturday) ACWW Triennial World Conference, May 16-26, 2022 in Kaula 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 12-14 14 | Cut off for receiving 2020 state dues 85th Annual OHCE State Meeting, Embassy Suites/Downtown, OKC New OHCE Board members and appointees begin duties |
| August | 6-7 24 | OHCE Board Meeting – Goal Planning Session, Stillwater. Deadline for September Outreach |
| September | 1 14-16 15 15 | County Presidents review state officer and committee qualification forms, encourage members to serve on State Board CWC USA Area general meeting, The Crown Plaza Hotel-Airport, Indianapolis, IN 2021 State Goals published and sent to counties Deadline to send all financial claims for reimbursement to State Treasurer |
| October | 1 15 | County Treasurer collects 2021 dues, \$12.50 per member International Day of Rural Women |
| November | 1 1 1 | Deadline for County Treasurers to collect 2021 dues to be sent to State Treasurer with updated Membership Roster Donations due to State Treasurer for Pennies for Friendship, Norma Brumbaugh Scholarship, CWC, and La Preciosita (Precious One) School Project List of County Officer and Committee Chairs due to State Office (Dr. Atilas) |
| December | 1 31 | State Treasurer prepares books for tax preparation End of State OHCE Fiscal Year HAPPY NEW YEAR!! |



Non-Profit Org.
U.S. Postage Paid
Permit #1
Okla. City, OK 731

Oklahoma Home and Community Education, Inc.
6520 Alameda Street
Norman, OK 73026

Oklahoma Outreach is published three times a year by Oklahoma Home and Community Education, Inc. (OHCE), is a 501c3 non-profit organization whose mission is education, leadership development and community service. OHCE is one of the educational organizations sponsored by the Oklahoma Extension Cooperative Service, Oklahoma State University, Stillwater, Oklahoma. All members are invited to submit timely OHCE news items. Deadlines are the 1st of February, May and September. Editor reserves the right to edit all articles.

| | | |
|-----------|-------------|-----------------------------------|
| President | Leslye Owen | 13 Jo Ellen Drive, OK 74804 |
| Editor | Carol Doner | 6520 Alameda St, Norman, OK 73026 |

| |
|---|
| Email: ohcepresident@gmail.com |
| Email: ohceeditor@gmail.com |