



EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

OK County Monthly News Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

Jan 21, 2021 "What is the Mediterranean Diet?" Leader Lesson – Connie Wollenberg, McClain County FCS Educator. 9:30 a.m. This lesson will be held at the Extension Conference Center and live on Zoom. Please contact the Extension Center for the Passcode to watch on your computer.

Jan 21, 2021 Report Books, Photography Contest, Life Stories, Secretary Books Due to OHCE Advisor.

Jan 21, 2021 County Executive Board meeting 15 minutes following leader lesson.

Executive Board Meeting: The January 21st meeting will be held in person and on zoom after the leader lesson. County Committee chairs, group presidents and secretaries are expected to attend. If you are unable to attend, please email a report of your plans to Lisa – Lisa.hamblin@okstate.edu

DEADLINE FOR Feb 2021

NEWSLETTER

Jan 21, 2021

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Website for Extension Center:
<https://extension.okstate.edu/oklahoma>

Website for OHCE:

<https://education.okstate.edu/index.html/fcs/ohce>

Website for Genealogy

Group: www.ohcegenealogy.com

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PRESIDENT'S COLUMN

Vacant

THANK YOU GLENDA BUSBY

County OHCE president, Glenda Busby, moved to Norman last summer, and we will miss her great leadership! She is now a member of the Cleveland County Busy Bees OHCE group, so we can still say hello to her at SE district and state events. Glenda led our organization with such grace and skill. She even edited and printed our 2021 yearbooks before she left office, knowing we didn't have a county secretary to take on that time consuming task! What a class act! The position of county president is still vacant. Please contact Lisa Hamblin if you are willing to serve in this important leadership role.



2020-2021 *Memorial Service*

Jan Beattie

Our annual Memorial Service to honor our deceased members will be held during our annual *Awards and Achievement Luncheon* in April 29, 2021. To date, I have received notification of the deaths of eleven:

Laura Robinson from 3Es

Ray Ridlen Oklahoma County Extension Horticulturist

Judith Irwin from Genealogy Group.

Grace Otto from NW Seekers/Council Grove

Sonja Frazier Wilson from Learn and Serve and Modern Homemakers

Shirley Kitchens from Las Amigas/Will Rogers

Mike Miller from Genealogy Group

Betty Geis from Genealogy Group

Dorothy Driver from Las Amigas/Will Rogers and past county president passed away on September 22, 2020 at the age of 102.

Betty Kill from Cardinal Group

Sharon Fore from Genealogy Group *and*

Andre Head from Genealogy Group

If you have any photographs, special memories, or anecdotes of any of the deceased, kindly let me know. *I am particularly in need of photos and information for Betty Kill.*

If your group has lost a member of which we are not aware, please let me know so they can be remembered during the service. I can be contacted by email at jankb80@sbcglobal.net or by phone (405) 513-4014. Thank you.

THE GENEALOGY GROUP

By Kathy Fetters

Those of us who are members of the Genealogy Group love history, especially family history. This year started out with a long list of speakers and interesting topics. Then Covid 19 hit and our nation, and the world, went into a whole new “normal”. Our group, like the rest of OHCE couldn’t meet for months. This left us time to do online research, organize our genealogy, write down family stories and look back at the difficult times our ancestors went through: the 1918 flu epidemic, the polio epidemic, two World Wars, a Civil War, the Great Depression, Vietnam, Watergate. All these, and more, caused upheaval, chaos, uncertainty and yet, our nation, came through all of these. We learned from our mistakes, we learned from our victories, we were resilient, and we came back from it all still a nation that others yearned to join.

Those are the reasons that we genealogists are so passionate about this very addictive hobby. Seeing what our ancestors went through, so that they could make things better for their children and grandchildren, inspire us to record it, to learn from it and to pass the lessons on.

Next year will bring us challenges just like this year and the year before and the years before that. Yet, just like our ancestors, we will strive to learn and grow and pass the history of this year and all our years on to our own future descendants. Each of us is experiencing a part of history this year. What have you learned? What will you remember most? What record will you create for those who follow? Instead of those New Year’s Resolutions, take the time to leave a lasting legacy in the form of your written memories of 2020 for a family member to read in 2040 or beyond. Your very own time capsule, so that the next generation can understand the lessons you, and our nation, learned this year.

GROUP SECRETARIES/REPORTERS - WE NEED YOUR NEWS!

With so many OHCE groups not meeting due to COVID -19, many members look forward to the newsletter to stay informed with what's going on in our OHCE community. I'm asking all group secretaries/reporters to submit an article each month highlighting one of your members, church happenings, volunteer activities, bragging on your grandchildren, etc. Any news that is positive and uplifting is what we need! Pictures are also encouraged.

MENTAL HEALTH ASSOCIATION RECEIVES STOCKINGS



Alexus Coleman of the Mental Health Association of Oklahoma received 150 OHCE stockings recently. These stockings will be delivered to patients at Griffin Memorial Hospital and to two crisis centers in Oklahoma City.

GRANDPARENTS RAISING GRANDCHILDREN RECEIVE OHCE STOCKINGS



Corporal Kim Lopez of the county sheriff's department Triad program, received 400 OHCE stockings to be given to the Grandparents Raising Grandchildren program. Due to COVID-19, the annual Christmas party was changed to a drive through event at Sunbeam Family Services on December 5th. Thank you to the 3 E's group for the donation of 140 beautiful handmade stockings. The remaining stockings came from the leftovers from previous years. We are down to less than 50 in storage, so let's think of ways we can be ready for next year! The Extension conference center has plenty of room and sewing machines if any groups want to social distance and have some sew days next year. Just let Janet know, and she can reserve the space for you.

OHCE YEARBOOKS ARE AVAILABLE

The 2021 OHCE yearbooks are at the Extension Center and can be picked up Monday-Friday, 8:00-4:30. They are in bundles with your groups' names attached. Please let Lisa or an Extension secretary know when you are coming, since appointments are required to enter the building.

NEW AND EASIER VOLUNTEER HOURS FORMS FOR 2021

Good news! There is a new Volunteer Hours Form that is easy to complete. You can now report any non-OHCE activities that you are involved in, too! The directions for the member form are on page 55 of your 2021 yearbook, and there are 12 forms at the end of that section to be completed monthly. Just like before, each member will fill out a form and give it to their group secretary. The group secretaries have been emailed a group form to compile all of your member forms to submit to the OHCE Advisor. This form is so easy, that there will not be a training held this year. If you have any questions, please contact Lisa Hamblin.

WEEKLY OHCE TIP SHEETS

Attached is a list of Tip Sheets that were emailed to members in 2020. If you missed signing up for these last year, contact Lisa and she can forward them to you. If you want to be added to the mailing list for 2021, also contact Lisa. If you are currently receiving the Tip Sheets, your name will remain on the mailing list unless you request to be removed.

WEEKLY OHCE TIP SHEETS

With OHCE leader lessons cancelled due to COVID-19, weekly tip sheets were emailed to OHCE members to provide them timely information.

Below are the tip sheet topics provided:

- Ingredient Substitutions
- COVID19 and Pets
- Washing Produce
- Tornado Safety During a Pandemic
- Unemployment Scams
- Extra Help Assistance Prescription Program
- Doneness of Home Baked Goods
- Research Survey for FAITH Project
- What Texting is Doing to Your Neck and Spine
- Grilling Food Safety Tips
- OSU Care Consultation Program
- COVID19 Contact Tracing Scams
- Hand Sanitizer Safety
- Health Disparities Newsletter
- Fall 2020 Pumpkin Patches & Mazes
- Reduce Breast Cancer Risk
- Mouse in the House
- Fall is Tree Planting Time
- Managing Storm-Damaged Trees
- Keep Your Food Safe During Emergencies
- Coping With Grief Through the Holidays
- Prevent a Turkey Fryer Fire
- Turkey Soup Recipes
- Poinsettia Care
- Buying and Safety Tips for Generators