



# Oklahoma

## Home and Community Education

KAY COUNTY - P. O. Box 430, Newkirk, OK 74647-0430 ☎ 580-362-2200 📠 FAX 580-362-2268  
County Website: <http://www.oces.okstate.edu/kay/ohce> State website: <http://www.ohce.org/>  
County Email: [kay.oces@okstate.edu](mailto:kay.oces@okstate.edu)

## MARCH 2009

### February County Meeting

February County meeting was held February 23, 2009. Stacie Grossardt was named Rookie of the Year, Shirley Moraine was named Member of the Year, and Earleine Harman won the Life Story contest.

Creative Homemakers, Fun and Fundamental and Nardin each received Standard of Excellence certificates.

Receiving perfect attendance certificates for 2008 were Frances Bohannon, Betty Glasgow, Pat Johns, Fran McDonald, Larry Patten and Majorie Smith.

Members recognized for years of service were Wilma Eakins 55, Sylvia Hailings 45, Dorothy Tanner 41, Irene Suckley 25, Patsy Dorl 35, Majorie Smith 30, Echo Blanton 5, Stacie Fox 5 and Rachel Schneeberger 5.

Congratulations to all members and groups receiving awards!

### Leader Training:

Topic: Mexican Cuisine and Culture  
Covered Dish Luncheon and Lesson  
Date: Thursday, March 26, 2009  
Time: Luncheon: 12:30 p.m.  
Lesson: 1:00 p.m.  
Location: OHCE Building, Blackwell

Let's combine this lesson with a chance to taste each other's recipes as we learn more about Mexican Cuisine and Culture.

### Quilt Repair Workshop

#### Sign-up

I plan to attend this activity on March 7, 2009.

Name: \_\_\_\_\_

Do you plan to bring a quilt to repair? \_\_\_\_\_

Please notify us of your plans to attend by returning this slip to PO Box 430, NEWKIRK, OK 74647, calling the office at 362-2200, or e-mailing to [mary.rhyne@okstate.edu](mailto:mary.rhyne@okstate.edu) by March 2.

### March OHCE Calendar

March 7 Quilt Workshop, 10:00, OHCE Bldg.  
March 19 NW District Meeting, Guymon  
March 26 Leader Training, 12:30 p.m.  
OHCE Building  
April 10 Extension Office Closed

### **Food Show and Luncheon**

The OHCE Food Show and Luncheon will be held in April 23. Registration will be from 5-5:45 and judging starts at 6:00 p.m. Rules and classes are in your yearbook. Please read them carefully.

Three exhibits require use of the same recipe. Here is one of the three. The other two will follow soon.

### **Carrot Ribbons & Cashews**

1 ½ pound carrots

½ c. unsalted whole cashews

3 Tbsp. unsalted butter

¾ c. finely chopped yellow onion

2 tsp. minced fresh ginger

1 Tbsp. sugar

½ tsp. salt

1/8 tsp. cinnamon plus 1 stick

¼ tsp. cardamom plus 2 pods.

Cut carrots into ribbons using a peeler down the length of the carrot. Toast the cashews in a 2 quart sauce pan over medium heat until golden brown. (about 2 minutes) Remove and set aside. Add the butter, onion, ginger and set to cook, stirring occasionally until onions are translucent. (about 10 minutes) Add carrots, remaining spices, 1 Tbsp. water. Cook covered for 5 minutes. Remove whole spices and toss in cashews. Serve hot. Makes 8 servings.

*Nutrition information per serving:*

*135 calories; 8 g fat ; 11 mg cholesterol;  
208mg sodium; 14 g carbohydrate; 3 g fiber,  
2 g protein*

### **Raising a Reader**

The mission of Raising A Reader™ is to foster healthy brain development, parent-child bonding and early literacy skills critical for school success by engaging parents, family members and other caregivers a routine of daily “book cuddling” with their children from birth to age five.

Raising a Reader is a child-driven program encompassing early childhood educators, parents and librarians in a coordinated “read-aloud” effort. Each week, bright red book bags filled with beautiful picture books are rotated into homes. The book bag and its contents quickly become a child's favorite toy. The result is an irresistible request: “Please read to me!”

Children benefit from healthy brain development, family bonding, and increased early literacy skills – all proven elements for lifetime success! They enter Kindergarten with a love of books and ready to learn to read.

Smart Start Oklahoma introduced this program in its 18 Smart Start Communities. Each community works locally to raise funds and support needed to operate their programs locally. Smart Start Kay County currently is conducting Raising a Reader in 11 sites with 650 children participating in this program. Kay County OHCE is a proud donor through the OHCE Issues Committee.



### **Hearth & Home**

Hearth & Home is Kay Count's new OHCE group. It was officially founded in January 2009, with planning meetings beginning in October, 2008. The group meets on the second Monday of each month at 6:30 p.m. Founding member were Ann Sheets, Kenna Jackson, Jaylene Soulek & Jacque Graham. Since then, we have added new members Nancy Adkisson, Faith Tapp, Nancy Thompson & Kathy Megee.

**Jaylene Soulek** is from the Nardin area and is married to J.D. They have 2 sons, Jay (age 24) and Jaron (age 20). Jaylene graduated from Blackwell High School, Northern Oklahoma College, and Oklahoma State University with a BA and MS. She is currently the principal at Blackwell Middle School. Her hobbies include reading and golf.

**Jacque Graham** is a retired English/Drama teacher. She grew up in Blackwell and has moved back since her retirement. She has 2 sons, James and David, one daughter, Lynn and 7 grandchildren. Jacque stays busy volunteering for many organizations and writing books. She is a published author. Hobbies include reading and scrapbooking.

**Nancy Adkisson** is married to Larry and between them they have 5 daughters, Beth, Sarah, Tammy, Jenny and Kiana and 9 grandchildren. She is a retired teacher and now spends her time reading, working on the computer and enjoying her mother who recently moved here from Illinois.

**Kathy Megee** has been married to Dean for 38 years. They have a son, Travis & his wife, who live in Ponca City. They have a boy, Aidan (8) and a girl, Fiona (5). Their daughter Janet lives in Utah and is planning a wedding this May. Dean and Kathy are both originally from Ponca. They moved to Blackwell about 4 years ago after being in Utah 30

years and Kathy now works at Hutton Pharmacy. She enjoys sewing and making crafty things that use up her sewing scraps.

**Nancy Thompson** is employed by Blackwell Industrial Authority. She has lived in Blackwell for 26 years and has 3 children: Shala in Arkansas, Stacy in Guthrie and Jeff in Fargo, OK. Nancy's pride and joy are her 6 grandchildren. Hobbies include making greeting cards, bowling and reading.

**Faith Tapp** has lived in the Kay County area for 35 years and has been employed by Central National Bank for 13 years. Faith has a son, Scott and daughter-in-law living in Texas. She enjoys church activities, making greeting cards, putting together puzzles and playing board and card games.

### **NOTE:**

If you have been disappointed in the needlework kits available locally, here are two of many web-sites that have supplies for your fair projects. I have no knowledge of the quality of the products, etc. and do not endorse these or any other businesses.

[www.acmoore.com](http://www.acmoore.com)

[www.123stitch.com](http://www.123stitch.com)

ing Further Ahead:

- OHCE Week is May 3-9, 2009. Mark your calendar now and watch for details as time draws closer!

-Tulip Festival and OHCE Rummage Sale is April 4, 2009