Our Theme: **PASSION ATTRACTS TOGETHERNESS**

**Passion Attracts Togetherness**

The holidays are over and cold weather is here! I hope you all had a great holiday season and are keeping warm. As I sit by the fire tonight drinking my cup of coffee I can’t help but ask where has the time gone? I am now in the last few months of my role as OHCE President. It seems I have only begun. But I will not dwell on that now.

Our new year 2018 has begun and with it comes a new year for our local groups. New officers are in place and new committees are formed, along with new ideas and plans to make this a great year of OHCE. With that being said I want to encourage all of the local and county committees to look at your State Goals for your committee.

The ladies and gentlemen that make up the State Committees met in August with a Passion for OHCE to come together with bright new goals in mind to help grow our OHCE (State, County, and Local) to be the light for our communities.

I want to challenge you to adopt many of their suggestions. With your groups working together, I know you will reach and serve many people. Go for it with a Passion for OHCE. Remember it only takes a spark to get a candle glowing. Be that spark.

I am looking forward to seeing many of you at the District Meetings. They are always such a joy to attend and listen to how you have helped your communities in so many ways. I am also looking forward to meeting with the Presidents in my workshop titled “Learning About Leadership From A Pineapple”.

See You Soon

Debbie Mote, President

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**2017 State Lessons**
- What do you do if...? Helpful Tips to Conflict Resolution (Leadership Development)
- Managing Change Through Effective, positive leadership skills (Leadership Development)

**2017 District Lessons**
- Hints for Writing Reports (Leadership Development)
- Family Mental Health and Opioid Addiction (Family Issues)

**2018 State Workshops**
- Trick Out your Financial Toolbox
- Etiquette for Outdoor Entertainment
- The greatest wealth is health (prevent or delay chronic disease through healthy lifestyles)

**2018 District Workshops**
- Walk with Ease
- What’s in your backyard? Local history sites & museums
- Protect what is important
- Supporting emotional wellbeing

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**MESSAGE TO OHCE MEMBERS FROM**
**DR. JORGE H. ATILES, ASSOCIATE DEAN for EXTENSION & ENGAGEMENT, Assistant Director For Oklahoma Cooperative Extension Service-FCS OHCE STATE ADVISOR**

Greetings from your State Advisor

I want to wish you all a very Happy 2018. We look forward to the district meetings and to the great programs yet to come. Thank you for your continued support of our Family & Consumer Sciences County Educators who serve as your local advisors.

We experienced many changes in 2017 and one exciting news in 2018 is the appointment of Dr. Damona Doye as the new Associate Vice-President for the Oklahoma Cooperative Extension Service. Dr. Doye is a nationally known Regents professor and Extension Specialist in Farm Management from OSU who is very familiar with our Extension system and FCS. She has led many efforts to improve women’s farm management skills and serves as vice-president for the International Farm Management Association. We look forward to her involvement in FCS and OHCE and especially when she joins us at the state OHCE meeting this summer. She will help take OCES to the next level, honoring our past but looking into the future. When you see her around the state, please welcome her to your OHCE group and county.

See you soon,

Dr. Damona Doye
Southeast District Meeting  
March 27, 2018  
Ardmore Convention Center  
Ardmore

It is once again, time to mark your calendar for the SE District Meeting to be held Tuesday, March 27, 2018, at the Ardmore Convention Center, 2401 North Rockford Road, Ardmore, Oklahoma. Our theme for this year is, “HATS OFF TO OHCE”. I know I have said it before, but the members from this year’s hosting counties of Bryan, Carter, Johnston, Love, and Marshall are still hard at work finalizing details to provide you with fun and informative workshops.

For members that are showing up Monday and planning on spending the night, a block of rooms have been reserved at the Holiday Inn next to the convention center. Reserve your room before March 1st for the special rate, additional information will be provided in your Registration Packet. Also, Monday afternoon the Greater Southwest Historical Museum, located at 35 Sunset Drive in Ardmore and the Carter County OHCE will be providing self-guided tours from 4-5 p.m. Or, for those of you that would like to ride the trolley, it will be picking up riders from the Convention Center at 4:30 p.m. for a guided tour that will be from 5-6 p.m. The trolley will return you to the Convention Center at 6:30 p.m.

Meeting day begins with registration and refreshments at 8:30 a.m. followed by business meetings at 9:30 a.m. Three workshop sessions are planned. Historian; Options for digitizing pictures, Membership; Membership Recruitment. More fun and informative workshops begin after lunch in Sessions II and III including:

- Fidget Quilts
- Container Gardening
- Fiddlin’ with Flannel
- Fraud & Identity Theft
- Breast Cancer Pillows
- Making Natural Probiotics,
- ……..and that’s just a few.

Our day will end after Session III about 3:30 p.m.

We look forward to seeing you... Hats Off to OHCE!

Christine Hammond  
SE District Rep.
Northeast District Meeting
March 3, 2018
Asbury United Methodist Church
6767 S. Mingo Road
Tulsa, Oklahoma

The theme of the 2018 NE District Meeting is "There Is No Place Like Home". The word home reminds us of happy times: the pictures everyone took, the aromas from the kitchen, the laughter when we remembered old times, seeing grandmother's sewing room, chasing butterflies and fireflies in the backyard as the adults talked about their health. Home, also, reminds us of protection, health and new innovations and preparing for retirement. Come Home to Asbury United Methodist Church, Tulsa, Oklahoma April 3, 2018 and share some of the joys of home.

- Wool spinning
- Quilting
- Chicken Scratch
- Aromatherapy with Essential Oils
- Laughter Yoga
- Butterflies in the Backyard
- Women and Guns
- Foot Care
- Walking With Ease
- Women’s Cancer Care
- Mental Health
- ..........as well as workshops from State Officers and State Committees

Our guest speaker, Lori Randall, will share with us more laughter. The meeting will conclude with a drawing for a $100 bill and the winner's name will be drawn from returned name tags. You must be present to win!!

Notify your County President now that you plan to join us at Asbury United Methodist Church, Tulsa, Oklahoma April 3, 2018 and share some of the joys of home.

Patsy Thibodeau , NW District Rep.

Northwest District Meeting
March 16, 2018
Langston University
East of Guthrie

Greetings from NW District

The 2018 NW District meeting will be held March 16, 2018 at Langston University, east of Guthrie, Oklahoma. The theme of our meeting is "OHCE-Seeds of Growth".

Registration is open and due by March 2, 2018 to Mary Miller, Treasurer , Logan County HCE P .O. Box 1212 Guthrie, Okla 73044

Registration is $25 and will include a morning snack and lunch, both served by Langston University Culinary Department.

Those of you who arrive on Thursday evening may enjoy shopping and sight seeing in Historical Downtown Guthrie and may join a tour at the Scottish Rite Temple at 4 pm. Cost for the tour is $5.

The Hampton Inn and Suites at 401 Cimarron Rd, Guthrie Oklahoma, has been designated as our conference hotel. Phone (405)293-9595. A block of 10 rooms has been set aside and must be booked by February 23.

Friday morning registration will begin at 8:30 with the meeting starting at 9:30 with opening ceremony and business meeting. Workshops will begin after the business meeting and include a large variety of subjects including:

- Gardening
- bee keeping
- digitizing old photos
- cancer care
- record keeping
- beef cookery
- whole wheat milling and bread baking
- make and takes
- mental health
- walk with ease
- goat cheese and goat ice cream
- Quilting
- what’s in your backyard
- membership recruitment.

There will be 4 sessions of workshops and will finish with a closing session for everyone beginning at 4 pm. At the 4 pm session we will have a short talk on women's safety and awareness and announce the winners for the silent auction.

Notify your County President now that you plan to join us at Langston University on March 16, 2018!
Awards and Reports

Awards and reports folders are beginning to arrive at my house. The next few weeks should bring a whole lot more to my door. By the time you read this, the deadline will be past us and the judging time for awards will have begun. I look forward to sharing the results with you at each of the district meetings.

At the district meetings, I will also have the committee report books ready to hand over to each of the state committee chairmen. Unfortunately, I will be unable to attend the Northwest District meeting this year. However, I will have everything ready for a substitute to fill in for me. If they do not want to handle the report books, I will deliver them to any chairmen from that district. If the chairman or a representative cannot attend their district meeting, please let me know as soon as possible. Otherwise, please find me at the meeting so I can hand off the report books to you. Please review them and bring them to you at the state evaluation meeting, which will be held on April 27th at the Oklahoma County Extension Center. This is the meeting where state committee members will judge and choose the winning report books.

State committee chairs should now contact all their committee members to make sure they are informed about the April 27th meeting and that they plan to attend and take part in evaluating the report books for your committee. Further instructions and additional help will be available at that meeting.

I look forward to seeing you at the District meetings.

Sandy Pogue
Awards and Reports Chair
sandy.pogue@gmail.com
(580)444-3539

2018 STATE MEETING

With a new year beginning, it is time to start implementing those new 2018 State goals. I know many groups are already busy working on new programs and projects relating to those goals including a new OHCE State Project, Women’s Health. In connection with the new State Project, a service project is currently underway all across the state. What a great way to start a new year that will be full of new projects, new ideas, and new opportunities. Speaking of that, attending your District Meeting and the State Annual Meeting is the perfect way to discover new ideas, projects, and new opportunities. So, it’s time to Save the Dates!

Mark your calendars now for July 8, 9, and 10, 2018, and plan to join OHCE members from across the state at the 83rd Annual Meeting of Oklahoma Home and Community Education. Prepare to have fellowship and fun as we gather again at the Embassy Suites Hotel Downtown Medical Center in Oklahoma City. Basic registration will again be $115.00, and hotel rooms will be at deeply discounted rates that include a complimentary breakfast buffet every morning and complimentary snacks and beverages every evening. Our theme for the 2018 meeting is “Planting the Seeds of OHCE”. Come and let’s plant seeds of friendship, community, education, family, service, and leadership together.

The fun will begin Sunday afternoon. Leslye Owen, our President Elect, is presenting a special Make and Take workshop featuring gorgeous beads and an OHCE charm. She will be showing us how to make a bracelet using memory wire, beads, and this special OHCE charm. This bracelet is beautiful, so you won’t want to miss out on making one! As in past Sunday activities, there will be a workshop fee payable with your registration to reserve your spot. Class size will be limited so look for more information about this workshop in the May Outreach Newsletter and register early!

The Planning Committee has been working diligently to find a good variety of interesting, educational, and fun workshops. Expect a wide range of subjects such as: Conflict Resolution, Financial Toolboxes, Depression Glass, Managing Change, Digital Photos, Swedish Weaving, The Latest Buzz in Beekeeping, Essential Oils, Using a Layer Cake to Make a Cake Mix, and Recycle Crafts to name a few. There will certainly be something of interest for everyone.

I hope this gives just a little sneak peek into the upcoming Annual Meeting. Complete meeting information will be in the May Outreach Newsletter. I will be attending all of the District Meetings and announcing hotel room prices and other updates. I’m so excited to visit each district and experience each of your unique meetings. See you there!

And remember, SAVE THE DATES – July 8, 9, and 10 and start making your plans to join the fun at the 83rd Annual Meeting!

Kathy Fentress
OHCE Vice-President for Program

MEMBERSHIP DISTRICT MEETING WORKSHOPS

I am looking forward to all of the District meetings. A membership workshop will be held at each of the District meetings so plan to attend one of them. Our goal is to double membership one member at a time.

Remember to send in your 50, 60, 70 plus members and Clubs by the April 15 deadline. The July 2018 meeting will recognize Members or Clubs who reached their milestone in 2017.

Hope to See you at your District meetings.

Linda Swindler
Membership Committee Chair
Promotional Sales
We are looking at new items to purchase for all of the upcoming district meetings and are looking forward to another great year. Carol, Shem and I are excited to attend all the districts again this year.

We hope to see you all there.

Phyllis Tunender
405 Daybreak Drive, Norman, OK 73071
E-mail: ptunender@cox.net
Phone: 405.306.1017

From Your OHCE Nominating Committee

Happy New Year to all!

It is time to apply or reapply for the following odd year positions at the OHCE State level:

- **Elected positions**
  - Secretary
  - District Representative
  - Leadership Development Chairman

- **Appointed positions**
  - Parliamentarian
  - Chaplain
  - Editor
  - Historian
  - Promotional Sales

- **Appointed Committee Chairs and Members**
  - Arrangements Committee Chair and members
  - By-Laws Committee Chair and members
  - Budget Committee members
  - Nominating Committee members
  - Cultural Enrichment Committee Chair and members
  - Healthy Living Committee Chair and members
  - Membership Committee Chair and members
  - Leadership Development Committee members

Please find requirements and forms for application in Section XII, pages 5-6 of the green Policy Book. The Policy Book can be found in your county OHCE (OSU Cooperative Extension) office or on the web at ohce.okstate.edu under Resources—page down to Policy Book.

Serving at the State level is an honor and an opportunity to further your leadership skills. It is a wonderful opportunity to connect with OHCE members from across the state. Please consider serving our great organization at the state level. If you have questions, please feel free to call me at 405-224-7270 or e-mail me at shirleyburns@suddenlink.net.

Thank you for considering this important option.

Sincerely,
Shirley Burns, Nominating Chairman

Deadline for filing is February 15. Send completed copies to:

Shirley Burns  
State Nominating Chairman  
2606 Lakewood Drive, Chickasha, OK 73018

State OHCE Advisor  
135 HES  
Oklahoma State University  
Stillwater, OK 74078

State Project—Women’s Health Issues

As you read in the last OHCE Outreach, The State Project committee – Women’s Health Issues - will be sponsoring a Kickoff Community Service Sewing Project making OHCE Comfort Pillows for Mastectomy Patients. Numbers made and donated need to be reported during the four district OHCE meetings this coming spring.

The committee’s goal is to have a statewide project of OHCE groups sewing pillows that they will donate to local Cancer Treatment Center(s). If you have a cancer center or local hospital in your area – can be in a bordering state - you might inquire about the need for comfort pillows for mastectomy patients. If you don’t have a nearby center I am sure that there are areas with several centers who could take the pillows. Just let the committee members know that you are making pillows but don’t have a nearby center.

Please send the number of pillows made and pictures of your group donating Comfort Pillows to Rhonda Devor: rhonda.devor@okstate.edu by March 1 in order to prepare the reports for the district OHCE meetings in the Spring. There will also be a report given at the State OHCE meeting in July.

The online tutorial for the pillow that the committee is using is found at: http://blog.thebreastcancersite.com/pillow-tutorial-comfort/

Marilyn Gibson  
State Project Chair

LA PRECIOSITA “the precious one” PROJECT

OHCE raised $4,450 for La Preciosita! That will cover close to 2 years of School transportation for the 9 kids.

TOGETHER WE CAN DO SO MUCH MORE.

President’s District Workshop

“Learning About Leadership From a Pineapple”
We make every effort to ensure that each of our members receive the newsletter in the manner they requested. If you have not received it correctly or would like to change your selection, please send me your correction, along with your County, Group and full name. You may notify me at one of the following:
E-Mail: pchapman@pine-net.com
Address: 155 Choate Rd., Broken Bow, OK 74728
Phone: 580-494-6688.

Pat Chapman, Outreach Editor

PLEASE CONSIDER AMBASSADORS IN 2018!

Make the start of 2018 even better with a spirit of generosity by sending your donation now to the Oklahoma Cooperative Extension Service – Family and Consumer Sciences Ambassadors organization. You can remember those special people in your life by providing a contribution in their memory; and/or you can also choose to honor friends, family, and colleagues with a contribution. It's simple to do – just complete the contribution form in this newsletter and mail with your payment.

Also, if you haven’t looked lately, check out the OCES-FCS Ambassadors website: http://ambassadors.okstate.edu/
You can find information on this website about contributing to Ambassadors, awards information, annual meeting information, history of the organization itself, and more.

Be looking for information in the next Ambassador’s newsletter about the annual Silent Auction to be held at the OHCE Annual Meeting in July!

Dana Baldwin, 
Public Relations and Recruitment Chair

50, 60 Plus year member Deadline April 1, 2018.
Please send 50, 60 Plus Year Member forms to:
Linda Swindler
PO Box 1007
Mooreland, OK 73852

Hello OHCE Members
I am so excited to begin serving as your president after our state meeting in July. I have enjoyed shadowing Debbie Mote this year and have learned more than I already knew. I have big shoes to fill. Good thing she wears cute shoes.

We have had some great leaders and I will do my best to make them and you proud.

I will be attending all four of the district meetings and look forward to meeting new people and catching up with some old friends.

Leslye Owen
State OHCE President Elect

leadership is not a position or a title, it is action and example.

Secretarial District Workshops:

“TAKE, TRANSCRIBE, TRANSMIT MINUTES IN MINUTES”

Please join me at your District Meeting (or any of the four District Meetings) at the Secretarial Workshop.

We will cover requirements for taking minutes at group, county and state levels. Proper transcription and presentation will also be explored. Necessary parts of Roberts Rules of Order will be presented. Tips to allow for a quicker and more efficient product will be shared.

I look forward to seeing all of you at the District Meetings.

Shelia Burnett, State Secretary.

State Historian District Workshops

“Saving Memories by Digitizing Old Photos”

Chances are you have a stack of photo albums or shoe boxes full of photos and newspaper clippings collecting dust in a closet, even fading away. Maybe they make for a fun coffee-table chat, but if you want to preserve your memories and have them shared with friends and family for generations to come, where do you start? You will learn several ways to digitize and store your photos so that they are not lost to age and damage. Your children and grandchildren will be excited to see and share them too!

Shem Hamil
State Historian
Leadership Development District Workshops

To be a good leader, one needs to employ certain leadership skills to successfully reach goals. The Leadership Development Committee is working toward a scheme of training for the next two years.

"Building Working Committees", last year's district workshop is being expanded into a second level of training. The second phase delves into committee actions and how these actions can and should be accomplished. The Leadership Development Committee is offering this informative and action orientated workshop at each district meeting. We look forward to seeing you there.

Marie Jones
Leadership Development Chair

| Committees that make a difference |

We have a new look to our OHCE Website. You can still get to it at OHCE.okstate.edu or at https://humansciences.okstate.edu/fcs/ohce/. Under the Tab “Resources” you will click again on Resources that will take you to the location of Projects, past issues of the Outreach, History, Financial, Awards, Forms, Volunteer Hour Forms, Grants, Marketing, Policy and the OHCE Logo and Letterhead.

Also available under Resources are the 2017 State Meeting Learning Session programs/handouts available for the following programs: Baby Basics; Chalk Painting; Creative Food; Get out of Town; Old-fashioned Beans, Peas, & Lentils; Straw Bale Gardening; Superstyle your Sweatshirt; The Flag and Bandana Roses; and Underground Quilts.

| Use Your Resources

Effectively

Efficiently

Economically |

| Oklahoma Home and Community Education 2018 Calendar of Events |

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>January 1</td>
<td>OHCE State fiscal year begins</td>
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<tr>
<td>January 25</td>
<td>OHCE Program Area Goals begin</td>
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<tr>
<td>January 25</td>
<td>Deadline for Oklahoma Outreach</td>
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<tr>
<td>February 1</td>
<td>Annual Award Nominee Completed forms to State Awards Chair</td>
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<tr>
<td>February 15</td>
<td>County and Local Reports due to State Awards Chair</td>
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<td>February 15</td>
<td>Nominations forms for state offices due State Nominating Committee Chair</td>
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<tr>
<td>February 15</td>
<td>Awards Chairman Separates and mails County and Local Reports to Program Committee Chairs for evaluation</td>
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<tr>
<td>February 15</td>
<td>State Nominating Committee evaluates qualifications forms for state board positions</td>
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<td>March 16</td>
<td>NW District OHCE meeting, Langston</td>
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<td>March 27</td>
<td>SE District OHCE meeting, Ardmore</td>
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<td>April 1</td>
<td>Deadline for 50, 60, 70 year members to Membership Chair</td>
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<td>April 3</td>
<td>NE District OHCE meeting, Tulsa</td>
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<td>April 6</td>
<td>SW District OHCE meeting, Pauls Valley</td>
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<td>April 22</td>
<td>OEAFC Annual Awards Banquet – Cultural Enrichment Chair presents Norma Brumbaugh Awards</td>
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<td>April 24</td>
<td>Deadline for Oklahoma Outreach</td>
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<td>April 26-27</td>
<td>Board Meeting and Awards Book Evaluation Selections</td>
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<td>May 6-12</td>
<td>OHCE Week</td>
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<td>June 1</td>
<td>Deadline for OHCE Week Reports to Membership Chair</td>
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<tr>
<td>July 1</td>
<td>Cut off for receiving 2018 state Dues</td>
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<tr>
<td>July 8-10</td>
<td>83rd Annual OHCE State Meeting, Embassy Suites, Oklahoma City, OK</td>
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<tr>
<td>July 10</td>
<td>New OHCE Board members and appointees begin duties</td>
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<tr>
<td>August 2-3</td>
<td>OHCE Board Meeting – Goal Planning session</td>
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<tr>
<td>August 24</td>
<td>Deadline for articles for OHCE Outreach</td>
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<tr>
<td>September 1</td>
<td>County Presidents review state officer and committee qualifications forms, encourage members to serve on State Board</td>
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<tr>
<td>September 15</td>
<td>2019 State Goals published and sent to counties</td>
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<tr>
<td>September 15</td>
<td>Deadline to send all financial claims for reimbursement to State Treasurer</td>
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<tr>
<td>October 1</td>
<td>County Treasurers collect 2019 dues – $12.50 per member</td>
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<tr>
<td>October 15</td>
<td>International Day of Rural Women</td>
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<tr>
<td>November 1</td>
<td>Deadline for County Treasurers collect 2019 dues to be sent to State Treasurer with updated Membership Roster</td>
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<tr>
<td>November 1</td>
<td>Donations due to State Treasurer for Pennies for Friendship, Norma Brumbaugh Scholarship and Water for All</td>
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<tr>
<td>November 1</td>
<td>List of County Officers and Committee Chairman due to Dr Atiles office</td>
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<tr>
<td>December 1</td>
<td>State Treasurer prepares books for tax preparation</td>
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<tr>
<td>December 31</td>
<td>End of State OHCE Fiscal Year</td>
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HAPPY NEW YEAR!!
Oklahoma Home and Community Education, Inc.
155 Choate Rd
Broken Bow, Ok 74728-5135

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  Debbie Mote  P O Box 94, Morrison, OK 73601  Email: ohcepresident@gmail.com
Editor    Pat Chapman  155 Choate Rd, Broken Bow, OK 74728-5135  Email: pchapman@pine-net.com