



# Beaver County

## Family & Consumer Sciences

# Newsline

November 2005

▲ Beaver County OSU Extension Office ▲ Box 339 Beaver OK 73932 ▲ Courthouse ▲ 580-625-3464 ▲



Oklahoma Home & Community Education—Beaver County  
And Cooperative Extension Service present:



## FESTIVE CREATIONS DAY

Saturday, November 5<sup>th</sup>  
Beaver County Fair Building

**9:00** Registration and Coffee

**9:30** Presentations:

- ❖ **Scrapbooking** by Michelle Neville, Creative Memories Consultant  
New tips and ideas for your scrapbook pages
- ❖ **Secret Storage** by Liz Gardner-McBee, Extension Educator  
How to hide valuables discreetly
- ❖ **Spice Up Your Life--Chapter 2** by Linda Moeller, Anthony HCE  
Featuring exotic *Curry*
- ❖ **Gorgeous Gourds** by Wanda and Clyde Wyand  
How gourds are transformed into art
- ❖ **Tube Quilt in a Day** by Emma Zielke, Balko HCE  
A throw that's fast and easy



**Noon**

**Lunch Buffet** (RSVP at 625-3464 by November 3rd)

Presentation: **Chocolate for the Holidays**

by Liz Gardner-McBee, Beaver Co. Extension Educator, FCS

**Holiday Ornament Show & Tell**

Bring your favorite ornament for show and tell; a Peoples' Choice Award will be given.

**1:00**

**Twilling Pillow Top Workshop** by Sue Grose, Anthony HCE

Try your hand at this easy, elegant embroidery technique. No charge but RSVP at 625-3464 by November 3<sup>rd</sup> so supplies will be available.





## SNAIL MAIL ZOOMING INTO THE 21ST CENTURY....

The US Postal Service is going hi-tech. You can now create customized greeting cards online and even personalize stamps using your own photos.



Remember a special occasion with a customized greeting card that you create online. You can also include a CardStore gift card in your greeting from 18

companies like Barnes & Noble, Bass Pro, Circuit City, Foot Locker, Lowe's, Old Navy, On the Border, and Safeway in denominations from \$25.00 to \$200.00.

Through this innovative new system, the USPS allows you to create hundreds of greeting cards or post cards online. You may choose 4 options of mailing the cards:

USPS sends them to your recipients

- immediately
- at a future date that you choose

USPS sends them directly to you

- with plain envelopes or optional return address (so you can address and stamp them yourself)
- with envelopes that are stamped and addressed already. The envelopes will not be sealed so that you can add a note or insert more items before mailing.

Go to [www.usps.com](http://www.usps.com); under "mailing tools" select the link to NetTools under "send cards, letter, & flyers".

### PERSONALIZED POSTAGE

Celebrate the holidays with postage that's as special as your greeting by personalizing your postage. Customized or personalized postage is official U.S. postage to which you can add your own unique, special images and photos. All you need to do is upload your photo or image, customize it with your preferred colors and font style, and submit your order. Your customized postage will be sent to you directly from the vendor via U.S. Mail.

To avoid scams, go through links on the USPS web site: [www.USPS.com](http://www.USPS.com). The cost for a sheet of twenty 37-cent stamps is about \$1.00 apiece. Go to [www.usps.com](http://www.usps.com) and click on "What's New at USPS.com"



**ORDERS GINGHER SCISSORS NOW.** You can place an order for these great scissors at a special price until November 15<sup>th</sup>. Get a pair for gift giving and treat yourself to a pair also. This would be an opportune time to buy specialty scissors that you may not have such as appliqué, buttonhole, or embroidery. This educational opportunity only comes once a year and ends on Nov. 15<sup>th</sup>. Contact the Beaver County Extension Office for details.



**“Holidaze Extravaganza”** Plan to attend “Holidaze Extravaganza” on November 3rd. Registration will begin at 9:30 a. m. At 10:00 a.m., June Furnish & Mary Ann Earls will present “It’s a Fat Quarters Christmas.” Arleen James will present “It’s a Wrap” at 11:00 a.m. Lunch will be served at noon. At 1:00 p.m., Freddie Seaman and Cynthia Shattles will offer “Sweatshirts, Jackets - n - Other Things” and Liz Gardner-McBee will conclude our presentation with “Chocolate for the Holidays.” A babysitter will be provided with parents bringing a sack lunch

for their children. There will be a \$3.00 charge for registration to cover expenses. Come be DAZED! at the Disciple Center of the First Christian Church, 8th & Quinn in Guymon.

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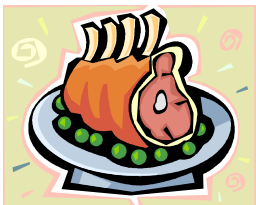
# TURKEY NOT THE ONLY MEAT ON HOLIDAY MENU



With the holiday season just around the corner, many people already are planning their traditional turkey dinners for Thanksgiving and Christmas. It is not surprising that about 25% of the 274 million turkeys produced each year are served during these holiday celebrations.

There are numerous other meats, however, that also are traditional holiday fare, said Barbara Brown, Oklahoma State University Cooperative Extension food safety specialist. “There is a wide variety of meats available for special holiday meals. Some families choose rib roast or ham, or some may even have the butcher cut a special crown roast of lamb,” Brown said. “Families that may have a hunter in the clan may choose to feast on duck, venison or pheasant. And some smaller families may opt for a bird smaller than a turkey, such as a capon, duck, goose or Cornish hen, or a small cut of meat such as a pork tenderloin or veal roast.” Whatever meat is chosen for the special occasion, it is still important to follow food safety recommendations and cook the meat to a safe internal temperature.

“Once you’ve purchased the meat and brought it home, refrigerate it immediately,” she said. “Cook or freeze fresh poultry within a day or two, and other types of fresh meat should be cooked or frozen within five days.”



Holidays are special times and consumers often spend more money for specialty meat. These cuts are more costly because they are exceptionally tender or special. Today’s beef is leaner than in the past, so roasting cuts from the rib, tenderloin and the eye round to a medium rare, or 145°F, helps ensure the meats stay juicy. In addition to beef, pork also is leaner than it was about 25 years ago. Today’s pork cooks more quickly so it can be easy to overcook it.

If wild game is on the menu for the holidays, soak the meat or poultry in a solution of one tablespoon salt or one cup of vinegar per quart of cold water. Use enough of the solution to cover the game completely. Soak overnight in the refrigerator. This process helps remove the “gamey” flavor of the meat. “Wild game is usually much leaner than its domestically raised counterpart. Be sure to trim as much visible fat as possible as this is where a gamey flavor can reside,” Brown said. “Cover meat such as venison and game birds (if skinned) with oil-soaked cheesecloth or strips of bacon to help prevent the meat from drying out while roasting. The meat should be roasted at 325°F.



“Roasting is the recommended method of cooking tender meats,” Brown said. “To keep the meat tender and minimize shrinkage due to the evaporation of moisture, you should roast in a moderately slow oven at about 325°F. Due to the low temperature, you shouldn’t roast meat at a temperature lower than 325°F because the foods may stay in the ‘danger zone’ of 40° to 140° for too long. Bacteria which may be present on these foods can multiply rapidly at moderate temperatures.”

It is customary for families to gather around tables that are laden with family favorites of traditional holiday foods. And, for some, it can be traditional to stuff themselves as full as the turkey. One of the keys in cutting down food intake so you don’t feel like the stuffed turkey after dinner is to eat slowly, savor each bite, and engage in mealtime conversations. Take time to eat slowly, allowing your stomach to get full.

It also is a good idea to engage in regular physical activity throughout the holiday season and beyond. Instead of lying down on the couch after the dishes have been cleared away, take a walk, ride a bike, play golf or take the kids outside for a game of catch. Good physical habits can teach children that family exercise is as important as the family meal.

# OHCE NEWS

## 2006 County Officers Elected

The line up of officers for next year is:

President: **Mary Evans**  
Vice President: **Barbara Patzkowsky**  
Secretary: **Linda Moeller**  
Treasurer: **Charlene Marshall**  
Chaplain: **Claudine Knight**  
Pianist: **Virginia Jett**  
Song Leader: **Joyce Bensch**

**OHCE Fall Council** was attended by 21 members and guests. In addition to elections, some new business passed to donate money to the Salvation Army for hurricane victims and a committee was formed to get new, tankless hot water heaters for the fair buildings. An international pot-luck dinner featured truly world-wide, delicious dishes and desserts. The lunch presentation featured David Meinz's program: "Sound Advice on Healthy Eating". He gave these tips:

- **Moderation** is the foundation upon which nutrition and good health are built.
- Reduce your fat. Hang in for 6 months; your taste perceptions change toward lower fat version.
- The only changes that do you any good are the changes that last. The only changes that last are the slow changes.

## Rules to remember:

1. Fat = 50 grams or less
2. Sodium = 2000 to 3000mg.

3. Fiber = 30 grams
4. Sugar: 1t. = 4 grams
5. Cholesterol = 300 mg. or less

## 3 Steps to Loosing Body Fat:

1. Eat less fat—50 grams or less
2. Get physical activity
3. Throw the bathroom scales away

You can always take the David Meinz' Body Fat Test! Call me if you'd like to know the details!



**Bi-annual OHCE Leadership Conference** was held in Clinton. County officers attending were Mary Evans, Barbara Patzkowsky, and Charlene Marshall. We had a small, scenic tour on our way to the meeting but our time was well spent after we arrived.

No Leader's Training in November.

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Liz Gardner-McBee, Extension Educator,  
Family & Consumer Sci. /4-H Youth Development



