



Strengthening Oklahoma Families

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Family and Consumer

STEPPING INTO A STEPFAMILY IS NO EASY TASK

Food. Nutrition. Health

Pumpkin - Vegetable
Pumpkin Soup
Pumpkin Seeds
Pumpkin Dip
Fruit - Apples
Microwave Apple Betty

Family Economics

Tracking Your Money
"Keep It Simple System"
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Family Relationships

Tips to Get Things Done
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Word Game
Cultural Enrichment event
County Fair Tea
Board Meeting

Although the national divorce rate is about 40 percent, nearly three-fourths of those divorced individuals will remarry. Of those remarriages, roughly 65 percent of them involve children from a previous relationship. In fact, according to the U.S. Census Bureau projections, around the year 2010 there will be more stepfamilies than any other family form.

Any marriage is something that takes a tremendous amount of work, but creating a successful stepfamily that will endure the tests of time can be a very difficult task for many families, said Ron Cox, Oklahoma State University Cooperative Extension family sciences specialist.

"Many people believe that stepfamilies are just like first-marriage families, but that's just not the case," Cox said. "The blending together of different personalities, histories, loyalties and habits can be challenging. Couple that with feelings of hurt and loss that many people bring to the new family and there can be numerous obstacles to overcome. But the biggest problem is that they are not the same kind of problems that a traditional family has."

All stepfamilies have something in common – they have experienced the loss of previous family relationships. This loss could have been caused by death, divorce or some other split-up of a couple in which at least one is a parent. This loss will have to be grieved in some fashion and there are several stages of grief, including denial, guilt, anger, depression, the upward turn, reconstruction and acceptance. A person may experience one, some or all of these emotions while grieving the loss of the previous family unit. However, the grief process is often short circuited when one of the parents enters into a new romantic relationship.

It is the feeling of loss and the expectation of a happy new family that can create a confusing situation for most stepfamilies.

Cox said a marriage is supposed to be a time when a new relationship and family is born and the beginning of "happily ever after".

"When a stepfamily is formed it's also a time of sadness, anxiety and grief over what is being left behind. What can make matters worse is that different members experience the grief and the new family differently and they don't always understand how the other people could be feeling 'that way,'" he said. "This often creates tension and can result in fights and hurt feelings."

It is important to keep in mind that the grieving process from divorce tends to follow a cycle of love, anger and sadness that people may experience several times. In the beginning, these feelings may be quite strong and intense, but as time passes, they will typically decrease and become less problematic. Be sure to allow everyone time to work through these feelings before entering into a new relationship.

"It's extremely important to keep your expectations realistic," Cox said. "If unrealistic expectations guide how you bring your stepfamily together, you're setting yourself up for disappointment. Make the commitment to find the right kind of help to ensure your stepfamily will endure the tests of time."

SOURCE: Ron Cox, Oklahoma State University Cooperative Extension family sciences specialist

Oklahoma Vegetable of the Month:



Pumpkin

Most of us think of pumpkins as fruit, but the pumpkin is actually a vegetable, like squash, cucumbers and watermelon. Pumpkins are 90 percent water, high in fiber and contain potassium and Vitamin A.

The tradition of carving pumpkins at Halloween started with the Irish, but the original jack-o-lanterns were made from turnips. Pumpkins were a main part of the daily diet for the Pilgrims and other early New England settlers. Colonists made the first pumpkin pies by slicing off pumpkin tops, removing seeds and filling the insides with milk, spices and honey, then baking it all in hot ashes. Did you know 1/2 cup of pumpkin has 20 calories?

PUMPKIN SOUP

- 3 cups canned or 2 cups cooked pureed fresh pumpkin
- 3 cups scalded milk or chicken broth
- 1 Tablespoon butter
- 1 Tablespoon flour
- 1 Tablespoon sugar or 2 Tablespoons brown sugar
- Salt and pepper
- 1/2 teaspoon ginger
- 1/2 teaspoon cinnamon
- 1/2 cup finely diced ham*

Mix pumpkin with scaled milk or chicken broth. Knead together butter and flour. Add to pumpkin mixture. Add sugar, salt and pepper, spices, and ham. **Heat but do not boil.** Makes 6 cups.

PREPARE FRESH PUMPKIN

Prepare fresh pumpkin by washing and cutting a pumpkin in half crosswise and scooping out the strings and seeds. Place the halves shell side up on a baking sheet and bake at 325 degrees F for 1 hour or more. Puree in a blender. Small pumpkins are best for eating.

SEEDS

Rinse the seeds in a colander and separate them as much as possible from the pulp. Soak them overnight in salt water. Drain and place on a baking sheet. Bake for 10-15 minutes in a 400 degree oven. Eat them like

Oklahoma Fruit of the Month: Apples



Here's a great way to combine our fruit and vegetable of the month - a **Pumpkin Punch Bowl**.

- Thoroughly clean out a pumpkin, making sure to remove all the pulpy strings.
- Paint a jack-o-lantern face on the outside, using markers.
- Refrigerate the pumpkin until you are ready to serve.
- Pour cold apple cider in your pumpkin punch bowl.

Microwave Apple Betty for Two

Servings: 2

- 2 baking apples (Gala, Jonathon are good varieties)
- 1 teaspoon lemon juice or fruit fresh
- 1/4 cup brown sugar
- 2 Tablespoon melted butter or margarine
- 1/2 cup granola cereal

Wash apples, core and slice. You may peel the apples if you prefer. Toss fruit in lemon juice or fruit preservative to prevent browning. Mix with brown sugar and melted butter or margarine. Sprinkle granola cereal on top and microwave for 3 minutes on high. Turn 1/2 way through. Check for doneness. Microwave longer, if needed. One medium size apple has 80 calories.

Pumpkin dip for dipping sliced apples:

- 1 - can pumpkin pie filling
 - 1 - 8 oz container of whipped topping
- Fold items together until well blended. Serve with ginger snaps and apple slices.

Be a Food Explorer: Apple

- Bring assorted varieties of apples to your meeting, office or class and have a tasting contest.
- Place apple slices on thick whole grain crackers and top them with cheese slices. Heat them on a baking sheet in a 400 degree oven. Great afternoon snack.
- Spread peanut butter or cream cheese on apple slices. Top with raisins for "ants on a log."

Money for Life

Nearly everyone uses money, but not everyone manages their money. Managing your money means:

- Telling it where to go, rather than wondering where it went.
- Making sure that your money is used in the ways that are most important to you, so that when you look back, you'll be happy with where your money went.



Why tracking your money is important:

Do you ever feel like your money is flying away?

Tracking helps you plan your spending.

Knowing how you've been using your money helps you make a spending/savings plan that will be realistic and useful. It also helps you adjust your plan as your family's needs change.

Tracking also helps you follow your plan. For example, suppose you plan to spend \$400 each month on food for the family. By tracking your food spending, you can make sure you follow your plan. If tracking helps you notice half-way through the month that you've already spend \$300, then you'll know you need to make adjustments for the rest of the month.

Use A "Keep It Simple System"

As you work to manage your money, you may at times feel restricted; you may get tired of always staying within the limits.

If that happens, remind yourself that this is YOUR plan. If you don't like it, or if it is preventing you from doing things that are important to you, then you should change it so that it truly helps you use your money in ways that help you reach your financial goals.

A *KISS (Keep It Simple System)* may help you reach your goals! Set aside a container such as a box, empty coffee container, canister, etc. Use this as the receipt holder. Every day all family members should put their receipts for the day into the container. No receipt? Write the expense on a slip of paper instead. Keeping a small notepad and pen or pencil in the container can help this happen more easily. Allow time to adjust to doing this.

Did You Know...

Oklahoma is one of 17 states that require the completion of financial literacy among its students? Oklahoma addresses financial literacy more comprehensively and is leading the nation on this issue. For the Class of 2014, students are required to master a Personal Financial Literacy Passport by the end of their senior year in order to graduate. The "Passport," or financial literacy transcript, includes 14 specific areas of instruction and is maintained in each student's official permanent record. Districts have the option of teaching the Passport in a specific course in any grade between Grades 7 to 12 or they may integrate the Passport content into an existing course or courses. The Passport to Financial Literacy Act of 2007 specifies 21 topics in 14 areas of instruction, including:

Earning an income; Understanding state and federal taxes; Interest, Credit card debt, and Online commerce; Saving and investing; Balancing a checkbook/checking account; Understanding loans and borrowing money; and Identity fraud and theft.

Young people today need the tools necessary to compete in our global economy and have the means to have a prosperous future. The OSU Extension Service is providing supplemental materials to help teachers meet this requirement. To check out the Financial Literacy Classroom Teaching Kit, contact Charlotte Richert, OSU Extension, Tulsa County at 746-3703 or e-mail at c.richert@okstate.edu.

Source: Oklahoma Department of Education

Family Management Tips to Get Things Done

Do you find that you just don't have time to get everything done? The floor needs to be mopped, the counters need to be cleaned, the bathroom is a mess! Sometimes, life seems to be overwhelming.

You may tell yourself that it really doesn't matter, but actually, it does. Having a clean and tidy house can help your family feel in control. It also affects hygiene which can affect the health of you and your family. So how do you do it? You don't have the money to pay someone else.

Divide and Conquer

The kitchen is the most used room in most homes. By dividing the kitchen chores, everyone can enjoy more time for other activities. Here's an idea that works:

1. On small slips of paper, write down a chore that needs to be done. It may be clear the table, empty the dishwasher, sweep the floor, wash the pots and pans, etc. Make your list appropriate for the ages of the people in your household.
2. Place chore slips in a basket, or an item they can be drawn from.
3. At the appropriate time, have each member of the family draw from the chore choices.
4. This is the chore to be completed by the family member. Usually within 10 - 15 minutes, everything is done and no one person gets stuck with the whole task!

If you have young children, make the chores achievable for them so they feel a sense of satisfaction and importance in helping the family.

"We used this technique when our children were young and it still works, even though they are teenagers! Now the chores involve the whole house," says one parent of four. "We also included one blank slip, so anyone could get a pass. You couldn't have the pass two times in a row," she continues.

Source: Charlotte L. Richert, OSU Extension Educator, Family & Consumer Sciences, Tulsa County

Cleaning Products Easy on the Budget

- Regular cleaning products do a good job of removing soil, but only disinfectants or disinfectant cleaners (also known as antibacterial cleaners) kill the germs that can cause many illnesses.
- Surfaces like kitchen and bathroom counters, door knobs, toilet seats and children's toys may be contaminated with bacteria even when they're not visibly soiled.
- Germs can be spread to other surfaces with dirty cleaning cloths and sponges.
- Products that claim to kill germs must meet efficacy requirements and guidelines established by the U.S. Environmental Protection Agency (EPA), and must be registered with EPA and carry an EPA registration number on their label.
- In order for surfaces to be effectively disinfected, the instructions on product labels need to be followed carefully.

Making your own cleaning products can be easy on the budget and be effective in the getting rid of germs and bacteria.

Cost: 1 quart reusable spray bottle - \$1.00

Bleach: .005 cent for One Tablespoon.

Never leave cleaning products in reach of children. Always label and never mix chlorinated products with other products.

Bleach (sodium hypochlorite): This is the most effective, and cheap way to sanitize. The World Health Organization and the Centers for Disease Control and Prevention recommend the use of bleach for controlling the spread of pathogens that can cause infections and other health threats. Use a 5% solution by mixing the amounts below with fresh tap water. The diluted bleach loses strength within a day, so make it fresh when you need it.

1 tablespoon bleach

~~1 quart cool water~~

Add the household bleach (5.25% sodium hypochlorite) to the water. For larger cleaning jobs, use 1/4 cup bleach with 1 gallon of water. This also helps control mold and mildew in bathrooms and other problem places.

Source: Soap and Detergent Association





**Kathy's
Notes**

The colors of Autumn cause us to see our "familiar" surroundings with a "new beauty". The cooler weather also "inspires" us to bring out those "comfort" foods of Fall. Let's all enjoy this beautiful season and look at our "familiar"

family and friends with a "new beauty" and be "inspired" in the "comfort" we receive from being with our loved ones.

I am excited about all of the projects that are underway in many of the committees in OHCE-Tulsa County. The reports from each committee, at the Fall Business Meeting, were very encouraging and inspiring. Family/Literacy awarded \$2,000.00 in college scholarships and they have been hard at work sewing over 100 Tote bags to be given to Tulsa County Social Services. We also learned that our membership is growing with at least 3 different groups gaining several new members. Another membership event is scheduled in October with a watercolor painting class to be given by Cindy Crowley. She is a wonderful and encouraging teacher. You don't want to miss this class!

MEMBERSHIP

Dues will be paid for any member who brings in a new member this year between the dates July 15 through October 15. We will decide at a later date if this will be effective in 2010.



OCTOBER

Display Case - Candleliters

- 1 Leadership Training in Oklahoma City
- 9 2010 Membership dues to County Treasurer
- 16 2010 local group officer & committee lists due. Groups select Heart of OHCE, Member, Rookie, and Young Member of the Year
- 27 Painting Workshop 1:00 - 4:00 pm Extension

NOVEMBER

Display Case - Casa La Mia

- 2 Board mtg to review 2010 Yearbook 10:00 am
- 6 Award nominees due to Extension Program covers due for Holiday Luncheon
- 10 Sand Springs Historical Museum
- 11 Extension closed for Veterans Day
- 20 Reservations for Holiday Luncheon due
- 26&27 Extension closed for Thanksgiving

DECEMBER

Display Case - Southside Neighbors

- 2 Holiday Luncheon - "Homemade for the Holiday" at Green Country Event Center, Garnett Church of Christ

I thank all of you who helped phone members when they had to cancel our Cultural Enrichment tour to the Frank home in Sapulpa due to illness. Evelyn Carter

Membership Committee

The membership committee is happy to announce that on Tuesday, October 27, Cindy Crowley will again teach a watercolor painting class at the Extension Office. The event will be from 1:00 to 3:00 pm. The Extension Office will furnish the paints. Wanda will purchase the card with envelope for \$1.00d which you may purchase, or you may bring your own supplies. Cindy will provide brushes. Members please invite friends who would like to learn more about HCE. Call Wanda by Tuesday, October 20, so we will know how many to plan for. Thanks!

Wanda Moore, Membership Chairman



Sincerely,

Charlotte L. Richert

Sciences

OSU Extension Educator-Tulsa County

This newsletter is published by OSU Extension Service/Tulsa County Family and Consumer Sciences Department. Information about Oklahoma Home and Community Education (OHCE) groups may be obtained by contacting Tulsa County Extension, 4116 East 15th St., Tulsa, OK 74112-6198 918 -746-3703 or log onto: www.oces.tulsacounty.org



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OHCE

Leadership List

Word list

- | | |
|-------------|-----------------|
| ADVISORY | LUNCHEON |
| BUDGET | MEMBER |
| CHAIRMAN | NOMINATING |
| COMMITTEE | PARLIAMENTARIAN |
| CULTURAL | PRESIDENT |
| FAMILY | SECRETARY |
| FAIR | TREASURER |
| HOLIDAY | TULSA |
| INSPIRATION | VICE-PRESIDENT |
| LEADERSHIP | |

“JOURNEY STORIES” - SMITHSONIAN INSTITUTE

SAND SPRINGS HISTORICAL MUSEUM

NOVEMBER 10, 2009

The Cultural Enrichment committee has orchestrated a trip to downtown Sand Springs. “Journey Stories is an exhibit fabricated by the Smithsonian Institution that examines the human drive for freedom. The story is diverse and focuses on immigrants coming in search of promise in a new country. It features stories of individuals and families relocating in search of fortune, their own homestead, or employment; as well as harrowing journeys of Africans and Native Americans forced to move and, of course, fun and frolic on the open road.

This is a very unique and highly-acclaimed exhibit, and we are fortunate to have an exhibit come this close to Tulsa. To learn more about the exhibit, visit www.museumonmainstreet.org. Groups will decide on their time, from 10:00 to 5:00

Evelyn Carter - Cultural Enrichment Committee

There were 63 members and guests present for the annual County Fair Tea on July 25. Three members, Patsy Rowland, Juanita Starling, and Billie Julian, were presented their 50-year membership certificates. Scholarship recipients were presented their money awards. Congratulations to all. Susan of Zella’s boutique was mistress of ceremonies for a style show which was arranged by Judith. The models did a beautiful job and a big thank you goes out to Susan. The membership committee appreciates the teamwork and support in helping to make the tea a festive and enjoyable occasion. Thank you members, the cookies were delicious!

BOARD MEETING

Monday, NOVEMBER 2, 2009

10:00 am Extension Office

All Board members are requested to be at this Board meeting in order to set up the 2010 Yearbook. Board members include the President, Vice-President, Secretary, Treasurer, Advisor, and each Committee Chairman.