On Thanksgiving Day, Spotlight the Family, Not the Turkey

Thanksgiving can be a wonderful time to reconnect with family. This year, why not take some time to focus on what is meaningful to your family and make this holiday one that your family will enjoy and remember? Here are some tips for making your Thanksgiving Day a special day.

• Keep your focus on spending time with your family.
• Instead of planning your day around the traditional dinner of turkey and dressing, have a Thanksgiving brunch after everyone sleeps in.
• Make time to be thankful. Let every family member share one thing for which they are thankful.
• Establish Thanksgiving as a “no-gripping” day. Family members can pledge to avoid negative comments.
• Do something as a family for those who are less fortunate than you, such as helping to serve dinner at the homeless shelter, providing groceries for a family in need, raking an elderly neighbor’s yard, or visiting a nursing home.
• Make a personal list of the things for which you are thankful and post it where you can see it frequently throughout the next few weeks. Refer to it when things start to get hectic or difficult.
• End your day by doing a fun activity with your family such as playing a board game, assembling a jigsaw puzzle, reading a short story aloud, or watching a favorite video together.

Source: Denise Rennekamp, Extension associate, Oregon State University; denise.rennekamp@oregonstate.edu

Holiday Cooking Information Available

Are you planning to cook a turkey for the holidays? Do you need information about stuffing, cooking your turkey, or handling a pre-cooked turkey dinner safely? Then contact your local OSU Extension Office and ask for “Let’s Talk Turkey,” published by USDA Food Safety and Inspection Service. For information on cooking holiday foods (such as turkey) check out:
http://www.fsis.usda.gov/Fact_Sheets/Seasonal_Food_Safety_Fact_Sheets/index.asp or try a holiday helpline.

Holiday Hotline (Lane County, Oregon)
1-800-354-7319
November 17-20 and 24-26
9 a.m. to 4 p.m

U.S.D.A Meat and Poultry Hotline
1-888-674-6854
Or send Email to: mphotline.fsis@usda.gov
Monday - Friday, 7:00 a.m. to 1:00 p.m.
Be Prepared for Emergencies: Creating a 3-Day Food/Water Supply

Food storage is part of being prepared for emergencies and natural disasters. What foods to store depends on your household, your preferences, special health conditions, ability to use the food in an emergency, and space for storage. Planning for short-term emergency food needs may be as simple as increasing quantities of some staple foods and non-perishable foods that you normally would use.

A three day emergency preparedness kit will be useful for most situations. Gathering essential items that could be needed and putting them in one location will help through the worst days of an emergency:

- Keep canned foods in a cool, dry place. Throw out swollen, dented or corroded canned goods.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Use foods before they go bad, and replace with fresh supplies. Place new items at the back of the storage area and older ones in the front.
- Change stored food/water supplies every six months. Keep a list of dates when food items need to be inspected and rotated (used and then replaced with newly purchased items).
- Re-think your needs every year and update your kit as your family needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

The food supply needs to be non-perishable and require no refrigeration, minimal or no preparation, cooking or water. Pack a can of sterno if you must heat food. Select compact, lightweight food items:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, or soup
- Staples -- sugar, salt, pepper, condiments, spices
- High energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons or persons on special diets (diabetics or those with allergies)
- Comfort/stress foods -- cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags
- Supplements -- vitamin/minerals, calcium, fish oil

Make sure you have a can opener, scissors or knife for cutting open foil and plastic pouches, and disposable plates, cups and utensils. Pack items in zipper closure plastic bags to keep dry and airtight.

Water is also a crucial part of this three-day supply:

- The safest and most reliable emergency supply of water is commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it.
- If you choose to use your own storage containers, choose 2-liter plastic soft drink bottles. Thoroughly clean with dish soap and water, and rinse completely so there is no residual soap. Sanitize bottles with 1 tsp. of non-scented liquid household chlorine bleach to 1 qt. of water. Swish the sanitizing solution so that it touches all surfaces. After sanitizing, thoroughly rinse with clean water. Fill the bottle with regular tap water. If water has been commercially treated from a water utility with chlorine, you do not need to add anything else. If the water comes from a well or water source that is not treated with chlorine, add 2 drops of non-scented liquid household chlorine bleach. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside. Place a date on the outside so that you know when you filled it. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

- Do not use plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed and provide an environment for bacterial growth. Cardboard containers also leak easily and are not designed for long-term storage. Also, do not use glass containers, because they can break and are heavy.

- Store 1 gallon of water per person per day. A normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

Source: Susan Mills-Gray, Nutrition & Health Specialist, University of Missouri Extension
Shopping Good Time to Teach Children about Money

Many families are busy buying new clothes, shoes, and other holiday gifts at this time of year. It’s obviously a very expensive time of year.

Since these expenses are often related to children, this is a great time to begin helping them learn to handle money. From a very early age, children start using money, so why not help them learn to use it wisely?

Start by taking a look at where children get their money. Usually this is from one of three general sources: cash gifts, earnings and allowances. Each of these can be used to teach children money management skills.

Earnings and Gifts

Cash gifts, often received on birthdays and holidays, are “surprise” money and shouldn’t be included as a part of day-to-day expense money.

Children should be given leeway to spend it as they wish. However, parents can discuss with children ideas for how the money can be used.

Earnings may be at home or from jobs outside of the home. Many children are paid money for extra work they do around the house. The amount received for various tasks should be agreed upon by the parents and the child.

When children are old enough to work outside the home, they still need guidance in money management. Teens should begin developing longer-term financial plans and an adult awareness of money, work, time and their own needs.

Allowance Money

An allowance is a child’s share of family income and should be used as the child chooses on certain defined expenses. With an allowance, children can have some hands-on experience with managing money.

They can plan their spending and learn to set some money aside for future use. Allowances can help children learn that money is limited, that income must first cover needs and that the family’s financial situation affects the amount of money each member can use.

An allowance should be enough to cover necessary expenses, leaving some money for the child to spend as he or she chooses.

When starting an allowance, parents should teach children how to set up a budget or spending plan, keep records and set money aside for savings. Be sure and gear the information to the age and ability of each child.

Source: Janet LaFon, Family Financial Education Specialist, Jasper County, University of Missouri Extension

I Have Had A Drop In My Income. What Can I Do To Cut Back On My Expenses?

The first step is to decide where you can cut back. Put on your creative thinking cap and find ways to cut your expenses. It may be as simple as taking your lunch to work every day instead of eating out or clipping coupons. Assess car insurance premiums to see if there are coverages on older cars that could be dropped or if deductibles could be raised (which will lower monthly payments). Call to get quotes from various insurance companies to see who offers the lowest rate. Look for sales on clothing and food. Avoid waste by turning off lights, reusing items (such as using coffee mugs instead of disposable cups). Walk through your house/apartment with family members to find creative ways to cut costs. Carpool with friends and neighbors and share services, such as babysitting.

Source: Dr. Joyce Cavanagh, Former Assistant Professor and State Specialist, Consumer and Family Economics
Winter is a Great Time to Update Your Finances

As the weather changes and we spend more time indoors, think about cleaning out the clutter that has accumulated and to think about your finances as well. If you have had some major life events since the last time you examined your financial life, you might discover some financial accounts that you had forgotten about.

As people age, they accumulate checking and savings accounts. Often, one of the first tasks involved with moving to a new location is to setup accounts with local financial institutions; however, people often forget to close down the accounts at the place they moved away from. Similarly, married couples often start new joint checking and savings accounts, but often leave their old accounts from their single years open. Savers interested in the highest interest rates move their money around as they chase after the highest yielding accounts. Oftentimes, they leave their old accounts open either through neglect or on the chance that the account may again be an interest rate leader.

The accumulation of accounts also happens with retirement accounts. Employees will change jobs and often leave their old 401(k) or 403(b) with their old employer. Employees that are quickly climbing the corporate ladders between companies may find themselves with several retirement accounts, each having different rules and investment options. Keeping tabs on each of these accounts and maintaining an overall picture can be daunting.

What are some of the problems with leaving accounts open? First, it makes recordkeeping much more complicated. Receiving multiple statements in the mail at the end of each quarter or month can strain simple recordkeeping systems, especially if the accounts hold negligible amounts of money. Furthermore, multiple accounts can cause headaches at tax time. If you receive an interest statement showing that you earned $25 in interest after you’ve filed your tax return, you will have to amend your return with the complicated and costly 1040X. The $25 interest may cost you upwards of $150 in additional tax preparation fees. Second, you may be charged inactivity fees if your account shows no activity. These fees, ranging from $5 to $10 per month, may slowly eat away at your account balance, until your account turns negative. Thirdly, it may cause headaches for your heirs. If you have a hard time keeping track of your accounts, imagine what your heirs will feel as they try to untangle your financial situation.

So, what to do: step back and examine your entire financial situation. Are you meeting the goals you’ve set for yourself financially? If you haven’t set any goals, now might be a good time to set some after you’ve organized your financial life. If you have multiple old checking and saving accounts, decide if you really need them and close the unneeded accounts. Consolidate your accounts so that your financial situation becomes easier to manage and less stressful.

If you have multiple retirement accounts, you might want to consider rolling them into your current employer’s retirement plan or into your own retirement account at an independent financial institution. Take some time to review your will and other end of life documents. If situations have changed since the last time you updated the documents, draft and sign new documents reflecting your current situation.

Taking care of these details now will likely make the financial aspect of your life less stressful for you throughout the year.

Source: Andrew Zumwalt, Extension Associate, Personal Financial Planning, University of Missouri-Extension

Newsletter prepared by Nancy Kershaw, OSU Extension Agent
Tillamook and Clatsop County Family and Community Development and Tillamook County 4-H Youth Development
Layout & Design: Nancy Kershaw, OSU Extension Agent, Sherry Vick, Office Specialist
Food Prices Are Up - Tips for Saving

If it seems like you are spending more money every time you go to the grocery store, you’re right. Food prices are increasing and have been for the past couple of years. According to USDA’s Economic Research Service, food prices increased 4% between 2006 and 2007 (the highest annual increase in the price of food since 1990). In 2008, it is expected that food prices will rise 5% - 6% which will have a significant impact on your food budget. A little planning with some minor changes can help you eat healthfully without breaking the budget.

Start by decreasing food waste. Americans waste about a pound of food per day per person, including restaurant and field waste. Think about how much you would be saving if you never had to throw food away. Reduce waste by making plans for all of the food you purchase and following through. How many bananas sit on the counter until they turn black and get tossed? That banana can be mashed, frozen and used for banana bread later. When you prepare a meal and don’t eat it all, take leftovers for lunch or plan a leftover night.

Clipping coupons for the items that you use can help with the bottom line. Two web sites that allow you to print coupons are www.Coupons.com and SmartSource.com. Also check the Sunday newspaper.

Plan your meals around sales at the grocery store. You can save by purchasing the fruits and vegetables that are in season or are on sale that week.

Planning a couple of meatless meals every week can make a big difference in how much you spend. Beans are a great source of protein and cost only pennies per person to serve. You can make a vegetarian chili (most people don’t miss the meat). Many kids say they don’t like beans but will eat a bean burrito.

We can’t control food prices but we can control how we spend our money and the amount of waste from our own household.

Source: Tammy Roberts, MS, RD, LD, Nutrition and Health Education Specialist, University of Missouri Extension

Healthfinder.gov

The U.S. Department of Health and Human Services has released a more user-friendly version of healthfinder.gov. The site offers quick and easy information and tools to help people stay healthy and prevent disease.

Coordinated by the Office of Disease Prevention and Health Promotion (ODPHP) and its National Health Information Center, the redesign of healthfinder.gov was informed by health literacy and usability principles and tested with more than 650 users. We’re excited about the result - a consumer health Web site that’s easy to understand and navigate, especially for people with limited health literacy.

Be sure to visit healthfinder.gov’s Quick Guide to Healthy Living, a new resource that uses everyday language and examples to:

- Tell users how to take action to improve their health using a “small-steps” approach
- Give users positive reasons to change their behavior
- Provide tools and encouragement, such as personal health calculators, menu planners and recipes, tips for caregivers, and printable lists of questions to take to the doctor.

You may also try out the new “myhealthfinder” tool which provides personalized health recommendations based on sex, age, and pregnancy status. This feature offers evidence-based recommendations from the U.S. Preventive Services Task Force, an independent panel of experts in prevention and primary care sponsored by the Agency for Healthcare Research and Quality.

Visit the new healthfinder.gov today and help us spread the word about this exciting new resource.

Source: Carolyn Raab, Oregon State University Extension Foods and Nutrition Specialist
Sleep Your Way to Weight Loss

Yes, you read the headline right! Research indicates the less you sleep, the more weight you may gain. How is it that the numbers of hours you sleep can affect your weight? In our fast paced society, sleep is sacrificed in order to have more time to get things done. Unfortunately, this lack of sleep seems to be a strong factor in the challenge of managing a healthy weight.

Several quality research studies have shown that sleep loss leads to higher levels of a hormone that triggers appetite, and lowers levels of a hormone that tells your body it’s full, thus leading to pounds that cling. More specifically, researchers believe that sleep loss impacts two particular hormones – ghrelin and leptin – which are thought to play a key role in the interaction between less sleep and increased weight. Ghrelin is primarily produced by the stomach, triggers appetite in humans: the more ghrelin you have, the more you want to eat. Leptin, a hormone produced by fat cells, decreases appetite and boosts metabolism: low leptin levels can lead to an increased appetite. Lack of sleep causes more ghrelin and less leptin to be produced; therefore increased appetite overall. The body wakes up hungrier – searching for food to boost energy, when adequate sleep should have provided that energy.

What’s the opportune amount of sleep in order to maintain a healthy weight? It seems to be eight hours.

- A 2006 study at the U. of Warwick Medical School studied 43,000 persons and found that people who get less than five hours of sleep per night actually double their risk of becoming obese.
- Laval University of Quebec released this finding in 2006, that children who slept even an hour or two less than other children became more overweight.
- Studies released in 2004 by both the University of Bristol and Stanford University School of Medicine found that those who slept fewer hours had higher levels of ghrelin and lower levels of leptin, and that these hormone changes occurred during sleep.

So slow down, get a good night’s sleep and drop some weight while you sleep!

Source: Susan Mills-Gray, Nutrition and Health Education Specialist, Cass County, University of Missouri Extension and edited by Jessica Kovarik, Extension Associate, University of Missouri Extension

Game Playing and Teens

The first national survey of its kind finds that virtually all American teens play computer, console, or cell phone games and that the gaming experience is rich and varied, with a significant amount of social interaction and potential for civic engagement. The survey was conducted by the Pew Internet & American Life Project, an initiative of the Pew Research Center and was supported by the John D. and Catherine T. MacArthur Foundation.

The primary findings in the survey of 1,102 youth ages 12-17 include -

- Game playing is universal, with almost all teens playing games and at least half playing games on a given day.
  * 97% of American teens ages 12-17 play some kind of video game.
  * 99% of boys say they are gamers and 94% of girls report that they play games.

Game playing experiences are diverse, with the most popular games falling into the racing, puzzle, sports, action and adventure categories.

- A typical teen plays at least five different categories of games and 40% of them play eight or more different game types.
  * While some teens play violent video games, those who play violent games generally also play non-violent games.

Game playing is social, with most teens playing games with others at least some of the time.

* 76% of gaming teens play games with others at least some of the time.
* 82% play games alone at least occasionally, though 71% of this group also plays games with others.
* 65% of gaming teens play with others in the same room.

For the full report please visit: http://www.pewinternet.org/PPF/r/263/report_display.asp

Source: Pew Internet Project
Knowing the Warning Signs of a Stroke Can Reduce Death and Disability

According to the American Stroke Association, a stroke occurs every 40 seconds in the United States. Stroke is the number 3 cause of death behind heart disease and cancer and is also a leading cause of disability. Immediate treatment can help decrease the chance for death and disability. For immediate treatment to occur, people must know the warning signs of a stroke. The campaign encourages friends and family to use the following reminders when assessing if their loved one is having a stroke:

**WALK** - If the person is slumping to one side, appears to have lost strength on one side, is leaning to one side when they walk or is dragging the foot of the side he or she is leaning toward, that is a sign of a stroke.

**TALK** - If one side of their mouth droops, speech is slurred, they are having problems getting words out, or they sound like they have something in their mouth when they try to speak, that is a sign of a stroke.

**REACH** - If you ask the person to raise both arms together and one falls; you ask them to squeeze your hand and one hand is weaker than the other; or they have difficulty holding a pen that is a sign of a stroke.

**SEE** - If the person has difficulty seeing, has blurred vision or is seeing double, that is a sign of a stroke.

**FEEL** - If they have a headache that they rank as severe or the worst headache of their life, complain of light bothering their eyes and say loud noises makes their headache worse, that is a sign of a stroke.

Even if only one symptom is present call 911 and go to the emergency room. A check from a medical professional is also recommended, the quicker the treatment, the better chance for recovery.

Source: Tammy Roberts, MS, RD, LD, Nutrition and Health Education Specialist in Barton County, University of Missouri Extension

Mold on Food can be Dangerous

You might think that the little bit of mold on your bread or on top of your cream cheese is easily cut away and discarded. What most people don’t know is that, like an iceberg, there is a lot more than what you see. If you look under a microscope, it looks like a long skinny mushroom and consists of root threads that invade the food, a stalk rising above the food and spores that form on the ends of those stalks. The root threads can grow deep into the food and can have poisonous substances around the threads.

To prevent mold from growing, check food carefully to make sure mold is not present. Cover and store food promptly. Remember mold spores are in the air so covering food helps protect them.

Mold on lunch meats, bacon, hot dogs, cottage cheese, cream cheese, yogurt, jams, jellies, bread, peanut butter, leftovers, and soft produce such as cucumbers, peaches and tomatoes, throw them out. Sometimes, mold can be cut away and the rest of the food consumed. On hard cheeses you can cut off the mold and one inch around it and then use the remaining portion. If there is mold on hard salami and dry-cured hams, that mold can be scrubbed away and then the product used. Mold on firm fruits and vegetables such as cabbage, bell peppers and carrots can be cut away with one inch of surrounding flesh and then used. Some molds are actually used to make cheese. These molds are safe to eat. Some examples of cheese made with molds include blue, Roquefort, Gorgonzola and Stilton. Brie and Camembert have a white mold on the surface. These are also considered safe to eat.

As most of us have witnessed, mold can grow in the refrigerator if food is left long enough. To help prevent mold, growth, clean the inside of the refrigerator every few months with one tablespoon of baking soda dissolved in one quart of water and rinse with clear water. If you have black mold growing around the rubber casings on the refrigerator, scrub that with three teaspoons of bleach added to one quart of water.

Source: Tammy Roberts, MS, RD, LD, Nutrition and Health Education Specialist in Barton County, University of Missouri Extension
**Giving or Receiving Food Gifts? Remember Food Safety!**

Food products are popular holiday gifts, but both giver and receiver need to pay attention to food safety. Delays in transit can lead to spoilage. Products from a mail-order company, such as fresh and cooked meat, poultry and fish, smoked fish, most canned hams, summer sausage, and cheesecake, probably will be marked “Keep refrigerated.” When receiving a perishable food item, open it immediately and check the temperature. Mail-order food should arrive frozen or partially frozen with ice crystals still visible. Refrigerate immediately. Even if a product is smoked, cured, and/or fully cooked, it still is perishable and must be kept cold. If perishable food arrives warm, notify the company. Don’t eat or even taste it.

When ordering food products, it’s usually best to have them sent to homes instead of to offices, which might not have adequate refrigerated storage. Try to arrange for delivery at a time when the recipient will be home to accept it. While most mail-order companies are well equipped to send perishable foods in packaging that keeps them cold, this may not be possible when doing your own mailing. If you do ship products requiring refrigeration, use an insulated cooler or a heavy cardboard box with a cold source such as frozen gel packs. Write “Keep refrigerated” on the outside of the package. Put handling instructions on the food itself, too. It’s best to specify overnight delivery and to notify the recipient of its expected arrival. Send packages early in the week so that they don’t sit in the post office over the weekend.

It may be wise to send nonperishable foods instead, such as quick breads, fruitcakes, cookies, candies, seasoned and candied nuts, dry snack mixes, and seasoning mixtures. Preserved foods such as dried fruits also ship well. Canned products, including jams and jellies, require careful packaging. Leave screwbands on jars. Make sure you use up-to-date, tested methods for canning products. For an extra margin of safety, recipients can boil low-acid home-canned food (meats, fish, poultry, vegetables) for 10 minutes before eating, to destroy botulism, a deadly foodborne illness. Safe home-canning procedures haven’t been determined for many home-canned products such as mustards, so refrigerate instead.

**Source:** Carolyn Raab, Extension food and nutrition specialist, Oregon State University; raabc@oregonstate.edu

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**Connect the Generations During The Holidays**

Take advantage of the holiday season to strengthen the relationship between children and grandparents. Intergeneration ties provide a sense of belonging and stability to children, and grandparents and older relatives who offer love and acceptance make an important contribution to a child’s self esteem. Grandparents benefit, too. When grandchildren show appreciation for the past, it demonstrates their respect for the grandparents’ values and accomplishments. The life of a grandparent can be given renewed meaning by a grandchild’s interest in past deeds and events.

There are many ways that you can encourage the child–grandparent connection during the holidays, even if they live far apart. Linking the generations does not need to involve expensive gifts. Gift ideas for grandparents to give grandchildren:

- A family recipe or album, a cherished family ornament, heirloom, or memento with a note about the item’s history
- A quilt made with material or in a design that has family significance
- Ingredients for joint baking or cooking session, seeds for a garden to work in together, a puzzle to work on together

Gift ideas for grandchildren to give to grandparents:

- Write to your grandchildren or make an audiorecording of a story about your favorite childhood holiday memories.
- A package of supplies to make a book about family history
- A computer game that the grandchild can teach the grandparent or tickets to an event that grandparent and kids can attend together.
- A collection of memorabilia from the year (copies of school report cards, recital programs, photographs or videos taped at events such as the child’s sporting, musical, dance, or other special events)

Strong ties with the extended family give a sense of history and belonging to young and old alike. Knowing about family history helps children to value and understand themselves and their environment.

**Source:** Denise Rennekamp, Extension associate, Oregon State University; denise.rennekamp@oregonstate.edu
Extension Study Groups Schedule Meetings

Would you like to be part of a group that is interested in continual learning? Then the OSU Extension Study Groups are for you. Groups meet monthly to learn about topics related to home and family. These groups are open to all interested people and meet in both Tillamook and Clatsop Counties. In November each group is planning their own lesson. The December meeting will include group determined holiday activities. Lessons for February, March and April were developed by Extension FCD faculty for use statewide.

- February  The Whole Story: Using Ancient and Alternative Grains
- March  Are You Ready? Preparing Yourself for the Unexpected
- April  Cheeses of the World

For more information about where and when each study group meets contact the person listed below:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Study Group (Meeting Place)</th>
<th>Contact Person</th>
<th>Phone #</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Wed.</td>
<td>10:00 am</td>
<td>Clatsop County (Astoria area)</td>
<td>Terry Pellissier</td>
<td>503-717-0751</td>
</tr>
<tr>
<td>2nd Mon</td>
<td>10:00 am</td>
<td>Nehalem Bay (Manzanita)</td>
<td>Jan Markle</td>
<td>503-368-6166</td>
</tr>
<tr>
<td>2nd Tues.</td>
<td>10:00 am</td>
<td>South County (Pacific City)</td>
<td>Onnie Beyer</td>
<td>503-965-6587</td>
</tr>
<tr>
<td>2nd Wed.</td>
<td>10:30 am</td>
<td>Kilchis River (Tillamook)</td>
<td>Evelynn VonFeldt</td>
<td>503-377-2019</td>
</tr>
</tbody>
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Calendar

November
- Nov. 4  Free Diabetes Seminar in Tillamook sponsored by Tillamook County General Hospital
- Nov. 13  4-H New Leader Orientation, OSU Extension Service Meeting Room, 6:30-9 p.m.
- Nov. 27-28  Thanksgiving Holiday – OSU Extension Office Closed

December
- Dec. 24-25  Christmas Holiday – OSU Extension Office Closed

January
- Jan. 1  New Year’s Holiday – OSU Extension Office Closed
- Jan. 22  Study Group Advisory Meeting, OSU Extension Service Meeting Room, 11 a.m.

Parenting Newsletters Available

Are you the parent of a newborn, infant or toddler? Would you like information about their growth and development specific to the age of your child? Then sign up for the free newsletter “Baby’s First Wish” based on your child’s age. For the first year, letters are sent monthly and include information on age specific growth and development, as well as parenting tips. Parents of two and three year olds receive newsletters every two months, again sent on schedule with your child’s age. Contact the OSU Extension Office in Tillamook, 503-842-3433, to register for the newsletter. You will need to provide the parent’s name and address and the baby’s birthdate (month and year).
Once a Month Cooking Class Offered

Do you want to spend less time in the kitchen and more time with your family? Then plan to join Teri Fladstol as she teaches you how to cut down on your cooking time and still enjoy home-cooked meals. The class will also include tips for planning ahead, spending less time in the supermarket, cutting down on prep time, grouping similar kitchen tasks together, making kitchen clean-up more manageable, and using the freezer, computer and your own knowledge to create a month of delicious, nutritious meals.

This two-day class will be held on January 24 and February 7, 9 a.m. – 1 p.m. at the OSU Extension Office in Tillamook. The fee for the class will be $30, which handouts, demonstrations and lunch both days to sample recipes. Pre-registration is recommended by Tuesday, January 20 and space is limited to 20 participants. Contact the OSU Extension Office in Tillamook, 2204 Fourth Street, Tillamook, 503-842-3433 for more information or to pre-register.

Strong Women Program

The winter session of the “Strong Women” exercise program for middle-aged and older women will begin on Wednesday, December 10. The program is offered on Mon., Wed. and Fri. from 7:45 a.m.-8:45 a.m. and repeated from noon-1 p.m. It will also be offered on Mon. and Wed., 1:30-2:30 p.m. New participants must attend the orientation, Friday, December 5 at 1:00 p.m. or Monday, December 8 at 9:00 a.m., before beginning the program. Classes are held at the OSU Extension Service office. Hand and ankle weights are provided. Participants should wear comfortable clothing and athletic shoes.

The Strong Women Program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages. Research shows that strength training improves bone density, reduces falls, improves arthritis symptoms, and increases flexibility and strength.

Registration is required prior to attending the program and will be limited to 20 participants on a first-come, first-serve basis. To register, new participants must complete the required screening and enrollment forms and pay the $25 registration fee by December 1. Women over age 70 or those with other chronic health conditions must obtain a release from their medical provider before beginning the program. Registration packets are available at the OSU Extension Service office, 2204 Fourth Street, Tillamook, or by calling 503-842-3433.

OSU Nutrition Education Program - Seeking Volunteers for Food Pantry

I have noticed an increase of food bank recipients in the last few months. I strive to create a dish for the food demonstration that is inexpensive (using the gifts from the Food Bank), easy to fix and tastes good. There is a sense of job well done when I converse with the folks that come into the food bank who try the sample and are encouraged to try something different. Observing their reactions and get their feedback. Many are often surprised in a good way.

I invite any of you to join me in a mission that shows we care. To put a smile on someone’s face; encourage them to try something different, observing their reactions and get their feedback. Many are often surprised in a good way.

Volunteers can help out in many ways. Perhaps if you enjoy cooking, you can prepare the recipe to be used at the food pantry demonstration. If you like working with the public, you can serve samples to food pantry clients, while delivering a short message on healthy nutrition. I am also in need of someone to maintain the food pantry supply boxes that are used for demonstration (about an hour a month).

If you are interested in helping out with this journey, please contact Susie Johnson, OSU Extension Nutrition Education Program at 2204 4th Street in Tillamook, or call her at (503) 842-5708, ext. 215.