



Women of the

January 2004

South

"Growing, building,
and improving
our tomorrow."

NOTES FROM MARY



The holidays are over. I hope yours were as good as mine. Our thoughts and prayers are with those of you who have had times of illness and grief. Those times happen even in the midst of the holiday season and are especially hard at that time. We had really good family time this year with all of our children and grandchildren here for Thanksgiving and/or Christmas. We had much to be grateful for this year.

We had a great Christmas party at the 4 Points Sheraton. Thanks to Gyda, Debbie and all of the social committee. Barbara Laird is one of those members who can always be counted on to help out with meetings and do whatever needs to be done. Thanks Barbara and to all of you who, like her, work quietly with little recognition. We try to show our appreciation, but do not always do so. Ms. B, Barbara Johnson, did a wonderful job of entertainment as well as emceeing the entire program and singing for us. I had lost my voice by that night which was probably a blessing for all.

Time to think GALA. Cindy Benson, Michelle Keith and their teams will be hard at work for the next few months and need your help. Please attend monthly meetings as well as your committee meetings. That is when the planning gets done and besides, we miss you if you are not there! A nominating committee will be selected at the January meeting and we will have a program from Integris which I am sure will be interesting and informative.

See you January 19th at the South Chamber, 6:30p.m. for social time!

Mary H.

AUCTION ITEMS

**Get your auction items in early!
Bring them to the January meeting
and receive an extra drawing ticket
for a door prize.**

**If you have an item too large, too
many items, or have questions call
Grizelda Kraft at 819-4162 or Nita
Johnson at 691-1513. We will pick
up your items, have our homes ready
for you to drop them off, or try to
answer your questions.**

**Remember no item is too big or too
small, too inexpensive or too
expensive. Think of items for guys
and for the kids too!**

The Woman who creates and sustains a home, and under whose hands children grow up to be strong and pure men and women, is a creator second only to God.

Helen Hunt Jackson

ARTICLES OF INTEREST

Do you know someone who has an interesting hobby or an unusual story to tell? Are you a member of club or organization that has news to share? If so, WOS member Claudia Todd is looking for you.

South Oklahoma City and Moore has a new neighborhood newspaper called "FYI". Women of the South has been featured twice in this paper with information about the annual golf tournament and coverage of the Christmas dinner. Stories are always needed for the South OKC and Moore area. If you have a story suggestion, please contact Claudia at 691-3759 or at claudia@todd-engineering.com.

*We secure our friends not by accepting favors,
but by doing them.*

FORMER FIRST LADY TO SPEAK

Women of the South members are invited to an exciting evening planned on Monday, January 19th. "An evening with former First Lady Barbara Bush" will be held at National Cowboy & Western Heritage Museum at 7:00p.m.

Sponsored by Western Heights Public School Foundation, Mrs. Bush will be speaking to guests about education and literacy. Tables are \$1,000.00 or individual tickets are \$125.00. If you would like to attend or have any questions, please contact Mary Blankenship Pointer at 239-1040. All net proceeds from this event will purchase IGNITE! COURSEWARE for Oklahoma City metro area students.

Calendar of Events



General Meeting: Monday, January 19th, 6:30p.m., South Oklahoma City Chamber.

General Meeting: Monday, February 16th, 6:30p.m., TBA.

General Meeting: Monday, March 22nd, 6:30p.m., TBA.

2004 Southern Gala: Saturday, March 27th, National Cowboy & Western Heritage Museum.

SOUTHERN GALA 2004

Now that the holidays are over, we can all get busy on the gala, "**MARCH 27, 2004**", we have only **12 WEEKS** before the big event!

If you haven't picked up your gala packet, they will be available at the next general meeting. Please contact the following ladies or sign up at the next meeting if you would like to help on the following committees:

Darla Vannostran – Live Auction
Peggy Matlock – Hostess
Shelly Cook – Decorating
Bonnie Gehl/Cindy Benson – Addressing /Mailing invitations
Linda Miner – Wish Box – 2 more needed
Vickie Nettle – Auctioneer
Lori Sosenko – 50/50 split
Guyona Randel – Acknowledgements

We are still looking for a chair for the Clean up/Detail committee.
if you are interested please contact
Cindy Benson or Michelle Keith.
692-9355 or 691-4540



Recipe of the Month

Wild Mushroom Beef Stew

Tender chunks of beef simmered with wine, garlic and thyme, accented with mushrooms, is perfect for entertaining. Just add a green salad and bread.

- 2 pounds beef for stew, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme leaves, crushed
- 3/4 cup ready-to-serve beef broth
- 1/4 cup tomato paste
- 1/4 cup dry red wine
- 2 cloves garlic, minced
- 1 pound red-skinned potatoes (1 1/2 - diameter), cut into quarters
- 8 ounces assorted mushrooms, such as shiitake, cremini, oyster and button, cut into quarters
- 1 cup baby carrots
- Fresh parsley (optional)

1. Combine flour, salt, pepper and thyme in small bowl. Place beef in 4 1/2 to 5 1/2 - quart slow cooker. Sprinkle with flour mixture; toss to coat.
2. Combine broth, tomato paste, wine and garlic in small bowl; mix well. Add to beef. Add potatoes, mushrooms and carrots; mix well.
3. Cover and cook on HIGH 5 to 6 hours or on LOW 8 to 9 hours, or until beef and vegetables are tender. (No stirring is necessary during cooking.) Stir well before serving. Garnish with parsley, if desired.

Makes 6 servings (about 1 1/2 cups each).

Nutrition information per serving: 306 calories; 25 g carbohydrate; 9 g fat; 644 mg sodium; 73 mg cholesterol; 7.3 mg niacin; 0.7 mg vitamin B6; 2.3 mcg vitamin B12; 4.3 mg iron; 6.6 mg zinc.

This recipe is brought to you by the Oklahoma Beef Council. Remember... **Beef, It's What's For Dinner!**

Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.

John Boswell

January Birthdays



- Devalene Stubbs - 3rd
- Kara Whilden - 7th
- Vickie Nettle - 10th
- Ann Krob - 14th
- Cheryl Morris - 15th
- Debra Vannostrian - 17th
- Ruth Clayton - 19th
- Carol Rosacker - 20th
- Tracy Ward - 20th
- Karen Bird - 21st
- Sherry Bird - 25th
- Lori Tyler - 26th
- Louise Littlejohn - 29th



NAME TAGS TO BE CLAIMED

The following WOS members have not picked up their name tags:

Carol Perry
Mary Paul Gregory
Candy Hines
Gale Cliburn
Sandy Sheaffer

Molly Purvis
Dixie Linn
Donna Rinehart
Denise Clary

Nametags, new member binders and directories are available at regular monthly meetings. You may also contact Shauna Smith at 912-9458 (8-2:30), 895-7111 (3-10), or 306-2555 (8-10).

ADDITIONAL GALA INFO

There are several ways to participate in the annual Gala. For your convenience, we have listed several ways to be a part of this wonderful event.

Auction Items, Products or Services –

The retail value of this donation is tax deductible.

Ads in Gala Program - Full page, half page and quarter page ads are available.

Corporate Tables - Tables for Eight include preferred seating, name listed in Gala program, and recognition at Gala. The purchase of a corporate table is tax deductible.

Tickets - Individual and couple tickets are available. Ticket price includes dinner, open bar, live entertainment and bidder number for live and silent auction. The tax deductible amount will be indicated on Gala invitation.

We hope this information is helpful. Thank you for helping Women of the South continue to provide cultural, educational and civic opportunities for our community.

When you were born, you cried and the world rejoiced. Live your life in such a manner that when you die the world cries and you rejoice.

Indian Proverb

WHO DO I CALL?

Don't fret! We've got your number! If you want to purchase an ad, donate an auction item or be an underwriter, please call these numbers. They would love to hear from you!

Silent auction items -

Grizelda Kraft 819-4162

Nita Johnson 691-1513

Live auction items -

Darla Vannostran 692-0576

Advertising –

Sharla Allen 272-6293

Underwriting –

Connie Mashburn 691-0123

Cindy Sparkman 378-7702



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ANNOUNCEMENTS

Women of the South is always looking for information to share with its readers. If you have a special anniversary, a new grandbaby, graduation announcements... we'd love to hear about them. Contact Claudia Todd at 691-3759 or at claudia@todd-engineering.com.