



Women of the

May 2004

South

"Growing, building,
and improving
our tomorrow."

SCHOLARSHIPS AWARDED

Congratulations to the young women awarded scholarships thru the Women of the South High School Scholarship Program. We wish these ladies great success in their studies!

From Moore High School:

Brooke Adams, OCCC
Pamela Allen, OSU
LaVonya Bennett, OU
Sarah Haggard, OCCC
Chelsie Lawrence, SEOSU
Halleluiah Morris, OU
Kelly Patterson, OCU
Mary Rinner, OU

From Southeast High School:

Christina Equigua, OCU

From U.S. Grant High School:

Tashika Carter, OCU
Jeanne Ward, OBU/OCU

From Western Heights High School:

Rachel Cook, UCO/OCCC
Sarah Hartsfield, UCO
Candice Phillips, OU
Amy Stehr, Rose State

From Westmoore High School:

Christen Gravin, OCU/OU
Hayley Hottel, UCO
Amber Kuzmic, OU
Tiffany Sanders, OU
McKenzie Smith, UCO



Hawaiian attire in high demand for WOS Membership dinner

This year's annual Membership Event is scheduled for May 17, 6:30 p.m. at the Kingswood Clubhouse located at 108th and South Penn. The Membership Committee has been working hard to provide a wonderful Hawaiian Luau for your enjoyment. The cost of the event is a mere \$18 per person and pre-paid reservations must be made by calling Mellodee Wallace at 794-3620. She will be accepting cash, check, or credit card for your convenience. Reservations deadline is May 10th.

In addition to the fabulous food, festive decorations, and much merry making, you'll have the chance to renew your membership in this special organization and update your directory photo!

If you know of anyone who might be interested in joining Women of the South, please give her name and address to Shauna Smith, 895-7111 ASAP.

See you there!



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NOTES FROM MARY

Thanks once again for a Great Gala! With the money raised we can continue to support our scholarship recipients. Amy Simpson, Dianne Laase and their committees have been working on the interview and selection process for new recipients. We have 20 new high school recipients and 5 new primary providers. One of our primary providers, Casey Close, was honored at the awards ceremony at OCCC with an academic award. The money we raise continues to fund some great projects.

Carol McDonald reports that we had good attendance for the Show Home and that everyone seemed to have a good time. I was sorry to have to miss that this time. Also, research and recommendation has awarded all of its' funds to worthy causes. Thanks to Carol and her committee for their work this year.

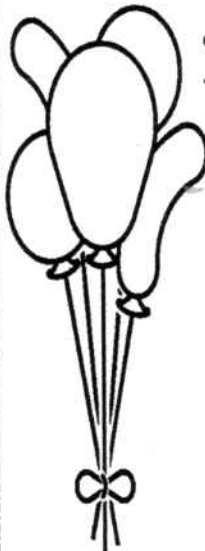
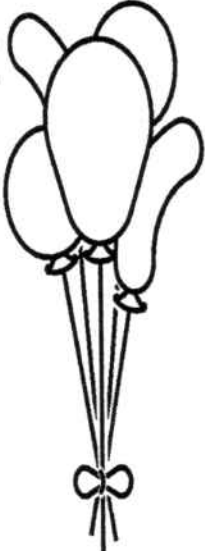
Congratulations to your new officers for next year; Dianne Krob, President; Dr. Linda Miner, Vice-President and Linda Carr, Secretary. Patsy Hilbig will continue as Treasurer and what a great job she has done. Most of us do not realize what a big job that is. Be sure to attend the MEMBERSHIP DINNER on May 17th, 6:30pm, Kingswood Club House to see your new officers installed. Shauna Smith and the Membership Committee have a wonderful menu lined up for a Hawaiian Luau. Be sure to invite potential new members as well as planning to fill out your own renewals. It really helps Patti Thurman and her calling committee to get those membership forms in early as we have so many events coming up late summer and early fall.

Gyda Davidson and the Social Committee ended this year with a great salad buffet for the April meeting. They did an outstanding job at every meeting providing us with food, decorations and door prizes. Our prayers continue to be with Debbie Venard and all of her family as Danny continues to go through his treatments. Send them cards along with your prayers, as I know they will appreciate your thoughts.

Thank you again for the opportunity to have served as your President and for the help and support you have given to the organization and me. It is a wonderful organization, a great group of caring women, and I look forward to continuing to work with you and with the new board in the coming year. See you May 17th.

Mary H.

May Birthdays

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- 1st - Mine Acquaye
 - 2nd - Bobbie Davis
 - 3rd - Patricia Alexander
 - 16th - Mary Jane Beavers
 - 23rd - Lena Elliott
 - 25th - Dixie Lind
 - 25th - Karen Raper

HAPPY BIRTHDAY TO YOU!!!!



Happy Mothers Day!

We would like to share some thoughts on Mother's Day from some famous mothers.

"You have to love your children unselfishly. That's hard. But it's the only way."

Barbara Bush

"If you bungle raising your children, I don't think whatever else you do well matters very much."

Jacqueline Kennedy Onassis

"Motherhood is tough. If you just want a wonderful little creature to love, you can get a puppy."

Barbara Walters

Children know when Mother is at peace,
Troubles and problems all seem to cease.
Mother's soft touch and gentle words of love,
Are like healing balm from heaven above.

Wanda Brunstetter



ANNOUNCEMENTS

Our thoughts and prayers are with Connie Mashburn and her family. On Friday, April 30, her step son Mike Mashburn passed away.

Do you know a WOS member who has moved? Are you moving this summer? Don't forget to give us your new address. We don't want you to miss your WOS newsletter!! Contact us at www.womenofthesouth.org or claudia@todd-engineering.com.



NEW WOMEN OF THE SOUTH OFFICERS ELECTED

At our April meeting, two new officers were elected to serve on for the 2004-2005 year. Serving as Secretary will be Linda Carr and as Vice President, Linda Miner. We thought you might like to find out a little more about them.

Linda Carr is a Commercial Loan Officer for BancFirst of Oklahoma City. She grew up in Arkansas and moved to South Oklahoma City in 1981. Linda lives in Lakeridge Run with husband, Terry, and daughters Suzanne and Jennifer. Suzanne is a junior at Oklahoma Baptist University and Jennifer is a junior at Westmoore High School. They attend First Baptist Church of Moore where Linda teaches fifth grade girls Sunday School and sings in the Church choir.

Linda Miner was born and raised in Lafayette, Indiana. She graduated from the University of Louisville School of Dentistry and practiced three years before meeting her husband to be, Dr. Stephen Miner. In 1982 they moved to Oklahoma where Linda has practiced dentistry and donated her time to the community. Linda serves on the Board of Trustees for t Ballet Oklahoma, is a graduate of Leadership OKC Class XXI and has served as Gala and Golf chairs for Women of the South.

Congratulations and best wishes to these ladies as they serve as Officers for Women of the South.

GALA COMMITTEE THANK YOU'S

We hope everyone had a great time at the Gala. All the chairs & members did such a wonderful job on all the committees. THANK YOU!

We would like to thank the Corporate Host – Bank of Oklahoma for all the continued support they give Women of the South.

Also we would like to thank ALL the Corporate Sponsors:

Oklahoma Beef Council Darrell & Marynel Chabino
Mr & Mrs Royce Bishop OGE Energy Coporation
Excell Home Care & Hospice Noval Senior Care
Integris Health A.R.K. Ramos Architectural Signage
G & R Auto Parts Hummel Eye Associates
J.W. Mashburn Development, Inc. The Oklahoman

And to all the Patrons.

I think everyone would agree that the flowers donated by Howard Brothers Florist were Beautiful. A special thank you to Lester & Carol Howard.

Thanks go to:

Lynn Waggoner, our MC for the evening
Loy Goozen, and his Auctioneer Team, what a great job they did keeping the bids going.
The Burton Band did a great job with all the music
Ned's Catering – wonderful food
Photo Reflect – Lonnie Brewer
Blue Star Graphics

We really appreciate all the donors for Silent auction items.

Also to the Donors who donated items for the Live Auction:

Eskridge Lexus of Oklahoma City Koslow's
Maxey's Motorcycles Boulevard Steakhouse
Jan's Patio Southwest Airlines
Surburban Contemporary Furniture Paris Limo
Borthick's Furniture Mathis Brothers Furniture
Red Mountain Spa Steve's Wholesale Tools
Millennium Limo Ms. B Art Gallery

CINDY BENSON

Cindy Benson
Gala Chair

MICHELLE KEITH

Michelle Keith
Gala Co-Chair

SCHOLARSHIPS AWARDED AT OKCCC

This article appeared in the weekly community paper "FYI" This is a great way for the community to see what Women of the South is all about:

Attending college is only a dream for some people. For 5 women, this dream became a reality on Friday, April 16. Oklahoma City Community College held its annual Student Awards ceremony in the campus student union and Women of the South presented 5 women with a primary provider scholarship.

This years recipients were Amanda Crosby, Cassandra Cooper, Laura Hanley, Lori Young and Krystal Dickinson.

Each year Women of the South accepts applications from women who are wanting to go to school for the first time or are trying to further their careers. All of the women who apply must be the primary providers for their families. Candidates fill out an application, provide references and a panel then selects who will receive the scholarships.

"I think this program is great, it gives women a chance to follow thru with a dream," said Lori Young, one of this years recipients. Young has expressed an interest in the medical profession, with an interest in studying ultrasound technology. "I am looking for something in the medical field where I can give people a positive outlook, she said. "I want to learn more about it."

The scholarship program provided the inspiration for her to go to school. "My daughter and I live together and I just want to do this to give her a better life." Said Young. "It helps people who maybe couldn't afford it, but wish to go to college. Especially single mothers and those who are primary providers. It gives you a little more hope to provide for your child."

Amanda Crosby, another scholarship recipient couldn't agree more. "As a single mom, it gives me the opportunity to have adult time, work on my mind, and other areas of my life." Amada is studying nursing and plans to work at Baptist Hospital in the neo-natal unit. "As long as I have wanted to be a nurse, this is what I wanted to do."

By Claudia Todd

RECIPE OF THE MONTH

Grilled Steak with Mango Salsa

Ingredients:

1 pound beef top round steak, cut ¾ inches thick
Salt and pepper
4 cups hot cooked couscous
2 cups sugar snap peas, steamed

Marinade:

¼ cup fresh lime juice
2 tablespoons minced green onion
2 tablespoons water
2 teaspoons water
2 teaspoons minced fresh ginger
2 cloves garlic, minced
¼ teaspoon salt

Mango Salsa:

1-1/2 cups finely diced fresh mango
2 tablespoons minced green onion
1 tablespoon fresh lime juice
1 tablespoon minced fresh cilantro
1 red serrano or red jalapeno pepper, seeded, finely chopped

Instructions:

1. Combine marinade ingredients. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Just before grilling steak, combine salsa ingredients in medium bowl. Cover and refrigerate until ready to serve.
3. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, about 19 to 24 minutes for medium rare doneness, turning occasionally.
4. Carve steak into thin slices. Season with salt and pepper, as desired. Serve with salsa, couscous and sugar snap peas.

Makes 4 servings.

Nutrition information per serving: 431 calories; 36 g protein; 56 g carbohydrates; 7 g fat; 145 mg sodium; 71 mg cholesterol; 8.0 mg niacin; 0.7 mg vitamin B6; 2.1 mcg vitamin B12; 4.4 mg iron; 5.2 mg zinc.

