



Women of the

December 2003

South

"Growing, building,
and improving
our tomorrow."

WOMEN OF THE SOUTH SOUTHERN GALA

MARCH 27, 2004

*Mark your calendars for March 27th for the
WOS Southern Gala!!!*

*If you didn't pick up your gala packet at the
November meeting, they will be available at the
December meeting.*

*If you haven't signed up for a committee, you
can still do so. We still need committee
members!!!! There will be a sign up sheet at the
December meeting.*

*If you want to decorate a wish box, please
contact Linda Miner, Wish Box Chairman at
691-8638.*

*Please review the invitation list at each meeting
if you or anyone you know has a change in
address or any other changes on the list.*

*It's not too early to start getting those auction
items!*

Thank you for all your hard work.

Cindy
Cindy Benson
Gala Chair

Michelle
Michelle Keith
Gala Co-Chair

NOTES FROM MARY

The holidays are upon us. Thanksgiving has come and gone. I hope yours was wonderful. I am writing this before the event, but we are expecting 3 of our 4 children to be here with wives, husbands and grandchildren. We are thankful that we will have all of our children and grandchildren home for Christmas or Thanksgiving this year as they all live good distances away. I hope you have already RSVP'd for the Christmas party. Gyda, Debbie and their committee have a great evening planned for us. Sometimes we get too busy to make time for fun, relaxing events such as this. I have to remind myself at times to relax and make sure I am having some fun and taking time to just enjoy family and friends during this busy holiday season.

Thanks to all of you who attended the November meeting. It was cold, rainy evening but we had great attendance and a good meeting. It was good to see people lingering to enjoy refreshments and fellowship both before and after the meeting. We need and appreciate your support for all of the meetings, not just the big events. Cindy and her team were well organized and ready with Gala packets and plans. Along with Christmas, think GALA!

Seasons Greetings to each of you.

Mary H.

Recipe of the Month



Beef Steak with Brown Rice & Vegetables

Ingredients:

- 1 boneless beef top sirloin steak, cut ¾ in. thick (about 1 pound)
- 1/3 cup prepared non-creamy Caesar dressing
- 2 teaspoons lemon pepper
- 1 cup uncooked instant brown rice
- 2 cups frozen vegetable mixture, such as baby green and yellow beans and carrots
- 2 tablespoons prepared non-creamy Caesar dressing
- 2 tablespoons shredded Parmesan cheese (optional)

Instructions:

- 1 Cut beef steak crosswise into four equal pieces. Place steaks and ½ cup dressing in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes. Remove steaks from marinade; discard marinade. Season steaks with lemon pepper.
- 2 Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook about 8 to 10 minutes for medium rare to medium doneness, turning once.
- 3 Meanwhile cook rice according to package directions, including salt but omitting butter. When adding rice to saucepan, stir in vegetables. When rice is done, stir in 2 tablespoons dressing. Serve with steaks. Sprinkle with cheese, if desired.

Makes 4 servings.

Nutrition information per serving: 361 calories; 31 g protein; 31 g carbohydrates; 13 g fat; 709 mg sodium; 77 mg cholesterol; 5.1 mg niacin; 0.4 mg vitamin B6; 2.4 mcg vitamin B12; 3.7 mg iron; 5.9 mg zinc.

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

Real generosity is doing something nice for someone who will never find it out.

Frank A. Clark

ANNOUNCEMENTS

Remember Women of the South is on the web. Look us up at www.womenofthesouth.org.

Do you have news you'd like to share with Women of the South and it's many readers? We'd love to hear it! Send all info to Claudia Todd at claudia@todd-engineering.com or call me at 691-3759. Deadline for information is the 1st of each month.

The best Christmas gift of all is the presence of a happy family all wrapped up with one another.



DECEMBER BIRTHDAYS

- 3rd- Belleva Johnson
- 11th- Lori Brewer
- 12th- Jean Baum
- 15th- Suzi Clowers
- 16th- Mary Kay Kennedy
- 17th- Millie Tibbits
- 18th- Bonnie Gehl
- 19th- Mary Hornbuckle
- 25th- Linda Neimann
- 29th- Sherry Williams
- 31st- Elyce Campbell

SOCIAL NEWS

First – a BIG THANK YOU to everyone who provided door prizes for the November meeting. Thanks to Cindy Benson, Debbie Venard, Sharon Greene and Kimberly Cupit. Thanks to Barbara Laird, Judy Williams and Debbie Venard for the great food, and Sharon Greene for the festive decorations. Thanks to Cindy Benson for helping with the great Christmas dinner invitations. It's impossible to do these things without you all! Thanks again.

NOW.....It's Christmas time!!!!

The annual WOS Christmas dinner is just around the corner. Mark your calendar now for Monday, December 8th, 6:30pm.

The Social committee has planned a wonderful evening for everyone. Dinner will be provided by the Four Points Sheridan, so bring your appetite! Our own WOS member, Barbara Johnson will emcee a festive evening including a performance by Rachel Findley, a student at the University of Central Oklahoma. Rachel has performed with the Lyric Productions and is a WOS scholarship recipient.

Please RSVP as soon as possible to Gyda Davidson 692-9024 or Debbie Venard 691-0144. We look forward to seeing you there!

Gyda

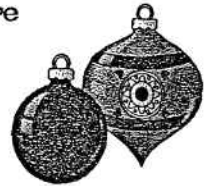
AUCTION! AUCTION! AUCTION!

Auction items are beginning to come in. DON'T BE LAST! Get your items in early. If you bring an item to the meetings or to a committee member, you will receive an extra drawing ticket for a door prize at the next general meeting.

Call Grizelda Kraft at 819-4162 or Nita Johnson 691-1513 if you need to drop an item off at one of our homes, need an item picked up or have any questions. Thanks!!!!

The Ornaments of our house are
the friends that frequent it.

Ralph Waldo Emerson



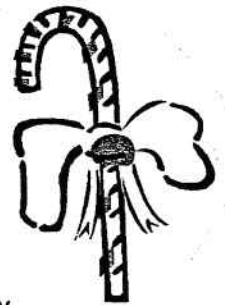
CALENDAR OF EVENTS

Christmas Dinner: Monday, December 8th, 6:30pm at the Four Points Sheridan Hotel, Will Rogers Airport.

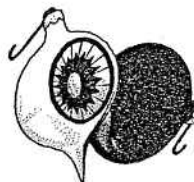
General Meeting: Monday, January 19th, 6:30pm, South Oklahoma City Chamber.

General Meeting: Monday, February 16th, 6:30pm, location to be announced.

CHRISTMAS CONNECTION FOOD DRIVE



The South Oklahoma City Chamber of Commerce is participating in the annual Christmas Connection Food Drive. WOS members who would like to participate may bring canned or boxed foods to the December 8th Christmas dinner/meeting. These food items will be collected and given to OKC families in need this holiday season. Thanks for your generosity!



NEW MEMBERS!

Candy Hines
8705 S. Youngs Blvd.
Oklahoma City, OK 73159
685-3124 (h)
691-7781 (w)



www.bok.com

Member FDIC

WOS TOP FIVE LIST

TOP FIVE REASONS WHY YOU SHOULD
TURN IN YOUR AUCTION ITEMS NOW..

5. You get extra door prize tickets.
4. You will finish before everyone else.
3. You will find the best items first.
2. All other members will be envious that you're finished.
1. You will make the auction committee very happy because they can finish itemizing early.

*A bell is no bell till you ring it.
A song is no song till you sing it.
And love in your heart isn't put
there to stay -
Love isn't love till you give it
away.*



**HAVE A
WONDERFUL
HOLIDAY SEASON!**

