

# SOONER SHOUT OUT April 2021



Association of  
Nutrition & Foodservice  
Professionals

## UPCOMING EVENTS OKANFP SPRING MEETING VIRTUAL

May 10 – 20, 2021

May 10 – 9:45am – 12:00 am

May 11 – 9:00 – 11:00 am

May 12 – 3:00– 4:00 pm

May 13 – 9:00 – 1230 pm

May 14 - 9:00 – 10:00 am

1:00 – 3:00 pm

May 20 – 1:00 – 2:00 pm

There will be an invitation sent  
out via email soon.

Sure hope you all can join us!

We will be voting in our officers  
at 9:45 am May 10, 2021 please  
join un via zoom.

Please welcome new students

Stephanie Bean

Stephanie Burris

Jennifer Dye

Amber Hays

Sharon Heath

Jamie Hill

Jeffery McBee

Stay strong and healthy!!

Tammie Shroll CDM CFPP

Oklahoma State co-  
President

Contact us anytime.

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Oklahoma State co-  
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Karen Still CDM CFPP

Oklahoma State Secretary

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OKANFP newsletter

Spring 2021

# OKANFP SOONER SHOUT OUT

Spring has sprung, all the birds are building nests and the flowers are blooming. If your looking for something to do, check out the Wichita Wild Life Refuge. You can hike, have a picnic, go fishing, visit holy city, drive up mount Scott, and so much more. Medicine Park is also a great place to visit also.

Sulphur is also a great getaway. You can visit Turner Falls, Chickasaw Cultural Center, Chickasaw National Recreation Area, Veterans Lake, Toy & Action figure museum and many more.

The Arbuckle Wilderness Park is another great getaway.

Our State is very beautiful and so much to do.

*May is going to be very busy.*

*May one is May Day, May Day is a day of celebrating spring, fertility and femininity. It is celebrated on May 1<sup>st</sup> and the history of this holiday goes back to Roman times as a festival of flowers. This was a five-day festival in honor of the Goddess Flora with offerings of flowers, dancing, ringing bells, May Queens and dancing around the Maypole. The Maypole was erected the night before when the men would strip down a birch tree and plant it on the ground. Long ribbons were tied to the pole and each dancer would hold onto a ribbon while dancing around the Maypole. The tradition of celebrating May Day by dancing and singing around a maypole, tied with colorful ribbons, is still practiced today. Another European tradition that survived is hanging May [baskets](#) on doorknobs. People make small baskets filled with treats or flowers to give secretly to friends and neighbors. It is customary to leave the basket on the doorstep of a neighbor or friend, ring the doorbell and run away. If the friend catches you before you get away, you must give them a kiss. May Day baskets are fun and easy to make. Most baskets are made from a piece of paper rolled into a cone shape. You can also use small Easter baskets and embellish them with ribbons and bows. May Day is a great holiday to get your children involved with arts & crafts.*

*Treasurer Report  
Balance as of 4/12/2021*

*\$11,065.34*

*No money has been spent this year*

May 5, 2021 is Cinco De Mayo

This holiday celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. The day, which falls on Wednesday, May 5 in 2021, is also known as Battle of Puebla Day. While it is a relatively minor holiday in Mexico, in the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican-American populations.

*Sooner shout out to  
The news members  
Daryl Quinn Cobb  
Michael Cobb  
Paul Davis II  
Cynthia Faircloth  
Frances Guzman  
Joey Hooper  
Terra Johnston  
Jared Kellogg Lord  
Nathan Newburn  
Telissa Norell  
Versa Reed  
Angie Riffle  
Dana Smith  
Cassie Snow  
Genevieve Stevens  
Portia Terry  
Virginia Turner  
Scarlett Williams*

May 31, 2021 is Memorial Day

This is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military. Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971. Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, it marks the beginning of the summer season. The [Civil War](#), which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries. By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

HELP SUPPORT YOUR LOCAL CHAPTER...  
GET INVOLVED... VOLUNTEER, BECOME  
A LEADER, TRAVEL, LEARN FROM YOUR  
PEERS, NETWORK, MEET NATIONAL  
LEADERS, POSSIBLY ADVANCE YOUR  
CAREER.