

December, 2023

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KI BOIS NEWS



Huggins, Alverson Among Award Winners At 2023 Leadership & Health Equity Summit



Carroll Huggins, KI BOIS Executive Director/CEO and Royce Alverson, KI BOIS Community & Public Relations Director were two of the six “Leading In Excellence” award winners at the 2023 Leadership & Health Equity Summit. Hosted by the Haskell County Health Department, the Summit brought engaging presentations, interactive community leadership forums and Health Department Resource connections together at the Stigler campus of the Kiamichi Technology Center on November 9th.

Both Carroll and Royce were honored to be presented their respective awards by KI BOIS Board Member and Health Department Community Engagement & Health Planning Manager Rev. Dr. Rodger Cutler.

Carroll’s nomination read, “It is with great honor and our sincere privilege to be able to present an award to a most deserving and distinguished pillar in this community. Stationed at Vietnam and a Military Policeman for over 30 years where he once retired, a Sergeant Major in the Army National Guard, received his pilot’s license somewhere along the way, taught school at Franklin Delano Roosevelt Middle School as a math teacher and somehow still managed to work for KI BOIS Community Action Foundation for 55 years where he has been the Executive Director and CEO for numerous decades. Sergeant Major Huggins, husband to Lana for 57 amazing years, father to 3 wonderful sons and beautiful daughters in law, beloved Grandpa to 6 cherished grandkids, and Oklahoma State University’s greatest fan, would you please accept this award for your leadership within Haskell and the surrounding counties where you have tenaciously built this community action agency to a level of excellence and dedicated your life to helping people and changing lives in this community and all of those that you serve?”

Royce’s nomination read, “As a former Bogus Check Coordinator for the District Attorney’s Office in Haskell County, he had many opportunities to positively impact the lives of others. Spending much of his spare time the past 28 years ministering about the state by singing southern gospel music with his sister, Royce has become a household name. Although it seems he has been there forever, KI BOIS Community Action Foundation found a great blessing in him some 22 years ago where he now serves as the Community & Public Relations Director. Passionate about his job, dedicated to his clients and a fierce protector of the values that KI BOIS Community Action upholds, Royce Alverson, would you please accept this award for your never-ending efforts for the betterment of your community?”

Other award recipients were Dr. Stephen Woodson, Jaedyn Bass, Erika Frazier and Kim Woodruff.



From the Desk of Executive Director / CEO

R. Carroll Huggins



In addition to normal Holiday activities December is always a busy month at KI BOIS Community Action. Our annual audit is being completed this month.

At this time we have no plans for cutbacks or layoffs at KI BOIS Community Action. We do feel that it is only prudent for us to be planning and preparing for increased client needs with the current economy. We are experiencing increases in food, rent, and utilities costs for our needy families. The uncertainty of the proposed budget cuts in our future federal funding could have a serious effect on our low-income clients.

I encourage you to keep up the wonderful work that each of you do each day to improve the lives of the families that we serve. We are making a big difference – One Family at a time. We are also making a big difference in the lives of our Homeless Veterans.

On behalf of the KI BOIS Community Action Board of Directors and Senior Staff, I want to wish you and your family a Merry Christmas and Happy New Year!

***R. Carroll Huggins, CCAP
Executive Director / CEO***

KI BOIS COMMUNITY ACTION BOARD OF DIRECTORS

Executive Board

Cecil Williams
Board Chairperson

Joy Walker
1st Vice Chair

Frank Phillips
2nd Vice Chair

Jan Coplen
Secretary / Treasurer

Kodey Toney
Parliamentarian

Members of the Board

- De'Anne Booth
- Jeremy Bullard
- Henry Burris
- Rev. Rodger Cutler
- Rosalind Didlott
- Lyndon Emberton
- Lindsey Holloway

- John Jones
- Chuck Regan
- Charlie Rogers
- Bud Smithson
- Janice Williams
- Jonathan Wynn

Executive Leadership

R. Carroll Huggins, CCAP
Executive Director/CEO

Tom Marlatt, CCAP
Associate Director/CFO

Larry Hall, CCAP
Associate Director/COO

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Royce Alverson, CCAP - Editor
918-967-3325, Ext. 134
Royce.Alverson@kibois.org



Kimberly Williams, Community Affairs Manager for OG&E Energy Corp. was recently in Stigler to present a \$10,000 check to KI BOIS Community Action to be used for emergency services in the OG&E service area. Carroll Huggins, CEO/Executive Director and Larry Hall, COO/Associate Director were on-hand to accept this generous donation. Thank you!



December 25 Christmas Day Holiday
December 26 Christmas Break Holiday



#kibois #BeCommunityAction #CommunityActionWorks #HelpingPeopleChangingLives



FYI FOR YOUR INFORMATION



7 TIPS to Avoid Holiday Weight Gain

- 1. Savor & Eat Mindfully**
Give your body time to realize it's full. Chew slowly, savor each bite, and you'll eat less. Okinawans practice "Hara Hachi Bu"—roughly, "eat until you're 80% full"—and they're one of the longest-lived populations in the world.
- 2. Swap Water for Wine**
Liquid calories add up when tasty cocktails abound. Switching to water now and again in place of an alcoholic or sugar-sweetened beverage means fewer calories (and less intoxication).
- 3. Don't Forget Fruit & Veg**
Holiday goodies tend to be loaded in sugar, so including plants keeps calories in check. Festive salads featuring greens, veggies, fruits, and nuts and wine-poached pears for dessert are favorites at my table.
- 4. Fewer Choices, Smaller Portions**
Limiting the number of food options and using smaller plates helps control calories. Smaller portions also means you're more likely to finish what's on your plate, which means less food waste.
- 5. Watch Your Weight**
Stepping on a scale daily or a few times weekly will show if your holiday feasting has gone awry. Weight gain around the waist is especially harmful, so watching how your clothes fit is also key.
- 6. Get Out and Play**
Despite the busy holiday season, we should actually increase our activity to offset the extra calories we're consuming. Make time for you. If life gets in the way, just get back out there when you can.
- 7. Eat, Drink, & Be Merry**
Abstinence is necessary for some things and some people. But for most, total denial often falls when it comes to food. Frustration and cravings can backfire into a flurry of binge eating. Plus, life is short. Enjoy scrumptious food and drink. Just, you know, in moderation.

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PERVASIVE PARENTING CENTER

SENSITIVE SANTA

Have a Holly and Jolly Time

DECEMBER 12TH
@STIGLER
KIBOIS OFFICE
@6:00 PM

Appointment only! Contact us at:
tyarbery@pervasiveparentingcenter.org
(918)-647-1255

NCAP 60th Anniversary Poster Contest

The year 2024 will mark 60 years since the birth of Community Action! To commemorate this important milestone, the National Community Action Partnership (NCAP) is sponsoring a poster contest. Open to Community Action staff, board, volunteers, and their family members, the contest challenges competitors to visually demonstrate the important role of Community Action in fighting the conditions of poverty—whether the focus is on our historic accomplishments or on our future challenges and opportunities. Entrants may use the promise of community action as inspiration, recognizing the past but looking to the future and inspiring hope.

Grand prize winners will be selected in each of two categories of focus:

- **Historic:** This category will honor the past and recognize 60 years of fulfilling the Promise of Community Action.
- **Future:** This category will look ahead to leverage our past so that we remain strong to meet the needs of the future.

The winner in each category will be awarded \$500 and design credit. Grand prize—winning entrants' artwork will be incorporated into posters made available across all 1,000 Community Action Agencies (CAAs) and used by NCAP at its trainings and annual conference. Winning posters may also be printed and sold by NCAP, featured on its website, or appear at events and in promotional activities.

Poster entries must be received by January 10, 2024. Winners will be announced on February 2, 2024.

For poster guidelines:
<https://shorturl.at/dDOTW>

For contest entry form:
<https://shorturl.at/cpyA5>

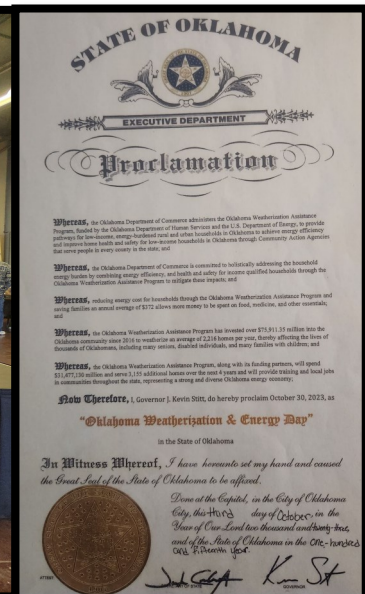
IN *Action*



McKinlee Crase and Nikki Morrison volunteered at the concession stand at a Stigler High School basketball game recently. They were also representing KI BOIS with their red sweatshirts.



The 2023 Free Thanksgiving Dinner in Sallisaw was a tremendous success once again, thanks in most part from the efforts of County Coordinator Melissa Lowe and her staff, Andy Kates and Tanya Harrison. Over 750 meals were served that wonderful Wednesday and great fellowship and camaraderie brought a feeling of blessings and thankfulness to the day. A true work of heart!



The KI BOIS Weatherization crew, under the direction of Director Michael Knapp, attended “Oklahoma Weatherization & Energy Day” at the Oklahoma State Fairgrounds in Oklahoma City on October 30th.

HOLIDAY FUN

Christmas Word Search

HINTS:

BELL	L	C	R	Q	P	J	X	R	S	T	A	R	X	E	C
CANDY CANE	K	A	L	T	S	L	E	D	R	U	D	O	L	P	H
CHIMNEY	S	N	N	C	R	L	N	V	C	H	I	M	N	E	Y
CHRISTMAS	W	D	S	F	H	E	N	O	S	F	T	O	Y	S	G
CUPID	R	Y	A	X	R	R	E	C	R	N	J	P	S	R	I
DANCER	E	C	N	B	E	O	I	D	U	T	O	S	D	R	F
DASHER	A	A	T	E	I	L	S	S	A	P	H	W	H	X	T
ELF	T	N	A	L	N	I	G	T	T	S	I	P	M	Z	Z
FROSTY	H	E	C	L	D	G	T	X	Y	M	H	D	O	A	V
GIFT	P	J	L	S	E	H	S	Q	C	S	A	E	M	L	N
JINGLE	E	I	A	L	E	T	G	O	S	F	E	S	R	P	E
LIGHTS	A	N	U	A	R	S	N	O	W	F	L	A	K	E	X
NORTH POLE	C	G	S	Y	D	A	N	C	E	R	F	V	Z	L	H
NUTCRACKER	E	L	G	A	J	G	H	S	T	O	C	K	I	N	G
PEACE	I	E	C	N	U	T	C	R	A	C	K	E	R	N	J
REINDEER															
RUDOLPH															
SANTA CLAUS															
SLED															
SNOWFLAKE															
SNOWMAN															
STAR															
STOCKING															
TOY															
TREE															
WREATH															

STIGLER PARADE



The Stigler Christmas Parade was December 2nd. KI BOIS Central employees (and other helpers) were holly and jolly that morning. Those participating were: Katie Simpson, Nikki Morrison, Blake Smith, Royce Alverson and Christi Jones.

Thank you Matt & Katie Simpson for use of your ATV, and to Blake for driving the IT Van. Four, 5-gallon buckets full of candy was thrown out to parade-goers. A wonderful time!

RUDOLPH



Rudolph the Reindeer was created by the U.S. department store Montgomery Ward to get children to buy Christmas coloring books, however, his nose was not red as they did not want him to appear as a chronic alcoholic.



The three traditional colors used for most Christmas decorations have religious significance. Red if for the blood

of Jesus Christ, green symbolizes His resurrection, and gold His status as the King of kings.

ACROSS

- "_____ the Snowman"
- "It's _____ to Look a Lot Like"
- Christmas"
- "Rockin' _____ the Christmas Tree"
- "Little _____ Boy"
- "Winter _____"
- "O _____ Night"
- "We _____ You a Merry Christmas"
- "Have Yourself a _____ Little Christmas"
- "Here _____ Santa Claus"
- "_____ of the Bells"
- "_____! The Herald Angels Sing"

DOWN

- "Silent _____"
- "_____ Claus Is Coming to Town"
- "O Little _____ of Bethlehem"
- "Jingle _____"
- "Feliz _____"
- "I'll Be _____ for Christmas"
- "_____ the Red-Nosed Reindeer"
- "_____ Christmas"
- "The _____ Song (Chestnuts Roasting on an Open Fire)"
- "_____ Bells"
- "Joy to the _____"
- "_____ the Halls"

Christmas Carols





All employment opportunities are posted on our website, www.kibois.org. *These positions are open to KI BOIS Community Action Foundation Staff as well as to the public.* (ALL POSITIONS SUBJECT TO CONTINUED PROJECT FUNDING.)
 Deadline for all openings: Until Filled. Current employees – please submit a letter of interest to Human Resources.

Applications may be picked up at any KI BOIS Community Action Foundation, Inc. office or printed from the website, www.kibois.org. Applications should be returned to:

KI BOIS Community Action Foundation, Inc.
P. O. Box 727, Stigler, OK 74462
Attention: Human Resources



The Promise of Community Action

Community Action *changes* people's lives, *embodies* the *spirit of hope*, *improves* communities, and makes America *a better place to live*. We care about the *entire community*, and we are dedicated to *helping people help themselves and each other*.



KI BOIS Community Action Foundation, Inc.

Mission Statement

KI BOIS Community Action Foundation, Inc. is a community-based organization dedicated to eliminating the causes of poverty and bettering the economic, mental, physical and social well-being of all people - most importantly the disadvantaged - by utilizing effective coordination and administration of available resources and information.