



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

May 5-11: OHCE Week

May 3: 9:30am Decorate for OHCE Achievement Luncheon
11:30am OHCE Achievement Luncheon

May 16: Articles to Newsletter Editor

May 23: County and Local group OHCE Week Reports due to Extension Center.

9:30am Educational Lesson Training, Extension Conference Center **“What’s in Your Cupboard? Vintage Kitchenware”**, Lisa Hamblin

County Business Meeting 15 minutes following Educational Lesson

Monthly Group Volunteer Hours Forms Due

Begin planning for the Oklahoma County Free Fair Exhibits at your group meeting.

OHCE Week May 5 - 11

Thought for the day – (I found these in the Southern Living Magazine Website)

- "The bad news is time flies. The good news is you're the pilot." - Michael Altshuler
- “You don't always need a plan. Sometimes you just need to breathe, trust, let go, and see what happens.” - Mandy Hale

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<https://extension.okstate.edu/oklahoma>

Website for OHCE:
ohce.okstate.edu

Website for Genealogy Group:
www.ohcegenealogy.com

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- OHCE Spring Achievement Luncheon/Social Committee report
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- Home Canning 101 flyer
- Cooking with Herbs flyer
- Sustainable Urban Landscape Conference
- Community Resiliency Project Yard by Yard



PRESIDENT'S COLUMN

Members of Oklahoma State University Extension's group, Oklahoma Home, and Community Education will be observing OHCE Week the first full week of May. I will be attending the Oklahoma County Commissioners meeting and reading the OHCE Proclamation on May 8th.

I was reading the Memberships State Goals, and its emphasis is "To increase overall membership and create a passion for OHCE in current and future members. Our Goal: Invite potential members, instill a renewed interest for OHCE in current membership and encourage former OHCE members to rejoin." So, I challenge each of you to reach out to potential members and past members to join our organization. I have heard from several of you that you have enjoyed many of the Educational Lessons, Mystery trips, Barn Quilts classes and many other events that we have started engaging in. So, make it your goal to invite someone to your local meeting, host a tea or membership drive party. And don't forget you can report your event as an Award Book!

I recently participated in the Master Family & Consumer Science Volunteer program. The Master Family & Consumer Sciences Volunteer Program provides core training that increases the capacity of Extension volunteers to help people make informed decisions, enhance their quality of living, and meet unique challenges affecting their families, farms, communities, and the economy. We have several in our organization who are Master Volunteers. As a Master Volunteer you will assist our FCS Educators in area programs. I will be training this year to be a Master Sewing Volunteer. If you are interested ask Lisa how to become a Master Volunteer.



May also brings celebrations of our mothers, past or present.

Happy Mother's Day to All

County OHCE President

Gayla Mosteller

OHCE STATE MEETING July 7-9 “Soaring to New Heights”

The annual OHCE state meeting will be held in Oklahoma City at the Champion Convention Center, 803 S. Meridian, Sunday, July 7- Tuesday, July 9th. The registration fee of \$125 is all inclusive, which includes Friendship Banquet and lunches on both Monday and Tuesday. Registration is open now and can be **completed online through June 20th**. Please use the following link:

https://secure.touchnet.com/C20271_ustores/web/product_detail.jsp?PRODUCTID=4841

- Agriculture Conference Services – OHCE
- Call Ag Services at OSU if you have problems registering 405-744-8491

There is also a “State Meeting” link on the state OHCE website, ohce.okstate.edu.

Sunday’s pre-conference will begin at 6:00pm with conference check-in, and from 6:30-8:00, will be games, prizes, and making friends. Cost is \$10.00. This is optional, and mainly set up for those traveling from a distance the night before the conference begins. However, everyone who lives in the surrounding area is welcome to attend!

Monday will begin with the First Timers session at 7:30am, Voting Delegate Orientation (county presidents and secretaries) at 8:00am, and the Workshop Hostess meeting at 8:00am. Business meeting will begin at 9:00am.

Please consider attending the meeting! There are many interesting and fun workshops, and the Friendship Banquet is always delicious and entertaining. Three of our deceased members (Sue Robinson, Goldie Jones, Martha Fields) will also be recognized during the Vespers ceremony.

We will be deciding at the May 23rd county business meeting about the theme for our basket that will be donated to the Ambassador’s silent auction held during this meeting. Please come with ideas!

Juneteenth Quilt Show Scissor Tales Quilt Guild By Beverly Kirk

YOUR HELP IS NEEDED

Our guild quilt show is about 6 weeks away! We need a group or individuals to VOLUNTEER working with Arlene SCARONI, Vice President.

Volunteers may work in 2-hour shifts Friday or Saturday. Please sign up for the following times: 9:30 – 11:30, 11:30 – 1:30, 1:30 – 3:30, 3:30 – 5:30.

Please contact Arlene SCARONI if any OHCE group or persons can help us make this quilt show successful!!!!!! MANY, MANY THANKS! Email is ibaahilha.yanash@gmail.com or call (405) 439-6258

MAY VETERANS' ITEMS TO COLLECT

- * Kleenex
- * Puzzle Books
- * Razors
- * Shaving Cream

LISA HAMBLIN RECOGNIZED FOR WORK WITH INCARCERATED FATHERS

During the statewide Extension conference held at OSU in January, our OHCE advisor, Lisa Hamblin was recognized as the winner of the OSU Extension Diversity and Outreach Award. Her parenting program, Inside/Out Dad, has been taught at the Federal Transfer Center prison in Oklahoma City since 2022. For 12 weeks, Lisa meets with the dads and discusses how to better communicate with their children, take care of their mental health, appreciate the caretakers of their children, and understand their parenting style. For National Volunteer Week in April, current and past class members created a thank you card and wrote notes to share their appreciation for the program. The fathers also made a beaded pen with the OSU logo to thank Lisa for her volunteerism.



OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

Our stocking cut out day was a big success. We cut out 255 stockings in Red, Green, Blue, and White and are available for groups or individuals to pick up at our monthly leader lessons. We will have another cutting day as we have 405ish more stockings to cut. Stay tuned to the monthly newsletter for all the details. There are embellishments available. Please text or call if you need some, or if you would like I could bring them to your next meeting. Dee Dee (405) 664-2460.



OHCE Spring Luncheon OHCE Goes to the Movies Friday May 3rd 11:30 am

We look forward to visiting with everyone at the OHCE Spring Luncheon on Friday May 3rd. This is a potluck lunch, and we are looking forward to all the delicious dishes. We can't wait to see what movie theme each group picked out for the table.

**Social Committee
By Kathryn Wells**

The social committee is working on the Spring Luncheon scheduled for May 3, 2024, at the Extension Center. Our theme will be **OHCE Goes to the Movies**. Each group will pick a movie theme and decorate their table for that theme. This will be a Potluck luncheon. There will be movie trivia for each table.

The Social Committee visited about refreshments for the monthly leader lesson/meetings and decided to ask each group if they would provide snacks /healthy finger foods for 15 to 20 people following the schedule below. The snacks/finger foods are just that and not a meal. It could be as simple as cookies, cheese and crackers, or fruit (just examples). Our hope is to bring more members to each meeting for learning, fun and fellowship.

May	Genealogy
June	Flourish & Grow
July	Scissor Tales
August	Modern Homemakers
September	New Beginnings
October	NW Seekers, Bits & Bytes, & Learn Create & Share

**IN MEMORIAM
By Jan Beattie**



LAST CALL!!

If your group has lost a member this year and haven't yet notified me, this is the last call. They will be remembered at the annual Memorial Service on May 3rd at the spring Awards and Achievement Luncheon. *To date, I have received the notice of three deaths:*

Sue Robinson (Las Amigas/Will Rogers group)

Goldie Jones (Soldier Creek/New Beginnings group) and

Martha Fields (Modern Homemakers group)

I appreciate your assistance. If you have any special memories or photographs, please email them to me at jankb80@sbcglobal.net. Thank you.

RESOURCE MANAGEMENT

By Valerie DeBoer

Holiday Stocking Time

Yes, I know - stocking season is several months down the line, but it is time to get started. So where do you find the resources? DeeDee and Gayla have purchased fabric and many stockings have been cut. If you need some, just ask. But where do you go from there? Most groups have their process well defined, organized and already started. But even they are open to new ideas. For those of you just getting started on the process, ask for ideas, look at last year's craft books, or look at your resources and start there. Ask friends for donations of fabric, ribbon or anything that can be recycled into holiday magic. Try upcycling cast-offs.

You can shop at Dollar Tree, Hobby Lobby, or your favorite crafting store. Hobby Lobby starts sales on holiday crafting items in July. You can think outside the normal box and shop rummage sales, your own closets (fabric, buttons, or lace) and remember to check your own button, lace, holiday, and craft storage boxes and check your ribbons. I found holiday trees, sleighs, and verbiage (Happy Holidays). If you purchase or recycle fabric, girly things are easy to find but remember we also have little boys, who love trains, cars, and puppies, etc. Most teens appreciate less child-like themes and more trees. verbiage and maybe some glitz. Plaids and snowy scenes are wonderful seasonal finds. Upholstery fabrics have wonderful texture and make interesting backgrounds for decorating. Quilted stockings are always welcome. I hope I have given you a few ideas. This really is a worthwhile project. So put your thinking hats on and happy creating.

NEWSLETTER EDITOR

By Dee Dee Shepherd

THANK YOU TO EVERYONE WHO SUBMITS PICTURES, STORIES, AND ARTICLES. The newsletter is a great place to tell members thank you for the hard work they have done (WE SEE YOU). Please send your recipes to Lisa and she will send them to me for the newsletter.

Please send any pictures you take during OHCE week and the luncheon. I will put them in the next newsletter.

HEALTHY LIVING

By Kathryn Wells

It's always good to get out and stretch your legs and get your body moving. I have included some flyers at the end of the newsletter that will get you out and have some fun as well. Home Canning 101 starts on May 8th, Cooking with Herbs May 14th, Sustainable Urban Landscape Conference on June 25th, and Community Resiliency Project. Remember if you arrive 30 minutes early at the Extension Center there is a walking trail right by our parking lot. Take a walk and enjoy our beautiful scenery.

Cultural Enrichment

By Jan Beattie Co-Chair

Oklahoma's impressive roster of top-notch festivals, world-class fairs and small-town celebrations kick up in May. Oklahoma's May events are guaranteed to satisfy the curiosity and fun-loving spirit of festivalgoers from around the region and beyond. Here's a sampling of the state's must-see May events and enjoy the wonderful weather.

Tulsa International Mayfest – downtown Tulsa, May 10-12

Tulsa's International Mayfest celebration of dance, music and visual art and showcases art displays, performance art and inviting indoor galleries. Bring the kids for the festival's popular Kidzone, a hands-on art activity area for children, or hit the vast food court for funnel cakes, gyros, Indian tacos, and yummy ethnic food.

Paseo Arts Festival - Oklahoma City, May 25-27

Enjoy popping in and out of Paseo District galleries and artist studios. A treasure trove of visual art booths will line the streets offering displays that will include everything from painting and photography to jewelry and ceramics. Enjoy live stage entertainment, cool drinks, and delicious food during your visit.

Oklahoma Renaissance Festival – Muskogee, April 27-June 2

Surround yourself with the grandeur of Renaissance England with a trip to the Oklahoma Renaissance Festival in Muskogee. Held on the grounds of the city's resident Castle of Muskogee, this much-loved festival is invited to rub elbows with King Henry VIII, Queen Margaret of Scotland, and a bevy of other costumed performers. Meander through the village of Castleton while enjoying jesters, magicians, unique food, and handcrafted items on display.

Italian Festival – McAlester, May 10-11

Celebrate the Italian heritage of the area by attending this year's Italian Festival. Browse through one of the largest arts and craft shows in the state while feasting on delicious, fresh Italian specialties or bring the kids for pony rides, an obstacle course, midway games and more. No trip to the Italian Festival would be complete without a visit to the food tent, where over 900 pounds of meatballs and 800 pounds of Italian sausage are served each year.

Rooster Days Festival - Broken Arrow, May 16-19

The Rooster Days Festival is the oldest festival in Oklahoma. There are activities for every age from young to old. A great variety of games and entertainment, a dynamic parade and children's activities, arts and crafts, carnival rides and plenty of food vendors.

Downtown Edmond Arts Festival – Edmond, May 3-5

Staged along the historic streets of Edmonds charming downtown area, the annual Downtown Edmond Arts Festival features local and regional artists as they display works that include paintings, sculpture and pottery.

Snack on everything from catfish to cotton candy as you peruse this year's artistic offerings. Live entertainment and a variety of street performers will keep the energy flowing throughout the festival.

Chuck Wagon Gathering - Oklahoma City, May 25-26

Held at the renowned National Cowboy & Western Heritage Museum, the annual Chuck Wagon Gathering sets the standard for family entertainment in May. Bring the kids for a jolly Old West show, covered wagon rides, storytelling, and Western-themed crafts. While there, don't miss the stage entertainment or the fabulous, authentic chuck wagon food.

SCISSOR TALES

By Beverly Kirk

Good Friends who Quilt!

Good friends bring out the best in us! They understand us, they cry with us, they shop with us! No matter the age span: we are girlfriends who quilt together! While threading the needle and snipping a loose thread: we share similar dreams and simple sorrows! Our fabric squares are taught to be laid RST ... that is: right sides together! Simply a way for US GIRLS to continuously seek and celebrate the best among ourselves as quilters!

Consider the continuous soothing hum of a sewing machine. Whether it's a digital high-tech model or a vintage 99K Singer electric model..... Something creative begins to flow from our body, mind, and soul! We can trust and relax and choose to move forward like a spring flower opening to the sun!

We quilt! We love and survive! If you ask lifelong friends why they are friends ...they seem to hold back a sensible explanation and say with a smile "we just are!" If you ask a Scissor Tales Quilt Guild (STQG) member, why they quilt "We just do". Keep smiling!

MODERN HOMEMAKERS

By Burchie Smith

Seven members of Modern Homemakers met at the home of Burchie Smith on Thursday, April 11, 2024. We had long discussions concerning Christmas stockings and two people signed up to go. We will continue to collect items for the veterans, we have turned in several items in the past and more are on the way. On May 3 is the OHCE Spring Achievement Luncheon scheduled. Discussion was held on what movie we would choose and finally decided on one. We will decorate our table accordingly. The number of people going is about five. Our discussion then turned to projects we might be interested in participating in. One suggestion was on historical moments that we can remember about Edmond, Oklahoma such as when Edmond hospital was located over the movie theater on Broadway. We also discussed the possible project of helping the boys ranch with lunches etc. These subjects will be discussed at a later date with some conclusion. Unfortunately, we did not have a lesson, and no one was able to pick up the guide. We might double up on the lessons at our next meeting. We closed by eating strawberry shortcake with whip cream, it was delicious.

GENEALOGY GROUP By Kathy Fetters

The Genealogy Group met at the Oklahoma County Extension Center on Wednesday, April 17th. We had a nice size crowd, including three people who saw a newspaper story about the meeting. President Jan Beattie's Genealogy Quick Tip for April was *Top Websites for Finding State and Local Historical Newspapers*. All of Jan's Genealogy Quick Tips can be found on our website: ohcegenealogy.com.

Our speaker was Phyllis Davidson. Phyllis is a former librarian born near Blue, Oklahoma. Her grandfather had many stories of his grandfather who served in the Civil War. This intrigued Phyllis and created a deep interest in family history leading to collecting information and stories about her family. She has written a family newsletter for over 20 years giving her quite a bit of experience with her topic *How to Write your Personal & Family History*.



Phyllis stressed that each time a person dies, their story dies with them unless someone records it. The stories don't have to be fancy but should come from the personal experiences of the characters in the story. Of course, those characters are our family members. By going through a process of making lists of people, places, events, and things, should bring up memories and stories to record. Timelines can help trigger those memories also. Photographs will tie those stories to people and often stir up other memories. Getting input from family can be a good way to see how they remember events and share some good memories.

Writing takes time, dedication, and work. It helps to have deadlines and specific times to set aside to write. The most important thing, though, is to start. Start now, don't wait for someone else to do it. Phyllis gave us so many ideas that everyone went home motivated to get started on writing their own personal and family history.



NEW BEGINNINGS
(3 E's and Soldier Creek)
By Dee Dee Shepherd

We met on April 8th at the OSU Extension Center. Kathryn gave the lesson on Ultra Processed food. At the end of the lesson, she had us put the healthy snacks we had brought in the appropriate category. I like many of us thought I had brought healthy snacks but most every "Healthy snack", ended up in over processed food. It was still delicious.

We are in the process of signing July 4th, Thanksgiving, and Christmas cards for Cross Timbers Senior Mental Health residents in Midwest City.

For OHCE week we will be putting a quilt display in the case at the Del City Library for the month of May and collecting Quilts and Barn Quilts for the Midwest City Library for the month of June. We are planning a field trip to discover a new walking trail in Midwest City and have a picnic lunch. We welcome anyone who would like to accompany us on our adventures. As we found out last month, our adventures are not only fun and memorable but are true adventures.

Our next meeting will be on May 13th, at the OSU Extension Center at 10 am, with a short walk at 9:30 am. After our leader lesson we will tally items that have been collected for the VA Bags. Everyone is welcome.

HEALTHY LIVING
Recipes of the Month

Cheesy Southwest Mashed Potatoes
From Choose Homemade-onieproject.org/recipes

Ingredients:

- 3 lbs red potatoes, diced
- 1 Tbsp olive oil
- 1 small yellow onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 jalapeno, finely diced
- 2 (4oz) cans chopped green chiles, drained
- ¾ cup 1% low-fat milk
- ¼ cup plain non-fat Greek yogurt
- 1 ½ cups shredded reduced-fat cheddar cheese
- ½ tsp chipotle pepper powder

Preparation:

- *Fill a large stockpot with water, add potatoes & bring to a boil.
- *Meanwhile, in a large skillet, heat oil over medium-high. add onion and sauté 5 minutes or until translucent, stirring occasionally.
- *Stir in bell peppers & jalapeno. Sauté another 3-5 minutes
- *Stir in chilies & remove from heat.
- *Add milk & yogurt to the potatoes. Mash thoroughly. Add cheese, onion mixture & chipotle pepper to stockpot. Mix well. Add additional milk if needed.

TIPS

Choose low-fat or fat-free dairy products to make healthy homemade dishes that are low in saturated fat.

Nutrition Facts		
12 servings per recipe		
Serving size	(202g)	
Amount per serving		
Calories	150	
		% Daily Value*
Total Fat	4g	5%
Saturated Fat	2g	10%
<i>Trans</i> Fat	0g	
Cholesterol	10mg	3%
Sodium	210mg	9%
Total Carbohydrate	22g	8%
Dietary Fiber	3g	11%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	7g	
Vitamin D	0mcg	0%
Calcium	174mg	15%
Iron	3mg	6%
Potassium	646mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

HEALTHY LIVING
Recipes of the Month

Strawberry Tart
From Choose Homemade-onieproject.org/recipes

Ingredients:

- Non-stick cooking spray
- 1 prepared pie crust
- ½ cup part-skim ricotta cheese
- 1 tsp ground cinnamon
- 3 Tbsp honey, divided
- 1(16oz) container of strawberries, sliced
- Juice of ½ lemon
- 1 egg, beaten
- 2 tsp balsamic vinegar

Preparation:

- *Preheat oven to 450 *F
- *Lightly coat a pie dish with cooking spray. Place pie crust in pie dish.
- *In a small bowl, mix ricotta cheese, cinnamon & 1 Tbsp honey. Spread evenly on pie crust leaving space around the edges.
- *In a medium bowl, toss strawberries in lemon juice. Add strawberries on top of cheese mixture & fold pie crust over strawberries to make a crust. Brush crust edge with egg.
- *Bake 12-15 minutes, or until crust is golden brown.
- *Meanwhile, in a small bowl, mix balsamic vinegar with 2 Tbsp honey. Drizzle over tart & serve.

TIPS

Choose low-fat or fat-free dairy products to make healthy homemade dishes that are low in saturated fat.

Nutrition Facts		
8 servings per recipe		
Serving size		(116g)
Amount per serving		
Calories		180
		% Daily Value*
Total Fat	8g	10%
Saturated Fat	3.5g	18%
<i>Trans</i> Fat	8g	
Cholesterol	35mg	12%
Sodium	160mg	7%
Total Carbohydrate	24g	9%
Dietary Fiber	1g	4%
Total Sugars	10g	
Includes 6g Added Sugars		12%
Protein	4g	
Vitamin D	0mcg	0%
Calcium	59mg	4%
Iron	1mg	6%
Potassium	125mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.