

# STRENGTHENING OKLAHOMA



**GARFIELD COUNTY  
EXTENSION**

## OSU Extension Promotes Civic Engagement

Civic engagement is an important component of all communities – big and small – across Oklahoma, but how does one get started?

Oklahoma State University Extension can help. [Mike Stout](#), [Oklahoma State University Extension](#) specialist and George Kaiser Family Foundation Endowed Chair in Family and Community Policy, works with communities to address public issues.

“Our mission is to strengthen families and communities across the state through community-driven programs that address public issues,” Stout said. “It’s critical to meet the needs of community residents and civic engagement helps meet that goal.”

This is where OSU Extension programming fills a need. Extension programs enhance opportunities that involve all stakeholders in self-governance and participants can develop:

- Civic skills that enable individuals to engage in informed decision-making, collaborate with others and contribute to the betterment of their communities and society.
- Tailored approaches for civic engagement around public issues.
- Tools, skills and resources for community-driven approaches to identifying and prioritizing issues.



- The ability to work collaboratively with other individuals, organizations and decision-makers to address local issues.

“For more than a century, OSU Extension has partnered with community groups to foster the development of citizens who are not only informed but engaged in improving their communities,” he said. “We are here to help communities adopt participatory approaches to solving local issues.”

There’s a saying that goes like this: It takes a village. There are no truer words. Building strong communities takes everyone pulling together to get things done and make things happen. For goals to be set and acted upon, community members unite in public deliberation.

Stout said this provides a platform for citizens to discuss, weigh different perspectives, evaluate the implications of different options and contribute to decisions of concern to the families who call the community home.

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He teaches various workshops designed to help local citizens develop the skills needed to be difference-makers. Workshop topics include:

- Tailored approaches to using dialogue, deliberation and action planning to address public issues.
- Using community-based participatory research to identify, prioritize and address public issues.
- Capacity-building for community-based organizations.
- Mission, vision and values statement workshops
- Logic models for organizations, programs and grant proposals.
- Program evaluation.
- Strategic planning.
- Building effective community partnerships.
- Using data to inform decision making.

For more information about these workshops, contact Stout at 918-594-8311 or [michael.stout@okstate.edu](mailto:michael.stout@okstate.edu).

## Tulsa Underground Tour

Friday, June 7

Plans are complete and as follows for our tour of little-known sites in Tulsa. Cost is \$30 for the guided underground tour of Tulsa. There is some walking but an elevator and/or escalator will be available for the steps up and down. **The tour begins at 10 a.m. so meet in the Extension parking lot for a departure time of 7:30 to Tulsa.** We will carpool.

Sign up and payment of the \$30 is due by May 29. Payments should be made to Shirley Clark and can be left here at the office. After the tour, we will travel to the Center of the Universe, eat lunch at the Mexican Border Café and have a self-guided tour of the Boston Avenue art deco church completed in 1929.

Call and put your name on the list as this will be a great day trip.

The \$30 is only for the tour, meals will be on your own.



### Itinerary

- Underground tour of Tulsa
- Center of the Universe
- Lunch at the Mexican Border Café
- Boston Avenue Art Deco Church

## OHCE State Meeting

The 2024 OHCE Annual Meeting will be July 7 - 9, 2024, at the Champion Convention Center, 803 S. Meridian, Oklahoma City. The theme for this year's event is "Soaring to New Heights with OHCE in 2024!" The registration is all inclusive; one price includes registration, Friendship Banquet, and lunches on both Monday and Tuesday. Early registration is available now through June 20 for \$125 and after that date will be \$155. Registration will be online only at the following link.



[https://secure.touchnet.com/C20271\\_ustores/web/product\\_detail.jsp?PRODUCTID=4841](https://secure.touchnet.com/C20271_ustores/web/product_detail.jsp?PRODUCTID=4841)

Agriculture Conference Services - OHCE. Or follow the link on the OHCE website title State Meeting. However, if you have a problem, please contact Ag Services at OSU by calling, 405-744-8491 or your Educator and they will assist you. Hotel reservations will be at the Hilton Garden Inn-Airport, located at 801 S. Meridian, Oklahoma City. The hotel's number is 405-942-1400. The hotel is located just across the parking lot from the convention center. Please call direct, not online, and mention the code **OHCE** when reserving your room. Room reservations are available to make now. The deadline for room reservations is June 20. Please see the Outreach for all meeting information and room details and costs.

This year, on Sunday evening, July 7, we will be kicking off the fun with activities at the convention center. We will be playing games, making friends, and winning prizes, all for just \$10. Sunday evening registration will begin at 6:00 p.m. in the lobby of the convention center, with events from 6:30-8:00 p.m.. Sunday will be the only time you will receive a challenge that has to be completed during the rest of the conference. You won't want to miss out! The only way to participate in the challenge is by attending Sunday night's fun and games. You will have the option to add the Sunday event when registering for the conference: You will not be able to add later.

Monday will begin with registration, the First-Timers session at 7:30 a.m., the Voting Delegate Orientation at 8:00 a.m. and the Hostess Meeting at 8:00 a.m. If you are a delegate and hostess, it is more important to attend the delegate's meeting since there are several issues we will be voting on. The delegate's meeting is the place to ask questions and get those answers. The Business Meeting will follow immediately after the early morning meetings at 9:00 a.m.. Remember your county has two voting delegates (president and secretary or their appointed delegates) there will be reserved seating for you.

*Join the fun!*

## ABC'S OF SPRING CLEANING

### **A IS FOR ASTHMA AND ALLERGY TRIGGERS**

During the past few months, some of us have been trapped with our pets whose dander is one of the most common triggers. Compound that with a few months of everyday dust and the tiniest unwelcome guests who seek shelter in our homes during cold weather, and it's time to do away with the "A."

Have an allergen control plan. Clean one room at a time, starting with where an asthma or allergy sufferer sleeps. Wash their bedding and curtains. Dust surfaces and vacuum the carpet clean, the window sills and frames. Wet mop floors.

### **B IS FOR BACTERIA**

From the front doorknob to kitchen counters, the telephone and remote control, give every surface in your home the thorough cleaning it needs with the goal of reducing the likelihood that bacteria stick around for spring.

Prevent mold and mildew from accumulating in the bathroom by using a daily shower cleaner. Mold and mildew remover products are effective if you must use them. Use a disinfectant to kill the mold and mildew.

In the kitchen, give the surfaces a good cleaning and disinfecting. Make sure you allow enough time for the germ kill, per the product label instructions.

### **C IS FOR CLUTTER**

Sort it out: Take everything out of the closet, dressers, shelves, under the bed and off the furniture. Put stuff in separate piles. Separate out what you don't need anymore and donate if you can.

Keep similar items together so that children know where to find things. Put items inside drawers, closets, covered boxes or plastic containers so dust can't collect on them. While the furniture surface is clear, use an electrostatic dust sheet or furniture polish or wipes to take care of a winter's worth of dust.

### **SPRING CLEANING PLAN**

For spring cleaning, plan your work, then work your plan. You can tackle your spring cleaning checklist quickly, all at once or in smaller chunks of time. Each of the tasks on our list takes just a few minutes, so you can decide how to break it up. Inventory your supplies and add what's missing to the list. Make a to-do list for what you want to clean, then divide it up by task or room.



### **Window Blinds/Curtains**

If you try to clean all the blinds in one day, chances are that you may not be as thorough on the later ones. Pace yourself and only clean one or two windows (or one room) a day. Take down curtains to wash or take to the cleaners or vacuum them and use a fabric refresher to neutralize any odors.

### **Walls**

Use a vacuum with a soft brush attachment on the hose to clean up any cobwebs in the corners.

### **Ceiling fans**

Wipe or vacuum the blades first to get any loose dust, then spray your cleaning cloth to keep any cleaning product from staining your ceiling.

### **Upholstered furniture**

Vacuum the cushions and under them then use a fabric refresher to neutralize any odors.

*Source America Cleaning Institute*

# Education Workshops for May

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

## OHCE Scholarship Winners

Four \$500 scholarships were awarded at our Spring Association meeting April 16. Receiving these scholarships were Morgan Robi- nette, Olivia Schmidt, Taylor Burchel and Hayden Deeds. We look forward to seeing great things from our young people in Gar- field County as they continue their education.



## Walk the Trails at Crosslin

Join us for a walk each Tuesday in May at the Crosslin Park near the large pavilion. We will begin at 11 am with a stretch then walking in the area. This is part of the Walk this May, but everyone is welcome to join us at this location. Joy will be leading the group each week starting May 7 through May 28, 11 am each Tuesday.



## Leader Lessons and June Board Meeting

No lesson is planned for your June meeting. Plan an outing or fun time with your group. The next OHCE Board meeting is 9:30 am June 3 in the Conference Room. Hope to see you. The lesson for July meetings will be Wednesday, June 26, 2 pm also in the Con- ference Room. The lesson for July is "Honoring our Flag and Veterans".

## State Of Orange

### Leonardo's

We had a great time working as a group at Leo- nardo's April 8 for the Garfield OSU Extension State Of Orange. Twenty-five people including members of OHCE, Master Gardeners, 4-H members and 4-H volunteers worked to get the gardens in shape for the summer. The new class of Master Gardeners will continue to be working on the Butterfly Garden at this location throughout the growing season. Thanks for all your help with this great project.

## OHCE Week Proclamation

We will meet at the Garfield County Court- house at 8:50, Monday, May 6 for the signing of the proclamation with the County Commis- sioners 9 a.m. meeting. All members are in- vited to join us for this event. Enter up the steps on the north side of the building. Park- ing is available on the square as there is very limited parking close to the building. You will have to go through security, so keep your be- longings to a minimum if possible.

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**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.



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## Dates to Remember

- May 6—County Commissioner Meeting
- June 3—OHCE Board Meeting
- June 7—Tulsa Underground Tour
- June 26—Leader Lesson
- July 7-9—OHCE Annual Meeting



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