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Fifteenth Email Edition

Vol. 32.7

## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

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#### CALENDAR OF ACTIVITIES

- August 1      Begin plans for collecting 2024 membership dues.
- August 17     Articles to newsletter editor.
- August 17     9:30 am Educational Lesson Training, Extension Conference Center "Flour Power" – Christi Evans
- Executive Board meeting 15 minutes following Educational Lesson.

August 22-25 Oklahoma County Free Fair

#### Reminders:

- \* Election of group officers for 2024
- \* Appoint Group Committee Chairpersons for 2024
- \* Begin working on Life Stories, Photography, Contest, and Report Books for 2024 awards

#### Monthly Group Volunteer Hours Forms Due

**Thought for the day** "When the sun is shining, I can do anything; no mountain is too high, no trouble too difficult to overcome." – Wilma Rudolph

#### DEADLINE FOR SEPTEMBER

#### NEWSLETTER

**August 17, 2023**

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- Piece by Piece, Together Again, OHCE 88<sup>th</sup>
- Hold the date – Oct 5<sup>th</sup>. Annual Planning meeting and Leadership Training
- Genealogy Group June
- Genealogy Group July
- New Beginnings
- Scissor Tales Quilt Guild
- Eastside Farmers Market
- OHCE Members attending Stay Strong Stay Healthy
- Healthy Living Recipe of the Month
- Survey for OHCE Educational Lessons



## PRESIDENT'S COLUMN

Wow, summer is almost over. I hope you all survived the summer, with all the much-needed rains, I'm not going to complain. Just hope you didn't have any storms or high wind damage. Please watch yourself with the heat we are getting now and stay hydrated.

This past year my family household was one of the homes chosen for the United States Census Bureau's surveys. Every couple of months a representative would call to ask a series of questions. Usually, the number of members in the household, asking if we were looking for employment, etc. Just last month we were surveyed once more. The subject was, *Time is a resource – just like money- and knowing how people spend their time helps answer important questions*. I was more than happy to answer some of these questions. I told them about the volunteer hours that I give each month for OHCE and other organizations. The lady asked about OHCE after the interview was completed, and she was very surprised that we do so much as VOLUNTEERS!

So, keep up the good work you do. Don't forget to count your volunteer hours and turn them in. If you forgot last month or missed a few meetings, it is OK to count them next month. Remember as an individual you turn them into your secretary and then send a combined report to Lisa. Lisa then reports this to OSU.

County OHCE President

Gayla Mosteller

## CULTURAL ENRICHMENT

### Jan Beattie, Co-Chair

We had a great time kicking-off OHCE Week in May with our tour of the First Americans Museum in Oklahoma City. About 20 members and guests enjoyed the outing and lunch together in the restaurant. We are planning another field trip for fall, perhaps a Barn Quilts Tour or a visit to the Pioneer Woman Mercantile and Restaurant. Watch the newsletter for details and updates.

There are so many wonderful opportunities still waiting for you and your family to enjoy before summer's end. Here's a small sampling of the adventures from across the state that awaits you. Have fun!

#### #1 - Splash Around in Nature

[Blue Holes Park](#) clear water makes it an ideal spot for families to enjoy a day of fun in the sun in Salina. Tiny swimmers can get wet in the shallow water, while there is deeper water perfect for underwater exploring. Make it a weekend trip and stay at the area's RV and camping sites.

#### #2 - Taste Sweet Watermelon

It wouldn't be summer without the juice of sweet watermelon running down your chin at the annual [Rush Springs Watermelon Festival](#). With over 50,000 pounds of watermelon served, feel free to grab a slice or two while enjoying the festival's many carnival-style attractions and music.

#### #3 - Dig Your Toes in the Sand

Let your adventurous side run wild at [Little Sahara State Park](#) in Waynoka. One of the best spots for ATV riding in the Midwest, these sand dunes provide hours of entertainment as you explore over 1,600 acres of sand in a dune buggy.

#### #4 - Pick Out the Perfect Hot Dog

At [Diamond Dawgs in Norman](#), treat yourself to quintessential summer hot dogs. Choose between traditional beef franks with traditional toppings like chili, coleslaw, yellow mustard and pickle spears or more exotic offerings such as Andouille sausage or hot links loaded with smoked gouda, truffle aioli or spicy habanero peppers.

**#5 - Take a Sunset Cruise** Take a well-deserved break from it all and treat yourself to a romantic and relaxing evening aboard an [Oklahoma River Cruise](#). Whether you take in the magnificent Oklahoma sunset from the boat's deck or enjoy the experience in one of the climate-controlled cabins, this hour and a half excursion is sure to recharge and refresh you.

#### #6 - Savor a Sundae

When it's time to cool off from the inside out, head to [Scoops & Grinds](#) in Collinsville to satisfy your summer craving for ice cream. Top your artisan dairy treat with Ghirardelli chocolate, nuts and whatever else your imagination desires for a seriously decadent sundae.

### **#7 - Walk Through Gardens in Bloom**

Walk through six acres of lush gardens filled with flowers in bloom at [Lendonwood Gardens](#) in Grove. Stroll along paths shaded by oak trees on your way to view English terrace gardens and one of the largest rhododendron gardens in the Midwest.

### **#8 - Float the Illinois**

Oklahomans associate the summer heat with cooling off in the river, so floating the Illinois is a time-honored tradition. See wildlife including deer, foxes, bobcats, and birds as you camp, swim, play sports and fish along the waterfront. Feel like an explorer as you conquer the 60 miles of the [Illinois River](#) by canoe or raft beginning in Tahlequah.

### **#9 - Get Nostalgic at a Drive-In**

For many patrons, the [Admiral Twin](#) along Route 66 in Tulsa is tinged with memories of drive-in movies from the 1950s and 60s. Warm summer nights are perfect for rolling down the windows and enjoying a piece of open-air cinema from the comfort of your own automobile. Or the [Winchester](#) at 59<sup>th</sup> and S. Western in Oklahoma City.

### **#10 - Enjoy Camping with the Family**

Stay at [Yogi Bear's Jellystone Park Camp-Resort](#) at Lake Eufaula for endless activities, comfortable cabins and great food all ages will love, or try the [Marval Family Camping Resort](#) in Gore for the perfect place to have a cook out, fish and swim close to Lake Tenkiller.

### **#11 - Experience Shakespeare Outside**

Witness a Shakespearean play amidst Oklahoma's serene summer breezes during an outdoor performance by [Oklahoma's Shakespeare in the Park](#). Head to Oklahoma City's [Paseo Arts District](#) to see local actors bring the works of history's best playwright to life surrounded by a breathtaking garden amphitheater. Also try one in Edmond at Hafer Park.

### **#12 - Twist and Turn at a Water Park**

With 12 acres of opportunities to slip, slide and splash, [Comanche Nation Water Park](#) in Lawton is the perfect place to cool down. Float and relax along the Endless River after trying the park's six thrilling slides or play video games and skeeball at the Nations of Fun game center. There are plenty of other Splashpads and Water Parks across the metro-Oklahoma City area including [Pelican Bay](#) in Edmond.

### **#13 - Catch a Fly Ball**

Summer is baseball season, so cheer on the [Oklahoma City Dodgers](#) as they slide into home plate. Catch a game at the Chickasaw Bricktown Ballpark in the heart of downtown Oklahoma City to rediscover why baseball is America's pastime and don't forget to sample plenty of delicious ballpark foods while you're there.

### **#14 - Dine on the Patio**

Feel the cool morning breeze or retreat into the shade of an umbrella in the afternoon as you order breakfast or lunch at Eddy's Lakeside Bar, one of the many dining options at [Shangri-La Golf Club, Resort & Marina](#) on Monkey Island. Their delicious entrees and desserts are only made better al fresco.

## #15 - Try a Crazy Soda

Add some fizz to the summertime with a trip to [POPS](#) in Arcadia, conveniently located right off Route 66. Arrive at night to see the giant soda bottle sculpture outside of POPS covered in LED lights and then head indoors to sample over 650 flavors of soda.

Enjoy all our Great State has to offer!

## VETERANS PERSONAL CARE BAGS

### VETERANS' PROJECT A BIG SUCCESS

Thank you to all the members who donated personal care items for the tote bags given to patients at Veterans' Medical Center. There were enough items to fill 87 bags! Melissa Overfield, who is responsible for civic engagement at the hospital, said that rarely are patients recognized for their service during the 4<sup>th</sup> of July holiday. The tote bags come at the perfect time of year and the veterans are so appreciative. Now is the time to start collecting again for 2024!



### VETERANS' ITEMS TO COLLECT FOR AUGUST

- Puzzle Books
- Razors
- Shaving Cream
- Deodorant

## HISTORY COMMITTEE By Dee Dee Shepherd

I think the history of our county and groups belongs to all of us. Our stories, our projects, our people make up who we are. This is for all of us to contribute to as individuals and as groups. If you have something to share, please e-mail it to me [Deeshep147@aol.com](mailto:Deeshep147@aol.com) and I will do my best to put it in the newsletter.

**Our history assignment for July was the story of how your group got started:**

### **Soldier Creek by Kathryn Wells**

Soldier Creek was started in 1926 by a group of farm women meeting in each other's homes. One of the group members left them a building when she passed. They used it for a meeting house and then to help the community. If there was a family displaced by a tragedy, they could use that house to live in until they could rebuild their home. When Tinker AFB was being built, they made sandwiches and would sell them at the gate to the workers. In the late 50's a developer wanted to buy the corner of the property and offered to build them a building that Soldier Creek used for many years (until 2021 I think).

### **3 E's by Kathryn Holzman**



I think 3 E's started in April of 1995. We were a group out of Choctaw and met in each other's homes. Our group name was a collaboration of what we wanted to achieve as OHCE members. The 3 E's (Education, Enrichment, and Enjoyment). Education (What we learn and share with our community), Enrichment (what we can do to enrich our lives and others), Enjoyment (This we did very well. We enjoyed each other and those we came in contact). All of our projects were fun and meaningful. I remember going door to door to make a list of people that had tornado shelters for the City of Choctaw, decorating Willow View Hospital for each holiday, supporting the Military (3+ members were in the service), The stocking project and helping with Literacy Link. Here is a picture of the mile we adopted in Midwest City (pick up trash on the side of the road), that was in the FCE Calendar April 1997. Each month this calendar had a picture of a group in different counties.

**Our August assignment is: What were your favorite entries in the past County fairs?**

## NEWSLETTER EDITOR

### Needs Your Group Meeting Information

The newsletter is for all of us to keep up with each other. We welcome the stories, events, and what your group is getting ready to do. We would love to publish your meeting dates, times, and location as this newsletter is published on the OSU Extension web site. What a great opportunity we have to share what we do and who we are with our community. Please send your pictures (with names or description) and I will do my best to get them into the newsletter.

### AG IN THE CLASSROOM NEEDS VOLUNTEERS

The OSU Ag in the Classroom program is coming to Oklahoma County schools this fall! Many of you have volunteered over the years and the new coordinator, Parker Jackson, has reached out for help. For those who don't know, Ag in the Classroom is a statewide project that goes to elementary schools with a large, interactive exhibit (the size of a school gym) that explains where food comes from, and how it travels through our bodies. There are stations throughout where volunteers read a script and talk with the children as they move through the exhibit. This is a fun day, so please mark your calendar if you can help: September 19 at Esperanza Elementary, 3517 S. Linn Ave, or October 26<sup>th</sup> at Rollingwood Elementary, 6301 N. Ann Arbor Avenue, OKC. Contact Parker at 405-744-6699 or [parker.jackson@okstate.edu](mailto:parker.jackson@okstate.edu).

### LOCATION CHANGE FOR COUNTY FAIR

The Oklahoma County Free Fair will be held August 22-25 at the OSU Extension Conference Center. Fair books and exhibit tags are available at the Extension office. Please take note of the schedule below for entry and release dates/times:

#### **Open Adult/OHCE:**

##### **Tuesday, August 22**

2:30-6:30pm: Enter Exhibits

Pie Baking Contest

##### **Wednesday, August 23**

9:00am: Exhibits to be judged

1:00-3:00pm: Open to Public

3:00-6:30pm Exhibits Released

##### **Thursday, August 24**

#### **4-H/Open Youth:**

2:30-6:30pm: Enter Exhibits

##### **Friday, August 25**

9:00am Exhibits to be judged

1:00-3:00pm: Open to the Public

3:00-6:30pm Exhibits Released

## **PIECE BY PIECE, TOGETHER AGAIN OHCE 88<sup>th</sup> Annual State Meeting**

The OHCE Annual State meeting was held July 9-11 at the Champion Convention Center in Oklahoma City. Delegates attending were Gayla Mosteller and Linda Steele with Lisa Hamblin as our advisor. It was a great meeting with lots of awards given, workshops to attend, Life Stories read and seeing what other county organizations are doing. Total attendance from all across the state for the conference was 291. This number was down a little from previous years.

Ambassadors Silent Auction- We were able to make two baby baskets, for the auction, with the donated items that each of your groups donated. Our baskets brought \$190. The money that is raised by the Ambassadors goes towards the CE-FCS Ambassadors Grants. The total from all items received for auction was \$4,492.00.

**Thank you to the following groups who donated items or money for our baskets: New Beginnings, Scissor Tales, Learn, Create and Share, Genealogy, Bits and Bytes, and Modern Homemakers.**

The three of us attended some great workshops. The new State Project will be the return of Character Critters. This preschool – 2<sup>nd</sup> grade program was designed to help with character and moral education at home, in schools, and in our communities. The six key elements are Responsibility, Caring, Trustworthiness, Fairness, Citizenship and Respect. We have some of the original materials in Lisa's office. This could be a great project for us!

The highlight of the conference for me was to hear all the awards and projects the other counties and local groups do. A total of 239 Award Books were entered for this year's judging. I will share some of the ideas at our planning meeting.

### **HOLD THE DATE – OCTOBER 5<sup>TH</sup> ANNUAL PLANNING MEETING & LEADERSHIP TRAINING**

We are combining these two meetings into one day with lunch in between. As groups re-organize for the new year, remember that if you are a committee chair in your group (healthy living, resource management, family issues, cultural enrichment, social, leadership, etc.) then you are a member of the county committee as well. All members are invited to this meeting, but it's especially important for group/county officers and committee chairs to attend.

The **Planning Meeting** will begin at 9:30am at the OSU Extension Conference Center. As the state OHCE leadership sets goals for the membership, our county organization will use those to plan activities for 2024. The decisions we make will be included in the 2024 yearbook, so each group can plan their own related activities as well.

**Leadership Training** after lunch will be provided by our own county OSU Extension Director, LaDonna Hines.

She is going to talk to us about the Ambassador Grant Program, and how we can be successful in applying for money to fund some of our projects. LaDonna has been in a leadership position with Ambassadors for several years and helped us receive a grant in 2019 that paid for our membership brochures and the Handmade for the Holidays recruitment event we hosted. Please contact Lisa at the Extension Center if you have any questions.



## GENEALOGY GROUP

By Kathy Fetters

### JUNE

The Genealogy Group met Wednesday, June 21<sup>st</sup>, at the Extension Center with 13 members and one visitor. Our visitor, Mr. Allen Graybill, has been doing genealogy for 80 years. He said it started when his father gave him a book and said, “Read this. This is your family.” He passed that passion on to his daughter, Auda Trotter, who was presented with her 10 Year Member Certificate by President Jan Beattie.

Our scheduled speaker had to cancel, but we were able to enjoy some teaching videos from “Discovering Your Roots: An Introduction to Genealogy” produced by Great Courses and featuring Professor John Philip Colleta. The two videos we watched were “How to Write Biography” and “Dos and Don’ts of Writing History”.

Our inspiration this month was “Jan’s Genealogy Quick Tip – June 2023” which covered “Executor vs Administrator: What is the Difference?”. As always, Jan’s Genealogy Quick Tips are available on our website: [ohcegenealogy.com](http://ohcegenealogy.com).

Our next meeting will be July 19<sup>th</sup> when Nancy Calhoun, who will present “Runnin’ Down Grandma: Tips for Researching Females”. Our meeting will start at 10:00 a.m. in the Conference Room at the Extension Center and visitors are welcome.



### JULY GENEALOGY MEETING

The Genealogy Group met Wednesday, July 19<sup>th</sup>, in the Conference Room at the Oklahoma County Extension Center. There were 10 members, and 4 visitors present. Our visitors were our speaker, Nancy Calhoun, Marqueta Bentley, and David and Cynthia Sather. Following our flag salute, minutes and treasurer reports and approval, our President Jan Beattie gave our monthly inspiration in the form of *Jan’s Genealogy Quick Trip*. This month’s topic was *Online Memorials for Remembering Loved Ones*. Many people are familiar with *Find A Grave* which documents graves and markers of deceased family members. You can also add memorials for persons who were cremated, and ashes scattered or persons whose graves are no longer marked, or location is unknown. Jan also provided numerous other online sites that allow you to write or post a memorial to a loved one. For a complete list you can find all *Jan’s Genealogy Quick Tips* on our group website: <https://ohcegenealogy.com>.

Our guest speaker this month was Nancy Calhoun. Nancy has been chasing relatives for over 40 years. While in Teachers Corps and graduate school in Kansas, she enrolled in a semester long genealogy class and has been pursuing family, both her own and others since that time. Nancy was the Department Head of Genealogy and Local History at Muskogee Public Library in Muskogee, Oklahoma, for 13 years when she went to work for the Oklahoma Historical Society. Nancy was the recipient of the librarian scholarship to attend IGHR and the Richard S. Lackey Memorial Scholarship for the 2017 session of Genealogical Institute on Federal Records. Her writings have placed in the annual contests held by the International Association of Family History Writers and Editors.

Her memberships include APG, NGS, DAR, United Daughters of the War of 1812, United Daughters of the Confederacy, Oklahoma's First Families of the Twin Territories, First Families of Wythe County, Virginia, Mayflower Society and several county and state organizations including the Oklahoma Genealogical Society, where she serves as a board member. As you can see, she is well qualified to speak on any and all topics relating to genealogy.

Her topic for us this month was *Runnin' Down Grandma: Researching Your Female Line*. As we know, in the past the majority of women took their husband's surname when they married and often their own surname, parents and siblings' information was lost to future generations. Nancy explored multiple avenues to explore and research in finding that missing branch. Her presentation was filled with wonderful examples of how "digging deep" can often yield a gold-mine of information and new leads to follow. We all got so involved with questions and discussion that we ran out of time, and it is hoped we will be able to have Nancy return in the future for another presentation.

Our next meeting will be August 16<sup>th</sup> when we take a tour of the Oklahoma History Center research library. We will meet at 10:00 a.m. in the Musser Learning Center inside the research library for our business meeting and then begin our tour at 10:30 a.m. Please join us.



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

Our group is excited to welcome our new members who joined us from the Stay Strong Stay Healthy class. We are looking forward to our Garage Sale in September (dates to follow), and the Oklahoma County Free Fair. We had 5 members who attended the Leader Lesson "Basics of Floral Design". It was an enjoyable class with great information.

Our next meeting will be on August 14<sup>th</sup> at 10am in the Pistol Pete room at the OSU Extension Center. We will be taking a Garden walk to view the flowers before our meeting and lesson on Basics of Floral Design. We welcome visitors and I believe we are cookie tasting during the meeting. See you there.

## SCISSOR TALES QUILT GUILD By Beverly Kirk

Scissor Tales charity quilt blocks are being prepared for a quilt donation or raffle at local library in October 2023. **Oh, What Fun! Bears Paw Quilt Raffle!**

The Scissor Tales Quilters are Oklahoma's newest quilt guild located in NE OKC! Monthly meetings are hosted at the Oklahoma County OSU Extension Center  
2500 NE 63rd St.  
Oklahoma City, OK 73111.

Contact Scissor Tales Guild at [bquiltin@gmail.com](mailto:bquiltin@gmail.com). Plan and attend monthly meetings August 11 and September 15, 2023, from 1pm to 4pm. Annual membership \$30.00. Join us-Learn-Make Friends-Serve Others.

Guild President Beverly Kirk (405-414-3381) teaches and inspires the skilled quilters and beginners to create an array of Bears Paw quilt blocks as an annual charity quilt. A portion of ticket proceeds will benefit African American community organizations in late October 2023!

Join us-Learn-Quilty Fun!



## EASTSIDE FARMERS MARKET

The OSU Extension Center is hosting the Eastside Farmer's Market again, after a successful first year in 2022. The market is open Tuesdays from 4:00-7:00pm, through October 24th. Vendors will be selling fresh produce, craft goods, prepared food, and more! Individuals receiving SNAP benefits may use them at the market, which will also offer the Double Up program. Please contact the market manager, Brandi Buys, at the Extension office for more information.

## OHCE MEMBERS ATTENDED STAY STRONG STAY HEALTHY

Our County had 5 members participate in the program and we want to give a big thank you to Taylor Conner for the lessons, snacks, and fun. Her teaching methods were fun and even though we were all at different levels we felt so comfortable working out together. **THANK YOU.** We are all anticipating her next classes.



**HEALTHY LIVING**  
**Recipe of the month for August**  
 Submitted by Dee Dee Shepherd  
 Recipe by ONIE PROJECT. ORG

**VEGGIE SLOPPY JOES**

**Ingredients**

- 1 cup green lentils
- 2 Tbsp olive oil
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 2 medium red bell peppers, diced
- 2 Tbsp brown sugar
- 1 tsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- 1 (15 oz) can unsalted tomato sauce
- 2 Tbsp Worcestershire sauce
- 6 whole-wheat hamburger buns
- 1/2 cup shredded cheddar cheese

**Nutrition Facts**

6 servings per recipe		
Serving size		(236g)
<b>Calories</b> (amount per serving)	<b>370</b>	
		% Daily Value
<b>Total Fat</b>	10g	13%
Saturated Fat	3g	15%
Trans Fat	0g	
<b>Cholesterol</b>	10mg	3%
<b>Sodium</b>	340mg	15%
<b>Total Carbohydrate</b>	55g	20%
Dietary Fiber	10g	36%
Total Sugars	13g	
	Includes 04g Added Sugars	8%
<b>Protein</b>	11g	
Vitamin D	0mcg	0%
Calcium	214mg	15%
Iron	5mg	30%
Potassium	401mg	8%

\* 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.

**Preparation**

1. Worcestershire sauce. Mix well & simmer 5 minutes. Add cooked lentils to the skillet & stir together.
2. Serve lentil mixture on a Cook lentils according to package instructions. Set aside.
3. In a large skillet, heat oil over medium heat. Add onion, garlic, bell pepper, brown sugar, chili powder, cumin & paprika. Sauté for 4-5 minutes until soft & slightly browned.
4. Add tomato sauce & whole-wheat bun topped with shredded cheese!

**Tips**

Add sliced onion or pickled jalapeños for a flavorful topping!