



March 2023

Eleventh Email Edition

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## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

President/Editor	Gayla Mosteller	580-656-1955
Editor	Dee Dee Shepherd	405-664-2460
Vice-President	VACANT	
Secretary	Sue Hart	405-779-8164
Treasurer	Ruby Berg	405-696-6813
FCS Advisor	Lisa Hamblin	405-713-1125

#### CALENDAR OF ACTIVITIES

**March 6, 2023:** Set up church for SE District OHCE Conference, 1:30-5:00pm. Pre-conference dinner at Hidalgo's, 2713 S. I35 Service Road, Moore, 6:00pm for volunteers.

**March 7, 2023:** SE District OHCE Conference, 8:30am-3:30pm, Moore First Baptist Church, 301 NE 27<sup>th</sup>.

**March 23, 2023:** Leader Lesson, "Sleep Smarts", 9:30am, Extension Conference Center

#### Monthly Group Volunteer Hours Forms Due

**Thought for The Day:** Volunteering is at the very core of being a human. No one has made it through life without someone else's help... Heather French Henry

**DEADLINE FOR April**

**NEWSLETTER**

**March 16, 2023**

**Address** 2500 NE 63rd  
Oklahoma City, OK 73111

**Phone** 405 713-1125

**Email** Educator  
Lisa.Hamblin@okstate.edu

**Website** Website for Extension Center:  
<https://extension.okstate.edu/oklahoma>

**Website for OHCE:**  
ohce.okstate.edu

**Website for Genealogy Group:**  
www.ohcegenealogy.com

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## PRESIDENT'S COLUMN

Can't believe it is March already. Like I said last month we did get our ice and snow. The good thing is that it didn't last long, and we got the much-needed moisture. The weathermen have said that the trees are budding about 2 to 3 weeks early and to wait, because winter is not over. That brought back a lot of my childhood memories. March always brought our last snow of the season. My sister's birthday was the first week of March and it seemed to always snow that first week. My grandmother's birthday was March 7, we would always go to her home and help prepare the soil for her garden. March 15 was my mother's birthday, also the Ides of March, but it also was when we planted the potatoes. Dad's birthday was March 28, he was always anxious to start planting the vegetable garden, but we usually had to stop him, and wait a few more weeks. So, I know we are all anxious to start our gardens and flowers, but we have to be patient and wait, we always get that late Easter freeze.

This also made me think of the Old Farmers' Almanac. Daddy would want to plant whenever and whatever, but mother and grandmother would go by the Almanac, moon cycles and then old wise sayings. One was, you know when the Black Walnuts bud there will not be another freeze. Dig a hole; if it takes more dirt to refill the hole, you can plant underground vegetables or for root growth. If you have extra dirt from the hole, planting for above ground growth. Providing more vegetable and flowers production. What are some of your old wise wits?

Gayla Mosteller

County OHCE President

## **SE District Meeting**

**March 7, 2023**

Oklahoma County will be hosting the breakfast portion of the SE District meeting on March 7, 2023; at the First Baptist Church in Moore. Late registration will be \$35., if postmarked after February 10<sup>th</sup>. Please contact Lisa if you are interested in attending.

Cleveland, Garvin, McClain and Oklahoma Counties will be hosting the meeting. The SE District committee members are still making final arrangements for the meeting. Meeting day begins with check-in and breakfast at 8:30 a.m.

### **THANK YOU, DISTRICT MEETING VOLUNTEERS!**

The meeting that's been a year in the planning is finally here! A big bouquet of roses to all of you who volunteered to teach a workshop, serve as a hostess, donate items for the goodie bags, help with the breakfast, lead the stretch break, donated to the silent auction last year, among many other jobs. You are all so appreciated! Oklahoma County has 22 members registered to attend, so there should be lots of photos for next month's newsletter!

## **OHCE Week**

**May 7<sup>th</sup> – 13<sup>th</sup>, 2023**

OHCE week will be here before we know it. I have had several members volunteer to chair this project, but we need all groups to participate. For OHCE week, the committee wants to put displays up in many of the local libraries across Oklahoma County. The goal is to have new pamphlets, and a theme that will be recognized at the libraries. We will be asking your group to contact some of the libraries in your area and make arrangements to set the display. If you would like to serve on this committee, please contact Valerie DeBoer or Gayla Mosteller.

### **HOLD THE DATE – VETERANS PERSONAL CARE BAGS**

June 27<sup>th</sup> is the day scheduled to fill the veterans' personal care bags at the Extension Center. We will meet at the Extension Center at 9:30 and deliver the bags the same day. Please make sure your group is collecting the items listed in this newsletter each month.

## **Committees**

### **Are you a Committee Chair or Committee Member?**

Each group should have filled out a group committee list last fall. County Committee Chairs are listed in the yearbook. We have County Committee Chairs who have agreed to serve in this capacity. They have been busy reviewing the State Goals and will want to implement them into our county organization. So, when they call wanting to have a meeting to discuss goals or ideas please try to attend or have someone from your group to stand in for you. Having visited with the different county chairs, I'm excited to see what we can do this year.

We are still in need of a chair for the Social Committee. We have great workers on this committee. So, if you like to entertain, this committee is for you.

### **SOCIAL COMMITTEE CHAIR NEEDED**

We are still in need of a county social chairman. The responsibilities for this 2-year commitment include: Planning the Spring and Holiday luncheons, and providing a light lunch for the executive board and business meetings that occur 3 times per year. The chair's committee members include each group's social chair, as well as anyone else they want to invite to be a committee member. Please contact Lisa for more information.

## **Healthy Living**

### **Kathryn Wells, Committee Chair**

Stay Strong, Stay Healthy (SSSH), is a direct education intervention designed to help older adults increase physical activity, decrease sedentary behavior, increase fruit and vegetable consumption, and sustain physical activity participation and healthy eating behaviors post program.

I hope this introduction to SSSH will entice our members to get involved in the program.

Taylor Conner, Extension FCS Educator, has offered the first class of 15 to OHCE, so let's fill the class! Those that volunteer will meet in May and June each Tuesday and Thursday, 10am to 11am. May 9<sup>th</sup> - June 29<sup>th</sup>, at the extension center.

## CULTURAL ENRICHMENT

Jan Beattie, Co-Chair

*Save the Date!!*

*Mark Your Calendars for May 3<sup>rd</sup>!*

To celebrate OHCE Week, the Cultural Enrichment Committee has set the date for our field trip to the First Americans Museum. We are in the process of finalizing the details. We are currently working to secure a group discount fee so **we will need your confirmation by the April Educational Lesson if you plan to attend**. There is an excellent restaurant on site as well. We will need to give them a count of how many plan to eat lunch there as well. Due to logistics, we have had to schedule this the week before the actual OHCE Week so we can use the Extension Center's van for transportation. Space is limited to the first 14 who RSVP to ride the van. If more want to attend, we can carpool from the Extension Center. Watch upcoming Newsletters for final details. We hope you can participate. It's going to be fun and a wonderful way to kick-off our OHCE Week celebration!

Oklahoma is a great place to explore a nice variety of cultural activities. Here are just a small sample of what is coming up. You may find one that interests you – and there are many, more activities across our great state.

1. **Shawnee Wanderlust Market, March 11<sup>th</sup>, Heart of Oklahoma Expo Center, 1700 Independence St., Shawnee.**



This market will feature vintage, retro, junk, antique, handmade, decor, salvage, and boutique vendors. Free admission. Hours: 9am-5pm

2. Also, on March 11 - Norman Wine and Craft Festival, Cleveland County Fairgrounds, 615 E. Robinson St, Norman, OK

Come shop from over 75 vendors. You will find arts and crafts, home decor, jewelry, clothing, woodworking, and much more. There will be food trucks, wines, beers, and much more. Free admission. Hours: 9am-5pm

3. Norman Medieval Fair Norman, OK, March 31-April 2, 2023, Reeves Park in Norman

Norman



This fair will feature minstrels, jugglers, theater and re-enactments, human chess games, knights jousting on horseback, demos, educational exhibits, costumed characters, entertainment on multiple stages, dancing, delicious food and more. Come explore hundreds of art and craft booths featuring unique and handcrafted goods such as pottery, wood crafts, armor, fairy wings, stained glass, jewelry, hair garlands, costumes, leather crafts, and much more. Hours: 10am-7pm each day

4. Oklahoma City Festival of the Arts Oklahoma City, OK, April 25-30, 201 N. Walker (Centennial Park and Civic Center Music Hall), Oklahoma City



Oklahoma City Festival of the Arts will be held on April 25-30, 2023. It will host a great selection of artists showcasing their works in various mediums including jewelry, ceramics, mixed media, photography, clay, fiber, and more. Additionally, there will be youth art sale, talent show, delicious food, musical performances, and much more. Free admission. Hours: Tue-Sat 11am-9pm, Sun 11am-6pm

### **MARCH VETERANS' ITEMS TO COLLECT**

- Combs
- Lotion
- Shampoo
- Conditioner
- 

**Mark your calendar – veteran's bags will be filled on Tuesday, June 27<sup>th</sup>, 9:30am at the Extension Center.**

## Genealogy Group By Kathy Fetters

The Genealogy Group met Wednesday, February 15<sup>th</sup> at the Oklahoma County Extension office, Pistol Pete Room, with 8 members and our guest speaker, Deputy Tara Hardin. President Jan Beattie went through *Jan's Genealogy Quick Tip---February 2023 Tips for Tracing Enslaved Ancestors Using Slave Schedules*. Jan does an excellent job on every Tip Sheet of compiling a variety of resources and ideas to think about on that month's topic. All of Jan's Quick Tips may be found on our website: [ohcegenealogy.com](http://ohcegenealogy.com). We also recognized Glenn Clure Sr. who was celebrating his birthday that day.

After the business meeting, we welcomed Deputy Tara Hardin of the Oklahoma County Sheriff's office. Deputy Hardin is the TRIAD coordinator for Oklahoma County, and she presents free monthly lessons at various locations throughout the county. These lessons are designed to help reduce and prevent crimes against older adults. One of the most interesting topics was the warning to never answer your phone, either cell or landline, but to let it go to voicemail and then call the person back. Even if it is someone you know, or a family member, there are ways that hackers can "spoof" their phone numbers, so it appears to be a legitimate call. Once you connect by answering the call, the caller, or hacker, may be able to access your information on your phone and/or computer. However, if you put your friend or family member's picture on their contact page on your phone, that photo cannot be part of the hackers attempt to trick you into answering the phone. So, once you have attached a picture to someone's information in your contact list you will know it is a hacker if their picture doesn't show up on the caller ID.

Each month Deputy Hardin covers a different topic. Next month she will cover counterfeit money and members of the Secret Service will be at those meetings. If you are interested in receiving a monthly reminder of those meetings, you can contact Deputy Hardin at (405)713-1086 or at [TARA.HARDIN@OKLAHOMACOUNTY.ORG](mailto:TARA.HARDIN@OKLAHOMACOUNTY.ORG). Her presentation was very informative, and we had lots of questions, which she was happy to answer. It made us very aware of how vulnerable we could be through simply answering the phone.



Our next meeting will be Wednesday, March 15<sup>th</sup>, at 10:00 a.m. at the Oklahoma County Extension Office, in the Conference Room. Our speaker will be member Glenn Clure Sr. who will be presenting *How to Calculate Family Relations*. Please come and join us.

## New Beginnings

### (3 E's and Soldier Creek)

By Kathryn Wells

Our monthly meeting is held 2nd Monday at 10:00 AM, at the Oklahoma County Extension Center.

Following our routine business, we began discussing upcoming events.

1. OHCE WEEK. NB members have decided to contact the six libraries on the east side of the county: Harrah, Jones, Choctaw, Nicoma Park, Midwest City, and Del City. We would like to create a display of examples of what OHCE is all about, past and present, during OHCE Week.
2. Healthy Living chair, Kathryn Wells reminded everyone of the upcoming Stay Strong, Stay Healthy (SSSH) 8-week program beginning in May. Five members agreed to attend.
3. We have six members registered for the District Meeting March 7.

## SCISSOR TALES

The Scissor Tales OHCE group had their monthly meeting at the Extension Center last month, and members shared some of their beautiful quilting projects. Northwest Seekers OHCE member, Connie Graham visited the group, and brought her mother's many quilting books to donate. Connie's mother, Janie Whitecotton, was a long time Northwest Seekers member, who passed away last year. She was an avid quilter and talented at many different sewing arts.





**Healthy Living**  
**Recipe of the month**  
Submitted by Kathryn Harris

- 2 chicken breasts
- 1 can 12 oz low sodium black beans
- 1 tbsp garlic powder
- 1 tbsp onion powder
- 1 tsp cumin
- 1 tbsp salt free Mrs. Dash
- 1 bag Great Value 12 oz frozen veggies (green beans, carrots, corn)
- 1 can 8.6 oz Hunts low sodium petite diced tomatoes
- 1 can 4.5 oz Old El Paso mild green chilies
- 1 jar 16 oz Mateo's Gourmet mild salsa

Add chicken and beans to a slow cooker. Top with spices, add frozen vegetables, tomatoes, and chilies. Top with salsa. Cook for 4 hours on low. Remove chicken, shred. Cook low for two more hours. Make 4-6 servings.

**Nutrition Facts**

Servings: 6

Amount per serving

**Calories** **149**

% Daily Value\*

**Total Fat** 2.1g 3%

Saturated Fat 0g 0%

**Cholesterol** 48mg 16%

**Sodium** 118mg 5%

**Total Carbohydrate** 12.5g 5%

Dietary Fiber 3.3g 12%

Total Sugars 2.7g

**Protein** 18.9g

Vitamin D 0mcg 0%

Calcium 34mg 3%

Iron 1mg 8%

Potassium 490mg 10%

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

Recipe analyzed by **verywell**