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Seventeenth Email Edition

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OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

- Oct 19 Articles to Newsletter Editor for November/December Newsletter
- Oct 23 9:30 Planning Meeting/Leadership Training -Extension Conference Center. **RSVP deadline October 18th, RSVP Lisa for lunch count.**

County and Group Committee Chairs, Officers attend.
- Oct 26 9:30 Educational Lesson Training, Extension Conference Center "Sharing Family History Through Food" – Lisa Hamblin
- Nov 3 Barn Quilt Workshop Extension Conference Center 9am – 4pm. **Registration Deadline is October 27th**

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 - Autumn Colors remind us we are all one dancing in the wind. – Lorin Morgan-Richards

DEADLINE FOR NOVEMBER/DECEMBER

NEWSLETTER

October 19, 2023

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PRESIDENT'S COLUMN

Well, fall season has arrived! One of my favorite seasons, love the crisp mornings and warm days and cool nights sitting by the fire pit. At the end of the month, we will be meeting with my husband's family for our Annual Mostoberfest family reunion at Robber's Cave in Wilburton, Ok. We will have anywhere from 30 to 80 in attendance, ages 80+ to 6 months. We are blessed that the younger generation wants to continue this tradition.

Do you have a Bucket List? I will get to check off one of the things on my list this month. Will be traveling to visit my daughter in Massachusetts. She has booked us an Air B&B in Vermont. She is a great travel planner, we will be there, in the peak of the leaves changing colors, traveling through several small towns, visiting covered bridges, pick apples, hiking, eating fresh lobster.

If I don't return, someone else will need to cover the planning meeting!

County OHCE President

Gayla Mosteller



CULTURAL ENRICHMENT

By Jan Beattie, Co-Chair

Finally, it's fall, y'all! With the cooler temperatures having arrived, take the opportunity to get outdoors and explore all Oklahoma has to offer.

This is the perfect time to visit the downtown Oklahoma City and Bricktown areas. There are so many things to see and wonderful attractions and restaurants to enjoy.

If you haven't seen it, make this one a top priority: ***The Oklahoma Land Run Memorial Monument*** is located at the south end of the Bricktown Canal. The Centennial Land Run Monument commemorates the opening of the Unassigned Land in Oklahoma Territory with the Land Run of 1889. The frenzied energy and emotion from one instant during the run is captured in bronze by artist Paul Moore. It is one of the world's largest bronze sculptures featuring 45 heroic figures of land run participants, frozen in motion as they race to claim new homesteads.

The monument is a city park and is open to the public year around. Parking is adjacent to the monument, just to the east. The entrance is at 200 Centennial Ave, just off Reno Ave, between the Bass Pro Shops and the Residence Inn Hotel. Or you can see it by riding the water taxis, also.



Land Run Memorial



Talimena Drive

Fall is also the perfect time to admire Mother Nature in all her glory. The 50-mile ***Talimena Historic Byway Drive*** offers spectacular views of the Winding Stair Mountains from Tahina in eastern Oklahoma to Mena in western Arkansas. Make a day of it, or take several days to enjoy the beautiful, breath-taking foliage and enjoy historic towns and events along the way. Late October to early November is the best time for the most beautiful fall colors display. It is food for the soul, and you won't be disappointed.

In Memoriam 2023-2024

By Jan Beattie

All groups please remember to notify me of any deaths of group members throughout the year. They will be remembered at the annual Memorial Service next May at the spring Awards and Achievement Luncheon. To date, I have heard of the deaths of

- **Sue Robinson** (Las Amigas/Will Rogers group)
- **Goldie Jones** (Soldier Creek/New Beginnings group) and
- **Martha Fields** (Modern Homemakers group)

I always present the members' obituary as well as any anecdotes or special memories of the member that anyone who knew her would like to share. I also appreciate photographs. I have enough photos and information for Sue. ***I need photos for both Goldie and Martha.*** Please look and see if you have any and email them to me at jankb80@sbcglobal.net or bring to a monthly Educational Lesson Thank you.

Holiday Luncheon December 1, 2023 By Valerie De Boer

With a little help from everyone, this will be fun. The Social Committee will provide the turkey, dressing, potatoes and gravy. Each group will be assigned a food category to bring.

Most important -Deadline is **November 15** for group presidents to RSVP social committee member, Connie Graham with the number attending. Her email is surfjamesgraham@yahoo.com. Bring your friends or anyone interested in maybe joining OHCE. By then your GP will know which food category to ask you to bring. The reason we need the count is so we can set up enough tables and food for everyone.

This year's theme is Christmas stories. Please bring a book that tells the story you've chosen to decorate your table. A side table will display the books offering clues so we can more easily guess each table's story. After the luncheon, the books will be given to a children's center. The January newsletter will announce the best guesser connecting stories to group table displays. Children's Golden Books or coloring books are examples of inexpensive books you can bring.

See next month's newsletter for more information including the entertainment that will be offered. It is always fun to see fellow OHCE members in a more relaxed atmosphere and I get to meet new people. I love asking where people are finding the best bargains or what they are buying for different age groups. Remember the November 15 deadline. Hope to see you there!

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 email it to me Deeshep147@aol.com and I will do my best to put it in the newsletter.

Our October assignment is: What is your favorite fall recipe? Email your answer to me at Deeshep147@aol.com.

NEWSLETTER EDITOR

Needs Your Group Meeting Information

THANK YOU TO EVERYONE WHO IS SUBMITTING PICTURES, STORIES, AND ARTICLES. YOU HAVE MADE THIS YEARS NEWSLETTER FUN AND ENTERTAINING. I LOOK FORWARD TO YOUR NEXT SUBMISSION. 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. Email me at Deeshep147@aol.com.

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: October 26th at Rollingwood Elementary, 6301 N. Ann Arbor Avenue, OKC. Contact Parker at 405-744-6699 or parker.jackson@okstate.edu.

4-H IS COLLECTING H.U.G.S.
(Hats, Underwear, Gloves, and Socks)

During the month of October, Oklahoma County 4-H is collecting H.U.G.S. (Hats, Underwear, Gloves and Socks) for children in need. These will be donated to children's charities in Oklahoma County. Please donate some H.U.G.S. the next time you're at the Extension Center. There is a large collection box at the front door.

DATE CHANGE – OCTOBER 23RD
ANNUAL PLANNING MEETING AND LEADERSHIP TRAINING
RSVP FOR LUNCH

Please take notice of the date and time change for the annual planning meeting and leadership training. This important meeting will be held on **Monday, October 23rd at 10:00am** at the OSU Extension Conference Center. As groups re-organize for the new year, please remember that if you are a committee chair for your group (healthy living, resource management, family issues, cultural enrichment, social, 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. We will be planning activities and setting goals for each of these committees, so we need your input! Final recommendations will be published in the 2024 OHCE yearbook.

Lunch is provided, so please RSVP to Lisa no later than October 18th with the number attending from your group.

MEMBER OF THE YEAR VOTING PROCESS IS CHANGING IN 2024

At the county business meeting, it was decided that the voting for member of the year will remain the same for 2023. Each member may vote one time for Member of the Year, Heart of OHCE, Rookie of the Year, and Young Member of the Year. Ballots are in your yearbook on page 54, with criteria for each category. A ballot box and ballots will be available at the Extension Center until final voting at the holiday luncheon.

It was also decided that voting will change in 2024 to a nomination form that will be judged by another county. This will make the process less of a popularity contest, where the larger groups who have more members have an advantage. More details to come soon.

SAVE THE DATE
MASTER SEWING VOLUNTEER STATE WORKSHOP
APRIL 2-4, 2024

Are you interested in teaching sewing workshops for adults or youth? Becoming an Extension Master Sewing Volunteer will give you the tools to be a successful instructor. The statewide training will be held at the Cleveland County Extension Center, April 2-4, 2024. There are several steps to complete before attending the training, so let Lisa know asap if you want to start the application process.

VETERANS' ITEMS TO COLLECT FOR NOVEMBER/DECEMBER

- Lip Balm
- Toothbrushes
- Toothpaste
- Hand Sanitizer

SCISSOR TALES QUILT GUILD By Beverly Kirk

Baskets Filled to Overflowing

The artful, adventurous quilting style of our Scissor Tales Vice-President Arlene Scaroni knows no-limit! She started this heirloom quilt from a single Block-of-Month challenge about 4 years ago. Wanting to go beyond traditional baskets, she later took a class on ice dyeing and experimented with different kinds of cotton fabric. The baskets began as separate blocks that she then appliqued to her dyed background fabrics.

Arlene embellished the blocks with ric-rac, buttons, ribbons, and silk flowers. Further inspired: she added bits and pieces of left over things from her mother's sewing days. She also used lots of different colored threads for the quilting and her unique background quilting consists of leaf designs taken from actual leaves collected from her lovely backyard garden.

Finally, Arlene selected a fun mottled dark green fabric for the backing which acts as a binding when the quilting is finished.

The four quilt corners are bobbin lace baskets representing the four unique seasons Arlene designed for her treasured quilt. Happy days ahead for Arlene and the Scissor Tales Guild

....."give it, give it all, give it now! (Ann Dillard)

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.

Plan and attend monthly meetings on every third Friday of each month (September 15, October 20, and November 17). Sewing times: 1pm to 4pm. Annual membership \$30.00—first time visitors are free! CONTACT: Guild President Beverly Kirk (405-414-3381) or bquiltin@gmail.com

Join us-Learn-Make Friends- Serve Others.



GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group met Wednesday, September 20th at the County Extension Center. We had thirteen members present and two guests: Howard Hoisington and John Thompson.

Following the salute to the flags, and business portion of the meeting, President Jan Beattie read through Jan's *Genealogy Quick Tip* for September 2023, which covered *19th Century Divorces*. Jan's Tips are available on our website: OHCEgenealogy.com. We also recognized member Jan Bohannon for placing 1st, 2nd, and 3rd at the Oklahoma County Fair for her watercolors and 3rd place for photography. Member Auda Trotter also won first place for her pears and 2nd place for her flowers. Jan reminded us that registration for Rootstech 2024 is now open and is free. You can register at FamilySearch.org but you must create or have an account, which is free. This gives access to all the ZOOM classes. The Oklahoma Historical Society will hold their annual book sale from October 18th to October 21st and is held at the Oklahoma History Center.

Our speaker was member Emily Hedinger whose presentation was *Frozen Chosin*. Using historical military data and letters that her father-in-law wrote from the front lines of the Korean War from 1950 to 1951, Emily gave us a vivid picture of the life of this marine during this conflict, the first of the cold war. Chosin Reservoir was the site of one of the most horrific battles of that war, with men fighting in subzero temperatures, often surrounded by the enemy and unable to retreat or advance. Many lost feet and fingers to frostbite, in addition to the wounds from the enemy.



Our next meeting is October 18th, when LaNell Shores will talk to us about *Breaking Through Those Brick Walls*. The public is invited so please join us.

BITS AND BYTES COMPUTER CLUB
By Kathy Fetters

CYBER SECURITY PRESENTATION – OCTOBER 2ND

We met at the Oklahoma County Extension Center Pistol Pete Room on August 28th. There were five members present, either in person or via ZOOM. As usual, Bill James led us through his handout.

October is Cyber-Security Awareness Month, and the Oklahoma Home and Community Education Bits and Bytes Computer Group is proud to sponsor a special presentation on October 2, 2023, at 2:00 p.m., at the Oklahoma County Extension Center, 2500 NE 63rd Street, Oklahoma City in the Pistol Pete Conference Room.

ID theft, phishing, vishing, spoofing, fraud, and more target seniors. In the 2022 *Consumer Sentinel Report*, Oklahoma ranks 44th in fraud and 32nd in ID Theft. During this presentation, we look at many of the scams facing seniors and what we can do to prevent them.

Our presenter is Judy Taylour, a 35-year Santa Clarita Valley Computer Club member serving as President and Webmaster. She co-facilitated the Southern California Regional User Group Summit (SCRUGS) that has been meeting for over 20 years. She is a member of the Los Angeles FBI Senior Scams Working Group and taught adult education technology classes for over 20 years through her local high school district.

This presentation will be in person and via Zoom. The public is invited to join in person, but if you wish to attend via Zoom, you must register using this link: <https://forms.gle/8bSy9pX2vHvQhwwj6>. Your access link will be emailed a day before the event.

Congratulations!

OHCE Genealogy Group wishes to congratulate members Jan Bohannon and Auda Trotter for their recent County Fair ribbons. Jan placed 1st, 2nd and 3rd for her watercolor entries and 3rd in photography at the Oklahoma County Fair. Auda placed 1st in home-grown produce and 2nd in blooming floral at the Canadian County Fair. Congratulations to our talented members!



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.

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

September meeting was held on September 11th, in the Pistol Pete room at the OSU Extension Center. We shared healthy snacks. Our lesson was on Flour Power and sampled different treats made with different flours. New beginnings had 137 items entered in OHCE and Open Class. Our Cookie Jar received 1st place and Christmas tree received 2nd place. Both were fun to put together. I love it when everyone contributes to a project. So much fun. Instead of potluck we opted for healthy snacks for our meetings. Last month I added a recipe from Linda Steele (yum). Check it out.

Our next meeting will be on October 9th, 10 am in the Pistol Pete room at the OSU Extension Center. We will be learning about Fire safety. We welcome any visitors.

New Beginnings Annual Fundraising Garage Sale 811 S. Post Road, Midwest City, 73130 (Between SE 15th St. and Reno on Post Road) CASH ONLY

Thursday	October 12 th	9am to 5pm
Friday	October 13 th	9am to 5pm
Saturday	October 14 th	8am to 1pm

Please share with your friends. There will be quilting fabric, ribbon, rugs, tv, puzzles, books, kitchen items, an office chair, pre lit Christmas tree. Lots of treasures. And we will have a table with the projects we are working on displaying what we love to do in OHCE. This Garage Sale helps us fund projects, donations, etc. throughout the year.

HEALTHY LIVING
Recipe of the Month for October
 Submitted by Onie Project

Beefy Taco Soup

Ingredients

- 1lb 90/10 lean ground beef
- 2 cloves garlic minced
- 1 med yellow onion diced
- 1/2 packet 30% less sodium taco seasoning mix
- 1 10 oz can diced tomatoes with green chilies
- 1 Cup frozen Corn
- 1 15.5 oz can no-salt added black beans, drained & rinsed
- ¼ cup chopped fresh cilantro
- 1 32oz carton unsalted beef broth
- ½ cup crumbled whole-grain tortilla chips
- 1 cup plain non-fat Greek yogurt
- 1 cup shredded fiesta blend cheese

Nutrition Facts

8 servings per recipe		
Serving size		338g
Calories (amount per serving)		290
		% Daily Value
Total Fat	12g	15%
Saturated Fat	2.5g	23%
Trans Fat	0g	
Cholesterol	50mg	17%
Sodium	420mg	18%
Total		8%
Total Carbohydrate	23g	
Dietary Fiber	4g	14%
Total Sugars	4g	
Includes	Added Sugars	0%
Protein	24g	
Vitamin D	0mg	0%
Calcium	172mg	15%
Iron	2mg	10%
Potassium	515mg	10%

* 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

Preparation

1. In a large stockpot, brown beef on medium, crumbling meat, stirring occasionally. Add onion and garlic. Continue to cook beef 5-7 minutes or until beef is cooked through and no longer pink. Drain grease from pan if needed.
2. Add taco seasoning, tomatoes, corn, beans, cilantro, and broth to stockpot. Stir to combine. Simmer 30 minutes, stirring occasionally.
3. Serve topped with crumbled tortilla chips, yogurt, and cheese.

HINT: Add ½ tsp chipotle pepper powder to give this soup a kick!



Barn Quilt Workshop



Friday, November 3, 2023
Oklahoma County OSU Extension Conference Center
9:00am to 4:00pm

Learn the history of the Barn Quilt! You will be painting a barn quilt pattern of your choice on a 2' X 2' board to display at your home. Boards will be primed so outdoor display will not harm your artwork.

Registration \$35.00 - Discount for OHCE members \$25.00

Registration deadline October 27, 2023

Registration includes one, 2' X 2' wood board, patterns, and all materials needed to complete your project. Bring a sack lunch.

Name:

Phone:

Address:

Email:

Make checks payable to: **Oklahoma County OHCE**, write in memo Barn quilt workshop. Check can be dropped off at the Extension office or mailed to **OHCE Barn Quilts, c/o Oklahoma County OSU Extension, 2500 NE 63rd, Oklahoma City, OK 73111. Deadline for payment is October 27, 2023.**

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