



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

August 1: Begin plans for collecting 2025 membership dues

August 15: Articles to Newsletter Editor

August 22: Educational Lesson: "The 3 C's of Quilting: Comfort, Community, & Care", Presented by Beverly Kirk, Scissor Tales OHCE Quilt Guild President, 9:30am, Extension Conference Center

August 22: Fabric Gift Box Craft Demo by Ruby Berg 15 minutes following lesson

NOTE: EXECUTIVE BOARD MEETING HAS BEEN MOVED TO SEPTEMBER 26

August 27-30: Oklahoma County Free Fair

Reminders:

Election of group officers for 2025

Appoint group Committee Chairpersons for 2025

Begin working on Life Stories, Photography Contest and Report Books

Inspiration:

- "Rest is not idleness, and to lie sometimes on the grass under the trees on a summer's day, listening to the murmur of water, or watching the clouds float across the blue sky, is by no means waste of time." — John Lubbock

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ohce.okstate.edu

Website for Genealogy Group:
www.ohcegenealogy.com

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PRESIDENT'S COLUMN

I hope everyone had a great summer. It was a busy summer for our OHCE groups with events, workshops and projects. We started out by delivering bags to the veterans at the VA Hospital, then Scissor Tales hosted their first Quilt Show. If you did not attend, you missed a great show. It was well received by the community. We had three members who attended the State Meeting. We won two Award Book entries. Kathy Fetters won 2nd place on her Life Essay Story, and then we won 2nd place on Membership Recruitment. There were some great workshops and ideas that we will be bring back to the county. Then we finished off the summer with 2 Barn Quilt Workshops. Had a great turnout, with 32 attending. We will host another Barn Quilt workshop this winter, if you missed it.

If you have not attended the monthly Educational Lessons each month, you are missing out on some great demonstrations and workshops. To increase attendance and to encourage the public to stay and see what OHCE is about, we have started having a short program after the Educational Lessons. Some of the lessons have been Turtle Rugs, making totes from Feed Sacks, party poppers, T-Shirt aprons and Fabric bowls are just a few. If you have a skill or craft you would like to share, please let us know.

The Oklahoma County Free Fair is fast approaching, fair books are ready. Read this newsletter for more information. And just a reminder, we are still making and needing Christmas Stockings. If you would like to have some stockings to decorate please contact DeeDee Shepherd.

I don't know if you all have heard me yelling from the rooftop, "MY BABY GIRL IS COMING HOME". Her dad and I are very excited to have her back home. We will be flying out to Boston in August to help with the move back to Oklahoma. She will be the new Director and CEO of the First Americans Museum.

So once again we will be cancelling the Executive Board meeting on August 22, we will have a combined Business Executive Board meeting on September 26.

County OHCE President

Gayla Mosteller

LOCATION CHANGE FOR COUNTY FAIR AUGUST 27-30

The Oklahoma County Free Fair will be held at the OSU Extension Conference Center again this year. Fair books and exhibit tags are available at the Extension office. Below is the schedule for entry and release dates/times:

Open Adult/OHCE:

Tuesday, August 27

3:00-6:30pm: Enter Exhibits

Wednesday, August 28

Exhibits judged

1:00-3:00pm: Displays open to the public

3:00-6:30pm: Exhibits Released

4-H/Open Youth:

Thursday, August 29

3:00-6:30pm: Enter Exhibits

Friday, August 30

Exhibits judged

3:00-6:00pm: Displays open to the public

6:00-7:00: Exhibits Released

SPECIAL ACTIVITIES:

Friday, August 30th

5:00-7:00pm Squeeze Every Drop water conservation activities

5:00: Register for Youth Ice Cream Sundae Contest

5:30: Ice Cream Sundae Contest Begins

5:30: Register for Salsa and Pie Baking Contests

6:00: Contests Begin

VETERANS' ITEMS TO COLLECT FOR AUGUST

- Puzzle Books
- Razors
- Shaving Cream
- Deodorant

VETERANS' CARE BAGS REACH HIGHEST NUMBER YET

Over 120 bags containing personal care items were filled and delivered to Veterans' Medical Center on June 26th. Thank you to all the groups who donated throughout the year. Melissa Overfield, who is responsible for civic engagement at the hospital, said that patients are rarely recognized for their service during the 4th of July holiday. The tote bags are so appreciated by the veterans! **Thank you to Genealogy members Libby Hays and Joann Banse** for delivering them! Time to start collecting for 2025!



Here are pictures of the volunteers that sorted and filled the Veterans' Care Bags.



AWARDS WON AT STATE OHCE MEETING

Three Oklahoma County OHCE members attended the annual meeting, held July 7-9 at the Champion Convention Center in OKC. Gayla Mosteller, Ruby Berg, Linda Steele and advisor, Lisa Hamblin participated in interesting workshops, attended the Friendship Banquet, and visited with members from across Oklahoma. **Congratulations to Genealogy member, Kathy Fetters** for placing 2nd in the Life Stories contest! The top 3 winners read their essays during the luncheon, which everyone looks forward to each year. This contest is very competitive with lots of entries, so the winning stories are always a treat to listen to, including Kathy's River Adventure story.

Our county organization won 2nd place for Membership Recruitment. **Oklahoma County OHCE increased its membership by 43% last year!** President Gayla Mosteller accepted the award for our county.



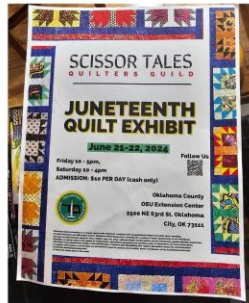
Membership Recruitment Award	
County Percentage Growth	
1 st Place	McCurain County (SE)
	59%
2 nd Place	Oklahoma County (SE)
	43%
3 rd Place	Cherokee County (NE)
	13%



JUNETEENTH QUILT SHOW A SUCCESS

Congratulations to the Scissor Tales group and the many volunteers who made the first OHCE quilt show a big success! Over 300 people came to see the 70 beautiful quilts on display. Thank you to the members who helped set up/take down quilts, sell quilt books and raffle tickets, assist guests in voting for their favorite quilt, and create a revolving slide show that played continuously each day. In addition to members of Scissor Tales, 3 4-H youth and 10 members from the following groups are so appreciated: Modern Homemakers, Learn Create & Share, New Beginnings, and Genealogy. **Congratulations to Juliette Brown** for winning the Viewer's Choice Award!


Scissor Tales
 Quilter's Guild
 JUNETEENTH QUILT EXHIBIT
 JUNE 21 - 22 2024
 OSU EXTENSION CENTER
 2500 NE 63RD ST.



The set up



Unusual

Quilts



Panel quilts



Antique quilts



The Underground Guild Project



Red, White and Blue



Quilts using Geometrical Designs



DOOR PRIZE WINNERS

THANK YOU FOR TEAPOTS

As many of you know, Family and Consumer Sciences Educator, Taylor Conner is having a baby girl in September! This is her and husband Ryan's first child, so the Extension family held a beautiful baby shower for them, with a surprise tea party theme. The OHCE silver tea service was used, and donated tea pots decorated the tables. **Thank you to Beverly Kirk, Kathryn Wells, Vicky Sharp, Connie Graham, and Ruby Berg** for the use of their teapots.

OHCE VOLUNTEERS AT YOUTH CAMPS

Gayla Mosteller, Myra Moaning and Kathryn Wells have been busy this summer helping educators with summer youth camps! As Master FCS volunteers, all three assisted with the Global Travelers week-long day camp held at the Extension Center for 8-12 year olds. Gayla taught the children how to make Native American Wampum bracelets, while Kathryn and Myra assisted when the campers learned how to prepare Italian and Mexican lunches. We also enjoyed having **Scissor Tales member, Debra Irons'** granddaughter, Maya as a camper! Thank you to **Sue Hart** and **Linda Steele** for blowing out eggs for a cascarones craft. **Kay Holzman** also sorted beads for making the bracelets.

In addition, Myra volunteered at the Kids Rock Camp the following week! This was the 20th anniversary of Extension's partnership with the Bethel Foundation to host the week-long camp at Britton Christian Church. The Bethel Foundation assists single mothers, and the camp is held for their children free of charge every summer.



BARN QUILT WORKSHOPS

July's two barn quilt workshops had a great attendance! Thirty-two people learned about the history of barn quilts and painted quilt patterns on boards for decoration inside or outside their homes. Only 5 participants were OHCE members, so what an opportunity to recruit new members from the remaining attendees! Gayla is hoping to schedule another workshop this winter. Watch for the date in this newsletter.



CRAFT WORKSHOPS TO BE HELD AFTER LEADER LESSONS

You don't want to miss this summer's OHCE leader lessons! After each lesson, there will be a craft workshop taught by one of our members. Below are the dates and topics:

- August 22 Quilting lesson, Fabric Bowl workshop

Last month Valerie DeBoer showed us how to make totes from feed bags with help from Myra Moaning. She and Myra surprised us with a firecracker made from toilet paper rolls filled with a few surprises.



T-SHIRT APRON WORKSHOP

New Beginnings member, Linda Steele, taught a fun t-shirt apron workshop after the July leader lesson. What a great way to re-purpose items, taking up space in your dresser! This was so simple and didn't require any sewing.

Stay after the August 22nd lesson and watch Modern Homemakers member, Ruby Berg demonstrate how to make a fabric box. If you have a craft or other hands-on activity you would like to share with the group, let Lisa know. September 26th and October 24th lesson dates are available.



OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

We have stockings in Red, Green, Blue, and White and embellishments to take and are available for groups or individuals to pick up at our monthly leader lessons. 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. Please note: If you are bringing finished stockings to the Extension Center, they need to be in a bag or box with your group's name and how many. Thank you so very much. **PLEASE NOTE: A completed stocking can be used as an Oklahoma County Free Fair entrée.**

Social Committee By Kathryn Wells

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.

August	Modern Homemakers
September	New Beginnings
October	NW Seekers, Bits & Bytes, & Learn Create & Share

NEWSLETTER EDITOR By Dee Dee Shepherd

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

Please send any pictures or stories to Deeshep147@aol.com. It would be amazing to see groups in action.

Here is an example of pictures you can send in and remember ANYONE can send in pictures for the newsletter. There were so many Quilt Show and Barn Quilt photos submitted, that I am creating a display to show at the August 22, Educational Lesson.



Cultural Enrichment

By Jan Beattie Co-Chair

It's hard to believe that summer is winding down and school will be back in session before we know it. But it's not too late to take advantage of some summer fun things to do around the state. Here's some end-of-summer ideas to enjoy:

Visit **SKELETONS: Museum of Osteology**, 10301 S. Sunnyslane Rd 73160 Oklahoma City, Mon-Fri 9 a.m. – 5 p.m., 1-5 on Saturday and 11- 5 on Sunday.



Oklahoma City Indoor Skydiving 13600 Pawnee Dive, Oklahoma City, OK 73114. Closed Monday and Tuesday Wed-Sat. 10 am.-4:30 p.m.



Self-Guided Oklahoma City Scavenger Hunt: Wild Western Art Part walking tour, part scavenger hunt, this adventure gets you and your crew exploring Oklahoma City's artsy side gamified. Led by your smartphone, you'll hunt for clues, solve trivia, snap photos, and explore from National Memorial to Bricktown and beyond. **Book online at:** <https://www.tripadvisor.com/Attraction>. **They have several other options available, too.**



Enjoy all Oklahoma has to offer!

Bits and Bytes Computer Group

By Kathy Feters

Our group has been meeting via ZOOM and in person at the Oklahoma County Extension office. Our speaker, Bill James, sends out a worksheet of tips and then demonstrates those tips during our meeting. After the presentation, he takes questions from attendees, often relating to a particular problem they are having, and it is helpful for all of us. This year we are taking each newsletter to focus on a member of our group and this month our focus is on Betty Brannan.

Betty Jean Brannan was born in Chickasha, Oklahoma and raised on a dairy farm east of Chickasha. Betty understands the life of a dairy farmer and all the work it takes to keep it running, which means the whole family works. She graduated from Chickasha Junior and Senior High School, then continued her education at the Oklahoma College for Women (USAO), earning a Bachelors Degree in Home Economics Education. Later she would earn a Master of Science Degree and a Doctor of Education Degree from OSU. She made good use of those degrees in her 36-year career in education in Home Economics/Family and Consumer Sciences as a secondary teacher, a university professor, Cooperative Extension faculty member and administrator. She retired in December 1986 as State Leader, Home Economics, University of Arkansas Cooperative Extension Service.



Betty returned to Chickasha and got involved in several community organizations, eventually moving to Epworth Villa in Oklahoma City, the same complex where her sister, JoAnn lives. Betty participates in our Bits & Bytes group via ZOOM.

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

June and July were busy for our group, and we enjoyed each other's company. We had our monthly meeting with the leader lesson and then got down to work. One of our meetings was held at the Midwest City Library and we worked on a project in the foyer. We had quite a few people asking what we were working on, and we shared information about OHCE and received phone numbers from 3 interested people. We had 2 young people that participated in our project and let them take their creations home. We helped OHCE get ready for the Youth Camp. Member Kay Holzman sorted pony beads into colors and several members blew out eggs for a project. We worked at the Quilt Show, sorted the products and filled the Veteran's bags, and worked at the Barn Quilt workshops. It was fun and enjoyable. We're looking forward to our next adventure.

Our next meeting will be on August 12th, 10am, at the Extension Conference Center in the Pistol Pete room. We welcome all guests.

GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group met June 19th at the OSU Oklahoma County Extension Center. We had 11 members, and 4 visitors present: speaker LaNell Shores and her husband Mike, Marqueta Bentley and Linda Sapp. Following the business portion of our meeting, Vice-President Cynthia Johnson introduced our speaker, LaNell Shores. LaNell is a past-president of our Genealogy Group and is a member of the Oklahoma Genealogical Society as well as many lineage societies.

Her presentation was regarding two lesser-known lineage societies: The Continental Society of Daughters of Indian Wars and The National Society of United States Daughters of 1812. Like all lineage societies, you must provide documentation that you are a lineal descendant of a qualifying ancestor.

For the Continental Society of Daughters of Indian Wars, a qualifying ancestor would be someone who had interaction, both hostile and friendly between immigrant Americans and Native Americans beginning May 14, 1607 up to 1900. This society includes people who came on the boat and met the boat. There are currently 1,561 proven ancestors online so this is still a small organization but growing all the time. If you had an ancestor who settled in Oklahoma early on or are a Native American then this society is for you. Plus, they award two Native American Scholarships annually, \$2,500.00 and \$5,000.00.

For Daughters of 1812, a qualifying ancestor is one who rendered civil, military or naval service to our country during the years of 1784 to 1815 inclusive. If your ancestor received a land bounty for the War of 1812, you qualify for membership upon documentation of lineage.

Both these groups have websites: Continental Society of Indian Wars is <https://csdiw.org> and National Society United States Daughter of 1812 is <https://usdaughters1812.org>. Much more information, as well as membership applications can be found on those websites.

The annual dues for National Society of Daughters of 1812 is \$34 and they meet quarterly. For Continental Society of Daughters of Indian Wars it is \$20 a year and they meet twice a year. These are very affordable and less demanding of your time than many other older lineage societies.

I do not have early American immigrants but I think I can qualify for one if not both of these so please check out their websites for more information.

As always, LaNell did a wonderful job walking us through each of these organizations and answering our many questions.

At our July 17th meeting I was given the opportunity to present "Your Family Stories...Big, Small or In-Between". We all have those stories of growing up, special memories and special people. Those are OUR stories. No one else will have the same memories, the same perspective or same lessons learned. So, if we don't take the time to write those stories down, they will be gone forever when we are gone. I talked about a variety of ways to share those stories with close family, extended family, children and future family members. I asked for other members to bring examples of how they shared their stories and several members brought books and notebooks they had created to record family stories for the future.

Our next meeting will be August 21st, at 10:00 a.m. when we take a look at a couple lessons from our “An Introduction to Genealogy” series by Great Courses and John Phillip Colletta. Please join us.

Genealogy Group President Jan Beattie is pictured at the Scissor Tales Quilt Show with a quilt made by Beverly Kirk. The quilt was inspired by our mutual friend and Genealogy Group member, Andre’ Head. We lost Andre’ to COVID in 2020 and we miss him.



SCISSOR TALES QUILT GUILD BY Beverly Kirk

May I share my good news with you???? I am one of the many special people featured in the Fall Issue 31 of QUILTFOLK!



I’m sharing my Coupon Code: BeverlyQF31

This coupon code, BeverlyQF31, has been created to give you 20% off your purchase of the single Oklahoma Issue! It is valid for three months: July 1st - Sept 30th

In recent years-QF has been highlighting a multicultural cross section of men and women in fiber art adventures! Wow-did I ever feel the spirit of inclusion and real friendship!

Link to Issue 31: Oklahoma Info/Purchase page: copy and paste this link for your discount.!!!

<https://www.quiltfolk.com/issue-31-oklahoma/>



What We Love About Quilting

Quilts! Each one has a story to tell within our uniquely named Scissor TALES Quilt Guild. The TALES our quilts have the ability to tell using our scissors, needles, thread, etc!

Quilts that are passed down to us often tell of persons who have gone before us. Their handiwork reflects their practical household needs and the quilters desire to bring beauty and color into even the most humble home. In an antique/historical quilt, we can often glimpse the silent loneliness of a man or woman who stitched by lamplight far into the night, and we can hear the chattering voices of friends who gathered around a frame with needle and thread in hand. Such quilts display the skills of the quilter, plus creativity, longings and dreams. To inherit a quilt sets the foundation of the quilt we make and exhibit today.

Scissor Tales Quilt Guild seeks to learn new techniques, new fabric prints, new ideas, and new cultural perspective to the age-old folk craft. Our quilts echo our passions, hurts, ideas, and values. With each stitch we are continuing the legacy of quilts and quiltmakers the world over.

HEALTHY LIVING By Kathryn Wells

Just a reminder to get out and enjoy the summer. Drink plenty of water, wear SPF 30 sunscreen, and a hat.

Recipe of the Month
Summertime Spaghetti
 From Choose Homemade-onieproject.org/recipes

Ingredients:

- 1 (13.25oz) box dry whole-wheat spaghetti
- 1 (32oz) carton unsalted chicken broth
- ¼ cup lemon juice
- 3 cloves, garlic, minced
- ¼ cup shredded parmesan cheese
- ½ cup minced fresh parsley
- 2 Tbsp olive oil
- 1 tsp pepper
- 1 ½ lbs cooked chicken, cubed
- 1 cup grape tomatoes, halved
- 1 cup small broccoli florets

Preparation:

*In a large glass microwave-safe bowl, break spaghetti in half. Add broth & lemon juice. Cover with plastic wrap, leaving a small vent.

*Microwave covered on high 12-14 minutes or until most liquid is absorbed, stirring once halfway through cooking.

*In a small bowl, add garlic, parmesan, parsley, oil & pepper. Mix well.

*Carefully remove from microwave. Add garlic mixture, chicken, tomatoes & broccoli. Mix well.

*Microwave covered, on high 2-3 minutes or until broccoli is crisp-tender.

TIPS: Change it up! If you're tired of pasta, make zucchini pasta instead to cut out calories.

Nutrition Facts		
8 servings per recipe		
Serving size	(298g)	
Amount per serving		
Calories	370	
		% Daily Value*
Total Fat	11g	14%
Saturated Fat	2.5g	13%
<i>Trans</i> Fat	0g	
Cholesterol	70mg	23%
Sodium	320mg	14%
Total Carbohydrate	38g	14%
Dietary Fiber	5g	18%
Total Sugars	2g	
Includes 0g Added Sugars		0%
Protein	34g	
Vitamin D	0mcg	0%
Calcium	75mg	6%
Iron	3mg	15%
Potassium	580mg	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 advice.		