



# OK COUNTY MONTHLY NEWS

## Oklahoma Home & Community Education

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### CALENDAR OF ACTIVITIES

- June 26:** 9:30am Fill Veterans’ Tote Bags, Extension Conference Center
- June 27:** Educational Lesson Training, Extension Conference Center **“Garden Pollinators”**: Courtney DeKalb-Myers.
- June 30:** Cut-off date for 2024 State Dues. All who join after this date are new members for 2025.
- July 7-9:** **89<sup>th</sup> Annual State meeting-Champion Convention Center, OKC**
- July 15<sup>th</sup>** **Articles to Newsletter Editor**
- July 25** 9:30am Educational Lesson Training, Extension Conference Center **“Food Preservation” - Connie Wollenberg**  
  
Executive Board Meeting 15 minutes following Educational Lesson.  
  
**Monthly Group Volunteer Hours Forms Due**

### Reminders:

- Election of group officers for 2025
- Appoint group Committee Chairpersons for 2025
- Begin planning for the Oklahoma County Free Fair Exhibits at your group meeting. **Oklahoma County Free Fair August 15 - 17 at Will Rogers Park.**

### In this issue continued:

- **Healthy Living article, Recipe of the Month, and 2 flyers**
- **Flyers: Survey for OHCE Educational Lesson, Fraud Prevention Conference, and Barn Quilt Form**



## PRESIDENT'S COLUMN

Hope you are enjoying all this rain we have been having. My flower beds are just flourishing. My neighbor's first year garden is growing with plenty of vegetables, but needing the sun to shine so that they can ripen.

I'm not a big fan of the tornadic weather that has devastated our state. But I will say that over the years with some of our Educational Lessons, being prepared comes natural to me and my family. If you have lived in Oklahoma for years or even a short time, you know that May/June is our severe weather season. I was visiting with my grandson and daughter a few weeks ago. My grandson was telling me about their Tornado Warning plan. That he had his shoes on and his backpack by the back door, had the cats in their carriers, ready to head to the cellar if the sirens were sounding. Their cellar is just outside the back door. I know my grandson's backpack if filled with some of the things he thinks is needed, but it also has important information, like family identification numbers, doctor's name, medication and allergy information, water bottle, whistle, flashlight, light jacket. His mom had stocked the cellar with other important needs, and a firebox with important banking, business, birth certificates, and extra cash. I hope you and your family have your safety precautions in order and are ready to respond if needed.

Please pray for the families, businesses and towns who have had been touched by these devastating tornadoes and severe weather.

I hope everyone has a great summer! I know we have several OHCE activities coming up in June and July. Please read this newsletter to find out the events, dates, and times.

County OHCE President

Gayla Mosteller

## **SCISSORTALES OHCE ON FOX 25 - JUNE 10**

Fox 25's morning show, Living Oklahoma, will air an interview with Scissor Tales president, Beverly Kirk on Monday, June 10<sup>th</sup> between 9:00am-10:00am. The interview will promote the OHCE Juneteenth quilt show and barn quilt workshops. Tune in!

### **Juneteenth Quilt Show Scissor Tales Quilt Guild By Beverly Kirk**

#### **YOUR HELP IS NEEDED**

Our guild quilt show is only 3 weeks away! We need a group or individuals to VOLUNTEER working with Arlene SCARONI, Vice President. Volunteers may work in 2-hour shifts on Friday or Saturday. Please sign up for the following times: 9:30 – 11:30, 11:30 – 1:30, 1:30 – 3:30, 3:30 – 5:30. Please contact Arlene SCARONI if any OHCE group or persons can help us make this quilt show successful!!!! MANY, MANY THANKS! Email is [ibaahilha.yanash@gmail.com](mailto:ibaahilha.yanash@gmail.com) or call (405) 439-6258....."Give it, give it all, give it now!" (Ann Dillard)

## OHCE WEEK PROCLAIMED AT COURTHOUSE

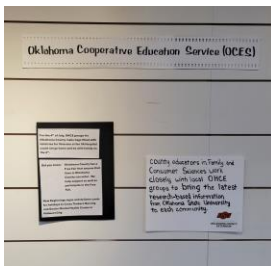
Across the state, May 5-11 was recognized as OHCE Week through proclamations made at county courthouse events. President Gayla Mosteller and Advisor Lisa Hamblin attended the May 8<sup>th</sup> Board of County Commissioners meeting, where the proclamation was read by District 2 Comptroller, Brandi Mertens. Gayla then described the impact OHCE has made with our community service projects.



## OHCE Week – Del City Library Display



## OHCE Week – Midwest City Library Display



## **THANK YOU SOCIAL COMMITTEE!**

The county social committee did a great job organizing the OHCE spring luncheon! Everyone involved is much appreciated, including Kathryn Wells, Dee Dee Shepherd, Kay Holzman, Carol Fulton, and Jan Beattie for the beautiful memorial service. Get well wishes to committee member Connie Graham, who's health issues caused her to miss a very nice event.

## **COUNTY FAIR DATE AND LOCATION HAS CHANGED**

The Oklahoma County Free Fair will be held at Will Rogers Park, 3400 NW 36<sup>th</sup> Street, Oklahoma City, August 15-17. Please hold the dates and more information will be coming soon. As a result, the OHCE leader lesson and county executive board meeting will move to Thursday, August 22<sup>nd</sup>.

## **OHCE MEMBERS TO JUDGE 4-H RECORD BOOK INTERVIEWS**

Three OHCE members will be judging the cream of the 4-H crop during the state record book interviews June 11<sup>th</sup> at OSU in Stillwater. OHCE advisor, Lisa Hamblin and Ruby Berg, Jan Bohannon, and Gayla Mosteller will interview 4-H teens who's record books were so impressive they will compete for various college scholarships. Please contact Lisa if you are interested in judging next year. Judges are always needed.

## **2025 LEADER LESSON SURVEY ATTACHED**

We need your ideas! In August, the OHCE advisors in Oklahoma, Cleveland, McClain, and Garvin counties will be deciding the topics for the 2025 leader lessons. Please use your June or July group meeting to come up with some topic suggestions, complete the attached form, and return to Lisa by August 1<sup>st</sup>.

## **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:

- June 27<sup>th</sup> Garden Pollinators lesson, Feed Sack Tote Bag workshop
- July 25<sup>th</sup> Food Preservation lesson, T-Shirt Apron workshop
- August 22 Quilting lesson, Fabric Bowl workshop

## **Learn to Make a Tote Using Feed Bags**

**By Valerie DeBoer**

Come join us for a quick tutorial on tote bag construction from feed bags. We'll learn the basic form and then how to add a few options. Did I mention door prizes? Yes, there will be door prizes. Also, learn a quick additional recycling craft – no sewing required. We'll see you Thursday, June 27, after the Education Lesson Training, "Garden Pollinators".

## **BARN QUILT WORKSHOPS JULY 19-20**

Two barn quilt workshops will be held this summer, so mark your calendar now!

There will be an option of board sizes and a registration discount for OHCE members. Invite your friends for a fun day of painting! Registration form is attached to the newsletter. **Payment deadline is July 10<sup>th</sup>.**

## **STATE OHCE MEETING JULY 7-9**

Early bird registration of \$125 for the meeting is due June 20<sup>th</sup>. The conference will be held at the Champion Conference Center in Oklahoma City. Details were in the previous newsletter as well as your summer Outreach newsletter from OSU. Please contact Lisa if you have any questions.

## **VETERANS' BAGS TO BE FILLED JUNE 26**

The veterans' personal care tote bags will be filled at the Extension Conference Center on Wednesday, June 26<sup>th</sup> at 9:30. Everyone is welcome to come and help.

## **OHCE STOCKING PROJECT REPORT**

**By Dee Dee Shepherd**

We have purchased more felt and will have a stocking cut out on Monday June 10<sup>th</sup> from 1 to 4. Everyone is invited. Please bring your scissors (make sure your name is on them). 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.

# OHCE Spring Luncheon OHCE Goes to the Movies By Committee Co-Chair Kathryn Wells

The luncheon was a great success. The movie themed decorations were wonderful and the food amazing. I think we had a little bit of everything. I talked to some of the members and they said, "I had a scoop of everything". If you have any pictures of the luncheon could you please send them to [Deeshep147@aol.com](mailto:Deeshep147@aol.com). She will get them into the next newsletter.



## **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.

June	Flourish & Grow
July	Scissor Tales
August	Modern Homemakers
September	New Beginnings
October	NW Seekers, Bits & Bytes, & Learn Create & Share

## **RESOURCE MANAGEMENT** **By Resource Management Committee**

GARDEN DÉCOR for next month

Renne B, a former neighbor, replaced her furnace but could find no place that would accept its discarded metal parts littering her backyard. Overwhelmed by the ugly sight, Renne stopped using her once loved backyard. Visiting Renne the next summer, I was surprised that she wanted to take me outside to show off her backyard. I stood in awe at the doorway. She had planted a festive garden around the ugly metal furnace parts and declared it garden sculptures. Ugly and unwanted became beauty. What made the difference? "Friends", she commented. She had become inspired as they joked and shared their creative ideas for the trash.

Have you transformed an "ugly duckling" into a treasure you now enjoy? Inspire others through the OHCE Newsletter. Please send your story and photos to Sue Hart ([shart743@gmail.com](mailto:shart743@gmail.com)) or Valerie DeBoer ([vdebokc97@yahoo.com](mailto:vdebokc97@yahoo.com)). Not comfortable writing? call Sue Hart (405 779 8164) and she will help you tell your story.



*Celebrate Your Creativity and Inspire Others.*

A rusty Indoor baker's rack waited for trash pickup. A little work transformed it into a useful outdoor display rack.

The OHCE SE district meeting a few years ago had a hands on \$5 class for making glass garden art. Old unusable dishes and bowls plus some E 6000 glue created magic. This is a similar piece being offered for \$70 on eBay. The flower is drought tolerant, pest free, and requires no weeding or fertilizer for it to thrive.



**Dishes glass garden art**



**Baker's rack**

**THANK YOU.**

I reach out to all of you with thankfulness and gratitude for your Smiley Face bouquet. Thank you for taking the time to write your thoughtful and encouraging messages. Thank you for your caring prayers and thoughts. Most of all, I thank you for your friendship. The bouquet is a treasure positioned to be seen everywhere I look.

Sue Hart

*Dee, Kay, and Kathryn with the smiley face bouquet*



# *Cultural Enrichment*

By Jan Beattie Co-Chair

Did you know that *Southern Living* magazine has named Oklahoma City one of the best cities to visit? And with summer around the corner, there are many exciting events coming up for you and your family to enjoy. Here are just a few:

- [NCAA Women's College World Series](#), Devon Park Stadium: May 30 - June 7
- [deadCenter Film Festival](#), across Oklahoma City: June 6-9
- [Prix de West](#), National Cowboy & Western Heritage Museum: June 7-8
- [Juneteenth on the East](#), East End District: June 14-15
- [Stars and Stripes River Festival](#), Riversport: June 22
- [USRowing's RowFest](#), Riversport: July 13-21

You may want to cool off by a visit to a waterpark or area pool or lake. Oklahoma has a great abundance of facilities to try! Here are some fun options:

- Go whitewater rafting AND surfing in the heart of downtown Oklahoma City at [RIVERSPORT Rapids & Adventures](#)! The facility has outdoor thrills for all age levels. For more chill experiences in the [Boathouse District](#), float along the Oklahoma River on a standup paddle board or kayak.
- [Hurricane Harbor Oklahoma City](#) (formerly White-Water Bay) features more than 25 acres of classic water park fun, including family raft rides, a lazy river, water slides and a huge wave pool. You'll have to try them all.
- Cool off at OKC's urban oasis, [Scissortail Park](#)! Frolic through the interactive splash pads or rent a paddleboat and hit the lake.

Try a Planetarium Laser Light Show at Science Museum Oklahoma Thursdays, Fridays, and Saturdays through June 16<sup>th</sup> – two shows each evening featuring lights and music. And, of course, the fantastic OKC Zoo is just next-door! Above all, just get out and enjoy all Oklahoma has to offer! The weather is perfect, and you are sure to have a great time after being confined indoors all winter. We also have some great restaurants to try – and some fantastic barbeque restaurants that are sure to please. And nothing beats a ballpark hot dog! Enjoy! Have fun!



**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. June and July will be together.** 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](mailto:Deeshep147@aol.com). It would be amazing to see groups in action.

**Bits and Bytes Computer Group**  
**By Kathy Fetters**

The Bits & Bytes Computer Group met on Monday, May 20<sup>th</sup>, at the Oklahoma County Extension Center. We had all nine members present, either in person or via ZOOM. At our last meeting, we had a computer issue and Bill James was not able to complete his presentation so this month he picked up where he left off and completed his handout about Windows' new AI feature *CoPilot*.

Our member focus this month is Bill Cress. Bill has been involved with Bits & Bytes since it's second meeting in 2000. For many years he served as our instructor/presenter. Bill is a native of Colorado and following his graduation from Colorado State University as an engineer he began a career with the FAA as a resident engineer. It was while he was attending MIT that he was introduced to computers and realizing they were the future; he seized the opportunity to learn all he could and continues learning every day. His career with FAA spanned 38 years and sent him to California, Massachusetts, Washington, D.C., Denver, and Oklahoma City. He currently lives in Yukon, Oklahoma. He married Millie in 1968 but she passed away in 2018, after 50 years together.



## **MODERN HOMEMAKERS**

**By Burchie Smith**

Modern Homemakers met on Thursday, May 9, with 8 lovely ladies. one was new to our group, Lynda Weeks. She's not new to OHCE as she attended the genealogy group in Oklahoma City before her visiting our group in Edmond. We had a lot of discussions with the ladies sharing thoughts and ideas about upcoming events such as the Juneteenth Quilt Exhibit. Many took copies of the flyer to share with friends and other organizations. We will be making many Santa stockings for this coming season. It is one of our main projects that provide for the good of the group. We always make a lot of stockings. This year we're looking for ways to make more stockings that will interest the boys. We are still collecting items for the vet bags. We plan to have two of our members helping with filling the bags with the various veteran items. Our next discussion led by Dianne Lee related to the Oklahoma County Free Fair Exhibits. She brought samples and ideas to motivate us into making something to enter in the fair. It seems that many are eager to participate in the free fair this year. We talked about the annual OHCE State meeting that will be held in Oklahoma City at the Champion Convention Center, July 7 - 9. Not sure if anyone will be attending, but we will continue to discuss it. We discussed many things and talked a lot before we took a break for a little snack of Crescent cherry roll ups. We then had our lesson concerning money apps and most of the ladies said they do not use any apps. They understood how one must be very cautious when using those apps as they're not truly secure. We closed our meeting knowing that June 13<sup>th</sup> we will have another meeting with a lesson.

## **NEW BEGINNINGS**

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

**By Dee Dee Shepherd**

We met on May 13th at the OSU Extension Center. I gave the leader lesson on Mastering Money Apps. We had a discussion on how to use money apps safely. We are in the process of signing July 4<sup>th</sup>, Thanksgiving, and Christmas cards for Cross Timbers Senior Mental Health residents in Midwest City. We visited about what we did during OHCE week while eating healthy snacks. Our group counted all the items collected for Veteran Bags. We made a game plan for picking up our displays at the Del City and Midwest City Libraries and what quilts we will display in the cases at the Midwest City Library for June.

Our next meeting will be on June 10th, at the OSU Extension Center at 10 am, with a short walk at 9:30.

## **GENEALOGY GROUP**

**By Kathy Fetters**

The Genealogy Group met Wednesday, May 15<sup>th</sup>, in the Conference Room at the OK County Extension Center. We had 15 in attendance, which included one visitor, Roger Farrer. Roger had seen the meeting notice in The Oklahoman. We filled every single chair that was available.

President Jan Beattie presented the New Member certificate to Loyce Edwards, who had not been able to attend the Award Luncheon. Our group received awards for Education, Membership, County Fair, Community Service and Secretary Book.

Our speaker for May was member Glenn Clure, Sr. Glenn has been involved in genealogy since his mother-in-law asked him to accompany her to a genealogy class in 1988. Since that time, he has been able to trace at least one line back as far as 1785. He is also proud that he has many ancestors that were in Oklahoma before statehood. Besides being a member of OHCE Genealogy Group, Glenn is also a member of the Oklahoma Genealogical Society and the Edmond Genealogical Society.

Of course, like all genealogists, Glenn has acquired many documents, photographs, personal family items and other miscellaneous papers. After he discovered he had downloaded the same document three times he knew he had to get rid of the piles and stacks and get organized. In the presentation, Glenn pointed out the importance of having a specific system to keep track of every item with the goal of being able to locate it quickly, and citing the source where the original was found. While Glenn does scan and store all his paper items and photographs onto the computer, he also saves the paper copies, so his system works with both methods. He gave out several handouts of forms he uses to record his research and a checklist to make sure he has looked for every vital record and census. Glenn stressed backing up your electronic data regularly and using external hard drives. His presentation certainly inspired us to go home and get started in scanning and organizing with the goal of eliminating our own stacks and piles.



## **HEALTHY LIVING**

**By Kathryn Wells**

It's always good to get out and stretch your legs and get your body moving. I have included some flyers at the end of the newsletter that will challenge you to eat a Rainbow. Remember there is a walking trail right by the Extension parking lot. Take a walk and enjoy our beautiful scenery.

**Recipe of the Month**  
**Peanut Butter Banana Bread**  
 From Choose Homemade-onieproject.org/recipes

**Ingredients:**

- Non-stick cooking spray
- 1 Cup all-purpose flour
- ½ Cup whole-wheat flour
- 1 tsp baking soda
- ¼ tsp salt
- 3 Ripe bananas
- ½ Cup creamy peanut butter
- ½ Cup plain non-fat Greek yogurt
- ½ Cup unpacked brown sugar
- 1 Large egg
- 1 tsp vanilla extract
- 1/3 Cup mini chocolate chips

**Preparation:**

- \*Preheat oven to 350°F. Lightly coat a loaf pan with cooking spray & set aside
- \*In a medium bowl, add both flours, baking soda & salt. Stir to combine, set aside.
- \*In a separate bowl, mash bananas with fork. Add peanut butter & yogurt. Mix well. Add sugar, egg & vanilla extract. Stir until smooth.
- \*Add in dry ingredients. Stir until just combined. Fold in Chocolate chips.
- \*Pour batter into pan. Bake 45 minutes, or until top is Browned & a toothpick inserted into the center Comes out clean. Cool & cut into 8 slices.

**TIPS:** Make into muffins! Bake 20 minutes at 350°F

Nutrition Facts		
8 servings per recipe		
Serving size	(95g)	
Amount per serving		
<b>Calories</b>	<b>250</b>	
		% Daily Value*
<b>Total Fat</b>	9g	<b>12%</b>
Saturated Fat	2.5g	<b>13%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	310mg	<b>10%</b>
<b>Total Carbohydrate</b>	35g	<b>13%</b>
Dietary Fiber	3g	<b>11%</b>
Total Sugars	16g	
Includes 10g Added Sugars		<b>20%</b>
<b>Protein</b>	7g	
Vitamin D	0mcg	<b>0%</b>
Calcium	35mg	<b>2%</b>
Iron	1mg	<b>6%</b>
Potassium	316mg	<b>6%</b>

\* 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.