



January 2024

Nineteenth Email Edition

Vol. 33.1

## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

|                  |                  |              |
|------------------|------------------|--------------|
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#### CALENDAR OF ACTIVITIES

**January 4:** Volunteer Hours Form Training, 10:00am, Extension Conference Center.

**January 4:** Executive Board Meeting following the Volunteer Hours Forms Training.

**January 25:** Leader Lesson: Rediscover Your Joy, Lisa Hamblin, 9:30am, Extension Conference Center

**January 25:** Report Books, Photo Contest and Life Stories Due for district & state.

**February 1:** SE District Meeting Registration due to County Treasurer, Ruby Berg

#### Reminders:

- \* 2023 Group Secretary Books, Group Summary Reports Due for County Award of Excellence Consideration. Submit all to Lisa.

#### Monthly Group Volunteer Hours Forms Due

**Thought for the day** - "Each new day is a blank page in the diary of your life. The secret of success is in turning that diary into the best story you possibly can." — Douglas Pagels

**DEADLINE FOR FEBRUARY 2024**

**NEWSLETTER**

**JANUARY 18, 2024**

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Oklahoma City, OK 73111

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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

#### Follow us on

Facebook.com/okcounty/osuextension

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## PRESIDENT'S COLUMN

Greetings to the New Year!

I can't believe we are starting a new year. I want to Welcome our new members, and returning members, I'm so looking forward to another great year!

These past few days I've been busy getting my group's secretary book and summary report ready. Looking back through the year, we have been busy. We were very busy hosting the SE District meeting, OHCE Week events, Veterans project and the Stocking Project. I'm looking forward to continuing these projects plus having new projects and ideas this year.

At the planning meeting, there was discussions about having a short workshop or activity after the Educational Lesson on the months without Executive or Board meetings. If you're interested in planning a workshop or activity please let me know so we can schedule you. This would be a great opportunity for the committee members, Master Volunteers or you as an individual.

There are several important deadlines coming up very soon. Don't forget to turn in your local groups' Secretary book, Award books, Photography Contest, and Life Story. Look for information on the SE District meeting, and the Friendship Barn Quilt workshop.

County OHCE President

Gayla Mosteller

## **COUNTY FAIR BOARD POSITIONS OPEN**

There are open positions available to represent OHCE on the Oklahoma County Free Fair Association Board of Directors. The filing period is **January 8-12** at the county clerk's office in the courthouse. Candidates must reside in the district in which they seek office and be a registered voter of Oklahoma County. The election will be held on **January 30<sup>th</sup>**, 2:30-6:30pm, at the OSU Extension Center.

## **FARM TO YOU NEEDS VOLUNTEERS**

The OSU Farm to You school program needs volunteers to assist with presentations at 2 local schools in March. OHCE members have donated their time previously and enjoyed interacting with young students in this large exhibit. Please contact coordinator Parker Jackson at 405-744-6699 or [parker.jackson@okstate.edu](mailto:parker.jackson@okstate.edu). Dates and schools are listed below:

- January 19 Scissortail Elementary, 2301 NW 145<sup>th</sup> Street, OKC
- March 1 Van Buren Elementary, 2700 SW 40<sup>th</sup> Street, OKC
- March 5 Hayes Elementary, 6900 S. Byers Avenue, OKC

## **OHCE VOLUNTEER FORMS TRAINING JANUARY 4**

For members unsure of how to complete the OHCE Volunteer Hours Form or the Leader Lesson Attendance Sheet, there will be a short training session on Thursday, January 4<sup>th</sup>, 10:00am, at the Extension Conference Center. The information from these forms is important and reported to stakeholders at OSU and Oklahoma County. Any member is welcome to attend. Representatives who complete the Volunteer Hours Form for their group are especially encouraged to be there.

## **CONGRATULATIONS OHCE MEMBERS OF THE YEAR**

Election of county members of the year was held at the OHCE Holiday Luncheon in December. Congratulations to these deserving winners:

- **Member of the Year.....Kathryn Wells, New Beginnings Group**
- **Heart of OHCE.....Kay Holzman, New Beginnings Group**
- **Rookie of the Year.....Beverly Kirk, Scissor Tales Group**

The winners' registration fees will be paid to represent Oklahoma County at the SE District OHCE meeting on March 5<sup>th</sup> in Atoka. They will compete for the district awards there. Good luck ladies!

## SE DISTRICT OHCE MEETING REGISTRATION DUE FEB. 1 “STYLING THROUGH THE DECADES”

Please hold the date, **Tuesday, March 5<sup>th</sup>**, to attend the SE district OHCE meeting at the Harmony Baptist Church, 710 E. Harmony Road, Atoka. The registration fee of \$25.00 will cover morning refreshments and a catered lunch. **Group Treasurers:** Please send one check **made payable to Oklahoma County OHCE** with a list of attending members and any dietary restrictions to county treasurer, Ruby Berg, 1305 Brookhaven Drive, Edmond, 73034, **no later than February 1<sup>st</sup>**.

The drive to Atoka is 2 hours and 20 minutes from the Extension Center. We will try to arrange carpooling to the meeting; however, the OSU vans are not available. If you're considering going the night before, the Best Western Atoka Inn and Suites has a special rate of \$107 plus tax. Call 580-889-5500 and ask for rooms held by Karen Pospisil, state OHCE treasurer. These rooms may go quickly, but there are 3 other hotels in Atoka you can contact: Comfort Inn, 580-889-8999, Super 8, 580-364-7373, or Motel 6, 580-889-7300.

The meeting day begins at 8:30am with registration and refreshments, followed by the business meeting at 9:30am. Available workshops include Loom Weaving, Vintage Quilt Repair, Disaster Preparedness, Africa, Estate Planning, Wire Wrapped Rings, All About Scarves, and Charcutery in a Box. A few of the craft workshops have a small supply fee to attend, so bring cash.

### FEBRUARY VETERANS' ITEMS TO COLLECT:

- LIP BALM
- SHAMPOO/CONDITIONER
- TISSUES
- LOTION

### RESOURCE MANAGEMENT By Susan Hart



Share your cleverness with how you are shrinking your trash or used items to give them a second life. Send your ideas or successes to the Newsletter editor. **Example:** cut old Christmas Paper into squares, staple a group together, and you have a new note pad that is clever and pretty. Bring yours to the February meeting to display and inspire others.

## CULTURAL ENRICHMENT

By Jan Beattie, Co-Chair

The holidays are over, and the decorations stored away again until next year. Winter is the perfect time to explore Oklahoma and all our wonderful state has to offer. *Here're a few ideas to get you started:*

1. **Go Fishing.** Lake Hefner is a popular spot for ice fishing in the winter. Visitors can rent equipment and purchase bait at the lake's marina. The lake is stocked with a variety of fish, including catfish, bass, and crappie. Ice fishing is a fun and unique way to experience the outdoors in Oklahoma City. Or, if you love fishing but don't like the cold, [Lake Eufaula State Park's](#) enclosed, heated fishing dock at [Fountainhead Marina](#) offers the perfect spot to cast a line. Relax and spend the day leisurely baiting your hook and catching fish while enjoying the comfort and warmth of a toasty dock during the year's coldest months.
2. **Take a swim (really!).** If you just can't wait for summer to begin, the [Water-Zoo Indoor Water Park](#) in [Clinton](#) will keep you cool until the warmer months. This climate-controlled water park is kept at an ideal temperature for swimming all year. Enjoy over 28,000 square feet of activities for all ages including a Cub's Cove for tiny tots, the Tornado Bowl for the adventurous and even a Lazy & Crazy River for a relaxing dip.
3. **Watch the Races at the Chili Bowl.** Held at Tulsa Expo Square's River Spirit Expo, the [Chili Bowl](#) in [Tulsa](#) attracts over 300 talented drivers every winter to take part in five qualifying night races leading up to the Saturday night championship. Watch them zoom around the quarter-mile track for a chance at the title.
4. **Go on a winter hike at the Wichita Wildlife Refuge.** The Wichita Mountains Wildlife Refuge is a beautiful place to explore any time of year, but it's especially stunning in the winter. The snow-covered mountains and frozen streams create a serene and peaceful atmosphere. Visitors can hike one of the many trails, go wildlife watching, or even try their hand at rock climbing.
5. **Attend the Martin Luther King, Jr. Parade.** The Martin Luther King Jr. Day Parade is an annual event that takes place in January. The parade celebrates the life and legacy of Dr. King and features marching bands, floats, and community organizations. The parade route runs through downtown Oklahoma City and ends at the Oklahoma State Capitol. There are also other parades in cities across the state.

## NEWSLETTER EDITOR

### Needs Your Group Meeting Information

**THANK YOU TO EVERYONE WHO IS SUBMITTING PICTURES, STORIES, AND ARTICLES. YOU HAVE MADE THIS YEAR'S NEWSLETTER FUN AND ENTERTAINING.** The newsletter is a great place to tell members thank you for the hard work they have done (WE SEE YOU), which makes it a part of our history. Documented. We welcome the stories, events, pictures, and what your group is getting ready to do and finished. 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](mailto:Deeshep147@aol.com).

## **OHCE STOCKING PROJECT REPORT**

### **By Dee Dee Shepherd**

Over 750 stockings were presented at the Holiday Luncheon to Grandparents Raising Grandchildren and the Mental Health Association Crisis Center. Thank you all for your contributions, putting the stockings in boxes and bags with your group name, and how many stockings were in the box or bag. That saved so much time.

On December 2<sup>nd</sup>, Kathryn Wells, Carol Fulton, Dorothy (a prospective new member), and I handed out stockings to Grandparents Raising Grandchildren, at the Sun Beam Family Services/TRIAD Christmas party. It was so exciting and rewarding. We loved handing out the stockings and the excitement in the room. They prepared pancakes for the families, Mr., and Mrs. Claus were there for pictures, oh yes and the Grinch made an appearance, crocheted scarves, hats, quilts, face painting, and so much more for the children. I am looking forward to doing it again next year. The books we collected at the luncheon were given to Sunbeam Family Services President, Peggy Burris and volunteers at the Grandparents Raising Grandchildren event.



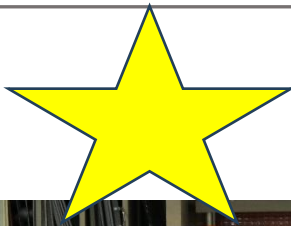
## **HOLIDAY LUNCHEON BOOK TITLE CONTEST**

### **By Valerie DeBoer**

We asked each group to bring a children's book and decorate their table depicting the theme of the book. Books represented included, "The Christmas Story", "Rudolf", "Elf on the Shelf", "The Mitten", "The Cobweb Christmas" and "Harvest Days".

Because all the book titles were available to our contestants, there were few incorrect answers, so we had no group winner. Looking at several of the displays, hours of planning and work went into creating the tabletop representations. Some groups brought extra books. A big thank you to all the groups for their generosity of time and talents.

Of the 24 contestants, we had three winners who deposited their correct entries at the same time. They were Kay Holzman, DeeDee Shepherd and Kathryn Wells.



## GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group was pleased to have nine members and one guest, Susan Daugherty, attend the Holiday Luncheon. Member Karen Cox was in charge of our table decorations, and she did a wonderful job recreating scenes from "The Cobweb Christmas." As a former librarian this was one of her favorite books.

Our group is looking at some change in officers in 2024. Treasurer, Jo Ann Banse, and Secretary, Libby Hays, have resigned effective December 31, 2023. Both of these ladies served faithfully in their positions and established high standards for their replacements to meet.



Jo Ann Banse took on the duties of group treasurer in 2021. She is a native of Tennessee, currently living in Blanchard, Oklahoma, but has lived all over the world as a member of the US Air Force, the Air Force Reserves, Air National Guard and as a civilian with the Federal Government.

Jo Ann joined the Air Force at age 18 and retired with over 36 years, starting as Administrative Specialist, then on as Cargo Specialist, Training Manager and finally as Superintendent of Air Transportation. Those career fields took her to California, Delaware, Virginia, Germany, Okinawa, the Philippines, and Hawaii. Transitioning into a civilian role for the government as a Commissary Specialist, then into Accounting and Finance and to the Pentagon for SAF/FM. She was at Tinker AFB in Midwest City, OK twice, once as part of the B-1 program and lastly, the KC-135, retiring December 30, 2011, she had over 40 years as federal employee

During her service years, Jo Ann earned a BA in Liberal Studies and in 2004 her Masters in Human Relations. Following her retirement, she developed an interest in genealogy when trying to prove she had a patriot ancestor. She succeeded in proving that lineage and more, becoming a member of The Daughters of the American Revolution, the Colonial Dames of the 17<sup>th</sup> Century, The United Daughters of the Confederacy and currently working to join The Daughters of Jamestown. Jo Ann also helps others with their applications to those societies.

While a member of the Genealogy Group, and because of her military background, Jo Ann is very involved with the county project to fill tote bags for patients at the VA Hospital every July. Jo Ann purchases many of the items to fill the bags and then helps transport those 75+ bags to be distributed at the VA Hospital.

In addition to her genealogy and veteran interests, Jo Ann has served on the Friend of the Library for Newcastle, Oklahoma, loves to crochet, has a cat and a dog. She is the mother of one daughter and has three grandchildren, 2 girls and a boy. Jo Ann has done an excellent job as our treasurer and is always ready to help our group any way she can. She will be working with our new treasurer, Patty Whitecotton to help with a smooth transition.





Elizabeth “Libby” Hays was born in Muskogee, Oklahoma. She graduated from Muskogee Central High School and attended Oklahoma College of Liberal Arts. Libby discovered genealogy late in life. As a result, she became a member of the Okla. Society of Mayflower Descendants, Colonial Dames 17<sup>th</sup> Century, Women Descendants of the Ancient and Honorable Artillery Co. of Mass., Daughters of Indian Wars, Daughters of the American Revolution, Daughters of Union Veterans, United Daughters of the Confederacy, First Families of Twin Territories, and Oklahoma Home and Community Education Genealogy Group. Her last project is a possible lineage connection to Magna Carta. She was the UDC Veterans Administration Volunteer Services Representative for OKC. Libby served as chapter and state officer in most of these groups. She was also known on the national level as the ‘gingersnap cookie’ lady. She is the mother of two daughters and grandmother of four grandsons.



She has served as the secretary of the OHCE Genealogy group for 10 years and her Secretary Books have won many awards, earning her group extra funds. She is also the “guardian” of our group mascots, Froggy and Fiona, who help raise and distribute our funds for “cemetery hopping”. Libby has already been working with her replacement, Kathy Fetters.

The Genealogy Group has been fortunate to have these two ladies serve for so long in their respective positions and are thankful for the many hours they dedicated to OHCE and the Genealogy Group.

All books were sent to “Grandparents Raising Grandchildren” along with their stockings. Again, thank you to everyone who helped make this holiday luncheon a fun and festive event.

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

We met on November 13th, in the Pistol Pete room at the OSU Extension Center at 10am. Our lesson on Sharing Family History Through Food was presented by Dee Dee Shepherd. We sampled comfort food and talked about sharing family recipes with the grandchildren. It is a good idea to write the recipe down but include your favorite memories and encourage them to write their memories down as well. We shared healthy snacks which always surprises me that they are so good.

**Our next meeting will be on January 8<sup>th</sup> at 10 a.m.** - Our lesson will be a recap of January 4<sup>th</sup>, OHCE Volunteer Form training. Come try some healthy snacks. Visitors are always welcome.

Meetings are at the OSU Extension Center in the Pistol Pete Room, 2500 N.E. 63<sup>rd</sup>, OKC, OK 73111.

## BITS AND BYTES COMPUTER GROUP

By Kathy Fetters

The Bits and Bytes Computer Group did not meet in November or December since our meeting dates conflict with the holidays. Our next meeting will be January 22<sup>nd</sup>, at 1:30 p.m. in the Pistol Pete Room. We did have three members attending the Holiday Luncheon.



Our group would like to share a little each month about our members. This month we would like to highlight our President, Pat Smith.

Pat was born in Texas, but her family moved to Oklahoma when she was 14. After high school, she earned her Bachelor Degree in Psychology. Pat has been married to Jody Smith for 34 years and has 4 stepchildren. She worked for Western Electric for 30 years, retiring in 1989 and, after retirement, she became active in OHCE.

Pat has been a member of OHCE since 1990 and President of The Bits and Bytes Computer Group for 5 years. Bits and Bytes is just a small portion of what Pat has done within OHCE. She has served as President of Oklahoma County in 2013-2014, Vice-President of Oklahoma County, served on the Social Committee, Cultural Enrichment Committee, Resource Management Committee, History Committee and completed the Master Gardener Program. Along with that she was the Superintendent of the Flower Show at the Oklahoma State Fair, is active in her church and other organizations. Our group, and OHCE, has certainly benefitted from her many roles within OHCE.

## FREDA CUNNINGHAM CELEBRATES HER 90<sup>TH</sup> BIRTHDAY

By Jan Beattie

On Saturday afternoon, October 28<sup>th</sup>, friends, neighbors, and family gathered at the Northwest Baptist Church in Oklahoma City to mark the momentous occasion of the 90<sup>th</sup> Birthday of long-time OHCE member and Past County President, Freda Cunningham. She looked beautiful in a deep purple formal dress and pink floral corsage. She was celebrated by well-wishers and tasty refreshments were enjoyed by all. A granddaughter led the attendees in a fun game of *Is Grandma Older Than .....*

We all enjoyed the numerous photographs displayed around the room of the Cunninghams over the years. Paul joked with me that when I first met him, he had hair and Freda's was red! Several members of OHCE were in attendance including Connie Graham, Vicky Sharp, and Jan Beattie. It was fun meeting her family and hearing several anecdotes and stories shared by those who knew Freda well. Congratulations to Freda on reaching this special birthday milestone and we wish her many more!



## SOFTWARE AVAILABLE TO ANALYZE RECIPES

Christi Evans, OSU State Food Safety Specialist, has purchased software to analyze the nutritional content of recipes. If you have old family recipes you would like to know more about or want to submit a healthy recipe to this newsletter, please send them to Lisa. She will send the recipes to Christi, who will analyze them at no cost.

### HEALTHY LIVING Recipe of the Month Sweet Potato Turkey Bake From the ONIE Project

#### Ingredients:

|                         |   |
|-------------------------|---|
| 1 cup                   | quick-cooking barley                          |
| 2 Tbsp                  | olive oil                                     |
| 2 Med                   | sweet potatoes, diced                         |
| 1 lb                    | 93/7 lean ground turkey                       |
| 2 tsp                   | dried rosemary                                |
| 2 cloves                | garlic, minced                                |
| 2 cups                  | frozen kale                                   |
| Non-stick cooking spray |   |
| 2Tbsp                   | whole-wheat flour                             |
| ¾ cup                   | 1% low-fat milk                               |
| ¼ cup                   | unsalted chicken broth                        |
| 1 cup                   | shredded part-skim mozzarella cheese, divided |

#### Nutrition Facts

6 servings per recipe

**Serving size** (314g)

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#### Amount per serving

**Calories** 420

% Daily Value\*

**Total Fat** 16g 21%

Saturated Fat 5g 25%

Trans Fat 0g

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**Cholesterol** 70mg 23%

**Sodium** 240mg 10%

**Total Carbohydrate** 44g 16%

Dietary Fiber 9g 32%

Total Sugars 4g

Includes 0g Added Sugars 0g

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**Protein** 27g

Vitamin D 1mcg 6%

Calcium 344mg 25%

Iron 3mg 15%

Potassium 812 mg 15%

\*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. Preheat oven to 350°F. In saucepan, prepare barley according to package directions. Set aside.
2. In a large skillet, heat oil over high. Add sweet potatoes, turkey, rosemary & garlic. Cook 10 minutes or until turkey is cooked through, crumbling throughout. Add kale & stir to combine.
3. Lightly coat a large casserole dish with cooking spray. Combine turkey mixture & barley in the skillet. Spread evenly in the casserole dish.
4. In the saucepan add flour, milk & broth. Whisk continuously until smooth. Add ½ cup of the cheese and heat on low. Whisk until cheese is melted.
5. Pour sauce over turkey mixture. Top with remaining cheese & bake 10 minutes or until sauce is bubbly & cheese is melted.

**Tips:** Don't like kale or want to switch it up? Use fresh or frozen spinach instead.

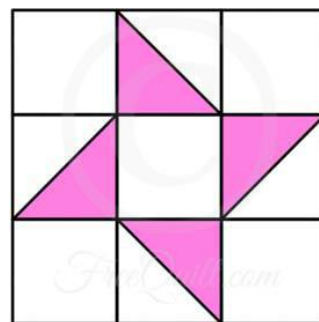


## GALENTINE FRIENDSHIP BARN QUILT

February 12, 2024

1:00 – 4:00 pm

Oklahoma County OSU Extension



Bring your Gal pal or Guy pal and enjoy an afternoon with friends and refreshments as you create a Friendship Star barn quilt. All the supplies will be provided for you and your guest to create a 12"X12" wooden barn quilt.

Registration is \$10. for OHCE members and your guest is free.

OHCE Member \_\_\_\_\_

Guest \_\_\_\_\_

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 Quilt, c/o Oklahoma County OSU Extension, 2500 NE 63<sup>rd</sup>, Oklahoma City, OK 73111**. Deadline for payment is February 5, 2024.

\*This is a Membership Committee project. \*

\*\*We will re-schedule if inclement weather. \*\*

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