



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

September 19: Articles to Newsletter Editor

September 26: Educational Lesson: “Making Ends Meet on a Limited Food Budget”, presented by Connie Wollenberg, McClain County FCS Educator. 9:30 am, Extension Conference Center.

Combined Executive Board and County Business Meeting
15 minutes after Educational Lesson.

October 3: Educational lesson: “Food Safety for Seniors,” presented by Connie Wollenberg, 9:30 am, Extension Conference Center.

October 3: Annual County Planning Meeting. 15 minutes after educational lesson. Lunch provided. **Please RSVP to Lisa no later than September 26th with the number of members attending from your group**

Reminders:

Membership dues should be collected at the Sept. group meetings are due to county treasurer, Ruby Berg by Oct. 1st.

Election of group officers for 2025

Appoint group Committee Chairpersons for 2025

Begin working on Life Stories, Photography Contest and Report Books

Inspiration:

- “Let your life lightly dance on the edges of Time like dew on the top of a leaf.” — Rabindranath



PRESIDENT'S COLUMN

By the time you get this newsletter we would have had our Oklahoma County Fair. Which makes me think of Autumn. We should have nice colors from the trees this year from all the rain we have had throughout the spring and summer season. Autumn is also when I love to cook, with the weather getting cooler, I love to heat the kitchen, as I try new recipes and many of the old comfort foods. It is also a time that I like to craft, making decor for the holiday's, making gifts, and get together with family and friends.

What are some of the things that you like to do? On October 3, we will be having our Planning meeting. If you have an idea that you would like to see implemented into a county project, workshop, or special event, please contact one of the Committee Chairs, myself or Lisa. I have enjoyed the special events after the Educational Lessons. What are your thoughts?

Sharing this from another OHCE County!



County OHCE President

Gayla Mosteller

WINTER BARN QUILT WORKSHOP DATES

Hold the dates of January 24th or 25th for the next barn quilt workshops. We had such success holding a Friday and Saturday class during the summer, Gayla is going to offer them again to brighten up the doldrums of winter! A registration form will be attached to the last newsletter of the year.

OHCE IS GOING ON A CRUISE

Former state OHCE president, Debbie Wagstaff is organizing an OHCE cruise through New England and Canada October 25-November 1, 2025. Details are attached at the back of this newsletter. There is a \$100 deposit, with final payment due July 2025. Contact Debbie at (580) 336-8860 or motedebbie@gmail.com if you have questions.

DATE CHANGE FOR OCTOBER LEADER LESSON: COMBINING WITH ANNUAL PLANNING MEETING OCT. 3RD

Guest speaker, Connie Wollenberg has a conflict with presenting the leader lesson, "Food Safety for Seniors" on the fourth Thursday of October, so it will be held at 9:30am on October 3rd, same day as our annual planning meeting.

As groups re-organize for the 2024-25 program year, please remember that if you are a committee chair for your group (healthy living, cultural enrichment, resource management, family issues, social, etc.), you are also on the county committee. All members are invited to this meeting, but it's especially important for group/county officers and committee chairs to share their input as we set our activity goals for 2025. Final recommendations from this meeting will be published in the 2025 OHCE yearbook.

Lunch will be provided in between the leader lesson and afternoon planning meeting. Please RSVP to Lisa no later than September 26th with the number of members attending from your group.

VETERANS' ITEMS TO COLLECT FOR AUGUST

- Shampoo
- Conditioner
- Combs
- Paperbacks

OHCE MARKETING PAMPHLETS

By County OHCE President, Gayla Mosteller

We need to get our new OHCE pamphlets ready. Like in the past we will do a trifold with group information, pictures and OHCE statement. I have asked a committee to work on a grant for our new Informational Pamphlets. What we need from each group is information about your group, special interest, meeting times and place. As a county we will focus on the VA Project and Stocking Project. If we could have this information at the Planning Meeting it will give the committee time to start their project and grant.

OFFICERS NEEDED

By County OHCE President Gayla Mosteller

Have you ever been asked to serve as an officer in any organization? I'm asking each of you today to think about; "Why are they asking me to serve as an officer or committee chair?" Well, it's because you enjoy OHCE, and learn new things from the Educational Lessons, demonstrations, and workshops, making new friends with members in your group as well as members in the county and across the state. We each have something that we can bring to our organization. I have had several of you come to me with ideas for workshops, how you liked a program; these ideas I passed on to the committee. If you would like to know more about an office you can look in your Yearbook, By-Laws, pages 67-70 for the duties of each office and committee. Lisa and I would love to visit with you, if you have questions.

I want to thank **Susan Hart**, for serving as our secretary the past two years. With great regrets she had to resign her position, due to recent health issues. Please keep her in your prayers.

As your groups are filling in your local officers and committee forms for the 2025 year, please consider becoming a County Officer. Offices that are vacant at this time are Secretary, Vice President and Leadership Development.

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 call or text Dee Dee with a number of stockings your group has completed or who I can call to get a count. I would love to recognize your groups' number of completed stockings and include pictures for the October newsletter.

OHCE MEMBERS TEACH WORKSHOPS

The August leader lesson, “The 3 C’s of Quilting” was taught by our own Scissor Tales President **Beverly Kirk**. She provided excellent information on how to care for quilts and how to determine a monetary value for them. There were several visitors in attendance with at least 3 expressing interest in joining OHCE! After the lesson, Modern Homemakers member **Ruby Berg**, demonstrated how to make a fabric box, and gave several away as door prizes. Thank you, ladies!



Beverly Kirk



Ruby Berg



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.

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). Thank you very much for all the support. This newsletter would not be what it is without YOU. Thank 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.

GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group met Wednesday, August 21st in the President's Hall at the Oklahoma County OSU Extension Center. This month we brought back our "Discovering Your Roots: An Introduction to Genealogy" produced by Great Courses and featuring Professor John Philip Colletta. We watched a couple of his lessons last year and they were so well received that we watched two more this month: "Interviewing Kin and Mining Home Sources" and "Genealogy Online---Gems and Junk". Those were filled with tips and ideas and enjoyed by all. We did have two visitors in addition to 11 members in attendance. Jan's Genealogy Quick Tip for August was "Back to School Genealogy Projects" and is available on our website: ohcegenealogy.com.

Cultural Enrichment

By Jan Beattie Co-Chair

As summer winds down, explore the coolest ways to beat the heat and enjoy fun experiences you won't find anywhere else. Here are a few of the ways to discover Oklahoma this month!



Heating Up

- **Thoroughbred Season** returns to **Remington Park** from Aug. 16 to Dec.13, offering an exciting series of horse racing events! This annual season attracts racing enthusiasts from around the region, eager to witness top-tier Thoroughbred racing.
- See **Oklahoma City Museum of Art's** newly opened exhibition, **Edith Head: Hollywood's Costume Designer**. This exciting retrospective of award-winning costume designer Edith Head will feature costumes from the 1930s to the 1960s that were worn by some of Hollywood's biggest stars of the 20th century.
- The **Colors of Freedom: Ukrainian Children for Peace** exhibit is opens at the **Oklahoma Contemporary Arts Center**. The exhibition presents a collection of artworks created by young Ukrainians who want to share their fears, hopes and dreams with the world. Through their art, they celebrate the bravery and resilience of the Ukrainian people, showcasing a nation's unwavering spirit.
- The Great **State Fair of Oklahoma** runs September 12-22^{at} State Fair Park. Lots of rides, attractions, music, new food to try and enjoy and more! Visit okstatefair.com for more information.

Cooling Off

- **Scissortail Park** offers everything you need to make a day of it, including a skating rink, paddle boats on the lake, a splash pad and more.
- Cool off at **Riversport's** indoor alpine skiing and snowboarding! Hit the water with them in the **Boathouse District** for whitewater rafting and surfing. A fan of calmer waters? Rent a paddleboard or kayak at **Lake Hefner** or **Lake Overholser**!
- Enjoy a relaxing boat **cruise** along the Oklahoma River.

Take advantage of these fun activities and more! Oklahoma is a place like no other. Enjoy our great state and all it has to offer.

Bits and Bytes Computer Group

By Kathy Feters

Our group met Monday, August 26th, at the Oklahoma County OSU Extension Center in the Pistol Pete Room. We had 8 members in attendance, either in person or via ZOOM. Bill James walked us through several tips and shortcuts that we can use with the browser EDGE.

Our focus this month is on member Jo Ann Brannan. Jo Ann had a very enjoyable career with OSU Cooperative Extension, 42 plus years. She graduated from Oklahoma College for Women (now USAO) with a degree in Home Economics and was hired as a trainee for 3 months in Logan County, working with the 4-H Program. Her next assignments were as a 4-H Educator and Family and Consumer Sciences Educator in Kay, Jefferson, and Pottawatomie Counties. Following that, she was next assigned as Central District Program Specialist with 17 Counties. This included 4-H and Youth Development and Family and Consumer Science Programs.

Jo Ann completed her master's degree in Family Economics and Consumer Science from OSU using her educational and annual leave time. Her last assignment was County Extension Director in Oklahoma County. She hired our OHCE Advisor, Lisa Hamblin in 1989.

She states she enjoyed working with various Oklahoma County committees, elected county, state and national officials and provided educational programs in family budgets, estate planning, canning and food and nutrition. She enjoyed her many experiences and opportunities working with other agencies, OSU Cooperative Extension professionals and county clientele.

What a wonderfully long and varied career she has had with OSU and OHCE.



NW Seekers

By Vicky Sharp

Our lesson was great. The subject of canning is very complex. We discussed our experiences with canning in our family's history. We plan to write cards for holidays and birthdays and distribute them to local senior facilities. We went out for a quick lunch.

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

Our group met on August 12th. Our leader lesson was very informative. We set the date for our yearly Garage Sale. We've received donations from friends, neighbors, and found things we have never used (if you haven't touched or used it in a year it needs to go). We visited about what refreshments we would bring to the September County Leader lesson/Business meeting. We visited about making a brochure for our group and what cookies we're going to put in the Cookie Jar for the OK County Free Fair. We reminded our members to get busy on the County Christmas Stocking project because the deadline will be here before you know it. We adjourned and enjoyed healthy snacks and great conversation.

New Beginnings Garage Sale, September 12-14, at 811 Post Road, Midwest City, OK 73110.

We are accepting donations.

Our next meeting will be on September 9th, 10am, at the Extension Conference Center in the Pistol Pete room. We welcome all guests.



Susan took great pictures of Kathryn making cookies for the Cookie Jar. Great Job team.



FLOURISH AND GROW BY Mindy Aragon

At our August meeting, we delved into the exciting world of the Fair Book. With many of our members being first-time entrants to the county fair, we carefully explored the categories and rules, ensuring everyone felt confident about participating. The highlight of the meeting was undoubtedly the tasting session, where members brought in an array of cookies for our group cookie jar entry. Additionally, we collaboratively adorned our cookie jar in line with this year's vibrant Summer Olympics theme. Our club thrives on open communication, with GroupMe providing a platform for ongoing discussions and planning. As a result, we have seen great success in leveraging this app for efficient coordination between meetings. Our regular meeting time is set for the first Monday of the month at 6:30 pm. Please note that our September meeting will be conducted virtually via Zoom on the day following Labor Day. We are eager to embark on this fair adventure together and eagerly anticipate new involvement!



SCISSOR TALES QUILT GUILD BY Beverly Kirk

I've collected readings and brochures from at least 50 quilt shows over the past 20 years! My friend B Esslinger was involved in a Hidden Stories Exhibition of Quilts and the memories are to be savored like a good casserole!!!

The STQG members share, cut, stitch, snack a bit, and we laugh a lot! OHCE is the best door we ever KNOCKED ON to ask to host our dreams!!!! Here's the reason we quilt as quoted from the OK Museum of History:

- Quiltin' fulfills different needs for different people
- Quilters use the process of stitching layers of fabric and batting as an artistic outlet, as a way of interacting with peers, and as a method to educate the young and also to vent political and social views!
- Quiltin' has endured the rigors of economic downturns and come out the other side with a new vibrancy and attention to quality.
- All the while.... Quilts have been used to strengthen the bonds of family and friendship across time and miles.

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

HOW TO SEW JEWEL BOX QUILT BLOCKS



OKLAHOMA COUNTY FREE FAIR PICTURES

(if you have taken pictures, please send to Dee Dee to put into the newsletter in September)



Thank you, Marsha Jefferson, Diane Glover, and Renee English for visiting, and Patty Whitecotton for working at the 2024 Oklahoma County Free Fair.



HEALTHY LIVING
Recipe of the Month
Easy Skillet Lasagna
From Choose Homemade-onieproject.org/recipes

Ingredients:

- 1 lb 90/10 lean ground beef
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 lg zucchini, cut in half and sliced
- 1 (8oz) carton sliced fresh mushrooms
- 2 (15 oz) cans no-salt-added tomato sauce
- 1 (14.5 oz) can no-salt-added diced tomatoes, undrained
- ¼ cup minced fresh basil
- 5 oz whole-wheat lasagna pasta
- 1 ½ cups shredded part-skim mozzarella cheese

Preparation:

*Heat a large skillet over medium-high. Add beef, onion, and garlic. Cook 4-5 minutes, crumbling meat throughout.

*Add zucchini and mushrooms. Cover and cook 4-5 minutes or until beef is cooked through.

*Stir in tomato sauce, tomatoes and basil. Break pasta in half and press into sauce. Spoon tomato sauce over pasta until covered. Cover and simmer 15-20 minutes or until pasta is al dente.

*Top with cheese and serve.

TIPS: Give your lasagna a kick with red pepper flakes.

Nutrition Facts		
6 servings per recipe		
Serving size	(462g)	
Amount per serving		
Calories	380	
		% Daily Value*
Total Fat	14g	18%
Saturated Fat	6g	30%
<i>Trans</i> Fat	0g	
Cholesterol	65mg	22%
Sodium	270mg	12%
Total Carbohydrate	36g	13%
Dietary Fiber	7g	25%
Total Sugars	10g	
Includes 0g Added Sugars		0%
Protein	30g	
Vitamin D	0mcg	0%
Calcium	274mg	20%
Iron	5mg	30%
Potassium	11870mg	25%
* 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.		

Cruise Choice One: New England States & Canada

Ship: Enchanted Princess

Date: Oct. 25-Nov. 1

Ports: 5

Sea Day: 1

New York City, New York – Newport, Rhode Island – Boston, Massachusetts

Portland, Maine – Saint John, Canada – Halifax, Canada

Prices are based on per person – prices are subject to go lower also.

Interior Room: \$888.00

Ocean View: \$1428.00

Balcony Room: \$1428.00

Mini Suite: \$1628.00

Suite: \$3,308.00

Final payment will be due in July, 2025

Princess will arrange all flights. Prices will not be available until Nov. 22, 2024

Here are some thoughts that could be possible. First of all let me tell you that New York City is just as safe if not safer than Oklahoma City and Tulsa. I have been there 9 times with students as well as adults. It is so very easy to get around there.

It could be arranged through me for us to dock on Saturday, get a hotel room and then Saturday afternoon go to a Broadway Show and then go to Stardust Diner (retro 50's diner) for dinner. Stardust is a wonderful place to go. I go there every time I am in the city. Or we could take the ferry to Staten Island in the afternoon and go to dinner and then the Broadway Show. Then fly home on Sunday, Nov. 2nd. That would definitely be the excursion for New York.