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Twenty-fourth Email Edition

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## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

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#### CALENDAR OF ACTIVITIES

- October 1:** OHCE membership dues to county treasurer, Ruby Berg
- October 1:** Group officer and committee chair list, non-discrimination form due to Lisa
- October 3:** Educational Lesson: "Food Safety for Seniors", presented by Connie Wollenberg, McClain County FCS Educator, 9:30am, Extension Conference Center.
- October 3:** Annual County Planning Meeting and Leadership Development: 15 minutes after the educational lesson. Box lunches provided to those who called Lisa.
- October 17:** Articles to Newsletter Editor for November/December
- November 14:** Reservations for OHCE Holiday Luncheon due to Lisa. Group presidents call with the number attending.
- Reminders:**
- Election of group officers for 2025
- Appoint group Committee Chairpersons for 2025
- Begin working on Life Stories, Photography Contest and Report Books



## PRESIDENT'S COLUMN

It's that time of year when we start planning for next year. Your groups may have elected new officers and signed up for different committees. Now it is time for us to do the same for our County OHCE Organization. If you are serving on a committee in your local groups, you are also a member of the county's committee. On October 3 we will be having our Planning Meeting, and we want your input for next year's projects, activities, and ideas that you like or dislike. Please bring your ideas and enthusiasm with you. During the Planning Meeting we will use the State Goals as a guide to plan for next year.

I'm excited to start our Reports Award books this year. We should have several nice Award Books to turn in. I will do a book on our Membership; on the extra projects and demonstrations we held after our Educational Lessons. Scissor Tales should have a book on their first Quilt Show. Stocking Project, remember to take pictures, and the VA project should also have great reports to submit. And don't forget Photos and Life Story Essays. Kathy Fetters won 2<sup>nd</sup> place last year with her story. She will share it at our Christmas Luncheon.

County OHCE President

Gayla Mosteller

## **MARK YOUR CALANDERS**

### **Barn Quilt Workshop**

### **January 24-25, 2025**

### **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](mailto:motedebbie@gmail.com) if you have questions.

### **VOLUNTEERS NEEDED FOR POVERTY SIMULATION**

Oklahoma County Extension Director, LaDonna Hines is hosting a poverty simulation on Thursday, October 17<sup>th</sup> at the Association of Central Oklahoma Government building, 4205 N. Lincoln Blvd., 8:30am-12:30pm. This is next door to the county election board building. We will be hosting employees of the Oklahoma Healthcare Authority as our participants.

What is a poverty simulation? It's an event to better understand what families in poverty deal with on a daily basis. We've all heard the saying "walk a mile in my shoes", and that's what this is about. We will be in a large room, each volunteer with an assignment to man a table. Each table will represent the agencies and businesses that many families come in contact with, such as banks, community services, jail, public transportation, etc. When the healthcare employees come in, they will receive a card that tells them about their "family". How many children they have, if they need assistance with rent, bus tokens, etc. They will visit all the tables that represent those agencies, and the volunteers will role play how you can help them. It's a very eye-opening experience to see the struggles many families have just to survive. I assisted with one of these events and it really does help in developing compassion and empathy for a large percentage of Oklahomans who live below the poverty line. Please let Lisa or LaDonna know if you are interested.

### **VETERANS' ITEMS TO COLLECT FOR OCTOBER**

- Deodorant
- Bar Soap
- Toothbrushes
- Toothpaste

## **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 the OHCE mission 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 interests, 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 for the past two years. With great regrets she had to resign her position, due to recent health issues. Please keep her in your prayers. Thank you, **Beverly Kirk** for volunteering to complete Sue's term of office.

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, Vice President, Leadership Development, and historian.

## **OHCE STOCKING PROJECT REPORT**

### **By Dee Dee Shepherd**

**We have stockings** in Red, Blue, 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. We need at least 830 total stockings. As of today I have reported to me 393 completed stockings.

**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. It is important for us to give your group credit for the Stockings you have completed. Thank you so very much.

**Please call or text Dee Dee with the number of stockings your group has completed or who I can call to get a count. We want to make sure every child goes home with a stocking.**

## **OHCE Group Business Cards**

### **By Susan Hart**

I have created template cards for OHCE groups plus a blank version. Each club can edit the template or create their own Groups Business Cards.

ACCESS [avery.com/templates/8877](https://avery.com/templates/8877) (10 cards per sheet, 2 x 3.5")

click on colored SH logo at top right

click projects

select card template

click Open Project

Edit card using menus on left and top

Click Save, Print on top banner

If you have any questions, feel free to contact me at: [shart743@gmail.com](mailto:shart743@gmail.com).

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

**I would love to post your favorite recipe for Thanksgiving and Christmas in the next newsletter. Please send them to Lisa at [Lisa.hamblin@okstate.edu](mailto:Lisa.hamblin@okstate.edu), or to me at [Deeshep147@aol.com](mailto:Deeshep147@aol.com). Before October 15<sup>th</sup>, so we can get a Nutrition Label created for the recipes. All recipes that are printed in the newsletter must have a Nutrition Label.**

**I have a top-secret project for you to participate in.** I will keep your name a secret. November/December I always think it is a time to give thanks. We thank people in the community and people that have touched our lives. So, this is your opportunity to thank someone you look up to, admire, or just need to know they are loved. This is for everyone to do. Write a thank you sentence with their name and group name, and I will put it into the newsletter. What a great way to show someone how much we appreciate them.

Please send any pictures or stories to [Deeshep147@aol.com](mailto:Deeshep147@aol.com). We love seeing your groups in action.

## **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.

October            NW Seekers, Bits & Bytes, & Learn Create & Share

## **HOLIDAY LUNCHEON DECEMBER 6<sup>TH</sup>**

The annual OHCE holiday luncheon will be Friday, December 6th, 11:30am, at the OSU Extension Conference Center. Groups may begin coming at 9:30 to decorate their tables. Watch for the November newsletter when we announce the theme. The luncheon will be a pot luck, so plan to bring enough to feed at least 4-6 people. Group Presidents please RSVP NO LATER THAN NOVEMBER 14TH to Lisa at [lisa.hamblin@okstate.edu](mailto:lisa.hamblin@okstate.edu) or social committee co-chair Connie Graham at [surfjamesgraham@yahoo.com](mailto:surfjamesgraham@yahoo.com) or 405-517-5632 with the number attending from your group. This helps us to know how many tables to set up as well as the number of paper goods we will need. In addition, please report how many stockings your group has made, so if we need to make more, we will have time before the December 14th Grandparents Raising Grandchildren holiday event.

## **MODERN HOMEMAKERS**

**By Burchie Smith**

Modern Homemakers met for our September 12th meeting with eight members present. Everyone was excited about the county free fair and the ribbons they received from their entries. Dianne Lee gave a wrap up of how many entries we had and felt that we did a good job. Besides Dianne Lee a few other members either helped or attended the fair. We had a good discussion, covering many items such as the fair, sewing of the Christmas stockings, and the information that Ruby Berg presented about business cards with our club's name on them to be given to prospective members. We told her we were very interested, and she will follow through with our OK. The county planning meeting that will be held October 3 was presented with information about the importance of that meeting. A final count of who will attend will be made soon and turned into the office of OHCE. We then caught up on our lessons with Ruby Berg presenting garden pollinators. It was a good lesson with all of us realizing the importance of these pollinators and was surprised that along with bees, wasps were in the category of pollination. It mentioned how few monarchs have been seen so far in our gardens. It was noted how important it was to take care of such insects. The next lesson was presented by Dianne Lee on the "three C's of quilting, comfort, community and care." Diane is a quilt maker and emphasized the importance of caring for quilts, especially the quilts that had been made by mothers, and or grandmothers that have been passed down through the years. We are looking forward to our next meeting on Thursday, Oct. 10th.

## **HEALTHY LIVING**

### **By Connie Graham from Northwest Seekers**

#### **Warning/Caution**

Have you ever heard of Ramsay Hunt Syndrome or Bell's Palsy? I learned about both when stricken with Varicella Zoster, the shingles.

My story begins with a toothache. Twenty-four hours later I awoke with a rash covering one side of my chin. My lower lip was involved causing major swelling. The rash moved into my mouth running along my bottom teeth and jaw line, the left side of my face was next, it traveled into my hair and left ear causing searing hot, stabbing pain.

After two weeks, I awoke to find I couldn't close my left eye. A trip to the E. R. assured me I wasn't having a stroke, but now had Bell's Palsy caused by the shingles outbreak. I was given pain meds and advised to tape my eye shut at night to prevent drying and permanent eye damage.

Bell's Palsy can cause severe drooping of the face, eyes and mouth. The mouth can droop to the point of continuous drooling.

Weeks later a neurologist advised I was actually suffering from Ramsay Hunt Syndrome. It is caused by nerve damage from the shingles.

I still have tingling and spasms in my lower lip, and at times my left eye doesn't blink with my right eye. These issues may never be resolved.

Shingles is not a simple rash caused by the chicken pox virus. It can cause blindness, sepsis, meningitis, pneumonia and neuralgia.

My six weeks of sleepless, agonizing pain was preventable. Don't be like me and put off getting the shingles vaccine. I will be getting mine ninety days from my last outbreak.

# *Cultural Enrichment*

By Jan Beattie Co-Chair

Enjoy the fall colors and cooler temps. Fall into a good time in OKC! *Here are just a few:*

## **OKLAHOMA REGATTA FESTIVAL - October 4-6, 2024**

This will take place at Riversport Rapids and Adventures Oct. 4-6. The family friendly festival features competitive rowing, rafting and dragon boat league championships, OG&E NightSprints racing, great food and fireworks to cap off racing Friday and Saturday evenings. On Sunday, attend PaddleMania – an event YOU can enter when you build your own raft, put together a team for raft tug-o-war or just grab friends for the big raft race.

## **RED EARTH FALLFEST - Oct. 19, 2024**

Celebrate Indigenous People's Day at Red Earth FallFest at the Myriad Gardens downtown OKC. The festival will feature a parade, arts & crafts market and a Youth Powwow. Be sure to bring your lawn chairs, blankets and a picnic to enjoy the day of free family friendly activities.

## **41<sup>st</sup> ANNUAL HAUNT THE ZOO** - Every weekend in October.

Along the trail, candy will be distributed, and you will be able to visit themed booths! Zoo admission and official Haunt the Zoo bags are required to participate.

## **FALL AT THE ORR FAMILY FARM – Sept. 21 – Nov. 9, 2024**

Cannon blasters, super slides, giant jumping pillows, tube rollers and gemstone mines are just a few of the unique October attractions offered by the local farm. On **October 29-30**, the Farm will host Trick Orr Treat, where children can dress in costume and trick-or-treat around the farm.

## **OKLAHOMA FOLKLIFE FESTIVAL - October 5, 2024, 10:00 am - 3:00 pm,**

This festival is at the Oklahoma History Center is designed to engage visitors with opportunities to experience other cultures and traditions.

## **OKLAHOMA CZECH FESTIVAL - October 5, 2024, 8:00 am - 5:00 pm,** downtown Yukon

## **HISPANIC FIESTA AT SCISSORTAIL PARK – Oct. 12, 2024, 5:00 pm - 10:00 pm**

**OKTOBERFEST** – numerous events across the state in October from OKC to Tulsa to Elgin.

## **HALLOWEEN FORENSICS NIGHT – October 1, and 18-30, 2024**

Museum of Osteology in Norman Wear your spookiest costume and solve real crimes!



## **GENEALOGY GROUP**

**By Kathy Fetters**

The Genealogy Group met Wednesday, September 18<sup>th</sup>, at the Oklahoma County Extension Center in the President's Hall. We had 14 members present plus Miss Reba Rose Hedinger, a nine-week-old toy poodle puppy, who received lots of love and attention. President Jan Beattie led our business meeting, including her regular *Jan's Genealogy Quick Tip*. The tip for this month was "*Fall*"ing into Family History. You can see September's tips and all of Jan's monthly quick tips on our website: [ohcegenealogy.com](http://ohcegenealogy.com).

Following the business meeting, Jan presented *Creating Online Memorials for Remembering Our Loved Ones*. The funeral homes today provide a way to remember and honor your loved one on the funeral home website, but those are controlled by the funeral home, not necessarily by the family. Jan investigated five free memorial sites where family, or friends, can create and control a permanent Online Memorial page dedicated to a deceased loved one. She highlighted the good and bad of each site along with examples. She also took us into 8 paid sites with the same goal of showing the good and bad of each site, along with examples and pricing. Not everyone can afford the cost of a funeral or is willing to let those memories, pictures and condolence comments vanish into the past on the funeral home page, so these Online Memorials are an excellent way to keep that Memorial active into the future.

At our October meeting, Loyce Nelson Edwards, will present *The Rich Legacy of Sandtown, Oklahoma*. Sandtown was once a thriving Black community near the site of the State Fairgrounds. Three generations of Loyce's family lived there, owned businesses and thrived. Sandtown has vanished physically, but Loyce will reveal it to us through her research and family stories. Please join us for the trip back to Sandtown on October 16<sup>th</sup> at 10:00 a.m.

## **SCISSOR TALES QUILT GUILD**

**BY Beverly Kirk**

### **Quiltin' Frederick Oklahoma**

Let's connect a few dots in the life of a STQG quilter! I lived in Frederick Oklahoma (Tillman County) and attended 1st through 3rd grades. Next, I became a bona-fide quilter after my children graduated high school and college. Luckily, I found a home for building a quilt guild with OHCE in the NE quadrant of OKC! Finally-after years of wanting-I took a class with Gayla Mosteller's good graces and made a Barn Quilt with my STQG girlfriends!

You probably know that a barn quilt takes the concept of a quilt square and recreates it on plywood. The idea is that the bold colors, size, and graphic features of the barn quilt can be seen at a distance for passersby to enjoy! Many barn quilts are made to resemble a traditional quilt pattern, perhaps chosen for what it represents—Corn and Beans, Jacob's Ladder, Compass Star, and Carpenter's Wheel, just to name a few.

Today, barn quilts are one of the fastest-growing, community-driven grassroots public art movements in the country.

I've recently learned that it was in 2001 that Donna Sue Groves turned her childhood appreciation for barns into something beautiful, adorning an old barn with the first modern painted barn quilt square to honor her mother, Maxine, an avid quilter. Her neighbors in Adams County, Ohio, encouraged her to expand the project, which resulted in a collaboration with the Ohio Arts Council to create 20 more painted quilt blocks on plywood!

This highlight of my life story growing up in rural segregated town: downtown Frederick, Oklahoma is showing off the state's largest barn quilt. Don't think of a bunch of quilts hanging up on the side of a building; their barn quilt is like a mini mural - it's a painting done in the style/pattern of a quilt. Just looking at the picture above is great but I'm planning a down-home visit to Main Street Frederick to see the state's largest barn quilt (trail)!!

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

Beverly Huggins Kirk  
Artistry in Textiles & Quilts  
FB/Bquiltin Studio



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

Our group met on September 9th. Our leader lesson was very informative. We visited about what refreshments we would bring to the September County Leader lesson/Business meeting. We talked about making a brochure for our group and the Business cards for the Garage Sale. Our Garage sale was a great success, and we shared OHCE and New Beginnings with visitors. 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.

Our next meeting will be on October 14th, 10am, at the Extension Conference Center in the Pistol Pete room. We welcome all guests.

**Pictures of the 2024 New Beginnings Garage Sale  
(see how we recycle)**



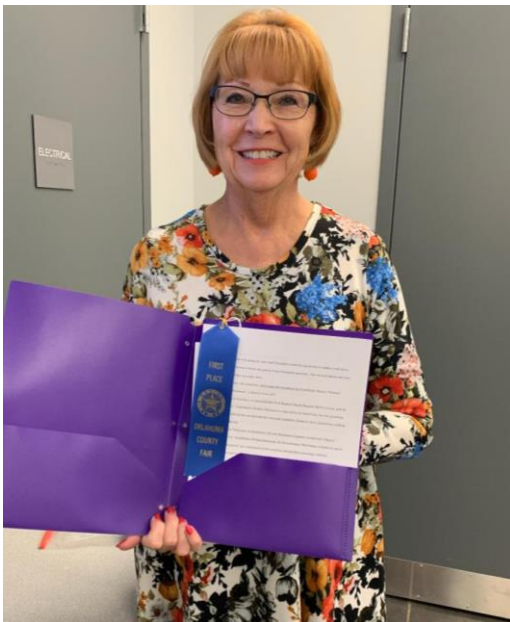
**And we're done. Starting to collect for 2025 after a nap.**

**OKLAHOMA COUNTY FREE FAIR PICTURES**  
(if you have taken pictures, please send to Dee Dee to put into the newsletter)

**Melba's winnings (pictures submitted by Sue Hart)**



**Jan Bohannon displaying her winnings. (pictures submitted by Kathy Fetters)**



**HEALTHY LIVING**  
**Recipe of the Month**  
**Pumpkin Mac & Cheese**  
**From Choose Homemade-onieproject.org/recipes**

**Ingredients:**

- 2 cups uncooked whole-wheat elbow macaroni
- 1 (15oz) can pumpkin puree
- 1 cup low-fat 1% milk
- ¼ tsp pepper
- dash ground nutmeg
- 1 ½ cups shredded sharp cheddar cheese
- ¾ cup grated parmesan cheese
- ¼ cup plain nonfat Greek yogurt
- 5 oz whole-wheat lasagna pasta
- 1 ½ cups shredded part-skim mozzarella cheese
- ½ cup panko breadcrumbs

**Preparation:**

\*Preheat oven to 400 degrees. Cook pasta in a large saucepan according to package directions for al dente. Drain pasta and return to saucepan.

\*Add pumpkin puree, milk, pepper and nutmeg to saucepan and heat over low until heated through. Stir in cheeses until melted.

\*Remove from heat and cool slightly. Slowly add in the yogurt to avoid curdling.

\*Transfer to a greased 8-inch square baking dish. Sprinkle with breadcrumbs.

\*Baked uncovered, until golden brown, about 15-20 minutes.

Nutrition Facts		
6 servings per recipe		
Serving size	(213g)	
Amount per serving		
Calories	<b>370</b>	
		% Daily Value*
<b>Total Fat</b>	8g	<b>10%</b>
Saturated Fat	4g	<b>20%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	20mg	<b>7%</b>
<b>Sodium</b>	350mg	<b>15%</b>
<b>Total Carbohydrate</b>	57g	<b>21%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	6g	
Includes 0g Added Sugars		<b>0%</b>
<b>Protein</b>	19g	
Vitamin D	1mcg	<b>6%</b>
Calcium	341mg	<b>25%</b>
Iron	3mg	<b>15%</b>
Potassium	218mg	<b>4%</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.		

**TIPS:** Try swapping butternut squash in place of pumpkin for a different fall flavor.