



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

- May 4-10** OHCE Week
- May 2** 9:30 am Decorate tables for OHCE Achievement Luncheon
11:30 am OHCE Achievement Luncheon
- May 15** Articles to Newsletter Editor
- May 22** County and Local group OHCE Week Reports due to Extension Center: 50, 60, 70 Year Members, Group forms due to Extension Center
- May 22** 9:30 am Educational Lesson Training Extension Conference Center "Food Safety at the Farmers Market" – Connie Wollenberg, McClain County FCS Educator
- County Business Meeting 15 minutes following Educational Lessons
- Begin planning for the Oklahoma County Free Fair- Exhibits at your group meeting.**

Being happy isn't having everything in your life be perfect. Maybe it's about stringing together all the little things." —Ann Brashares, *The Sisterhood of the Traveling Pants*

"You can't use up creativity. The more you use, the more you have."
—Maya Angelou

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Website Website for Extension Center:

<https://extension.okstate.edu/oklahoma>

Website for OHCE:

ohce.okstate.edu

Website for Genealogy Group:

www.ohcegenealogy.com

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PRESIDENT'S COLUMN

April Showers are Bringing May Flowers!

I hope you all are enjoying this spring /summer-like weather were having. My flowers are just popping up so beautiful. We have had some really nice rain showers and heavy rains, without the severe weather here in our county. However, we have to remember to take precautions with the heavy rains we are having. The old saying, "Turn Around Don't Drown" is very true, as we have seen on the news this past few weeks, where several people have been swept away in the high waters. May, is also the start of our tornado season. In the past few years, we have had lessons on being prepared and what to do in an emergency situation. Do you and your family/friends know where they will go in an emergency? Now is the time to check your cellars. Is it free from standing water, bugs, do you have your emergency information, medications, water and food for a few days? We have had well over 10" of rain this month. We have also discovered several new gophers runs in the back yard. Once it slows down, we will be busy filling runs.



OHCE Week

OHCE Week is May 4-10. If your groups are planning an event or a display, please take lots of pictures. When we have our Educational Lesson on Award Books, we want to have pictures to help tell the story.

Barn Quilt - May 14

We will be hosting a Barn Quilt workshop. If you have not made a barn quilt, they are fun and easy. Invite your friends and neighbors. Remember this is a county project, we welcome your help. If you don't know what to do, we will train. This is also a great way to get new members for your groups.

County OHCE President
Gayla Mosteller

PROCLAMATION OF OHCE WEEK

OHCE County Secretary Beverly Kirk and OHCE Advisor Lisa Hamblin attended the Board of County Commissioners meeting on May 5th for the proclamation of OHCE Week. A representative of County Commissioner Myles Davidson read the proclamation into the public record, recognizing the history and success of OHCE in Oklahoma County. Extension County Director, LaDonna Hines also attended the meeting.



OKLAHOMA COUNTY FREE FAIR AUGUST 7-9

It's time to start working on county fair projects! The county fair is early this year and will be held at the Association of Central Oklahoma Governments building, 4205 N. Lincoln. The location is next door to the county election board. Fair books should be available by June 1st at the Extension office.

90th ANNUAL OHCE STATE MEETING JULY 13-15 CHAMPION CONVENTION CENTER, OKC

"OHCE: A Multi-Purpose Tool" is the theme for the OHCE state meeting this year, and registration is open now. Cost is \$125 until June 19th. This covers the cost of workshops, Monday and Tuesday lunch, and the Monday evening banquet. If you plan to attend the fun and games on Sunday, it's an additional \$10.00. Registration can be completed online at:

<https://extension.okstate.edu/programs/oklahoma-home-and-community-education/ohce-state-meeting/>

After June 19th, the registration fee increases to \$155. Questions? Contact OSU Ag Conferences at 405-744-6489 or agconferences@okstate.edu.

The designated hotel, Hilton Garden Inn OKC Airport is next door to the convention center at 801 S. Meridian. For reservations, call 405-942-1400 and use the **group name OHCE**.

The OHCE State Conference is Almost Here!

Greetings from Tammy Elliott, Vice President for Programs Pack Your Bags – The OHCE State Conference is Almost Here! Get ready for an unforgettable experience—plans for this year's Annual OHCE State Conference are nearly complete, and YOU are invited! Join us in Oklahoma City as we come together to connect, celebrate, and discover how OHCE is a Multipurpose Tool for members across the state. This year's conference promises a perfect blend of celebration, learning, and fun with your conference registration of \$125 which includes Monday and Tuesday luncheons and the Friendship Banquet on Monday evening. If you would like to add to the fun for just \$10 more you can join us on Sunday evening, but you can only do this when you register, so don't forget. The deadline for registration is June 19th. After this date the registration increases to \$155. So, register NOW! All conference activities will take place at the Champion Convention Center, Oklahoma City where we have met for the past few years. Reservations can be made by calling (405) 942-1400, make sure you tell them you are with the group OHCE to get the discounted rates of: Single \$116; Double \$126; Triple \$136 Quad \$146. The deadline for the discounted rates is Friday, June 19th at 5:00 p.m. don't wait, last year they ran out of rooms at these prices. Registration can be made online using our secure OSU online process to pay by credit/debit card (Visa, MasterCard, Discover, and American Express accepted) go to ohce.okstate.edu click on OHCE State Meeting and follow the prompts. You will receive an order/receipt email when you place your order. Please watch for a second confirmation email 1-2 days later. For registration questions contact OSU Ag Conferences, (405) 744-6489, agconferences@okstate.edu Sunday night, registration will start at 6 p.m., we will be kicking off the fun at the convention center at 6:30 p.m. We will be playing music bingo (this is bingo with a fun twist), making friends, and winning prizes all for just an additional \$10. Sunday a challenge will be given to all who attend. This challenge will be turned in Tuesday morning and prizes will be given out at Tuesday's luncheon. Sunday night will be the only time you will receive this challenge. You won't want to miss out! You will only be able to sign up for the Sunday night of fun when you register for the conference, you will not be able to add later. Monday morning enjoy complimentary full breakfast buffet at the hotel. Activities begin at 7:30 a.m. with the First Timers' session. Voting Delegate Orientation and Hostess Orientation is at 8:00 a.m. Voting delegates, please be in your assigned county seat in the front by 8:55 a.m. The Business meeting begins promptly at 9:00 a.m. During the Monday luncheon, the winning Life Story Essays will be read! At the Friendship Banquet, the OHCE Member Awards nominees will be recognized followed by the evening's entertainment. The banquet concludes with Vespers as we remember fellow OHCE members who have passed during the last year. Following Vespers, you will have the opportunity to hang out and make more new friends or just get to know the ones you have a little better. For the first time we are having "Games and Gab" this will be at the hotel in the Rosewood Room. This is just a time to be social and have fun. Bring your favorite group game to share with everyone. Tuesday will be our time to celebrate our Outstanding Award and Report Winners beginning at 8:45 a.m. Teo Hair will share the winning reports and member awards with us, our 50+ year members and groups will also be recognized. During Tuesday luncheon, we will be announcing the winners of Sundays challenge, the apron decorating contest and the Cultural Enrichment Poster Contest. Door prizes will be given, and two lucky winners will go home with \$50.00 bills! You must be present to win. Let's make memories, learn new things, and celebrate what makes OHCE so special. Don't miss your chance—register now and join the fun! See you in July! QR Code will take you to conference registration!

Look in your e-mail for the Summer Outreach from Carol Doner, for all the information. If you can't find it check your spam, trash, and recently deleted files.



ATTENTION VOTERS:

**(This is not the original copy of the press release but a condensed copy of it from Susan Hart. She wanted to make sure we all were informed and did not think it was Spam.)
Thank you, Susan, for taking care of us.**

By state law, the Oklahoma State Election Board must keep voter rolls up to date.

- Over the next several weeks, the State Election Board will send an ADDRESS CONFIRMATION NOTICE to some registered voters in Oklahoma whose addresses are unclear.
- If you receive an ADDRESS CONFIRMATION NOTICE, you have 60 days to respond. You can respond by filling out and mailing the card you receive with the notice or by using the OK Voter Portal. <https://okvoterportal.okelections.us/>
- If you do not respond within 60 days, you will be placed on 'inactive' status and, by state law, removed from the voter rolls after the 2028 General Election.
- You can avoid "inactive" voter status and removal from the voter registration rolls by updating your voter registration or voting in any election before the 2028 General Election.
- It is always wise to check the OK Voter Portal to verify that you are registered, to ensure that your name and current address are correct, and to verify or change party affiliation.

To learn more about the Address Confirmation Notice process in Oklahoma, visit the [State Election Board website](#). Voters with specific questions regarding their registration should contact their [County Election Board](#).

Online Contact Information:

Address Confirmation Notice - <https://oklahoma.gov/elections/ovp/address-confirmation-notice.html>

OK Voter Portal – <https://okvoterportal.okelections.us/>

State Law - <https://www.oscn.net/applications/oscn/DeliverDocument.asp?CiteID=78475>

State Election Board Website - <https://oklahoma.gov/elections/ovp/address-confirmation-notice.html>

County Election Boards – <https://oklahoma.gov/elections/about-us/county-election-boards.html>

Oklahoma State Capitol
2300 N. Lincoln Boulevard
Room G-28 | P.O. Box 53156
Oklahoma City, OK 73152-3156 405.521.2391 info@elections.ok.gov
[https:// www.oklahoma.gov/elections](https://www.oklahoma.gov/elections)

CHALLENGE ISSUED TO OHCE MEMBERS!!!!

At the Achievement Luncheon two of our OHCE Committees issued a challenge and invitation to OHCE members to join in an activity that will bring members together as they compete against one another, encourage one another and invite others to join focus on getting healthy and exploring Oklahoma.

JOIN OHCE AND WALK ROUTE 66 WITH US!!!

The Healthy Living and Cultural Enrichment Committees Invite

YOU AND YOUR FRIENDS

To join us as we launch a program to get you moving and exploring
along

The historic Route 66 as it goes across Oklahoma.

There will be points for each mile walked and bonus points for each site
visited

2026 will mark the 100th Anniversary of Route 66 so there will be lots of
activities all along the route and within OHCE in the coming months.

The cost is \$1 to participate and we encourage you to bring along some
friends

A booklet has been created that you can use to help you keep track of the miles you have walked (virtually) and the places you have visited. A large map will be used to track everyone's progress and will be available for viewing at the monthly Leader Lessons. Check with Kathryn Wells and Kathy Fetters at the May 22nd meeting for more information and to register.

SOCIAL COMMITTEE
Chair: Connie Graham/Kathryn Wells

Here is the 2025 Social Schedule of meetings and group(s) to provide snacks.

May 22 nd	County Business Meeting	NW Seekers/Bits & Bytes
June 26 th	Demo - Calm Bottles	- no snacks – Dawn Gadwill
July 24 th	Demo - Macrame'	- no snacks – Gayla Mosteller
August 28 th	Executive Board Meeting	Modern Homemakers
September 25 th	County Business Meeting	Genealogy
October 23 rd	Demo	- no snacks –

OHCE SPRING AWARDS LUNCHEON
“An Okie Spring Salad Party.”
Friday, May 2nd

Thursday May 1st

We hope everyone enjoyed the Achievement Luncheon. It was a great success.

Thank you everyone that helped set up and clean up the Spring Luncheon. We couldn't have done it without you.

Pictures of those who set up the decorations for the Luncheon and the “**peeps**” that helped set up and clean up. Thank you very much!

We would like to thank whoever brought the coffee. It was needed and very much appreciated.

So glad everyone showed such enthusiasm for the Walk Route 66 program.

Here are the pictures of the table decorations and in June I will have the certificate awards and pictures.







HEALTHY LIVING By Kathryn Wells

Our members are making plans for beginning the “100th Anniversary of Route 66”, by walking across Oklahoma. I have a form that I use to log steps, blood pressure, and then miles that I walk. You are welcome to use this form. I will have copies available at the New Beginnings meeting on May 12th and at the next leader lesson.

**APRIL LEADER LESSON PHOTOS: “BLUE RIBBON JUDGING”,
BRENDA MEDLOCK, Cleveland County FCS Educator
Photographs by Dawn Gadwill**



**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. This newsletter would not be what it is without YOU. Thank you. If you have someone in your group that is not receiving the newsletter, please check their e-mail address and let me know either way. We want everyone to have access to the newsletter. I bring the originals to the meetings if someone needs a hard copy, they can make one.

If you have any pictures of what you were doing during OHCE week, please send them to me for the June Newsletter. All the walks, meetings, projects, lunches etc. It is important that we start recording everything we do. Thank you all very much.

OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

We need all the stocking templates returned to the Extension office. They are for every group to use. Please ask your group members if they have them and bring them with you to your next visit to the Extension office for someone else to use. Thank you.

Watson, Carol Fulton, Linda Steele, Kay Holzman, Liz Hood, Valerie DeBoer, Dawn
Thank you to everyone who participated in our first stocking cutting date. Mary
Gadwill, Gayla Mosteller, and Kathryn Wells. Great job Ladies.



Each group should have a member on the committee, to help with relaying information to their groups for stocking cutting dates, collecting, and delivering the completed stockings to the Extension Office, and letting us know how many your group has completed. I'm looking forward to all your great designs and new ideas. The stocking committee would like to save on expenses so please if you have any unfinished stockings or felt, please let me know. By cutting the stockings out of the felt together we eliminate wasted fabric and save your group time for other projects. Thank you so very much for all your help. Thank you again. You all are AMAZING.



If you have an individual on the stocking committee, questions, or need anything, please contact me by e-mail or phone. Deeshep147@aol.com, 405-664-2460.



VETERANS PROJECT

By Pat Smith, Coordinator

June 24th at 9:30 a.m. is the day we will pack the Veterans Bags for the VA Hospital. Please save that date in Big Red Letters on your calendar!!

Very soon, I will have a committee meeting to make plans for the packing day. Please encourage the members of your group to bring an item or two to your group meeting each month. Thanks for your help!

VETERANS' ITEMS TO COLLECT FOR MAY

- Shampoo
- Conditioner
- combs
- Puzzle Books

MODERN HOMEMAKERS

BY Burchie Smith

The members of Modern Homemakers met at the home of Burchie Smith on March 10. Mary Watson our president lead our meeting starting with the flag and an inspirational message. Eight members were present, and many items were collected for the veteran bags.

The members of Modern Homemakers are busy sewing Christmas stockings. Mary Watson said that she will help cut stockings on April 14. We have marked our calendars to provide snacks on August 28, 2025, for the executive board meeting. We discussed the Oklahoma spring salad luncheon on May 2 about seven members said they will attend. Mary Watson, our president, will call absent members for their answer. We have collected items for the veterans to be bagged in June. We have items like bar soap, playing cards, magazines, etc. We talked about the celebration of Route 66 coming up in 2026. We will have further discussions about it. We ended our meeting with the lesson potted plants with everyone participating telling about their potted plants one lady said that she was going to try tomatoes in a pot. After the lesson, a small dessert was shared by the group.

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

Our meeting was on April 14th, at 10 a.m. at the OSU Extension Center, in the Pistol Pete room. We visited about the leader lesson and our plans for OHCE week. We then prepared the room for everyone who wanted to come to cut out stockings for the OHCE Stocking Project. Our group provided healthy and non-healthy snacks for both events.

We decorated the case at the Del City Library, for the month of May, and members will be walking for OHCE week. We booked the cases at the Midwest City Library for the months of September and November.

Our next meeting will be on May 12th, at 10 am, at the OSU Extension Center, in the Pistol Pete room. We will be sharing our OHCE week successes, Oklahoma County Free Fair, and we will be painting rocks for Route 66 walking. Other groups and the public are invited, and we would love to have you.



BITS & BYTES COMPUTER GROUP

By Kathy Feters

The Bits and Bytes Computer Group met Monday, April 28th, in the Pistol Pete Room at the Oklahoma County Extension Center. We had three members present in person and one via ZOOM. Bill James, our presenter and a member, went through his handout on *Keeping Windows 11 Running Smoothly: Built-In Maintenance Tips*. We all found it to be informative and Bill walked through many of the tips for those who had questions. Our next meeting will be on Monday, May 19th, due to the Memorial Day Holiday. Hope you can join us.

LEARN CREATE AND SHARE

By Myra Moaning

We decorated the Village Library display window with these cute Refrigerator Magnets and Veterans Bags for OHCE Week.



THE GENEALOGY GROUP

By Kathy Feters

The Genealogy Group met Wednesday, April 16th, at the OSU Oklahoma County Extension Office in the Presidents Hall. We had 10 members present, plus a visitor, Shirley Moore and our guest presenter, Lisa Hamblin, an Oklahoma County Family and Consumer Educator. President Jan Beattie went through *Jan's Genealogy Quick Tip for April 2025: Using The Internet Archive Website for Genealogy*. That Quick Tip is available on our website.



Lisa Hamblin is very familiar to all our members as she works with all the OHCE groups. Her topic, *Sharing Family History Through Food*, was very timely as Easter was approaching. Lisa shared some fun ideas for cooking with children, adding in some library books about food and pictures of her own daughter doing some of the activities. Mentioning some foods, Lisa demonstrated how certain foods can automatically trigger good or bad memories. Cotton candy: State Fair and candy corn:



Halloween were just a couple of the examples. Others added their own examples from special foods when they were sick, to foods linked to family reunions. We all came away inspired to make a family cookbook, help a child make an apron so they could cook with us and sharing family stories.

Our group will meet again on May 21st when member Loyce Edwards will present *Born in Sandtown, Oklahoma....Tracing My Family's Footprints in the First All Black Settlement Community in Oklahoma*. It should be a wonderful talk so please join us. For more information check out our website: ohcegenealogy.com and our Facebook page: OHCE Genealogy Group.

Save the Date!

OHCE Genealogy Group
Fall Genealogy Workshop

Saturday, October 4th, 2025

9:00 a.m. – 4:00 p.m.

OSU Extension Center

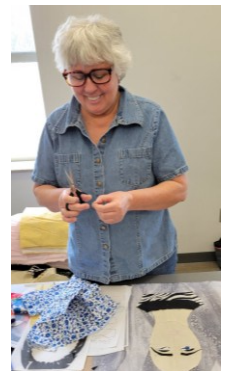
Details coming soon!

OHCE Genealogy Group is planning a *Family History Workshop* on Saturday, Oct. 4th, 2025, at the OSU Extension Center. Details are still being ironed out, but it will be an all-day workshop with 5-6 programs on several different research topics and will include lunch. We would like to invite all OHCE Groups to have a table at the workshop or you can provide a brochure about your group to be included in our handouts/information bag that will be provided to all attendees. It's a great way to promote your group!
More information will be available soon so watch for updates!

SCISSORTALES QUILT GUILD

OHCE HOSTS FABULOUS FACES QUILT WORKSHOP

The Scissor Tales group recently hosted a workshop where participants learned a new quilt block technique from guest instructor Debbie Wanzer of the Modern Quilt Guild. The Fabulous Faces method is not only a fun way to re-use fabric scraps but also keeps textiles out of the landfill. Clothing and textiles take up a large portion of landfills and are slow to decompose. Three guests from McClain County OHCE attended, and plan to offer the fun workshop for their members.



HEALTHY LIVING
Recipe of the Month
Provided by Choose Homemade
<https://choosehomemade.org>

Beefy Taco Salad

Ingredients:

- 1 lb 90/10 lean ground beef
- 1Tbsp chili powder
- 4 cups chopped romaine lettuce
- 1 (15.5 oz) can pinto beans, drained and rinsed
- 4 tomatoes, diced
- 1 cup frozen corn
- 2 green onions, sliced
- ¼ cup queso fresco
- ¼ cup plain non-fat Greek yogurt
- 1 lime, juiced
- 2 Tbsp minced fresh cilantro
- 1 cup crushed whole-grain tortilla chips

Preparation:

- * Heat a large skillet over medium-high. Add beef and chili powder. Cook 8-10 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
- * In a large bowl, add lettuce, beans, tomatoes, corn, onions and queso fresco. Toss to combine. Top with slightly cooled beef.
- * In a small bowl, stir together yogurt, lime juice and cilantro to make the dressing.
- * Just before serving, pour dressing over salad and toss to coat. Top with chips and serve.

Tips:

Fresh salsa makes a great addition to this recipe:

I made this recipe with a few changes, and it was so easy. My brother took the leftovers and made a burrito sandwich. Smiles, Dee Dee Shepherd

Nutrition Facts		
6 servings per recipe		
Serving size		(302g)
Amount per serving		
Calories		330
		% Daily Value
Total Fat	8g	
Saturated Fat	7.0g	
Trans Fat	0g	
Cholesterol	0mg	
Sodium	29mg	
Total Carbohydrate	24g	
Dietary Fiber	3%	
Total sugars	19g	
Protein	1g	
Vitamin D		2%
Calcium		2%
Iron		6%
Potassium		3%
* 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.		