



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

- Sept. 22** Planning Mtg. box lunch orders due to Lisa
- Sept. 24** Genealogy Workshop registrations due
- Sept. 25** 9:30am Educational Lesson, Extension Conference Center
"One Pot Meals" – Julie Selman, Garvin County FCS Educator
* County Business Meeting 15 minutes following Educational Lesson
* Recycled Craft with Valerie DeBoer during break
- Oct. 2** County Planning and Leadership Meeting, 9:30am-3:00pm, Extension Conference Center
- Oct. 4** Fall Genealogy Workshop, 9:00am-4:00pm, Extension Conference Center

We make a living by what we get, but we make a life by what we give.
Winston Churchill

"Volunteers do not necessarily have the time; they just have the heart." – Elizabeth Andrew

"Life's most persistent and urgent question is, 'What are you doing for others?'" – Martin Luther King Jr.

The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope." – Barack Obama

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Website for Genealogy Group:
www.ohcegenealogy.com

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PRESIDENT'S COLUMN

Can't believe we will be bringing the pumpkins and spices out soon. I love this time of year, with the cooler nights and warm days. The meteorologists are saying we should have a very colorful fall this year. This is also that time of year I love to try new recipes to share when we get together with family and friends. Be it weekend tailgating, fall festivals, family gatherings, or just helping with child care.

This can also be that time to tell your stories to your family, especially the younger generation. Tell stories of when you were in school, one of your favorite vacations, times you spent with your grandparents and aunts, uncles and cousins. We have enjoyed our grandson a lot this summer. He has his driver's learner permit, so he is wanting to drive as much as possible. We have made several trips around Lake Draper and Twin Lakes in Shawnee. If you need a chauffeur I'm sure he would be available! 😄

September and October are the time of year we start thinking about next year's OHCE projects, special events, and new ideas. Your individual groups will be electing new officers and committee chairs, paying dues for 2026, and welcoming new members. Mark your calendar for October 2 from 9:30-3:00 for our Leadership training and Planning meeting. For Leadership training we are asking you to bring your 2025 Year Books. Planning meeting, bring your ideas for project and events. We will be looking at the State Goals for each committee.

Gayla Mosteller

County OHCE President

IMPORTANT COUNTY BUSINESS MEETING SEPT. 25TH

There will be an important vote at the next business meeting, and each group needs to have representation. Each group should have 2 delegates attend, typically the president and secretary. However, if they aren't available, the president needs to appoint members to attend in their place or vote by proxy.

The organization bylaws state that there will be 3 county executive board meetings (county officers and committee chairs) and 3 county business meetings (group presidents and chairs added) each year. There will be a vote to combine these meetings so there will be only 3 leadership meetings per year instead of 6. If there is a need to vote on something urgent, a special meeting can be called. This is going into effect in 2026.

ANNUAL PLANNING AND LEADERSHIP MEETING Oct. 2nd

County and group officers as well as committee chairs need to attend this meeting to plan projects and set goals for 2026. **Bring your 2025 OHCE yearbook!** The event will begin at 9:30am at the Extension Conference Center. We have many members who are not familiar with their yearbooks, so we will be going through some of the information in them. Lisa receives many questions that could be answered if you knew where to look in the yearbook.

Additionally, each program committee will make plans for projects to complete next year. These will be published in the 2026 yearbook. The state OHCE board provides a list of suggestions to help come up with ideas. Program areas include: Cultural Enrichment, Resource Management, Family Enhancement, Healthy Living, Membership, and Leadership. **County treasurer Ruby Berg will also have a short session with group treasurers.** Please make sure they attend!

Box lunches will be provided at no charge. Group presidents: please contact Lisa with the names and dietary restrictions for each member attending. **Lunch orders are due no later than September 22nd.**

SAVE THE DATE - REALITY CHECK DATE CHANGE – NOVEMBER 21ST

OSU Extension educators and volunteers will once again be hosting "Reality Check" at Francis Tuttle Technology Center – Rockwell campus on Thursday, November 21st. Ten OHCE members helped at last year's event, and I look forward to just as many volunteering this year. It was a lot of fun!

This is a financial awareness event for high school students, to assist them in understanding how to make better decisions as adults. Each student will be assigned an identity that they must role play to create their adult life. Volunteers will man tables where students must come and finance cars, find housing, insurance, and pay for childcare if their "family" includes children. A training will be held at 11:30am and the program is from 1:00-3:00. Please let Lisa know if you're interested.



WALK ROUTE 66 CHALLENGE

By Kathryn Wells and Kathy Fetters, Co-Chairs

July and August have had their share of heat, and it was reflected in the miles that were reported. In May and June we averaged 1100 to 1300 but in July that dropped to around 900. Still waiting for the finals for August, but they look lower also. There were a few trips reported so some of you were brave enough to tackle the heat and get some sight-seeing done. We have had some rain and September looks like it will be cooler. I look forward to seeing a huge jump in numbers and in the trips that are being taken. Remember to come to the monthly Education Lessons and report your miles so you are eligible for the door prizes!!

At the Leader Lesson on August 28th another person joined our Walking Challenge, and many people gave me their miles putting us over 900 miles. With some cooler weather on the way, that should jump next month. We want to **congratulate Pauline Taylor** who has completed the Route 66 across Oklahoma and now is headed back east on the route toward the Kansas border. Or she could be already 100 miles into the Texas portion of Route 66 headed toward California!!! Hope she has her Boomer Sooner stuff ready! We had a small crowd but almost everyone won some type of door prize. Beverly Kirk won a sun hat, Sandi Maness lotion for dry cracked heels, Gayla Mosteller won a summer Gnome. There were OHCE Rt 66 rocks given out, some lip balm, some care boxes for callouses and a journal to record all the wonderful things spotted along the route! Keep walking, keep reporting those miles, keep taking pictures for the newsletter and definitely come to the Leader Lesson each month!!



Please email me your miles before the Education Lesson each month to kmfdsm@gmail.com or text me your miles, with your name to 515-306-5163. This challenge lasts until next May so don't get discouraged. Make it fun by inviting your neighbors and friends to join you and join OHCE! **Remember to email your miles to me at kmfdsm@gmail.com or text them to me at 1-515-306-5163.**

KEEP MOVING!

How Kathy is tracking our steps





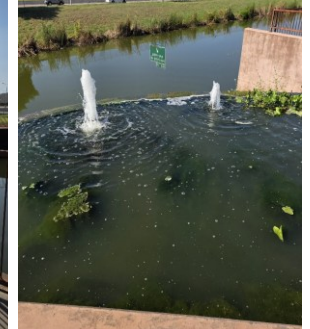
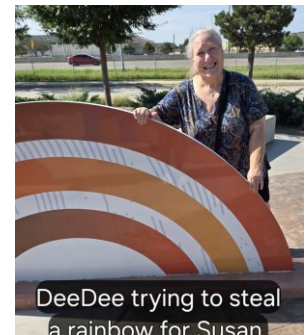
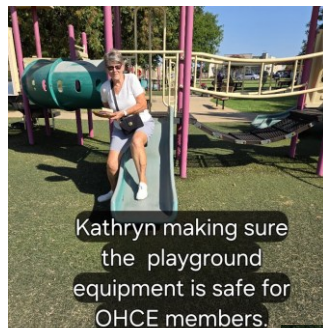
Route 66 Member Visits: Modern Homemakers Group travels to the Round Barn



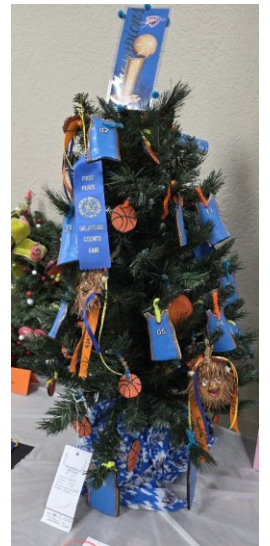
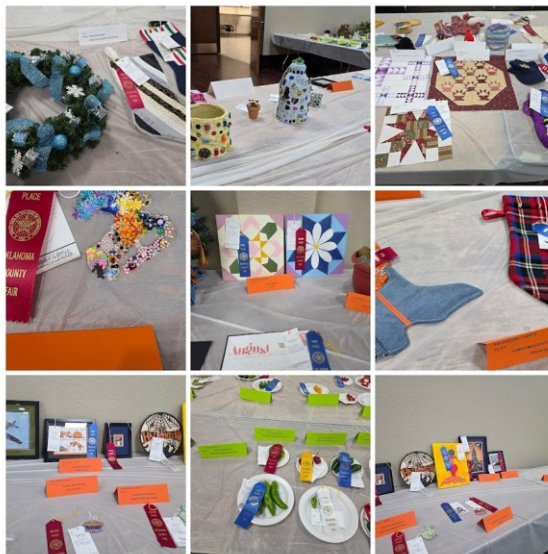
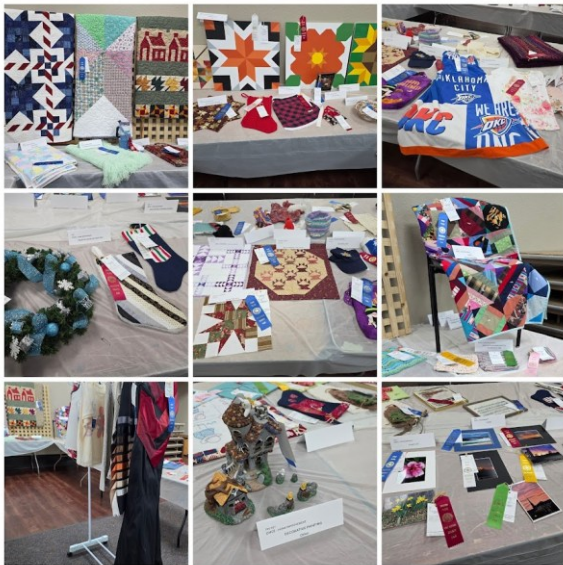
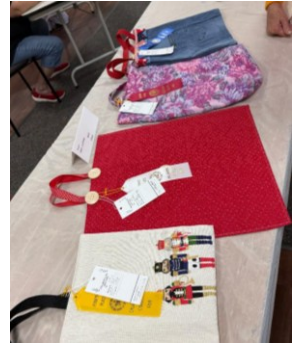
I want to apologize to the Modern Homemakers group for not getting these pictures in the newsletter sooner. Ruby pictured below visited Weatherford. I can't wait to see where you travel next.



Midwest City Welcome Center



Oklahoma County Free Fair Pictures



Pictures from August Leader Lesson
“All About Laundry Soap” – Connie Wollenberg McClain County FCS Educator



Really good lesson. She is very entertaining. Thank you for sharing your expertise with us.



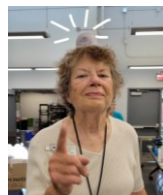
New Beginnings member Linda Steele made her own cane and grabbed the attention of the whole group at the August Leader Lesson as she was walking to the front of the room. Awesome use of spools.

2025 VETERANS’ PROJECT
By Pat Smith, Coordinator

Items for September:

- Deodorant
- Shaving Cream

Again, Thank you, Thank you





SOCIAL COMMITTEE
Chair: Connie Graham/Kathryn Wells



Social Committee Reminder:

Following the Leader Lesson on September 25th, snacks will be served prior to the County business Meeting. The group responsible for the snacks will be Genealogy group.

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

September 25 th	County Business Meeting	Genealogy
	Educational Lesson	
	*Recycled Craft with Valerie DeBoer during break	

October 23 rd	Educational Lesson Training
	Demo-Improved health You Tube videos- Kathryn Wells - no snacks –
	(Be prepared to move a little)

HEALTHY LIVING
By Kathryn Wells

How is everyone doing walking Route 66? Be sure and turn your miles into Kathy Feters every month 2 to 3 days before our Leader Lesson. If you get your miles in, you're eligible for a prize each month.

All Healthy Living chairs and/or presidents please attend September Leader Lesson.

A very good indoor walking program is Improved Health on you tube. If you can't move as fast as she does just walk in place and do the arm exercises. Her 10-minute programs equal ½ miles. Do as many as you can throughout the day. Healthy Living will have a short demo at the October Leader Lesson.

NEWSLETTER EDITOR & HISTORIAN

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**. This is a great way to celebrate the members of your group, document the History of OHCE, and your Group. Having the newsletter to use for award books or to complete the end of year reports makes documenting easier.

If someone in your group is not receiving the newsletter, please have or help them send me an e-mail and I will make necessary corrections. If someone needs a hard copy, I do bring them to the meetings so they can make a copy.

I will be making a Route 66 photo album with all the pictures you send in for the newsletter. I'll start posting a few in the newsletter and then all in the photo album. So, get your cameras/cell phones out when you are going on your adventures.

OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

Each group should have a member on the committee. That's how we find out your group's ideas, to help with relaying information to the 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. 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.

Return completed stockings to OHCE with your NAME, GROUP NAME, AND NUMBER of stockings you are turning in. If you have one you are proud of, please enter it into the OK County Free Fair in August.

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.

THE GENEALOGY GROUP

By Kathy Feters

Save the Date!
OHCE Genealogy Group
Fall Genealogy Workshop
Saturday, October 4th, 2025
9:00 a.m. - 4:00 p.m.
OSU Extension Center

All OHCE Groups are welcome to supply membership information or materials for the Workshop. Tables can be reserved or we will add it to the bags given out to all participants. Please notify Jan Beattie or Kathy Feters if you plan to participate or provide your group's information.

The Genealogy Group meets the third Wednesday of each month, except December, in the Presidents Hall at the Extension Center at 10:00 a.m. Our purpose is to promote the study of our past through genealogy and family history.

Our group met August 20th for a presentation by Loyce Newton-Edwards on Sandtown, Oklahoma. Sandtown was the first Black community established in Oklahoma City, most likely by black freedman who settled there in 1884, long before the Land Run and thrived there for many, many years. Located south of Reno, east of May right along the Canadian River. As a result it endured repeated floods from the river. Loyce has spent years researching this area because she remembers going to Sandtown as a child visiting many family members who had been born there and she did not want it to disappear into history. In the process of researching Sandtown, Loyce met and was helped by many people who were also interested in Sandtown and other Black towns. Those ladies helped her in her research and came with her to add more depth to her presentation.



Phelicia Morton included Sandtown in her thesis for her Master's Degree and shared some of that with us. Lisa Bradley, Judie Matthews and Tracie Randolph from the Metropolitan Library brought in large maps and pictures showing the flooding that ravaged Sandtown and other areas, and explained the many items they have available to help in doing research on Oklahoma and your family tree at the Special Collections and Research section of the Oklahoma City Library at 300 Park Avenue. Because of time limits Loyce was not able to give her full portion of the presentation and we hope to hear that next year.

Our next meeting will be September 17th when member JoAnn Banse will present "Family Search and AI". A new development in Family Search that allows you to find things in items that have not been indexed. It is a game changer for searching through their vast card catalog.



NW Seekers By Vicky Sharp

Hi Everyone, just a note about our group and what's been going on with us. Our group meets at Westlake Presbyterian church in Bethany. It is on the second Thursday of the month at 9:30. Our lessons are from the OSU Extension. and cover a wide variety of topics.

Some of our members attended the District and State conferences this year. We also went to the County Fair to check out the many exhibits. We would love to see some new faces at our meetings.

Bits & Bytes Computer Group by Kathy Feters

The Bits & Bytes Computer Group meets the fourth Monday of the month (except for November and December) in the Pistol Pete Room at the Extension Center at 1:30. We also use ZOOM for those who are unable to attend. Our purpose is to keep up to date on the changes and features of our computers. Our presenter, Bill James, provides a handout each month and then answers any questions, whether related to the topic of that meeting or just an issue a member may be having. We met on July 28th and Bill's handout was all about VPN's. He also addressed some issues about ZOOM, cookies, and computer security programs. If you use a computer, please come to our meetings and bring your questions.

Scissor Tales Quilt Guild SASHIKO STITCHING WORKSHOP – AUGUST 16TH Photos

Sue Esparza of Two Sisters Quilting was the instructor. Sashiko (from the Japanese “little stabs”) is a form of decorative reinforcement stitching for functional embroidery. Traditional Sashiko was used to reinforce wear points or repair worn places/tears with patches.



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

We had a busy week preparing and working at the fair. Everyone contributed and had a great time. This month we begin collecting dues for 2026. We meet Sept 8th at 10 am at the OSU Extension Conference Center in the Pistol Pete room. Visitors are always welcome.

We will have our annual Garage Sale on Sept 19 and 20th. If you would like to donate items please contact Kathryn Wells, or Dee Dee Shepherd. Please come and support our annual garage sale at 901 South Post Road, Midwest City. You never know what treasures you will find.

Two of our members attended the Sashiko Stitching workshop. We had a good time and hopefully we can continue building our skills with practice.

We booked the display cases at the Midwest City Library for the months of September and November and will be discussing what we would like to put in them to drive O.H.C.E. and New Beginnings membership.

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

Spunky Spud Nachos

Ingredients:

- 1 cup plain, non-fat Greek yogurt
- 1 Tbsp cumin
- 1 tsp chipotle powder
- 1/2 cup minced fresh cilantro
- 1 lime, juiced
- Non-stick cooking spray
- 6 medium potatoes, thinly sliced (they used a mix of russet and sweet potatoes)
- 1 ½ cups shredded reduced-fat fiesta blend cheese
- 1 (12.5 oz) can chunk chicken breasts, drained and rinsed
- 1 ½ cups frozen corn
- 1 small red onion diced
- 1 jalapeno, diced
- 1 avocado, diced
- 1 cup shredded lettuce
- 15 oz can no salt added black beans, drained and rinsed.

Preparation:

- In a large bowl, mix yogurt, cumin, chipotle powder, cilantro and lime juice. Cover and store cilantro lime cream in refrigerator until ready to serve.
- Preheat oven to 450 degrees Fahrenheit. Lightly coat two sheet pans with cooking spray.
- Evenly spread potato slices on sheet and lightly coat with cooking spray.
- Bake 20 minutes or until lightly browned and crispy.
- Remove pan from oven and top with cheese, chicken, beans, corn, onion and jalapeno.
- Bake another 10 minutes, or until cheese is melted.
- To serve, top with avocado, lettuce and cilantro lime cream.

Tips:

Try this recipe with a mix of regular and sweet potatoes.

Nutrition Facts		
10 servings per recipe		
Serving size		(378g)
Amount per serving		
Calories		360
		% Daily Value
Total Fat	11g	14%
Saturated Fat	4g	20%
Trans Fat	0g	
Cholesterol	40mg	13%
Sodium	200mg	9%
Total Carbohydrate	46g	17%
Dietary Fiber	9g	32%
Total sugars	6g	
Includes 0g Added Sugars		0%
Protein	21g	
Vitamin D	0mcg	0%
Iron	3 mg	6%
Calcium	193mg	15%
Potassium	1154mg	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.		