



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

- August 1** **Begin plans for collecting 2026 membership dues.**
- August 7-9** **OKLAHOMA COUNTY FREE FAIR**
- August 18** **Sashiko Stitching Workshop, 12:00 – 4:00 pm,
Extension Conference Center**
- August 28** **9:30 am Educational Lesson, Extension Conference
Center “All About Laundry Soap” – Connie Wollenberg
Mc Clain County FCS Educator**

**Executive Board Meeting 15 minutes following
Educational Lesson.**

Group Volunteer Hours Forms Due

Reminders

**Election of group officers for 2026
Appoint Group Committee Chairpersons for 2026
Begin working on Life Stories, Photography Contest
and Report Books**

- “It’s a sure sign of summer if the chair gets up when you do.”
— Walter Winchell
- “To all those pinning Halloween costumes and Christmas-
themed recipes, let me just say, calm down! It’s August.”-
Unknown
- “Summer is the annual permission slip to be lazy.”
– Regina Brett

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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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IN THIS ISSUE

- Calendar of Activities
- President’s Column
- Sashiko Stitching workshop August 16th
- OK County Free Fair August 7-9
- 2026 Leader Lesson Surveys
- Save the date: Reality Check –
November 6th
- Walk Route 66 Challenge
- Route 66 Members Visits with photos
- June/July Leader lessons and workshop
photos
- Phonics Project
- Veterans Project
- Social Committee
- Healthy Living
- Newsletter Editor & Historian
- OHCE Stocking Project Report.
- The Genealogy Group
- New Beginnings Group
- Flourish & Grow
- Healthy Living Recipe of the Month
- Flyers attached: Fall Genealogy
Seminar, Recruiting Participants for a
Research Study, Sashiko Stitching
workshop



PRESIDENT'S COLUMN

I hope you have enjoyed this summer. I'm excited for the next couple of months I just got back from the OHCE State meeting. Oklahoma County had four members in attendance, Beverly Kirk, Vicky Sharp, Linda Steele, myself and Lisa Hamblin. Congratulations to Linda Steele, for placing 3rd in the Cultural Enrichment Poster Contest, this was the poster she won first place at SE District.

It is always fun to go to these meetings, you get to see everyone from across the state, and many of the faces we see at our SE District meetings are there. You get to see action pictures from other groups, posters showing grant projects and hear award winning reports, and attend great workshops. And of course, you get 3 delicious meals and desserts, plus the fellowship and new friends that like the same things you do.

I'm excited about the upcoming County Leadership and Planning meeting on October 2nd. We will have a short discussion about award books to get you excited about attending the October 23rd leader lesson, "How to Write Award Winning OHCE Reports". Representatives from Cleveland County will be teaching the lesson. They win many awards at the district/state meetings every year. Please encourage your group members to attend.

We will also be going through the OHCE Yearbook at the leadership meeting. Many questions are asked to me and Lisa that can be answered by becoming familiar with your yearbook, so bring your 2025 book to the meeting. The 2026 book you receive in December will be almost the same.

After lunch, the Annual Planning Meeting will be held. We will set our 2026 goals and plan projects for the upcoming year. Each group should have their committee chairs attend this event. Look for more information in the September newsletter.

Also coming up soon:

It's time to choose new county and group committee chairs and officers. We would love to see more people get involved in leadership positions and bring new ideas to the organization. If you want more information, look on pages 34-36 for Duties of a Group Officer and the Committees. If you're interested in, please contact me or Lisa Hamblin.

County OHCE President

Gayla Mosteller

SASHIKO STITCHING WORKSHOP – AUGUST 16TH

Scissor Tales Quilt Guild will be hosting a Sashiko Stitching workshop on Saturday, August 16th, 12:00-4:00pm, at the OSU Extension Conference Center. Cost is \$50.00 and includes a project bag with Sashiko thread and needles, pocket guide, marking pen, pre-printed design cloths, project cords and more. No sewing machine necessary. Bring a basic sewing kit to class that includes small embroidery scissors. Sue Esparza of Two Sisters Quilting will be 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. To register, **mail check made to “STQG”** to OSU Extension, 2500 NE 63rd, OKC, 73111.

Watch Fox 25 Living Oklahoma Monday August 4th 9am to 10am to see Lisa and Scissor Tales, Debra Irons promote the workshop.

OHCE STATE MEETING REPORT

Four OHCE members and advisor Lisa Hamblin attended the state meeting July 14-15 at the Champion Conference Center in OKC. Gayla Mosteller, Beverly Kirk, Linda Steele, and Vicky Sharp attended workshops, the friendship banquet, and met new OHCE friends from around the state. Congratulations to **Linda Steele** for placing 3rd in the cultural enrichment poster contest. Former members Phyllis Deal (NW Seekers) and Nina Blassingame (Soldier Creek) were recognized during the remembrance ceremony at the banquet.

OKLAHOMA COUNTY FREE FAIR AUGUST 7-9

The Oklahoma County Free Fair is just around the corner! **The new location is the Association of Central Oklahoma Governments building, 4205 N. Lincoln Blvd.** This is next door to the county election board. Fair books and exhibitor tags are available at the Extension office. Please make sure you receive the special insert for the book – the fair board printed it without the 2025 updates.

Entries will be taken from 2:00-7:00pm on Thursday, August 7th.

2026 LEADER LESSON SURVEYS

Thank you to the groups who have submitted suggestions for the 2026 leader lessons. Since the meeting date to make decisions was rescheduled, additional ideas may be sent to Lisa until **August 20th**.

SAVE THE DATE – REALITY CHECK - NOVEMBER 6TH

OSU Extension educators and volunteers will once again be hosting “Reality Check” at Francis Tuttle Technology Center – Rockwell campus on Thursday, November 6th. 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 Feters, Co-Chairs

We are off to a great start. During the month of May you all walked 1,113 miles and in June 1,344 miles. Several will have walked the whole 432 miles by the time they turn in their July miles!!! Several ladies have made good starts on visiting some of the Route 66 landmarks. Two of the more popular places are the Round Barn and Pops. At the June Education Lesson, we did some drawings for prizes and we will be giving away prizes at every Education Lesson. To be eligible for the drawing you need to do two things: 1. You must turn in miles for that month and 2. You must be present at the drawing. Included are pictures of two of our winners last month, Pat Smith and Liz Hood.



Pat Smith



Liz Hood

The weather has turned hot and muggy but we need to keep moving. Stay hydrated, be aware of the effect the heat can have, and have fun!!!! 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.**

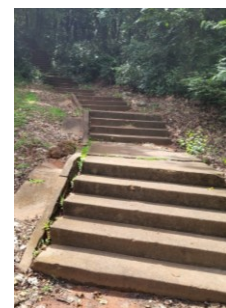
KEEP MOVING!



How Kathy is tracking our steps



Route 66 Member Visits:



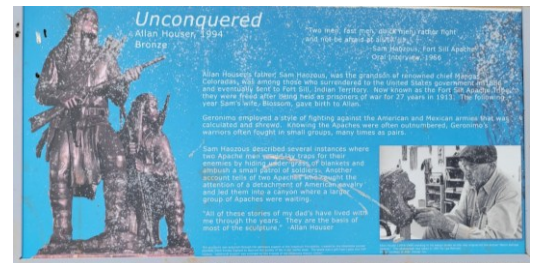
Ruby Berg took us on the grand tour, and we enjoyed it. It was an adventure. By the way, do not drive into the Hiland Dairy gate to turn around. We also appreciated the gentleman who helped us get the kitten out from under her vehicle. It wanted to be next to the tire and would not budge.



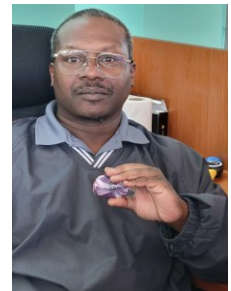
Yukon, EL Reno



Oklahoma History Center



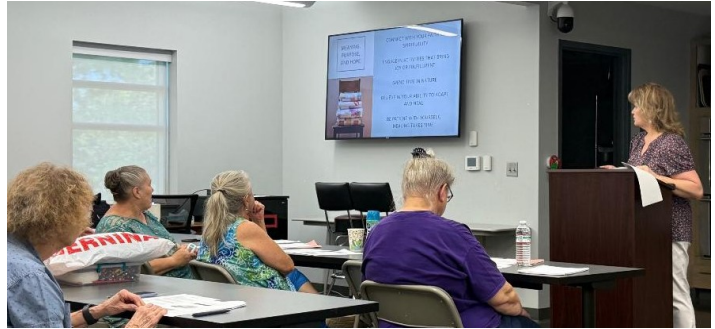
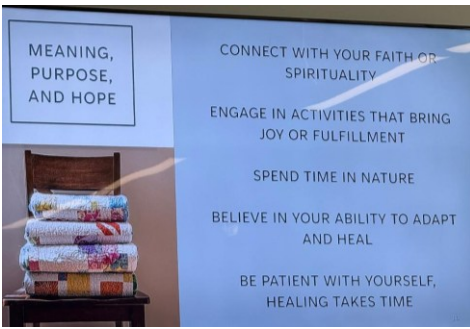
We shared our Route 66 information with Spruiel Maurice Darnell and gave him one of the rocks we painted. He was really nice, and we enjoyed visiting with him and the staff about the History Center. They have a stage and music so you can have a shot at singing Oklahoma which we pretended to do. The bead work is AMAZING.



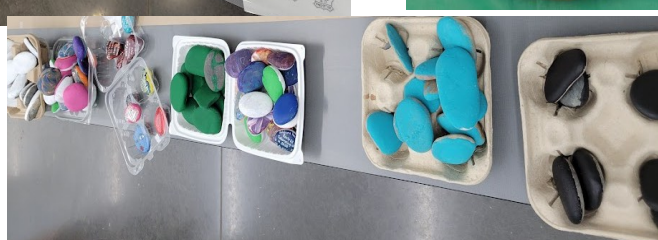
June
26th



Educational Lesson “Understanding the 5 Stages of Grief” Photos.



After the Education Lesson, DeeDee Shepherd brought in her paint supplies and lots of rocks that we all enjoyed painting. DeeDee had made some stickers with OHCE and Route 66 on them that we could put on our rocks after we painted them. The plan is to take the rocks and leave them at the various places you visit to encourage the public to celebrate Route 66 by visiting the various Route 66 sites.

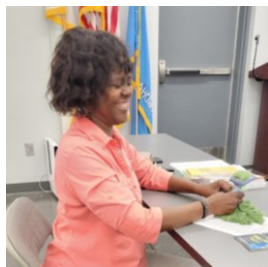


July 24th, Educational Lesson “What’s Alpha-Gal Syndrome and Can I Get It?” – Megan Monteith, Dr. Of Public Health

Photographed with President Gayla Mosteller

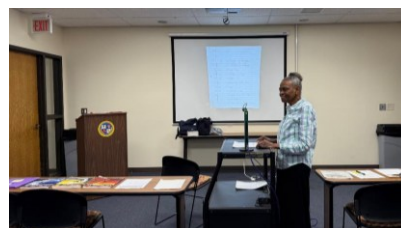


Followed by a Leaf Macrame’ project taught by Gayla Mosteller
Photos



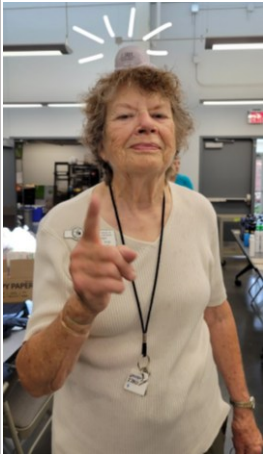
Phonics Project
By Myra Moaning
Family Enhancement Committee

New Beginnings member, Dawn Gadwill, has completed the required volunteer training and has been working with the youth who are in the detention center and with those who are no longer in detention, but are required to attend the weekly literacy classes as one of their probation requirements. Her willingness to step up and be involved with these young people is very much appreciated.



2025 VETERANS' PROJECT

By Pat Smith, Coordinator



Thank you Thank you Thank you. To each individual and group that helped make the 2025 Veterans' project a huge success!! After our inventory on May 22, we knew the items we needed were short. We notified the Group Presidents, and they all shared the information with their members. The needed items or donations, so the committee could shop, poured in! We even had help from non-OHCE groups. I am aware of a Biker group, (Storm Riders, Ladies of Harley), Sunday school class, and a Neighborhood Association. We appreciated this help!

I thank every OHCE member that helped pack the bags on June 24! We packed 114 bags for men and 15 for women! We had 2 carloads of bags to deliver to the Veterans'

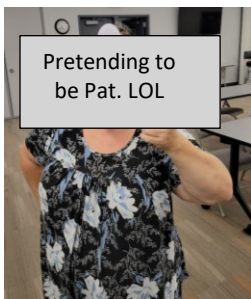
Hospital.

The Veterans' hospital has provided us with a revised list of items to provide in the future! The committee will meet soon to plan the 2026 Veterans project.

Items for August:

- Puzzle Books
 - 3 in 1 Shampoo, Conditioner/Body Wash
- Dollar Tree has a 22 oz bottle for \$1.25 and puzzle books

Again, Thank you, Thank you!



SOCIAL COMMITTEE

Chair: Connie Graham/Kathryn Wells



Social Committee Reminder:

Following the Leader Lesson on August 28th, snacks will be served prior to the Executive Board Meeting. The group responsible for the snacks will be Modern Homemakers.

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

August 28 th	Executive Board Meeting	Modern Homemakers
September 25 th	County Business Meeting	Genealogy
October 23 rd	Demo - Volunteer Needed	- no snacks –

HEALTHY LIVING

By Kathryn Wells

Oklahoma Rocks Route 66. Modern Homemakers member, Ruby Berg and I were visiting about Chandler, OK. And I expressed a desire to visit their Route 66 museums and other Route 66 spots. She is formerly from Chandler and contacted the OHCE group in Chandler and made arrangements for us to go there on their meeting day.

When Dee Dee and I got to the meeting Ruby had invited the Extension FCS educator, Spencer Spinks to join us. We met in a cute coffee shop and spoke to Spencer, Kandice Ohern, Secretary of Chandler Roadrunners and treasurer of Lincoln County OHCE, and OHCE member Shanne Scheel about our walk across Oklahoma and our painted rocks. They were excited about both projects and spoke of following through with planning a rock painting class.



Following our meeting Ruby offered to drive and took us through the hills of Chandler to:

1. the "Park" where they house their County Fair.
2. The Native American encampment
3. Hiland Dairy
4. We went further east to Davenport and had lunch at Tammy's

We returned to Chandler wanting to visit all the other spots on Route 66.

Even though the museums were closed we discovered a Route 66 Bowling Alley and motel with cabins. We decided we want to return and invite others to maybe bowl a game, explore and have lunch. THANK YOU, RUBY!

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 Fetters

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

The Genealogy Group met Wednesday, June 18th and July 16th at the Extension Center. President Jan Beattie presented her monthly Genealogy Tips which can be found on our website. Our speaker for June was Anita Golden Arnold. Anita is the Executive Director of Black Liberated Arts Center (BLAC) in Oklahoma City. She is also the published author of six history and heritage books including *Oklahoma City's Music: Deep Deuce and Beyond*, and *Legendary Times and Tales of Second Street*. She shared many stories from her past and some of the many things she has been involved in as an adult with a passion for African American history and their involvement in the development of jazz music.



Our speaker in July was Luann Sewell Waters. Luann is a member of the Association for Gravestone Studies and passionate about cemeteries and the gravestones found within them.

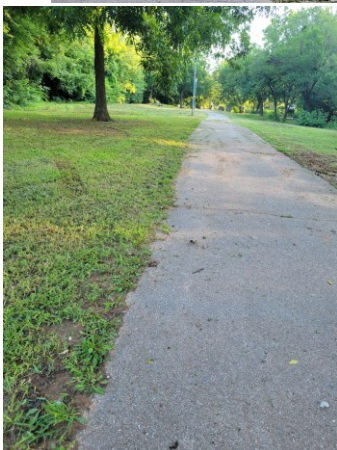
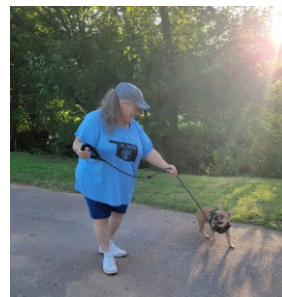
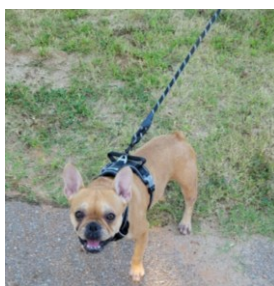
NEW BEGINNINGS
(3 E's and Soldier Creek)
By Dee Dee Shepherd and Kathryn Wells

Our meeting was on June 9th and July 14th, at 10 a.m. at the OSU Extension Center, in the Pistol Pete room. We discussed the leader lessons, entries for the county fair, and talked about what we did during June and July. We discussed the OHCE Route 66 walking project.

Members of our group will be looking for easy access places to walk for members and guests. We plan on visiting Route 66 and finding other treasured places to visit. We are leaving Route 66 rocks out to share with the public and hopefully track their travels on the 100 years of Oklahoma Route 66", Facebook page. We take pictures of where we left the painted rocks to document our trip and hopefully the travels of the rock.

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.

Our next meetings will be on August 11th, at 10 am, at the OSU Extension Center, in the Pistol Pete room. We will be sharing our thoughts about the leader lessons, OK County Free Fair results, Route 66 successes, and plans for more outings. Other groups and the public are invited, and we would love to have you.



On this walking trail we passed several ladies power walking. It is in Midwest City between the Library and the Senior Center. (Reno and Midwest Blvd. behind the Police Station and Fire Department). We walked about half of it, about a mile. Kathryn, Dee Dee, and Foxy.

FLOURISH & GROW By Mindy Aragon

In June, Flourish & Grow held a quick business meeting before starting our craft, Plant Buddies. Plant buddies are decorations for your garden or potted plants that add a touch of personality and visual interest. They can be used to mark what you have planted or simply to add a little sparkle to your garden! We also like to end each meeting with a cutting swap, where we exchange sections of plants that can be propagated to create new ones. In July, we met to discuss the previous leader lesson, Understanding the 5 Stages of Grief. This was a meaningful small group discussion about our personal experiences with grief. Afterwards, we talked about our fair projects and the new location for the County Fair. We are excited about having many new entries this year!



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

Frozen Yogurt Bark

Ingredients:

- Wax paper
- 2 cups non-fat Vanilla Greek yogurt
- 1 cup sliced strawberries
- 1/2 cup of blueberries
- 1/2 cup granola

Preparation:

- * Line a baking sheet with wax paper.
- * Spread yogurt on baking sheet in an even, thick layer.
- * Top yogurt with strawberries, blueberries, and granola.
- * Freeze 2 – 3 hours or until firm.
- * Cut it into pieces and serve. Store leftovers in the freezer to enjoy later.

Nutrition Facts		
6 servings per recipe		
Serving size		(134g)
Amount per serving		
Calories		120
		% Daily Value
Total Fat	.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	30mg	1%
Total Carbohydrate	20g	7%
Dietary Fiber	2g	7%
Total sugars	13g	
Includes 2g Added Sugars		4%
Protein	9g	
Vitamin D	1mcg	6%
Iron	1 mg	6%
Calcium	93mg	8%
Potassium	185mg	4%
* 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.		