



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

| | | |
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CALENDAR OF ACTIVITIES

- March 11** Southeast District Meeting, Crossway Baptist Church, Sulphur
- March 20** Articles to Newsletter Editor
- March 18** Pressed Flower Book Mark Craft Night and Diaper Drive 6-8 pm, Extension Conference Center
- March 27** 9:30 a.m. Educational Lesson Training, Extension Conference Center "Container Gardening?" – Julia Laughlin
- March 27** Up cycling demo by Dawn Gadwill following the leader lesson (see examples on page 8)
- Monthly Group Volunteer Hours Due
- Begin planning for the Oklahoma County Free Fair- Exhibits at your group meeting.

"If our hopes of building a better and safer world are to become more than wishful thinking, we will need the engagement of volunteers more than ever." - Kofi Annan, former Secretary General of the United Nations.

"Volunteers are paid in six figures — S-M-I-L-E-S." - Gayla Lemaire.

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Website for OHCE:
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Website for Genealogy Group:
www.ohcegenealogy.com

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Flyers attached: Soda Bread Baking Workshop, Flourish and Grow Pressed Flower Bookmark workshop/Diaper Drive, OK County Juvenile Bureau Volunteer Application, Pontotoc County Quilt Show Cleveland County OHCE Stitches & Stories and Textile Show.



PRESIDENT'S COLUMN

Spring is just around the corner, I can't wait. I love the month of March, as the season starts to change, we will still have some cool weather, but the sunshine brings the warmth to the earth and we start to see new life budding from the ground and the trees. As a child March 15, my mother's birthday, was the day we planted potatoes and onions. Not my mom's favorite thing to do, but we were all together playing in the dirt and providing nourishment back to the earth and reaping the benefits of our labor for the fall. I no longer plant a big vegetable garden, but this past fall planted over 200 daffodil bulbs in a dry creek bed my husband built this past year to control erosion in the back yard. Was out in back these past few days and the sunshine and warmth have allowed the daffodils to start poking their little noses up. I'm hoping to see all 200 daffodils standing tall soon.

County OHCE President
Gayla Mosteller



SE DISTRICT MEETING
Tuesday, March 11, 2025
Crossway Baptist Church
2108 W. Broadway, Sulphur, OK.

“Something To Smile About” is the theme this year for our SE District meeting. If you have never attended a District meeting, you are missing out. We will start the morning out with morning refreshments, business meeting, introductions, and recognition of SE Award nominees, including Oklahoma County’s Beverly Kirk, Gayla Mosteller, and Carol Fulton. Workshops will follow the business meeting and lunch. Twenty Oklahoma County members are attending, hoping to return with lots of new ideas.

BARN QUILT WORKSHOP
May 14, 9:00 a.m. – 3:00 p.m.



The next Barn Quilt workshop is planned for Wednesday, May 14, at the Extension Center. Cost is \$30 for OHCE members and \$40 for non-members. Flyer coming soon.

IN MEMORIAM
By Jan Beattie



All groups please remember to notify me of any deaths of group members throughout the year. They will be remembered at the annual Memorial Service in May at the spring Awards and Achievement Luncheon. To date, I have received the notice of one death, Past County President and Member of NW Seekers/Will Rogers group, Phyllis Deal.

I need your help with photographs for Phyllis. If anyone has memories that they would like included, please send those as well.

I appreciate your assistance. Please look and see if you have any photos and email them to me at jankb80@sbcglobal.net or bring to the March or April Educational Lesson. Thank you.

FAMILY ENHANCEMENT

By Myra Moaning

Join the Oklahoma County Juvenile Bureau and Oklahoma County First Responders for an event filled with

Thursday March 20th, 2025

11:30 a.m. – 1:30 p.m.

5905 N. Classen Court, OKC, OK 73118

West Parking Lot (back of the building)

If you have any trinkets, toys, or items kids would like ages 12-18, please bring them to the extension center before March 15. I would like to use them to give the kids rewards.

Juvenile Detention Center Application

Attached is the volunteer application to assist at the juvenile detention center's family nights. For those not at the business meeting today, Myra Moaning shared her experience with helping at these every other month evening events. The juveniles who are no longer in custody attend them to receive credit. They play board games, shoot pool, and other fun activities with their family members. Myra has been volunteering there and says many of these families don't know how to have fun as a family, their lives have often been filled with trauma and drama. If you would like to help, please complete the application and send to Crystal Ramirez at the detention center. Myra's email is below if you have any more questions.
myramoaning@yahoo.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 your support. 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.

Please send any pictures or stories to Deeshep147@aol.com. We love seeing your groups in action.

OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd
Stocking Cutting Day April 14th

Thank you all for all your hard work on the stockings last year. Every Group participated and knocked it out of the park. I can't thank you enough.

We normally purchase felt from Jo Ann's and found out the company has been purchased and are closing all stores. Kathryn Wells and I made a mad dash to the store on Rockwell and purchased all the red and green should have a member on the committee, to help with relaying information to their groups for stocking felt they had. We picked out some white (that looks like light blue) and a beautiful blue color. Each group how many your group has completed. This is one of the easiest committees to be a volunteer. I'm looking cutting dates, collecting, and delivering the completed stockings to the Extension Office, and letting us know forward to all your great designs and new ideas for 2025. We have reserved the Pistol Pete room at the Extension Conference Center for April 14th. New Beginnings will have their meeting at 10 a.m. and everyone is welcome to come. There will be healthy snacks.

Stocking Cutting date is April 14th and will begin at 11 a.m. We have the room until 6 p.m. but we should be done by 4:00 p.m.. Please don't forget your scissors and have your name on them. Each group in attendance can take stockings to their groups after the cutting.

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.

SOCIAL COMMITTEE

Chair: Connie Graham/Kathryn Wells

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

| | | |
|----------------------------|-------------------------|-------------------------|
| March 27 th | Demo | - no snacks - |
| April 10 th | Executive Board Meeting | New Beginnings |
| May 22 nd | County Business Meeting | NW Seekers/Bits & Bytes |
| June 26 th | Demo | - no snacks - |
| July 24 th | Demo | - no snacks - |
| 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.”
May 2nd

9:30 a.m. Decorate group tables
11:30 a.m. Meeting and lunch with Awards following the lunch.

The committee is asking members to provide any type of salad/fruit, green veggie, etc. or a dessert. **Please contact Lisa at (405) 713-1125, Lisa.Hamblin@okstate.edu or Connie Graham (405) 517-5632, surfjamesgraham@yahoo.com, by April 25th** with the number of members attending from your group. This helps in knowing how many tables to set up and programs to print.

More information will be available and included in the April Newsletter.

VETERANS PROJECT
By Pat Smith, Coordinator

Thank you to everyone that has been bringing items mentioned in the OK County OHCE newsletter for the Veterans Project. My goal for March is to have the County Committee meet to discuss the project and make an inventory of the items we have received. After we do this, we will know how many of each item we need. I will contact the county committee very soon. Please save June 24th to pack and deliver the bags to the Veterans' Center.

VETERANS' ITEMS TO COLLECT FOR MARCH

- Bar Soap
- Body Wash
- Water Flavoring Packets (Like Crystal Light)
- Tissues

HEALTHY LIVING
By Kathryn Wells
Committee Meeting April 10th

We sampled a recipe for Chicken Cobbler at the business meeting and everyone seemed to enjoy it and several asked for the recipe. While not a calorie conscious recipe it has some nutritional value. You can google "Chicken Cobbler" and choose which recipe you would like to try.

We've begun work on putting some books and maps together for the Route 66 walk in 2026. I would like to schedule a workshop to make some walking sticks. Pat Smith brought hers to the meeting and said walking with a stick is steadier for her than a cane or walker. We will work out the details of the workshop at the next Healthy Living Committee meeting.

Healthy Living Committee members: Let's meet April 10th following the Executive Board meeting. All members and anyone else that is interested can attend.

FLORISH AND GROW
By Mandy Aragon

Our group is hosting a Pressed Flower Bookmark workshop/Diaper Drive on Tuesday, March 18th, 6:00 to 8:00 pm, at the Extension Office. There is no charge, but please bring diapers, wipes, or infant formula. These will be donated to Infant Crisis Services. See flyer attached.

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

Our next meeting will be on March 10th, at 10 a.m. at the OSU Extension Center, in the Pistol Pete room, 2500 N.E. 63rd, OKC, OK 73111. Please join for a review of the County lesson on Container Gardening, and share some healthy snacks.

UP CYCLE/RECYCLE
By Dawn Gadwill

I will be demonstrating how to upcycle recycled items after the County Leader Lesson on March 27th. This will be very exciting as I show you how to re-use, re-gift, or customize old design into new. Re-Cycle household items for a Kids Box to build with imagination to create something new.



HEALTHY LIVING
Recipe of the Month
Choosehomemade.org
Strawberry Banana Parfait

Visit the Choosehomemade.org site and try one of their many healthy recipes or send me your favorite parfait recipe to share in the newsletter. I would love to hear from you.

Ingredients:

- 2 cups non-fat Vanilla Greek Yogurt
- 1 cup sliced strawberries
- 1 large banana, thinly sliced
- 1 cup granola

Preparation:

*In a large bowl, combine sliced strawberries and bananas.

*Divide and layer all ingredients among 4 – 9oz parfait cups: ¼ cup yogurt, 2 Tbsp granola.

*Continue layering until all ingredients are gone.

Tips:

Change it up! Try a different fruit in this recipe for something new.

| Nutrition Facts | | |
|---------------------------|-------|----------------------|
| 4 servings per recipe | | |
| Serving size | | (223 g) |
| Amount per serving | | |
| Calories | | 260 |
| | | % Daily Value |
| Total Fat | 4.5g | 6% |
| Saturated Fat | 0.5g | 3% |
| Trans Fat | 0% | |
| Cholesterol | 5mg | 2% |
| Sodium | 150mg | 7% |
| Total Carbohydrate | 28g | 10% |
| Dietary Fiber | 3% | 11% |
| Total sugars | 27g | |
| Includes 14g Added Sugars | | 28% |
| Protein | 13g | |
| Vitamin D | 3mcg | 15% |
| Calcium | 137mg | 10% |
| Iron | 1mg | 6% |
| Potassium | 382mg | 8% |

* 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.