



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

President/Editor	Gayla Mosteller	580-656-1955
Editor	Dee Dee Shepherd	405-664-2460
Vice-President	VACANT	
Secretary	Sue Hart	405-779-8164
Treasurer	Ruby Berg	405-696-6813
FCS Advisor	Lisa Hamblin	405-713-1125

CALENDAR OF ACTIVITIES

February 14, 2023, SE District Conference Planning Meeting, 11:00am, Cleveland County Extension Office. Contact Lisa if you want to carpool.

February 23, 2023, Leader Lesson, "Eggs-traordinary", 9:30am, Extension Conference Center

February 23, 2023, County Business Meeting 15 minutes following Leader Lesson

Monthly Group Volunteer Hours Forms Due

Thought for The Day: The world is hugged by the faithful arms of volunteers... Terri Guillemets

DEADLINE FOR March

NEWSLETTER

February 16, 2023

Address 2500 NE 63rd
Oklahoma City, OK 73111

Phone 405 713-1125

Email Educator
Lisa.Hamblin@okstate.edu

Website Website for Extension Center:

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

Website for OHCE:

ohce.okstate.edu

Website for Genealogy Group:

www.ohcegenealogy.com

Follow us on

Facebook.com/okcounty/osuextension

IN THIS ISSUE

- Calendar of Activities
- Deadline for Newsletter for March February 16, 2023
- President's Column
- Mark your Calendar!
- State Cultural Enrichment Poster Contest Update
- OHCE Week
- Welcome Scissor Tales OHCE Group
- Thank you Jan Beattie
- Workshop Hostesses Needed at District Meeting
- Hold the date – Veterans Personal Care Bags
- Attention All Committee Chairs
- Committees
- Social Committee Chair Needed
- Cultural Enrichment – OHCE Week Field Trip to the First Americans Museum
- February Veteran Items to Collect
- New Beginnings
- Genealogy Group
- Healthy Living Recipe of the Month



PRESIDENT'S COLUMN

What a gorgeous start to the New Year it has been. Hope you have been out to enjoy some of this sunshine and warm weather. But we all know that we usually get our snow, ice, and cold weather here in February. If you find yourself needing to be out in inclement weather, please take caution and prevention on falls. Most of falls occur around the house, going out to check the mail, feeding the birds, or carrying the trash out. We think it's just a quick trip out and we are not dressed properly, don't have the best shoes on, hurrying because it cold, and before you know it, you're on the ground. So please be careful. I had a friend's mother who had just fallen, luckily only bruised ribs and wrist. She had all her family over celebrating her birthday. Everyone was out in the yard saying goodbyes and left. She sat on the porch a few minutes reminiscing the day. Got up to go inside and tripped. Lucky for her she had an emergency call button she was wearing and was able to get help right way. So please be careful when the weather gets bad. Check on your friends and neighbors.

I hope most of you have paid your registration for the SE District meeting. Oklahoma County will be hosting the breakfast portion of the meeting, we will also need to assist with hostess duties through-out the day. This is an Election Day, March 7, several members across the counties will be working the election and unable to attend.

Gayla Mosteller

Mark your calendar!

SE District Meeting

March 7, 2023

Oklahoma County will be hosting the breakfast portion of the SE District meeting on March 7, 2023; at the First Baptist Church in Moore. Late registration will be \$35., if postmarked after February 10th. Please contact Lisa if you are interested in attending.

Cleveland, Garvin, McClain and Oklahoma Counties will be hosting the meeting. The SE District committee members are still making final arrangements for the meeting, but your help is greatly needed. Meeting day begins with check-in and breakfast at 8:30 a.m.

State Cultural Enrichment Poster Contest Update

There has been a change to the rules for the poster contest. The board size for the contest has been changed to a tri-fold poster size. Poster boards can be found at any office supply or office supply section on most box stores. **Deadline for the poster contest is February 23.** Please read the State Goals or the Nov/Dec newsletter for rules.

OHCE Week May 7th – 13th, 2023

OHCE week will be here before we know it. I have had several members volunteer to chair this project, but we need all groups to participate. For OHCE week the committee wants to put displays up in all the local libraries across Oklahoma County. The goal is to have new pamphlets, a theme that will be recognized at all libraries. We will be asking your group to contact some of the libraries in your area and make arrangements to set the display. If you would like to serve on this committee, please contact Valerie DeBoer or Gayla Mosteller.

WELCOME SCISSOR TALES OHCE GROUP!

Scissor Tales Quilt Guild is Oklahoma County's newest OHCE group! President Beverly Kirk is a master quilter and group activities will be focused on learning this beautiful skill. They will be meeting the 3rd Friday of each month at the OSU Extension Center from 1:00-4:00. Please say hello and introduce yourself at upcoming OHCE meetings and activities. They had 12 members at their January meeting and are open to more! Welcome Scissor Tales!

THANK YOU, JAN BEATTIE!

Genealogy group president, Jan Beattie presented our January leader lesson on the History of Women's Voting Rights, but did you know she also taught the lesson at Garvin, McClain, and Cleveland counties? She is also teaching the program as a workshop at the SE District OHCE meeting March 7th, and teaching a Zoom leader lesson for Lincoln, Noble and Okfuskee OHCE members this month. Much appreciation to Jan, and all of our dedicated members. Your OHCE advisors around the state are so grateful for your willingness to assist us.



WORKSHOP HOSTESSES NEEDED AT DISTRICT MEETING

McClain County OHCE members are asking for help with introducing workshop speakers at the district meeting next month. Many of their members work for the county election board and will be assisting with the special election the same day as our meeting. Please let Lisa know if you are available to help them.

HOLD THE DATE – VETERANS PERSONAL CARE BAGS

June 27th is the day scheduled to fill the veterans' personal care bags at the Extension Center. We will meet at the Extension Center at 9:30 and deliver the bags the same day. Please make sure your group is collecting the items listed in this newsletter each month.

Attention all Committee Chairs

All group committee chairs are asked to attend next month's meeting (February 23, 2023), to plan and vote on projects for next year. 15 minutes following the leader lesson.

Committees

Are you a Committee Chair or Committee Member?

Each group should have filled out a committee last fall. County Committee Chairs are listed in the yearbook. We have County Committee Chairs who have agreed to serve in this capacity. They have been busy reviewing the State Goals and will want to implement them into our county organization. So, when they call wanting to have a meeting to discuss goals or ideas please try to attend or have someone from our group to stand in for you. Having visited with the different county chairs, I'm excited to see what we can do this year.

We are still in need of a chair for the Social Committee. We have great workers on this committee. So, if you like to entertain, this committee is for you.

SOCIAL COMMITTEE CHAIR NEEDED

We are still in need of a county social chairman. The responsibilities for this 2-year commitment include: Planning the Spring and Holiday luncheons, and providing a light lunch for the executive board and business meetings that occur 3 times per year. The chair's committee members include each group's social chair, as well as anyone else they want to invite to be a committee member. Please contact Lisa for more information.

CULTURAL ENRICHMENT

Jan Beattie, Co-Chairman

OHCE Week Field Trip to the First Americans Museum

Co-Chairman Sandi Maness and I have an exciting field trip for everyone coming up for OHCE Week in May. We are planning a visit to the First Americans Museum in Oklahoma City. We are still in the planning stages but keep an eye out for further details coming soon! We will need a headcount of how many will be attending by the end of April (guests are welcome!) so we can secure a group discount and plan transportation. They also have a wonderful restaurant on site. It promises to be a wonderful excursion and a great way to celebrate OHCE Week!



FEBRUARY VETERAN ITEMS TO COLLECT

- Paperback books
- Bar soap
- Shaving Cream
- Razors

New Beginnings (3 E's and Soldier Creek)

We have accumulated a lot of fabric, ribbon, crochet books, craft books, and quilting books. We would love to share with the other groups. You are invited to come and take what you would like through the month of February. Please contact Dee Dee Shepherd (405)664-2460 for directions. Included are a couple of pictures. There is just too much to transport.



Genealogy Group By Kathy Fetters

The Genealogy Group met Wednesday, January 18th, at 10:00 a.m., at the Oklahoma County Extension Office. We had twelve members and one guest present. Our guest was Freda Cunningham, a former member and wife of today's speaker. Following the salutes to the flags, and business portion of our meeting, Jan introduced our speaker, member Paul Cunningham. Paul has written a book, "Letters from a Farm Boy". This book is a collection of letters that were written by Paul and printed in a column in his hometown newspaper. We all enjoyed the various topics and could relate to many of his memories.

Our inspiration was our monthly "Jan's Genealogy Quick Tip" and this month it was all about protecting your Holiday photos and included the following tips: Avoid sending originals to anyone... send a copy instead; always caption your pictures so in the future everyone will know the who, where and when a photo was taken; be careful of how you store your photos and when picking an album, choose good materials that are archival safe and NEVER, EVER use those magnetic albums because they will damage your pictures; and never, ever laminate or do something that you cannot undo without damaging a picture. All of Jan's tips are on our website for you to view (www.ohcegenealogy.com).

Our next meeting is February 15th, at 10:00 a.m. at the Oklahoma County Extension office when Deputy Tara Hardin will talk to us about Oklahoma County TRIAD, a joint approach between the Sheriff's office, police and senior citizens concerning crime that affects Seniors. Please join us for a topic that can help all of us.



Healthy Living Recipe of the month

No Refined Carbs Lemon Bread Recipe inspired by Kasey Trenum

Ingredients:

9 tbsp butter melted and cooled.	2 tbsp cream cheese, softened.
1 tsp vanilla.	2 tbsp whole milk or whipping cream.
1/2 cup + 2 tbsp coconut flour.	1/2 tsp salt.
1 ½ tsp baking powder.	1 cup Monk Fruit.
Zest of 2 lemons (reserve 1 tsp for the glaze).	2 tbsp fresh lemon juice.

For the Glaze:

2 tbsp Powdered Monk fruit (you can make it by putting regular in a blender).	
2 tsp fresh lemon juice.	1 tsp lemon zest.
Splash of heavy whipping cream.	

Instructions:

- *Preheat oven to 325 and line bread pan with parchment paper.
- *Melt butter and allow it to cool.
- *Beat eggs, Monk fruit, cream cheese, heavy whipping cream, vanilla, salt, and baking powder until combined.
- *Add melted butter, coconut flour, lemon zest, and lemon juice to the mixture and beat again until combined.
- *Pour batter into parchment paper lined bread pan.
- *Bake for 55-60 minutes or until the top of the bread is just beginning to brown and a toothpick inserted in the center comes out clean.

For the Glaze:

- *Combine the powdered Monk Fruit, lemon juice, lemon zest, and splash of heavy whipping cream then whisk until the glaze is nice and smooth.
- *Pour glaze over warm bread then use a knife or spatula to spread it out so it covers the top and drips over the sides.

Nutrition Facts:

Serving size:	slices	Servings:	15
---------------	--------	-----------	----

Amount per serving:

Calories:	97
-----------	----

% Daily Value*

Total Fat	9.3g	12%	Saturated Fat	5.4g	27%
Cholesterol	85mg	28%	Sodium	159mg	7%
Total Carbohydrate	1g	0%	Dietary Fiber	0.2g	1%
Total Sugars	0.5g		Protein	2.6g	
Vitamin D	11mcg	55%	Calcium	37mg	3%
Iron	0mg	2%			

Potassium 88mg 2% The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice. **Submitted by Kathryn Harris**