



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

June 22 9:30 am Educational Lesson Training, Extension Conference Center “Plant Propagation” – Courtney DeKalb-Meyers.

June 27 9:30 am Fill Veterans’ Personal Care Bags, Extension Conference Center.

June 30 Cut-off date for 2023 State Dues. All who join after this date are new members for 2024.

July 9-11 **88th Annual State Meeting – Champion Convention Center, OKC. Registration deadline June 22.**

July 27 9:30 am Educational Lesson Training, Extension Conference Center Basics of Floral Design – Julia Laughlin.

Reminders:

Monthly Group Volunteer Hours Forms Due

Thought for the day: Life isn’t about finding yourself. Life is about creating yourself. – George Bernard Shaw

DEADLINE FOR AUGUST

NEWSLETTER

JULY 20, 2023

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<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

I want to Thank each of you, for all the work you did for OHCE Week and all the other activities in the month. Thank you to the Social Committee for arranging the meal and decorations for the Achievement Luncheon. Special Thanks, to Jan Beattie for the Memoriam. She did an excellent job honoring those who we lost this past year. As Jan portrayed the honorees, they each had the same dynamics. They each had great pride in their homes and families while also serving their communities. Also, thanks to Jan for organizing the tour to the First Americans Museum. We had a great time and great lunch. Thank you to all who participated by putting displays or flyers in the local libraries. What a great way to let others know what OHCE is about.

I want each of you to have a great summer. Spend time with family and friends making new memories and remembering those who are no longer with you. We just had the Educational Lesson on "Trips on a Tank Full". I'm looking forward to enjoying what Oklahoma has to offer. There are so many great places to visit, museums, parks, lakes, festivals, art & craft shows, quilt shows, trails to walk and explore. These are just a few, but I hope you can get out and enjoy your summer.

County OHCE President

Gayla Mosteller

COUNTY LEADERSHIP DEVELOPMENT CHAIR NEEDED

We are in need of a leadership development chair to volunteer to complete the year. Unfortunately, our current chair, Jan Bohannon, has resigned, so these are big shoes to fill! Her efforts are so appreciated. The chair of this committee plans our leadership training event that will be held October 5th. The chair can teach a workshop, provide officer training, invite a guest speaker, or try something new and different. Please contact Lisa if you're interested.

CUTURAL ENRICHMENT By Jan Beattie, Co-Chairman

Summer is soon approaching and gives us the opportunity to explore our great State of Oklahoma. I hope you enjoyed the May Educational Lessons that gave us some ideas for "Trips on a Tankful". With the kids and grandchildren out of school for a few weeks, this is the perfect time to go explore Oklahoma – whether nearby or across the state. *Here are just a few ideas if you want to stay local*

America's favorite pastime is baseball. Take in an OKC Dodgers Minor league baseball game at their beautiful stadium in Bricktown. Find their schedule <https://www.milb.com/oklahoma-city/schedule> There are endless opportunities near downtown Oklahoma City and the Bricktown area. Take a ride in a Bricktown Canal water taxi. The Oklahoma City National Memorial, the Oklahoma City Museum of Art and the Myriad Botanical Gardens and Crystal Bridge are close-by and just waiting for you to visit.

The women's College Softball Championships begin June 1st at the USA Softball Hall of Fame Stadium – OG+E Energy Field 2801 NE 50th St. in Oklahoma City. Tickets are available to purchase here: <https://oklahoma-city.tickets-center.com> You also won't want to miss the Softball Hall of Fame Museum in the same complex.

The OU and OSU teams have qualified to play.

Also in this area are the Oklahoma City Zoo, the Science Museum of Oklahoma and Planetarium (both at 50th and ML King), Oklahoma Railway Museum (3400 NE Grand Boulevard), 45th Infantry Division Museum (2145 NE 36th) and the Oklahoma State Firefighters Museum (2716 NE 50th St.) in Oklahoma City.

Not far away from Lincoln are the Oklahoma History Center, the newly remodeled Oklahoma State Capitol, and the Harn Homestead.

Have fun and enjoy all Oklahoma has to offer!

VETERANS PERSONAL CARE BAGS

If your group has been collecting items for the bags, please bring them to the Extension Center **no later than June 22nd**. That will give our volunteers time to take inventory of what we have before the bags are filled on Tuesday, June 27th, 9:30am at the Extension Center. Everyone is welcome to come and help!

HISTORY COMMITTEE By Dee Dee Shepherd

In the May newsletter I asked members to write a short excerpt about a member that you looked up to from the past or a current member. I think that was a hard task because there are so many great people and leaders in OHCE. I did write mine, but it was really hard for that reason. Over the next few months, we will still be accepting your stories. We plan on putting them in the History book and the newsletter.

Please send to Dee Dee Shepherd, Deeshep147@aol.com

- MAY** Write a short excerpt about a member that you looked up to from the past or a current OHCE member.
- JUNE** Submit OHCE pictures you would like in the history book with names. I found some really fun pics from the past I cannot wait to share with you.
- JULY** A story of how your group got started or how/why you became part of the OHCE family.

Below is my excerpt and an example of what you could write. Make it fun, serious, or inspirational. It's up to you.



Kay Holzman - 30-year member and going strong.

There are so many members that I have had the pleasure of working with while in OHCE that I admire and look up to. I met many of them through my mother. But the one that stood out the most was her. She has been through a lot through her lifetime and I, being her daughter, saw her strength and leadership over and over again. In OHCE she found her voice and became a leader. She is an advocate for the Veterans and loves making stockings for Grandparents raising grandchildren, and Mental Health. I try to follow her lead and if I teeter or fall, she is always there to pick me up. She is silent and strong. My mom Kathryn Holzman is why I became an OHCE member. The added plus is I get to spend more time with her.

NEWSLETTER

By Dee Dee Shepherd

The newsletter is for all of us to keep up with each other. We welcome the stories, events, and what your group is getting ready to do. Please send your pictures (with names or description) and I will do my best to get them into the newsletter.

OHCE WEEK AT THE COURTHOUSE

President, Gayla Mosteller, read the county's proclamation of OHCE Week at the county commissioner's meeting on May 1st. This is an annual event to recognize our organization.



SAVE THE DATE – OHCE STATE CONFERENCE, July 9-11 “PIECE BY PIECE, TOGETHER AGAIN”

The 88th annual OHCE state meeting will be held in OKC at the Champion Convention Center. **Early registration is \$125 if paid no later than June 22nd.** Payments will be made online only at:

orangehub.okstate.edu.

Agriculture Conference Services

OHCE

Registration includes Monday lunch and awards banquet, and Tuesday lunch. There will be an optional pre-conference tour of the First Americans Museum on Sunday, July 9th for \$20.00. An agenda of workshops and speakers will be available in early July.

ITEMS NEEDED FOR AMBASSADORS OHCE SILENT AUCTION BASKET

Oklahoma County OHCE voted at the last business meeting to have each group donate something for a basket to be donated to the Ambassadors Silent Auction that will be held during the state OHCE meeting July 9-11th. Scissor Tales President, Beverly Kirk has generously volunteered to donate a baby quilt, so our theme will be a Baby Shower basket. Thank you, Beverly! Suggested items to donate: children's board books, pacifiers, teething toys, onesies, etc. Groups may also donate money for Lisa to purchase items. All items need to be brought to the Extension Center no later than Tuesday, June 27th at the vet bag filling, to give Lisa time to put the basket together.

For those unfamiliar with the Ambassadors' program, it's an organization of OHCE and Extension Family and Consumer Science Educators who raise funds that are given out as grants to OHCE groups and FCS Educators across Oklahoma. Some of you may remember the Handmade for the Holidays event we did in 2019, or have seen the nice OHCE brochures we had printed. Those were paid for with an Ambassadors' grant former president Glenda Busby wrote. To be eligible to apply for grants, we must donate a basket or cash to Ambassadors. With our two new OHCE groups, we need to print a new brochure, and possibly apply to cover the cost of another membership recruitment event. Please contact Lisa if you have any questions.

TOPICS NEEDED FOR 2024 LEADER LESSONS

Please use the attached form at your next group meeting to provide Lisa with ideas for leader lesson topics in 2024. She will be meeting with McClain, Garvin, and Cleveland County's OHCE Advisors on August 3rd to finalize the lesson schedule. Ideas may be submitted until August 1st.

FAMILY ISSUES PROJECT

By Myra Moaning

LITERACY VOLUNTEER TRAINING JUNE 25 & JULY 2, OSU EXTENSION CENTER, 2:00-6:00pm

Help struggling or beginning readers get started off on the right foot. We have an opportunity to tutor at-risk teens through the "It's Lit Literacy/Tutoring Initiative" at the Oklahoma County Juvenile Bureau, 5905 Classen Court, OKC. With the training provided at the Extension Center, OHCE members will be prepared to participate in this project, even though no experience is necessary.

Tutors meet with teens on Wednesdays, from 4:00-5:30pm. Juveniles who are involved with the court system are referred to this program for 20 hours of tutoring. The volunteer application can be found at <https://www.oklahomacounty.org/departments/juvenile-bureau/-volunteer-opportunities>. There is a hard copy attached to this newsletter, that can be mailed to Crystal Ramirez at the above address.

Even if you don't plan to tutor at the Juvenile Bureau, this training is a great opportunity to learn how to help your grandchildren or volunteer with your church's tutoring program. Contact Myra for more information at 405-664-6507.

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

WOW! Our group had a great time celebrating OHCE week. Our goal was to participate in all the activities (I think we did). A big thank you to Carol Fulton for delivering the OHCE Week flyer and bookmarks to the smaller Libraries in SE Oklahoma County. The rest of the group decorated the Midwest City Library with information about OHCE and the projects we worked on. Kathryn Wells presented our Leader lesson "Coffee Time", and it was very flavorful.



GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group met Wednesday, May 17th at the Extension Center. We had a total of 16 at the meeting which included a new member, Jan Bohannon, and a visitor Vicki Zegrati.

We were very pleased that our Vice-President, Cynthia Johnson, was able to obtain some wonderful products for our female veteran bags. We sometimes forget that many, many women served and are serving in our armed forces.

I had the privilege of being the presenter this month. I chose to entertain the group with a series of chronological newspaper articles that featured my mother's paternal family called "Murder, Mayhem, Madness and More... the story of my family in newspapers." These articles ranged from tragic stories of cold-blooded murder to a groom who forgot the name of his bride; family betrayal and baby bandits; coal mining riots and coal mining deaths with plenty of mischief in between.

We will meet next on June 21 when Andrea Aven will present "How to Prepare for a Genealogy Research Trip. Our meetings are open to the public so please join us.

OHCE BITS & BYTES GROUP

by Pat Smith

The OHCE Bits & Bytes Group began meeting by the hybrid method (in person and by ZOOM) in February of 2023. This has worked very well, all nine members of our Group were present at the April 24, 2023, meeting. As always, our Instructor Bill James presented a very good lesson.

We invite any OHCE member or any non-member that has an interest in learning more about your computer to visit our Group. Our monthly meeting is at 1:30 pm on the 4th Monday of the month in the Pistol Pete Room at the OSU Extension Conference Building or by ZOOM. To log on to the meeting by ZOOM, please contact Pat Smith at pmsmithokc@gmail.com before the meeting time, so that the link can be forwarded to you. We look forward to seeing you at either or both of our next two meetings June 26, 2023, and July 24, 2023.

SCISSOR TALES QUILT GUILD

By Arlene Scaroni

The Scissor tail group meets the third Friday of the month from 1:00 to 4:00. We will be working on blocks for a donation quilt. The block we are using is the bear paw. Come out and have fun sewing or just visiting.

NORTHWEST SEEKERS

Vicky Sharp

Just a bit of information about our group and its activities this month. We enjoyed our lesson on coffee. Even for the non-coffee lover it was full of information you can pass on to your friends and family. We are thrilled to announce we have two new members. They transferred from other groups. Pat Smith and Paul Cunningham came to our group. They have been active for many years. Paul was our county treasurer and Pat has been President of her group. We had lunch at a fun place called "Whipped". It's located at N. McArthur and NW 39TH street. It is a bakery and sandwich shop. Yum. Our field trip to the Native American Museum was well attended. We would love to have more opportunities to see Oklahoma County. Keep up the good work.

LEARN CREATE AND SHARE

By Valerie DeBoer

Great News! We will be meeting for the first time since Covid quarantine started. Although many Learn, Create and Share group members have been active on individual, fair, county and district levels, family and friend illnesses and limitations have prevented us from meeting monthly as a group. Communication by phone and email has kept us connected as a group.

In the last 10 years, we have explored hand-stitched couching, crafting greeting cards, creating our own fabric design by screeding shaving cream and acrylic paint on material, assembled trash materials for recycle projects, designed jewelry, created terrariums and learned about designing fairy gardens, woven fabric or paper into magazine baskets or plant container covers, designed no-sew tote bags using magazine pictures or wrapping paper and clear heavy-duty tape, shared recipes, created holiday tree angels, Brazilian smocking, weaving string, jute, yarn, or plastics for container covers, or wall décor, designed wreaths, and made paper and polymer clay beads. We also took liberties using the English holiday crackers idea and filled rolled tubes with candies and small toys but decorating them for Valentine's Day.

As a group, we enjoy entering items in the county fair individually. Traditionally, we also try to do a couple of group fair projects. Last year we turned in 160 stockings for the "Santa Stockings" county project. Two members are county committee co-chairpersons. New lesson ideas are suggested by our members.

Our next meeting is located where OHCE usually holds all county meetings - at the OSU County Extension Center. The South door will be open by 6 PM with the meeting starting at 6:30 PM, June 19. We are really looking forward to enjoying each other's company in person again. Come learn arts and crafting with us or just come help us celebrate our first meeting in years. Everyone is welcome! Bring your friends.

OHCE Members Attending Stay Strong Stay Healthy.

Our County has 5 members participating in the program.



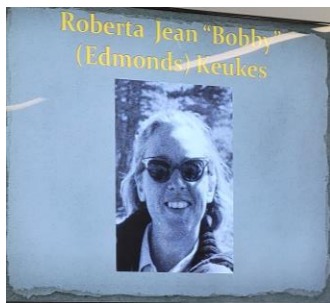
EASTSIDE FARMERS MARKET

The OSU Extension Center is hosting the Eastside Farmer's Market again, after a successful first year in 2022. The market will be open Tuesdays from 4:00-7:00pm, April 18th-October 24th. Vendors will be selling fresh produce, craft goods, prepared food, and more! Individuals receiving SNAP benefits may use them at the market, which will also offer the Double Up program. Please contact the market manager, Brandi Buys, at the Extension office for more information.

OHCE FIESTA SPRING LUNCHEON MAY 5TH

Our Spring Luncheon was a great success. Thank you all for the condiments and desserts that were oh so delicious. Thank you, social committee for putting this together and cooking all the meat for the tacos. The left-over meat was frozen and became an enchilada casserole for the May leader lesson. Here are some of the pictures from the luncheon.

Thank you, Jan Beattie for the wonderful tribute to some OHCE super stars that will be missed. Your work in putting this together took a lot of time and effort. It was so beautiful and amazing.



Members enjoying the great lunch, comradery, and beautiful decorations.



Groups and individuals receiving awards.





NEW OHCE MEMBERS



HEALTHY LIVING
Recipe of the month for June
Submitted by Dee Dee Shepherd
Recipe by ONIE PROJECT. ORG

CHIMICHURRI STEAK SALAD 30 minutes/ Serves 4

Ingredients:

- 1/3 cup Chimichurri Sauce divided.
- ½ cup Couscous
- 12 oz Beef flank steak, fat trimmed.
- ½ tsp cumin.
- 1/2 tsp black pepper.
- 1 pint cherry tomatoes.
- 4 cups mixed salad greens.
- 1 cup sliced radishes.
- 1 avocado diced.

Preparation:

1. In a large bowl, prepare chimichurri sauce. Set aside 5-10 minutes for flavor to develop. For a more intense flavor, make ahead & refrigerate up to 24 hours.
2. Prepare couscous according to package directions. Set aside and let cool to room temp (or place in fridge).
3. Preheat broiler on high. Season steak with cumin and black pepper. Place steak and tomatoes on a baking pan lined with aluminum foil. Broil 3-4 minutes. Flip steak and broil 3-4 more minutes until desired doneness. Remove baking pan and let steak rest, covered, for 5 minutes.
4. In a large bowl, combine couscous, salad greens, radishes, and half of chimichurri sauce; toss gently to coat. Slice meat into thin strips. Divide salad between 4 bowls, top with sliced steak and avocado. Drizzle remaining chimichurri sauce on top.

Nutrition Facts

4 servings per recipe		
Serving size		(340g)
Calories (amount per serving)	440	
		% Daily Value
Total Fat	26g	33%
Saturated Fat	5g	25%
Trans Fat	0g	
Cholesterol	55mg	18%
Sodium	85mg	4%
Total Carbohydrate	29g	11%
Dietary Fiber	8g	29%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	24g	
Vitamin D	0mcg	0%
Calcium	86mg	6%
Iron	3mg	15%
Potassium	858mg	20%

* 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.

TIP: Try grilling! Simply brush the steak with 2 tablespoons of chimichurri during the last 5 minutes. I found this recipe on the web site listed below and can't wait to try it. For July visit the web site and try making the Five Layer Fiesta Dip for your family or gatherings. Would love to hear what you think of the recipes. Web site: ONIE PROJECT. ORG