



May 2023

Thirteenth Email Edition

Vol. 32.5

## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

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#### CALENDAR OF ACTIVITIES

- May 1** OHCE Week Proclamation at County Commissioners' meeting, courthouse, 9:00am
- May 3** OHCE Field Trip to First Americans Museum. Contact Jan Beattie, [jankb80@sbcglobal.net](mailto:jankb80@sbcglobal.net) to sign up.
- May 5** OHCE Spring Luncheon, Extension Conference Center, 11:30
- May 7-13** OHCE Week
- May 18** Articles due to Newsletter Editor
- May 25** OHCE Week Reports Due to OHCE Advisor. See pg. 59 of yearbook for instructions.
- May 25** Leader Lesson: "Trips on a Tankful", 9:30am, Extension Conference Center
- May 26** Deadline to register for Barn Quilt Workshop
- June 3** Barn Quilt Workshop, 9:00am-4:00pm, Extension Conference Center

#### Monthly Group Volunteer Hours Forms Due

**Thought for the day:** Let the rain grow you not drown you. Let your thoughts guide you not stop you. – One Mindful Life.com

#### DEADLINE FOR JUNE/JULY

#### NEWSLETTER

May 18, 2023

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**Website for OHCE:**  
[ohce.okstate.edu](http://ohce.okstate.edu)

**Website for Genealogy Group:**  
[www.ohcegenealogy.com](http://www.ohcegenealogy.com)

**Follow us on**  
[Facebook.com/okcounty/osuextension](https://www.facebook.com/okcounty/osuextension)

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## PRESIDENT'S COLUMN

Can not believe it is May already. I know we are going to have a very busy few weeks here, but I'm looking forward to being with our members and sharing what OHCE is about.

**Oklahoma** – We will be learning and experience the History of Our Great State. Members will be visiting the new First American Museum on May 3rd. Many have heard and learned about the Indian Removal Act and the stories of the Trail of Tears, but did you know there was also a Trail of Death? I have great pride for this museum, not only does it have the History of my tribe (Citizen Potawatomi Nation), but it also has information and a picture of my Great-Great Grandfather, Hirom Weld. Also, one of the chefs for the Thirty Nine Restaurant an Emmy award-winning Chef, Loretta Barrett Oden, who is also a member of the Citizen Potawatomi Nation.

**Home** – Many members will be celebrating with their families this month; May is filled with lots of events to celebrate-Mother's Day, Graduation, Award ceremonies, festivals, art shows, track meets and an array of events that bring our families together. Also, the weather is very pleasant this time of year. Yes, spring is in the air, and we have been busy getting the flower beds filled with beautiful flowers. I'm not a vegetable garden person but I know several of you are and will be sharing your bounty with family and friends.

**Community** – We will be celebrating OHCE Week with displays a the Oklahoma County Libraries. Most displays will be up all month. Many of the displays will showcase the activities this organization has supported, mentored, and participated in. Many of the groups have their own community projects that they support. Keep up the good work and continue to support your communities.

**Education** – Each month we attend the Education Lesson provided by an OSU Extension Educator or special guest speaker. We then take that lesson back and present it to our groups, and members then share this information with friends and family.

Workshops are a way to reach out to the communities and share the educational aspect. On Saturday, June 3, we will be hosting a Barn Quilt Workshop from 9am to 4pm. Please share this information with neighbors, family, and friends. This fall we will schedule more workshops.

If you have a workshop or Educational Lesson that you would like to see presented, please let Lisa, myself, or the committee chairs know your ideas.

Gayla Mosteller

County OHCE President



## 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 is usually held in October. 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.

## CHECK YOUR LIBRARY DURING OHCE WEEK MAY 7TH-13TH

Many county libraries will have OHCE Week displays the entire month of May to celebrate and inform the public about this great organization. Check them out at The Village, Midwest City, Choctaw and Bethany.

## CUTURAL ENRICHMENT By Jan Beattie, Co-Chairman

Mark your calendars for the May 3<sup>rd</sup> field trip to the First Americans Museum! If you wish to ride the van from the Extension Center, be there by 9:30. If you are meeting us there, be at the ticket window by 10:00 a.m. Guests are welcome! If we have 15, the group rate is \$8.00. Otherwise, it is \$10.00 for seniors and \$15.00 for adults. Bring money for lunch! We will be eating lunch at the 39 Restaurant. We have a reservation at 11:30. They tell me the portions are large enough to share so you may want to split a meal with a friend. It will be a fun and exciting way to kick-off OHCE Week!

With the summer looming soon, it is the perfect time to visit our old stomping grounds or the places where our ancestors lived. It's a great time to plan a trip to an ancestral home place or to visit the final resting places of our ancestors. It's a wonderful opportunity to introduce our children and grandchildren to their heritage and to those who have gone before us.

Is your family planning a family reunion? You can mark your route and find interesting sites to visit along the way. You can visit places where your family attended school or church, their workplace and see their old family homestead. Be sure to visit the cemeteries where they are buried. Being able to visit the places where our ancestors lived gives us a new appreciation for them and makes them more real to us. No time like the present to plan a trip to an ancestral location.

## 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 22<sup>nd</sup>**. That will give our volunteers time to take inventory of what we have before the bags are filled on Tuesday, June 27<sup>th</sup>, 9:30am at the Extension Center. Everyone is welcome to come and help!

## **2023 MEMORIAL SERVICE**

**By Jan Beattie**

We will be remembering the deceased members that we have lost since last May in our annual *Memorial Service* during the OHCE Spring Awards and Achievements Luncheon on May 5<sup>th</sup>. To date, I have received notification of seven members whom we have lost. If you have other members whom you've lost that are not listed, please let me know. *Here are the members we have lost and whom will be memorialized at the service:*

### **NW Seekers/Will Rogers/Council Groves:**

Elizabeth M "Betty" (Stites) Campbell

Anna Jane "Janie" Whitecotton

### **New Beginnings (Soldier Creek and 3 E's)**

Betty Lou (Money) Ritter

### **Modern Homemakers:**

Jo Elaine (Korn) Royse

Georganna Childress

### **Cardinal Group:**

Bobby Keukes

Caroline Drewry Robertson

## HISTORY COMMITTEE

By Dee Dee Shepherd

The History Committee met in April and are excited to share the history of OHCE. To include each and every group we have a challenge or quest for you. Please submit a short excerpt about a member that you looked up to from the past or a current member. We will add them to the OHCE History book and monthly newsletter. We look forward to all the great stories. Please send to Dee Dee Shepherd, Deeshep147@aol.com

### 4-H FUNDRAISER – MOTHER’S DAY TEA PARTY

Oklahoma County 4-H is hosting a Mother’s Day tea party, Saturday, May 13<sup>th</sup>, and they have invited OHCE to join them. We have offered our silver tea service for their event, which is a fundraiser for the county 4-H organization. If your group is interested in attending or just donating cookies or finger sandwiches, please contact 4-H Educator Mindy McNeil at (405)713-1125, no later than May 11<sup>th</sup>. Food donations may be brought to the Extension office on Friday May 12<sup>th</sup>.

### MAY VETERANS’ ITEMS TO COLLECT

- Chapstick
- Note pads
- Paperbacks
- Puzzle Books

### SAVE THE DATE – OHCE STATE CONFERENCE, July 9-11

“PIECE BY PIECE, TOGETHER AGAIN”

The 88<sup>th</sup> annual OHCE state meeting will be held in OKC at the Champion Convention Center. **Early registration is \$125 if paid no later than June 22<sup>nd</sup>**. Payments will be made online only through a link on the OHCE website, <https://ohce.okstate.edu>. Registration includes Monday lunch and awards banquet, and Tuesday lunch. There will be an optional pre-conference tour on Sunday, July 9<sup>th</sup> for \$25.00. An agenda of workshops and speakers will be available in early July.

## WELCOME FLOURISH AND GROW OHCE GROUP

Oklahoma County has a new OHCE group! Flourish and Grow's members have an interest in house plants and was started by 4-H Educator, Mindy McNeil. They meet on the first Monday of the month at 6:30pm and are rotating between members' homes. Below is a photo from their first official meeting. Welcome to OHCE!



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

New Beginnings is making big plans for OHCE week. We've scheduled the MWC Library display windows in the lobby for a collection of items showing some OHCE projects, history, and fair projects! We would love to have you come to visit the OHCE display at the Midwest City Library (8143 E. Reno Ave, Midwest City, OK 73110) through the month of May.

Our last meeting was fun and educational. The leader lesson "Sleep Smart", was not only educational but fun, as we all came to the extension in our P.J.'s. Thank you, Lisa, for taking the picture.





## GENEALOGY GROUP

By Kathy Feters

The Genealogy group met at the Extension Center on Wednesday, April 19<sup>th</sup>. We had eleven members and one visitor, Loyce Edwards. Loyce had seen the newspaper article about our presentation today and is very interested in doing her own genealogy, looking for possible enslaved ancestors.

Our speaker this month was our Vice-President, Cynthia Johnson. Cynthia began researching her African American history eight years ago after doing a DNA test. While she originally did the test just to find out her ethnicity, she began to find DNA cousins. This led her to delve deeper into her family history. Many of her family members were strongly opposed to her doing any research, believing that the past should stay buried. Her own mother would only talk of the past in whispers. Her presentation, "This is My Story, This is My Song" was the result, so far, of what she has found.

Her search led her from Oklahoma to Marlin, Texas to Pine Bluff, Arkansas and eventually back to the Good Hope Plantation in South Carolina. In records from the Good Hope Plantation she found old records, dating back 200 years, covering three generations, that recorded the names, birth dates and parents of the slaves born on that plantation. This was a wonderful surprise, and very rare for enslaved people, since they were usually only found as unnamed tally marks in the census before the Civil War.

Cynthia also talked about the music in her family and how, as children, they were taught songs that had been handed down from parent to child. Her grandmother taught them classical music. Her mother taught them "Spirituals", the old songs that were sung by slaves and taught to their descendants. Her father taught them gospel songs and sang in a gospel quartet. Mixed in with her presentation were recordings of family members singing these different types of songs.

Cynthia is continuing to connect with DNA cousins and is planning a trip this year with her mother to the town in Texas where her ancestors were forced to move to when slave owners feared they would lose slaves to emancipation. Hopefully, we will hear more about her research in the coming years.

Our next meeting is May 18<sup>th</sup>. Group member Kathy Feters will present "Murder, Mayhem, Madness, and More", the story of her English immigrants gleaned from newspapers. It will be an exciting program you won't want to miss!



**Cynthia Johnson**



**Cash Home**



## 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.

## SCISSOR TALES QUILT GUILD

By Beverly Kirk

Our STQG Greeting is always "JOIN. LEARN & HAVE FUN!" Quilty friends Evelyn S, Arlene S, Julluettee B, Carol W. Pictured with Show and Tell Our projects! Scissor Tales Quilt Guild Meets on the 3rd Friday of each Month in the Pistol Pete Room. OSU/ County facility Time: 1-4pm.



...." give it, give it all, give it now! (Ann Dillard)





## **OHCE FIESTA SPRING LUNCHEON MAY 5<sup>TH</sup>**

The OHCE Fiesta is coming Friday, May 5th at 11:30 a.m

Our Spring Luncheon falls on Cinco De Mayo this year so save the date and come celebrate. The Social Committee will provide the meat and tortillas for the lunch. Each club will be assigned food items to complete our delicious meal. The Social Committee will decorate the tables for this celebration.

**We hope to see all of you on May 5<sup>th</sup>.**  
**The deadline to R.S.V.P. is April 28<sup>th</sup>**  
**Contact Connie Graham@405-517-5632**  
**See you there!**

**Pat Smith had a friend that sent this to her, and she wanted to share with us.**

### **A Tear Fell...**

A tear fell that fateful day,  
in April ninety-five.  
At 9:02 our world was changed  
but yes, we will survive!

Some crazy man sat down and said,  
"I know how I'll get even."  
So, one hundred sixty-eight poor souls  
went up with God in heaven.

We never will forget that day ~  
we couldn't if we tried.  
The young, the old, the rich, the poor -  
a part of us just died.

Yes, a tear fell from every eye  
and tears are falling still.  
Not one of us forgets that day,  
I guess we never will.

**Patti Koch 1995**

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

**TUSCAN STEAK PASTA 30 minutes/ Serves 8**

**Ingredients:**

5 cloves garlic, minced  
1 Tbsp Dijon mustard  
1 lb lean round steak, cubed  
1(13.25 oz) box whole-wheat rotini pasta  
Non-stick cooking spray  
1 medium yellow onion, diced  
1 (14.5 oz) can no-salt-added diced tomatoes, drained  
4 cups chopped kale  
1 cup plain on-fat Greek yogurt  
½ cup grated parmesan  
1 tsp Italian seasoning.

**Preparation:**

1. In a medium bowl, stir together garlic and mustard. Add steak and stir to coat. Set aside.
2. Prepare pasta according to package directions. Set aside.
3. Lightly coat a large, deep skillet with cooking spray and heat on medium-high. Add onion and steak. Cook 5 – 7 minutes or until steak is cooked through.
4. Add tomatoes and kale. Cook 3 – 5 minutes or until kale is wilted.
5. Stir in yogurt, parmesan, and Italian seasoning. Reduce heat to low and cook 4 – 5 minutes. Add pasta to skillet, stir to combine and serve.

**Nutrition Facts**

8 servings per recipe		
Serving size		(296g)
<b>Calories</b> (amount per serving)		<b>330</b>
		<b>% Daily Value</b>
<b>Total Fat</b>	6g	8%
Saturated Fat	2g	10%
Trans Fat	0g	
<b>Cholesterol</b>	40mg	13%
<b>Sodium</b>	138mg	8%
<b>Total Carbohydrate</b>	46g	17%
Dietary Fiber	6g	21%
Total Sugars	4g	
	Includes 0g Added Sugars	0%
<b>Protein</b>	26g	
Vitamin D	0mcg	0%
Calcium	130mg	10%
Iron	4mg	20%
Potassium	531mg	10%

\* 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.

I found this recipe on a display at the entrance of the OHCE building. There are so many different recipes on display to try. This one sounded amazing. I changed the kale for fresh spinach (which changes the nutrition facts and calories) and was so yummy. I was afraid to try the Greek yogurt, but I did and loved what it did for the recipe. This would be great to take to your next potluck.

# Stay Strong, Stay Healthy



## What is Stay Strong, Stay Healthy?

It is an evidence-based strength training program designed for middle aged and older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.

## How does Stay Strong, Stay Healthy work?

The goal is to improve health and quality of life.

### Classes incorporate:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches
- Over the course of the program, you will learn exercises to improve strength, balance and flexibility.

After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.

**Classes begin **May 9th** and meet each Tuesday and Thursday for 8 weeks from 10AM-11AM.**

\$20 for 8 weeks (16 classes)

Registration Deadline April 25th or until the class fills up.

**Register by calling 405-713-1125**

Classes will take place at 2500 NE 63rd Street, OKC, OK 73111



HAPPY  
*Mother's  
Day*

You're invited to a  
**Mother's Day Tea Party!**

Please join

\_\_\_\_\_

at the Oklahoma County  
Extension Center on

**May 13, 2023**

**1:00 pm**

**Tea and Refreshments**

2500 NE 63rd St. Oklahoma City, OK 73111  
\$5 per person, no cost for moms. All proceeds  
benefit Oklahoma County 4-H programs.



## Barn Quilt Workshop



Saturday, June 3, 2023

Oklahoma County OSU Extension Conference Center

9:00am to 4:00pm

Learn the history of the Barn Quilt! You will be painting a barn quilt pattern of your choice on a 2' X 2' board to display at your home. Boards will be primed so outdoor display will not harm your artwork.

Registration \$35.00 - Discount for OHCE members \$25.00

Registration deadline May 26, 2023

Registration includes one, 2' X 2' wood board, patterns, and all materials needed to complete your project. Bring a sack lunch.

Name:

Phone:

Address:

Email:

Make checks payable to: **Oklahoma County OHCE**, write in memo Barn quilt workshop. Check can be dropped off at the Extension office or mailed to **OHCE Barn Quilts, c/o Oklahoma County OSU Extension, 2500 NE 63rd, Oklahoma City, OK 73111. Deadline for payment is May 26, 2023.**

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