



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

February 1: SE District Meeting Registration due to county treasurer, Ruby Berg

February 5, deadline for Barn Quilt Workshop Registration

February 12: Galentine's Barn Quilt Workshop, Session 1 at 1:00pm and Session 2 at 6:00pm, Extension Conference Center

February 15: Articles due to Newsletter Editor

February 22: Leader Lesson: "Medication Safety for Seniors", Ty Gregson, OSU Opioid & Substance Use State Specialist

February 22: County Business meeting 15 minutes following Educational Lesson

Monthly Group Volunteer Hours Forms Due

Thought for the day – The World is hugged by the faithful arm of volunteers — Terri Guillemets

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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

Greetings from your County President, I think I have survived. I want to Thank everyone for the Well Wishes, calls, text and cards. Also, Thank You to the executive board for meeting earlier prior to my surgery. I'm 12 days out from surgery and have mastered the stairs to get into our home office. Rehab is going well and gaining strength each day.

I hope each of you have your new OHCE Year Book and have taken the time to read through it and noted the dates in your personal calendars. We start the month off on February 12 with the Galentine Barn Quilt workshop. This is a membership drive and is a great time to ask your neighbor, friends, family and those acquaintances you meet at other functions, to join us for FREE and learn more about OHCE with refreshments provided. All supplies and patterns needed will be supplied. There will be two sessions on this day, first session is 1-4pm, second session 6-9pm. If you have any special fliers or information about your group, please have those available for this workshop.

Here is a challenge for each member. I would like to see each group invite a minimum of 3 guests and one joining your group or another OHCE group. Example: I have a young girl, from my old home town, who works days but is interested in joining a group. I'm hoping she will join our evening group.

I have talked about possibly offering a workshop or demonstration following some of our Education Lessons. I have received some great ideas that will be planned and implemented into our schedule. If you have any ideas, please let myself or Lisa know. Watch the newsletter for any updates.

Hope to see you all soon.

County OHCE President

Gayla Mosteller

FARM TO YOU NEEDS VOLUNTEERS

The OSU Farm to You school program needs volunteers to assist with presentations at 2 local schools in March. OHCE members have donated their time previously and enjoyed interacting with young students in this large exhibit. Please contact coordinator Parker Jackson at 405-744-6699 or parker.jackson@okstate.edu. Dates and schools are listed below:

- March 1 Van Buren Elementary, 2700 SW 40th Street, OKC
- March 5 Hayes Elementary, 6900 S. Byers Avenue, OKC
- March 14-15 Bodine Elementary, 5301 S. Bryant Avenue, OKC

SE DISTRICT OHCE MEETING REGISTRATION DUE FEB. 1 “STYLING THROUGH THE DECADES”

Please hold the date, **Tuesday, March 5th**, to attend the SE district OHCE meeting at the Harmony Baptist Church, 710 E. Harmony Road, Atoka. The registration fee of \$25.00 will cover morning refreshments and a catered lunch. **Group Treasurers:** Please send one check **made payable to Oklahoma County OHCE** with a list of attending members and any dietary restrictions to county treasurer, Ruby Berg, 1305 Brookhaven Drive, Edmond, 73034, **no later than February 1st**.

The drive to Atoka is 2 hours and 20 minutes from the Extension Center. We will try to arrange carpooling to the meeting; however, the OSU vans are not available. If you're considering going the night before, the Best Western Atoka Inn and Suites has a special rate of \$107 plus tax. Call 580-889-5500 and ask for rooms held by Karen Pospisil, state OHCE treasurer. These rooms may go quickly, but there are 3 other hotels in Atoka you can contact: Comfort Inn, 580-889-8999, Super 8, 580-364-7373, or Motel 6, 580-889-7300.

The meeting day begins at 8:30am with registration and refreshments, followed by the business meeting at 9:30am. Available workshops include Loom Weaving, Vintage Quilt Repair, Disaster Preparedness, Africa, Estate Planning, Wire Wrapped Rings, All About Scarves, and Charcutery in a Box. A few of the craft workshops have a small supply fee to attend, so bring cash.

FEBRUARY VETERANS' ITEMS TO COLLECT:

- PUZZLE BOOKS
- SHAVING CREAM
- RAZORS
- DRINK MIX (like Crystal Light) – INDIVIDUAL SIZE POUCHES

RESOURCE MANAGEMENT

By Susan Hart



Last month we highlighted shrinking our trash or items we no longer use by crafting them into something new or by giving it a new purpose. The example was repurposing discarded holiday wrapping paper into decorative notepads. What upscale crafting have you been doing this past year or during our January arctic weather? Did you find a new use for discarded holiday wrapping paper and greeting cards? Have you been repurposing other items?

Are you ready to celebrate your creativity and inspire others?

Are you ready to be inspired to try something new? Great!



Starting with the February 22 Leader Lesson and OHCE Business meeting, there will be a special space for your group to showcase its recycling imagination and creativity. Celebrate, inspire, and be inspired. Bring your upcycled items? If it is too large or bulky to transport, then bring a photo.

Not sure if you have a recycled item to share and inspire others? Check your home. Have you repurposed old medicine bottles? Have you recycled worn or outdated clothing? What about reusing packaging? Any worn shoes or boots repurposed into planters or garden art? Have you transformed something into a new home décor or holiday decoration? Did you melt used candles into new ones? Have any worn towels or blankets been transformed into dog beds or other items? Just a note.... There is a place for recycled items in the Oklahoma County Fair.

No matter if we call it reducing, reusing, recycling, or upcycling, it is about using our imagination and creativity to bring new purpose to items. This saves space in our landfills, saves our time from shopping around and saves our money for other needs. *(Resource management is more than just reducing landfill trash. Our resources include the environment, but also our money, time, health, voting power to shape our surrounds etc.)*



Tea light jars (good for when you lose electricity). Wrapping paper books to put on the Christmas tree (Could do one every Christmas for memories). These recycled examples will be displayed at the next Leader Lesson and Business meeting. We would love to see what you or your group comes up with.



CULTURAL ENRICHMENT
By Jan Beattie, Co-Chair

Your Help is Needed!

The deadline is fast approaching for the State Cultural Enrichment Poster Contest. The theme this year is to highlight places of interest in our local communities. I need a group or individuals working together to volunteer to make a poster that we can take to the SE District Meeting on March 5th. *Here are the particulars:*

1. The entry will highlight a location of interest in our county and portray this on a standard tri-fold poster board. At least 3 types of medium ex: paint, drawing, photos, cut and paste, etc. should be used.
2. The display will be accompanied by a blank Oklahoma map with the location of our county and site marked.
3. A half-page description of the site should be attached to the display. The written description should include site location, reasons for choosing the site, any historical data, etc. It should be typed large enough for easy viewing from a short distance.
4. The first-place winners of the District Meetings will be exhibited and judged at the annual state conference.
5. Prizes will be awarded for 1st, 2nd , and 3rd at District Meeting with the first-place display entered at the state level. Prizes will be given to 1st, 2nd, and 3rd place at the state conference.

Please let me know right away if your group can do a poster as our entry this year. Many thanks! Email me at jankb80@sbcglobal.net or call 405 513-4014. I know we have some amazing and creative members out there! Let your talents shine!

OHCE STOCKING PROJECT REPORT
By Dee Dee Shepherd, Committee Chair

We will be purchasing the felt for the stockings very soon. If you would like to participate on the stocking committee, please let me know. It's all hands on and everyone that can help is welcome.

HEALTHY LIVING

By Kathryn Wells

Did you know older adults are the most sedentary age group and insufficient physical activity is the fourth leading risk factor for mortality.

Suggestion: If you're not currently walking, each time you visit the Extension Center, schedule a brief walk on the walking trail behind the office before and after your meeting. Work up to a mile and then extend that distance. Be sure to record your time on that activity for your volunteer hours.

NEWSLETTER EDITOR

Needs Your Group Meeting Information

THANK YOU TO EVERYONE WHO IS SUBMITTING PICTURES, STORIES, AND ARTICLES. What a great start to 2024. The newsletter is a great place to tell members thank you for the hard work they have done (WE SEE YOU), which makes it a part of our history.

Recently I researched a member to find out what she had accomplished in OHCE. I was surprised to find out how much information I could find in the past newsletters and our Yearbook. What an enlightening experience. So, please keep them coming.

Thank you so very much for sending your information every month. Please send your pictures (with names or description) and I will do my best to get them into the newsletter. Email me at Deeshep147@aol.com.

NW SEEKERS

By Vicky Sharp

Hi everyone, hope all is well. In January our group lucked out and had great weather to attend our planning meeting. We met at the Westlake Presbyterian Church and assigned our lessons for the coming year. Last month we had a Christmas lunch at Vicky's house. We revealed our secret pals for the year and enjoyed brunch. In February we will meet at Westlake again. We usually meet on the second Thursday of each month. Our meeting starts at 10:00 am, but the door is open at 9:30 am. We have a snack and coffee and then start the meeting. I hope others will find the time to drop in and get to know us better. See you soon.

FLOURISH AND GROW

By Maggie Maples

We meet the first Monday of every month at 6:30pm but locations vary. I do believe we will be meeting at the extension office for the next few meetings though.

GENEALOGY GROUP

By Kathy Fetters

The Genealogy Group met Wednesday, January 17th, at the Extension Center. We had 12 members present along with our speaker, Andrea Aven, and two guests, Aldo Brown and Jerry Heppler. **Jan's Genealogy Quick Tip for January 2024** was *Tips to Jump-Start Your Genealogy New Year*. Copies of all **Jan's Genealogy Quick Tips** can be found on our website: ohcegenealogy.com.

Our speaker this month was Andrea Wallis Aven, a former member of the Genealogy Group. Andrea was born in New York City, raised in Connecticut, and has been in Oklahoma since 2011. She has had a keen interest in genealogy for over 30 years doing significant research on her Wallis and Stewart family lines. Last year she and husband Bill took a genealogy vacation to research and visit family homes and sites in England, Ireland, and Scotland. Her presentation, *How to Plan for a Genealogy Research Trip* was developed as a result of this three-week trip overseas.

Andrea was able to share "do this, don't do that" lessons she personally learned on her trip. Along with her practical advice, Andrea shared pictures and stories of distant relatives she met, ancient home sites she visited, driving and passenger advice, and the many encounters with people who went out of their way to help them. Altogether they drove 2200 miles in addition to multiple plane rides. She encouraged using a travel agent if you feel overwhelmed with the planning, do your best to contact in advance the places you want to do research, allow some down time to do tourist stuff and most of all, be flexible. We hope to have her back again to share some more of her knowledge of genealogy research.

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

We met on January 8th, in the Pistol Pete room at the OSU Extension Center at 10am. We reviewed our budget for 2024. We talked about membership and a few new activities we would like to implement. We shared healthy snacks which always surprises me that they are so good. This time I brought hummus and a charcuterie board.

Our next meeting will be on February 12th at 1 p.m. – We will be helping with the Galentine Friendship Barn Quilt workshop instead of the traditional meeting. Guests are always welcome.

Meetings are at the OSU Extension Center in the Pistol Pete Room, 2500 N.E. 63rd, OKC, OK 73111.

SCISSOR TALES By Beverly Kirk

One of our STQG members was able to SHARE THE LOVE in a quilt give-a-away during February! The STQG group also has extended their sewing times to 12:00 to 4:00 PM on the Third Friday of each month!!!! Our motto is Join***Learn***HAVE FUN!! We are so thankful to the leadership and sponsorship by our OSU-OHCE team! Our NE 63rd OKC location is so welcoming! Our room setting is open with tables and chairs! The facility rooms are warm in winter, and cool in summer! The parking lot is clean, accessible and safe! We never fail to count our blessing as beautiful fabric is sewn and community friendships are formed! Blessings to all!!!



BITS AND BYTES COMPUTER GROUP

By Kathy Feters

The Bits & Bytes group met January 22nd, via ZOOM due to the ice storm. We had four members present: Secretary Kathy Feters, presenter Bill James, Betty, and JoAnn Brannan. Bill went through his handout and also showed us how to add a digital signature to a document.

Our member focus this month is on our Vice-President and Treasurer Valerie DeBoer. Valerie is a native Minnesotan having moved to Oklahoma at age 22. Valerie loves learning new things, which is evident in the various degrees she has achieved: a Bachelors in Computer Science and Biology, and a Masters in Education. She continued on to work toward her doctorate in Aviation and Space Education completing all but her dissertation. Her favorite job was working as a contractor for the FAA as an Instruction System Design Analyst. If you get a chance, ask her to explain this interesting job to you.

Valerie has been a member of OHCE for 15 years. Besides being a member and officer in Bits & Bytes, she serves as the President of Learn, Create & Share. Most people will know Valerie from her presenting the Inspiration part of our business and celebratory meetings. She is also is co-chair of the Resource Management Committee with Sue Hart and serves on the Social Committee. Valerie says her favorite part of OHCE is meeting such a wide variety of people and seeing how working on a project together gives everyone such joy.



Modern Homemakers By Burchie Smith

Modern Homemakers had a lovely Christmas luncheon on December 14 at Mary Watson's home. Her Christmas decorations were so neat as she has a large collection of Christmas carolers, a collection that dates back to 1989. It was at that luncheon that we collected all of our stuffed toys/animals that we buy and give to the Edmond police Department to give out to children who have experienced a trauma in their lives. In January, those stuffed animals were delivered to the Edmond Police Department and they were very happy to receive them and because (like they said) they only take brand new toys.

Our first Modern Homemakers meeting for the new year, 2024, was on Thursday, January 11. We were very fortunate for two reasons one the weather was absolutely gorgeous for our January meeting and secondly we had two updated reports one from Gwen Smith, our secretary, and one from Ruby Berg; they were the two who attended the forms training meeting on January 4 of this year. Our secretary, Gwen Smith, is very prompt and dedicated in making sure our monthly volunteer reports are filled in and sent in on time. We discussed the district meeting that will occur on March 5, but no one in the group except a couple really showed an interest that they would attend. That information will be turned in at a later date.

After the meeting the hostess, Burchie Smith, shared poppy seed bread with the group along with coffee. They seemed to like it, and some wanted the recipe that makes two loaves of poppy seed bread. The recipe is as follows:

Poppy Seed Bread

3C. flour	1 ½ C. milk
3 eggs	2 ¼ C. sugar
1 ½ t. salt	1 ½ T. poppy seed
1 ½ t B. powder	1 ½ t. almond flavor
1 1/8 c. cooking oil	1 ½ t. vanilla

Grease and flour two 9 x 10 – inch loaf pans.

Mix all ingredients (no particular order) in a large bowl. Beat two minutes with an electric beater. Pour into the loaf pans. Bake at 375° for about one hour and 10 minutes (do not under bake) (the top will crack)

Frosting (glaze):

¼ C. orange juice, ½ t. vanilla, ¾ C. sugar, ½ t. butter flavoring

Mix well then pour over warm loaves. Let stand until absorbed. Cool before wrapping. Keeps 3 to 4 weeks in refrigerator. Next meeting Feb. 8, 2024, second Thursday of month.

Nutrition Facts

Servings per loaf with glaze: 12 slices	
Calories:	268
Total Fat:	12g
Saturated Fat:	1g
Carbohydrates:	38g
Fiber:	1g
Protein:	3g
Sodium:	230mg

SOFTWARE AVAILABLE TO ANALYZE RECIPES

Christi Evans, OSU State Food Safety Specialist, has purchased software to analyze the nutritional content of recipes. If you have old family recipes you would like to know more about or want to submit a healthy recipe to this newsletter, please send them to Lisa. She will send the recipes to Christi, who will analyze them at no cost.

HEALTHY LIVING Recipe of the Month Black Bean Hummus

From Alice White and her husband David.

Ingredients:

Black bean hummus

1 can black beans
1 t cumin
1/2 t chili powder
1/2 a lemon, juice
1 clove garlic, heated in microwave to reduce raw taste
1/4 cup tahine
1/4 cup olive oil

Nutrition Facts

6 servings per recipe

Serving size

Amount per serving

Calories **177**

Total Fat **14g**

Saturated Fat **2g**

Sodium **168mg**

Total Carbohydrate **10g**

Dietary Fiber **4g**

Protein **4g**

*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.

Preparation:

Process beans and tahine in food processor, scraping sides as needed. Cut garlic into pieces before adding. Add chili powder, cumin and lemon juice and process until smooth. Drizzle in olive oil. Process to desired consistency.

A very BIG Thank you to Christi Evans, OSU State Food Safety Specialist, for compiling the nutritional content of recipes so we can publish and try them each month. We appreciate you so very much. And Lisa for sending them to Christi. I don't know what we would do without your support.



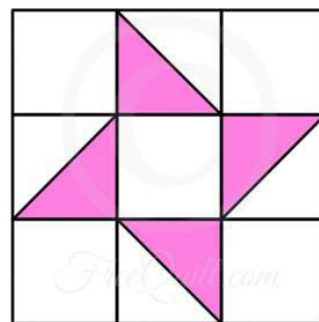
GALENTINE FRIENDSHIP BARN QUILT

February 12, 2024

Session 1 1:00 – 4:00 pm

Session 2 6:00 – 9:00 pm

Oklahoma County OSU Extension



Bring your Gal pal or Guy pal and enjoy an afternoon with friends and refreshments as you create a Friendship Star barn quilt. All the supplies will be provided for you and your guest to create a 12”X12” wooden barn quilt.

Registration is \$10. for OHCE members and your guest is free.

Workshop Choice 1:00 – 4:00 6:00 – 9:00

OHCE Member

Guest

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 Quilt, c/o Oklahoma County OSU Extension, 2500 NE 63rd, Oklahoma City, OK 73111**. Deadline for payment is February 5, 2024.

*This is a Membership Committee project. *

**We will re-schedule if inclement weather. **

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