



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

Nov 15 Deadline is **November 15** RSVP for the Holiday Luncheon. E mail social committee member, Connie Graham with the number attending. Her email is surfjamesgraham@yahoo.com

Dec 1 9:30am Decorate for the Annual Holiday Luncheon.
11:30 am Annual Holiday Luncheon, 2024 OHCE County Officer Installation and Outstanding Member Award Recognition.

Dec 14 Articles for January 2024 to Newsletter Editor

Monthly Group Volunteer Hours Forms Due to Extension Center

Reminders:

- * Group Presidents remind group members to begin finalizing their individual Award of Excellence Program Data Worksheet for submission in December
 - * Group Secretaries collect Individual Award of Excellence Program Data Worksheets from group members
- Secretary Books and OHCE Oklahoma County Summary Reports (Award of Excellence) due to Extension Center **January 25, 2024**

Monthly Group Volunteer Hours Forms Due

Thought for the day - "Kindness is like snow. It beautifies everything it covers." – Kahlil Gibran

DEADLINE FOR JANUARY 2024

NEWSLETTER

December 14, 2023



PRESIDENT'S COLUMN

I cannot believe this year is almost over, we will be starting a new year in just a few months. Today we had our Leadership Development and Annual Planning meeting, I want to thank each one who attended. I hope this meeting boosted your energy and got the wheels turning for ideas and workshops for the coming year. I felt excited with some of the conversations and ideas that came up in the meeting.

We still have several things to complete this year, so make sure you read all of this newsletter, and important dates and information. Watch for any emails that might have last minute information.

I saw this on social media today, wanted to share it with you all. If we were to change the name, to yourself and the lodge, to our OHCE. Thank You All, for being involved and making this organization what it is.

There was once an old Mason who hadn't attended his lodge for 20 years. One day he thought he'd go and see what's been going on with the lodge in his absence. When he arrived, he found boards on the windows, and a padlock on the door with a sign saying CLOSED.

As he stood staring at this sad lonely building, a younger man walked up and looked along with the old man. The old man said, "I was a member here for many years". The young man replied, "I was the secretary. I just can't understand how this lodge could have gone dark". "I bought my life membership 50 years ago", said the old man. To this the young man replied, "Every member here were life members as well". Puzzled, the old man said, "if everyone had life memberships, then what happened? How did it go dark"? The young man replied, "No one attended the meetings or became involved".

My point is just this; It isn't enough to buy a life membership, it isn't enough to pay dues, and it isn't enough to say you're a Mason. You have to attend, get involved, and claim your benefits.

County OHCE President

Gayla Mosteller

CULTURAL ENRICHMENT

By Jan Beattie, Co-Chair

Fall continues to offer spectacular foliage and other activities for us all to enjoy. *Here are some ideas for fun fall things to do with family and friends:*

1. Oklahoma City Thunder Basketball at the Chesapeake Energy Arena. Home games begin November 1st.
2. Sooners and Cowboys in College Football Action – watch the big Bedlam game on Nov. 4th in Stillwater.
3. Oklahoma City Philharmonic *Folk Roots* Concert on Nov. 12th at the Civic Center.
4. OKC Renaissance and Scottish Festival, Nov. 3rd at the OK State Fairgrounds.
5. November 11th is Veterans. There will be several opportunities throughout the metro to participate. Watch your local media publications.
6. The Polar Express train rides begin Nov. 11th from the OK Railway Museum, 3400 NE Grand Blvd. The rides continue until the end of December. A magical one-hour adventure to the North Pole for all!
7. November is American Heritage Month. Why not enjoy a tour of the First Americans Museum near downtown OKC.
8. The American Banjo Museums, 9 E. Sheridan in OKC. Closed Mondays.
9. The Edmond Outdoor Ice Rink at Mitch Park is a popular destination for families during the holiday season. The rink is open from November to January and offers skate rentals, lessons, and other events.
10. *A Christmas Carol* begins Nov. 24th at the Lyric Theatre.



In Memoriam

2023-2024

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 next May at the spring Awards and Achievement Luncheon. *I need your help with photographs for the following:*

- **Goldie Jones** (Soldier Creek/New Beginnings group) and
- **Martha Fields** (Modern Homemakers group)

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 a monthly Educational Lesson. Thank you.

Holiday Luncheon

December 1, 2023

By Valerie De Boer

The Social Committee will provide the turkey, dressing, potatoes, and gravy. Each group will be assigned a food category to bring. Your group president will know which food category to ask you to bring. The reason we need the count is so we can set up enough tables and food for everyone. Bring your friends or anyone interested in maybe joining OHCE.

Group presidents - by November 15, please contact Social Committee member, Connie Graham with the number (including guests) attending the luncheon. Her email is surfjamesgraham@yahoo.com.

As you know, this year's theme is Christmas stories. Judges will assess each table's decorations and choose the group that best depicts the story the group chose. Please bring a book that tells the story you've chosen to decorate your table. A side table will display the books offering clues so we can more easily guess each table's story. After the luncheon, the books will be given to a children's center. The January newsletter will announce the best guesser connecting stories to group table displays. Children's Golden Books or coloring books are examples of inexpensive books you can bring.

VOLUNTEERS NEEDED FOR POVERTY SIMULATION

The Oklahoma and Pottawatomie County Extension educators will be hosting a poverty simulation at the Oklahoma Bar Association, Oklahoma City on Wednesday, January 31, 2024. Volunteers are needed for this all day event, and training will be provided that day. These are very powerful trainings, helping individuals better understand and empathize with families struggling to make ends meet. Please contact Lisa for more information or to volunteer.

*****HOLD THE DATE***
SE DISTRICT MEETING – MARCH 5, 2024**

The SE District OHCE meeting will be held on Tuesday, March 5th, 2024, at the Harmony Baptist Church, Atoka. This is about a 2 hour and 20 minute drive from the Extension Center. Please let Lisa know if you are interested in attending, so carpooling plans can be made. The Extension vans have gotten old enough that they are no longer safe to drive that far. More information will be coming soon.

**OHCE STOCKING PROJECT
748 STOCKINGS BY NOVEMBER 15TH**

THESE WILL BE FOR GRANDPARENTS RAISING GRANDCHILDREN AND THE MENTAL HEALTH ASSOCIATION CRISIS CENTERS.

Please take the completed stockings to Lisa's office at the Extension by November 15th. Please put your name, group name, and how many stockings are in your bag or box. If you need more stockings to do, please contact Dee Dee at (405)664-2460, and she will bring them to you. Thank you for all your hard work on this project.

**RESOURCE MANAGEMENT
By Susan Hart**

7 Steps to Shrink Your Trash from EEKW.org Wisconsin Environmental Education for Kids.



Step 1: Reduce

Make less waste in the first place! Buy things that last longer and have little or no packaging. Buy the big bag of chips and take your servings in reusable containers (Twelve - 1/2 ounce bags of chips make 9 times as much trash as one six - ounce bag and may cost twice as much as the bigger bag!) Buy rechargeable alkaline batteries for your toys, TV control, and boom box. They're less hazardous for the environment, make less trash, and their higher cost is offset by their longer life.

Step 2: Reuse

Give items a second, third or fourth life! Many items you normally throw away can be used again and some items are made to be used over and over. An old tire becomes a swing. A cool lunch box replaces bags that are thrown away. Toys, video games, books, and clothes you've outgrown can be sold at garage sales or given to charities.

Step 3: Recycle

You're already separating bottles, jars, cans, and paper products for recycling, and your community is collecting, processing, and selling them. But are you "closing the recycling loop" by looking for and buying items made from recycled materials? Most glass and metal containers are made with some recyclables but for paper or plastic products, look for the recycling symbol and the words "made with post-consumer recycled content" on their labels.

Step 4: Compost

Yard waste and food scraps (vegetables -- no meat please) are not garbage -- they're future soil. By composting these items in your backyard, you can make a rich humus that improves soil, making garden plants grow better. Composting duplicates nature's natural decomposition process in your backyard.

Step 5: Burn trash to make energy

You can't do this, but your local power plant may want to give it a try. Each ton of solid waste has enough energy in it to equal 70 gallons of gasoline! Many coal-burning power plants are burning old junk mail, tires, and broken toys to make electricity. Is yours?

Step 6: Throw it away in a landfill

If you've tried steps one through five and still have some trash left over, then you'll probably have to put it in a landfill. Landfills are an improvement over the old dumps of the past. They're a place where trash can be buried in a safe manner with minimum risk to the environment.

Step 7: Burn without making energy

Incinerating or burning trash without making energy is the last thing we want to do with our trash. Burning trash at home harms human health and the environment and is illegal in many parts of Wisconsin. Some communities may operate big incinerators that burn trash under very strict environmental controls.

No single step can solve our waste disposal problems. Each option has side effects that must be considered when we're selecting the best solution to each solid waste problem.

HISTORY COMMITTEE

By Dee Dee Shepherd

I think the history of our county and groups belongs to all of us. Our stories, our projects, our people make up who we are, and share it with others. This is for all of us to contribute to as individuals and as groups. If you have something to share, please email it to me Deeshep147@aol.com and I will do my best to put it in the newsletter. Thank you for sending your stories, and I can't wait to see your groups highlights for the January Newsletter.

Please send your groups 2023 highlights for the January Newsletter by December 15th. Email to Deeshep147@aol.com.

NEWSLETTER EDITOR

Needs Your Group Meeting Information

THANK YOU TO EVERYONE WHO IS SUBMITTING PICTURES, STORIES, AND ARTICLES. YOU HAVE MADE THIS YEAR'S NEWSLETTER FUN AND ENTERTAINING. I LOOK FORWARD TO YOUR NEXT SUBMISSION. The newsletter is a great place to tell other members thank you for the hard work they have done (WE SEE YOU), which makes it a part of our history. Documented. We welcome the stories, events, pictures, and what your group is getting ready to do. We would love to publish your meeting dates, times, and location as this newsletter is published on the OSU Extension web site. What a great opportunity we have to share what we do and who we are with our community. 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.

MEMBER OF THE YEAR VOTING PROCESS IS CHANGING IN 2024

At the county business meeting, it was decided that the voting for member of the year will remain the same for 2023. Each member may vote one time for Member of the Year, Heart of OHCE, Rookie of the Year, and Young Member of the Year. Ballots are in your yearbook on page 54, with criteria for each category. A ballot box and ballots will be available at the Extension Center until final voting at the holiday luncheon.

It was also decided that voting will change in 2024 to a nomination form that will be judged by another county. This will make the process less of a popularity contest, where the larger groups who have more members have an advantage. More details to come soon.

SAVE THE DATE
MASTER SEWING VOLUNTEER STATE WORKSHOP
APRIL 2-4, 2024

Are you interested in teaching sewing workshops for adults or youth? Becoming an Extension Master Sewing Volunteer will give you the tools to be a successful instructor. The statewide training will be held at the Cleveland County Extension Center, April 2-4, 2024. There are several steps to complete before attending the training, so let Lisa know asap if you want to start the application process.

VETERANS' ITEMS TO COLLECT FOR NOVEMBER/DECEMBER

- Lip Balm
- Toothbrushes
- Toothpaste
- Hand Sanitizer

GENEALOGY GROUP
By Kathy Fetters

The Genealogy Group met October 18th at the Oklahoma County Extension office. We had nine members and three visitors, plus our speaker, La Nell Shores, and her husband Mike. Our visitors were Marie Hanigan, Ashleigh Pennington, and Loyce Edwards. Loyce joined our group after the meeting.

Our speaker, La Nell Shores, is well known to genealogists in Oklahoma. She was a Past President of the Genealogy group. She has been a speaker at many area events and as usual, her presentation was very informative. Her topic "Breaking Through Brick Walls" covered a problem that all genealogists have because not all ancestors left records that were easy to find. So, La Nell gave us a list of 10 things we should do to break down those walls. Start with defining your problem...what do you want to know? From there she advised we not assume what we knew or heard was true, create a timeline to see where we have gaps to research, fill in those gaps by finding every record possible, research collateral lines (siblings, aunts, uncles, cousins), follow the neighbors, friends and acquaintances of your family...it was common for whole neighborhoods, churches, families to move as a unit, do your DNA, put your information out on the cloud for others to connect to you. This can be through Ancestry, My Heritage or other genealogy sites. La Nell gave us a list of websites for newspapers, death records, books, and other avenues to research. Last but not least, remember that not all records are online. Check with living relatives for records, go to court houses and churches. La Nell used her own research and family history as examples of what to do and what not to do. It was a very informative meeting and we all left inspired to use those tips to find our missing, lost, misplaced ancestors and break down those brick walls.

Our meeting next month will be on November 15th, when our President Jan Beattie presents "Secret Agents in Hoop Skirts, Female Spies in the Civil War." It sounds like a very interesting topic so please join us.



Rose State College Quilts and More Class Donations Appreciated

The Rose State College Quilts and More Class is once again filling our handmade tote bags with goodies. These bags will be distributed by the Choctaw Methodist Church with the Christmas meal to those in their Meals on Wheels program. Donations to help fill these bags would be greatly appreciated. Items such as personal size tissues, hand sanitizer, lotions, slipper socks, toothpaste, toothbrush, sugar free candy, puzzle books and other personal care items appropriate for senior citizens would make great bag stuffers. Contact for this project is instructor Susan Larman, 405-326-4770, the Community Learning Center, Rose State College, Room 114.

BITS AND BYTES COMPUTER GROUP By Kathy Fetters

Our group held a workshop on Cyber-Security, October 2, 2023, at the Extension Center. We were pleased to have 8 of our members attend, either in person or via Zoom, and two visitors, Dee Dee Shepherd and Kathryn Holzman.

The meeting began with the speaker Judy Taylour's presentation on cybercrime and fraud. She highlighted the importance of reporting incidents and discussed the various types of senior fraud schemes, including paying in advance for something, charity and disaster funds, counterfeit prescription drugs, and funeral and cemetery fraud. Taylour advised attendees to keep their computers and virus security software up to date, install Microsoft updates, and disconnect from the internet and shut down their device if they see a pop-up message or their screen freezes.

Taylour also discussed various scams and cybersecurity threats, including reverse mortgage scams, romance scams, and ransomware. She emphasized the importance of being aware of red flags and taking preventive measures to protect personal information and devices. She explained what money mule scams are and how they work, targeting seniors and students. Taylour advised anyone who suspects they may be involved in such a scam to stop transferring money, notify their bank, and report it to the FTC.

Taylour warned against Medicare scams, phishing scams from delivery services, and the popular grandparents and family scams. She advised people to verify the authenticity of such calls and set privacy settings on social media accounts. Taylour also discussed the issue of spoofing and how it is used to deceive people into thinking that they are receiving calls from legitimate sources. She provided tips on how to prevent scams and protect personal information, including avoiding check washing, not clicking on suspicious links, marking spam emails, and checking for breaches on [haveibeenpwned.com](https://www.haveibeenpwned.com).

Overall, the meeting focused on educating attendees about the various types of scams and frauds that are prevalent in today's society. Taylour provided valuable information on how to protect personal information and devices, as well as how to recognize and report incidents of fraud. The meeting was a reminder of the importance of staying vigilant and taking preventive measures to avoid falling victim to scams and cybercrime.

NORTHWEST SEEKERS

By Vicky Sharp

The Northwest Seekers met earlier this month. We had the Fire Prevention lesson given by Paul Cunningham. He also brought a second lesson that he had prepared himself. His presentation was titled "The Spell Riet Project". It's a program he has developed to change how reading is taught. It is a fascinating way to look at teaching and reading. Last month, we exchanged plant seeds and bulbs. We are all trying to improve our gardens and get them ready for next year. Looking forward to our next meeting and next year!

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

We met on October 9th, in the Pistol Pete room at the OSU Extension Center at 10am. Our lesson on Fire Prevention was presented by Linda Steele. She had some really great information to present. Her 2 sons, son in law, and 1 nephew are firemen and are always checking her home every time they visit. They will not let her have candles.

We used to have a potluck meal at our meetings, but this year were encouraging healthy snacks. Which includes recipe sharing. I had no idea that I really didn't know what a variety of foods (that tasted good) could be a healthy snack. This group is always full of surprises.

Our next meeting will be on November 13th - Our lesson will be "Sharing Family History Through Food". Come have some fun and learn about what food has been teaching or taunting you.

We will be meeting on January 8th- Come try some healthy snacks. Visitors are always welcome.

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

SCISSOR TALES QUILT GUILD By Beverly Kirk

A poem by Nikki Giovanni

This extraordinary poet and civil rights activist portrays the love, the soul and the voice of why the Scissor Tale quilt ladies engage their heart and hands in the simplicity of stitching!

A QUILT

..... I grow old though pleased with my memories
The tasks I can no longer complete are balanced by the love of the tasks gone past

I offer no apology only this plea:

When I am frayed and strained and drizzle at the end
Please someone cut a square and put me in a quilt
That I might keep some child warm
And some old person with no one else to talk to
Will hear my whispers
And cuddles near



HEALTHY LIVING
Recipe of the Month
Submitted by Kathryn Wells
New Beginnings Group
By: myplate.gov

Chickpea salad

Ingredients

- 2 cans chickpeas, low sodium, rinsed and drained (15 ounces)
- 1/2 cup celery, diced
- 1/2 cup apple, diced
- 1/4 cup red onion, diced
- 1/4 cup cranberries, dried
- 1/4 cup mayonnaise, low-fat
- 1 teaspoon Dijon mustard
- 2 teaspoons curry powder
- 1/4 teaspoon thyme, dried
- 1/8 teaspoon black pepper, ground
- salt (1/2 teaspoon, optional)

Nutrition Facts

6 servings per recipe

Serving size

Calories (amount per serving) **181**

% Daily Value

Total Fat

Saturated Fat 1 g

Trans Fat 0 g

Cholesterol N/A

Sodium 282mg

Total

Total Carbohydrate 26g

Dietary Fiber 7g

Total Sugars 8g

Includes Added Sugars 3 g

Protein 7g

Vitamin D N/A

Calcium 59mg

Iron 2mg

Potassium N/A

* 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

1. Wash hands with soap and water.
2. Add the chickpeas to a large bowl and mash with a potato masher. You can mash them to be as smooth or coarse as you desire.
3. Add all of the remaining ingredients to the bowl and mix until everything is combined.

HINT: Kathryn added tuna to hers and that made it so delicious.

Lucy's Cranberry Tea
Submitted by Jan Beattie
OHCE Genealogy Group

I love your idea about publishing the holiday recipes. I can't wait to see what everyone sends in! We have so many recipe traditions in our family, it was hard to choose. But I thought this one might be different than what other people may submit. We have this every year! It was my great-grandmother's recipe and definitely a family tradition for even more years to come.

Ingredients:

- 1-quart fresh cranberries in water or cranberry juice
- 1 cup red hots
- 12 whole cloves
- 1 lemon or 1 Tbsp lemon juice
- 2 cups sugar (this can be reduced significantly if preferred) - or use an equivalent sugar substitute like Splenda or Stevia
- 2 oranges or 1/2 cup orange juice (I love a little more!)
- 46 oz can pineapple juice

Nutrition Facts

servings per recipe

Serving size 1 Cup

Calories (amount per serving) **147**

% Daily Value

Total Fat

Saturated Fat

Trans Fat 0

Cholesterol N/A

Sodium 282mg

Total

Total Carbohydrate 66.3g

Dietary Fiber

Total Sugars

Includes Added Sugars

Protein 44g

Vitamin D N/A

Calcium 59m

Iron 2mg

Potassium N/A

* 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

Instructions:

Boil cranberries until they pop, drain and save the juice.

In another large pan, heat red hots, sugar and cloves in 1 quart water until dissolved.

Add all 4 of the juices to the sugar mix.

Let set in the fridge for several days for best flavor. When ready to serve, dilute half or taste with water. Can serve warm or cold. Makes 3 quarts of concentrate.

January we will have a recipe for Vegan Scrambled Eggs. Yum