



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC October 2020**

### **OHCE MEMBER TEACHES DNA WORKSHOP**



Jan Beattie, President of the Oklahoma County Oklahoma Home and Community Education (OHCE) Genealogy Group, presented a DNA workshop in October. The workshop was called "DNA – What is it and How Can it Work for You?" was presented in four counties, as well as virtually. Participants learned about the science of DNA, the many testing kits available, and how they can be used to confirm ancestry or help someone who's been adopted.

Jan also appeared on Fox 25's Living Oklahoma show to promote the workshop.

### **"Cooking for 1 or 2"**

Cooking a meal for one or two can seem like a big effort with a small reward. Taylor Conner, FCS Educator, held a "Cooking for 1 or 2" virtual program to teach and motivate participants on making nutritious meals. Participants followed along as Taylor taught them how to stretch their food dollars to make healthy meals on a budget. She also highlighted the benefits of creating more meals at home.

Attendees were provided handouts and a sample 5-day meal plan. This program, which took place on October 20th, was in partnership with the Metropolitan Library and is part of the ongoing "Get Cooking" program series. This program was recorded and can be viewed on the Oklahoma County OSU Extension's Facebook page."





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## **OSU Extension Educators Bestowed National Awards**

The Oklahoma Extension Association of Family and Consumer Sciences (OEAFCSS) held their annual awards ceremony virtually this year. Taylor Conner, Family and Consumer Sciences Educator, along with Horticulture Educator, Julia Laughlin, and Urban Agriculture & Natural Resources Educator, Joshua Campbell were awarded the National Extension Association of Family and Consumer Sciences (NEAFCS) Marketing Package Award and Excellence in Teamwork Award. Both awards were given for their efforts in working together to create and market the Four Seasons Living Series workshops and the creation of an educational calendar.

LaDonna Hines, Oklahoma County Extension Director, was recognized with the Distinguished Service Award. The Distinguished Service Award is the highest award presented by NEAFCS. This award was for her leadership, programming efforts and professional development.





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## **Community Nutrition Education Programs (CNEP) Staff Receive Awards**

CNEP was recognized with state awards at The Oklahoma Extension Association of Family and Consumer Sciences (OEAFCS) annual virtual awards ceremony. Cassandra Saldivar, Oklahoma County CNEP Nutrition Education Assistant, won the Para-professional Award. Cassandra has been providing nutrition education to limited resource families in Oklahoma county for more than 5 years. She provides weekly nutrition classes at Healthy Start where she teaches young pregnant and postpartum women how to make healthy food choices for themselves and their babies. She partners with OSU-OKC's Project Reach program and Rose State College's Empower Program to teach nutrition to limited income adults, and she partners with the Jesus House where she provides nutrition education lessons to individuals recovering from addiction and homelessness.

Christi Evans, CNEP Area Coordinator, was presented the OEAFCS Past Presidents Award and also awarded the Margaret Edsel Fitch grant from the Family and Consumer Sciences Ambassadors.



## **Educators Receive Grant for Programming**

The CE-FCS Ambassadors held their virtual awards ceremony this month. Christi Evans, CNEP Area Coordinator, along with Taylor Conner, FCS Educator, received a grant "Healthy for Life" which will be a series of nutrition classes and food demonstrations. The grant will be used to conduct the "Healthy for Life" program at the Oklahoma County Extension office in 2021.





OSU EXTENSION  
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4-H YOUTH DEVELOPMENT**

Oklahoma 4-H Congratulates  
**Aidan Spencer**  
STEM Pillar Winner



## 4-H Member Receives Awards

October is always a busy month for Oklahoma County 4-H'ers, but that has been particularly true for one youth. Aidan Spencer received not one, but two prestigious awards for his involvement with Oklahoma County 4-H.

Each year, four 4-H youth from across the country are selected to represent the four pillars of 4-H Youth Development. On October 5th, in celebration of National 4-H Week, the National 4-H Council announced that Aidan Spencer was the winner of the 2021 4-H and HughesNet Youth in Action Pillar Award for Science, Technology, Engineering and Math (STEM). Spencer organized more than 60 events, raised \$7,000 and founded three local robotics teams in effort to expand STEM access for youth in his community—efforts for which he will be recognized nationally and receive a \$5,000 scholarship. The 4-H Youth in Action Awards, sponsored in part by HughesNet, began in 2010 to recognize 4-H'ers who have used the knowledge they gained in 4-H to create a lasting impact in their communities.

Spencer, OSU Extension Oklahoma County 4-H'er, is addressing the STEM opportunity gap that many young people, especially minorities, face. Based on his own experiences, he is particularly focused on two critical barriers – exposure to diverse STEM topics and funding to support STEM programming. In addition to receiving the HughesNet STEM scholarship for higher education, Spencer will serve as an advocate and spokesperson for 4-H STEM programming.

Spencer was also selected for another award, Noble Cause, on October 21st. Each month, Fox 25's Living Oklahoma honors local teens making a difference in their communities in conjunction with prominent Oklahoma City attorney and philanthropist Noble McIntyre and his law firm.





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4-H YOUTH DEVELOPMENT**

## County Commissioners Declare October National 4-H Month

On October 5th, the Board of Oklahoma County Commissioners proclaimed October 2020 as National 4-H month. Harley Davis, Oklahoma County 4-H Historian, was present at the meeting and read the 4-H Proclamation.



## 4-H Awards Ceremony

On October 11th 2020, Oklahoma County 4-H celebrated the accomplishments of over 50 members. A windy day at the Harrah Heritage Park Amphitheatre allowed for a safely distanced outdoor event. We are very proud of our 4-H'ers and are very grateful to the City of Harrah for allowing us to utilize their facilities free of charge. We would also like to thank all the parents and supporters throughout our county for helping us "Make the Best Better!" Congratulations 4-H'ers!



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## Extension Holds Greenhouse and Teaching Garden Dedication

Oklahoma County OSU Extension held a dedication ceremony for their new greenhouse and teaching gardens on October 9th.

The teaching and demonstration gardens were built using a Parks and Public Space Initiative Grant provided by the Oklahoma City Community Foundation. The gardens at the Extension office provides hand-on teaching for programs along with a self-guided tour using QR codes. Anyone can come out anytime to enjoy these gardens.

A special greenhouse dedication was to Marjorie Moesel, long-time 4-H Adult leader and friend of gardening. Marjorie has been involved in 4-H for around 75 years. The greenhouse will be used by OSU Extension volunteer groups.

The final dedication was for a long time OSU Employee who passed away last year, Ray Ridlen. Ray was an educator for Extension for over 25 years and will be missed by all. A rock garden was built in his memory and his family was there to celebrate this special time of remembering him.





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## Master Gardener Graduation

On October 9th, the Oklahoma County Master Gardener class of 2019 graduated after completing the required hours of education and volunteer service needed to become Certified Master Gardeners.

Although this class had many challenges to completing all of their needed requirements during a pandemic year, 30 volunteers successfully completed and graduated. The education portion of the class included 12 weeks of one day intensive horticulture training, many hours working in our partner gardens, the Extension Center Teaching Gardens and our Call Center.

Graduates will now have the opportunity to work in school gardens and many other gardens across our community. There will also be numerous opportunities to teach and share gardening information.



**Congratulations  
Class of 2019**



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## Veteran and Beginning Farmer Training

In April 2020, Joshua Campbell, Urban Agriculture and Natural Resources Educator, was awarded funding through the USDA Southern Region Extension Risk Management Education Center to conduct trainings in livestock and horticulture production for Oklahoma veterans, minority and historically underserved beginning farmers.

The first classes in this program began in October 2020 and included three full-day sessions with both classroom and on farm training covering cattle, sheep and goats, and poultry topics. Participants learned basic production, marketing and financial concepts related to new livestock operations.

Thirty participants graduated from this first session. More sessions are planned for 2021 and will cover horticulture, vegetable crop and livestock topics.

This is just the start of the new and beginning farmer programming efforts planned for Oklahoma County. The goal is to support the development of new farm businesses in Oklahoma County.







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## 2020 Master Composter Training

Joshua Campbell, Urban Agriculture and Natural Resources Educator facilitated the second annual Oklahoma County Master Composter training. This six-week training was held each Wednesday, from September 30th - October 28th.

Students learned about solid waste management issues such as landfills and recycling as well as the science of composting and how to compost successfully from a small backyard scale to a large commercial scale. The class included both classroom and hands-on instruction where students were able to get their hands dirty building compost bins.

This year's class graduated 18 students who have been challenged to give back to their communities through volunteerism and developing composting projects.





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*Extension Staff:*

**LaDonna Hines - Extension  
Director**

**Lisa Hamblin - Family &  
Consumer Sciences Educator**

**Taylor Conner - Family &  
Consumer Sciences Educator**

**Julia Laughlin - Horticulture  
Educator**

**Josh Campbell - Urban  
Agriculture  
& Natural Resources Educator**

**Cody Yount - 4-H Educator**

**Mindy McNeil - 4-H Educator**

**Christi Evans - CNEP Area  
Coordinator**

*What's Coming Next:*

OSU Extension is open to the public, however, we are asking the public to make appointments in advance if they would like to meet with educators. We are also continuing to offer workshops and programs for the public. Please check out our new website for our calendar of events

<https://calendar.okstate.edu/oces/>

We continue to take calls and answer questions on nutrition, parenting, horticulture, agriculture and 4-H. Please follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and Staff are continuing to serve you and our communities.

*Contact or Follow us on:*



**405-713-1125**



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