

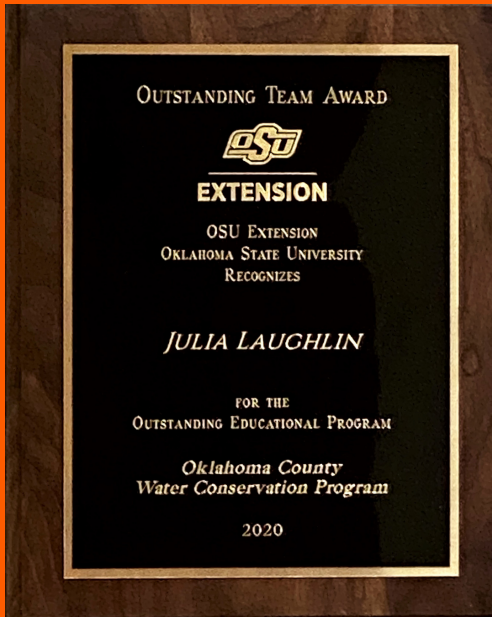


OKLAHOMA COUNTY EXTENSION

REPORT TO THE PUBLIC January 2021



WATER CONSERVATION



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OUTSTANDING EDUCATIONAL PROGRAM: TEAM AWARD



The Oklahoma County Extension office's 2020 educational efforts to showcase the importance of water conservation received one of the premier awards given annually in January by Oklahoma State University Extension.

Educators Joshua Campbell, Julia Laughlin, Cody Yount, Mindy McNeil and LaDonna Hines received the 2020 OSU Extension Outstanding Faculty and Field Staff Program Team Award. The honor recognized their development and delivery of innovative programs to adult and youth audiences, despite challenges presented by COVID-19 shutdowns. Hines credited Oklahoma County Extension Program Assistant Diana Sansing with helping team members produce all the educational efforts.

Examples of their educational programs include helping residents and civic organizations employ:

- Water-smart landscapes suitable for central Oklahoma, incorporating the use of rain barrels and design alternatives.
- Research-based irrigation and watering techniques that are cost-effective and reduce waste.
- Soil-sampling techniques that take the guesswork out of what nutrients are needed in yards and other landscapes.
- Plant selection that promotes water conservation and maximizes plant health across a range of conditions including perpetual shade, persistent sun and runoff-producing slopes.



**OKLAHOMA COUNTY
EXTENSION**

Greenhouse Growing Underway

With completion of donated “Marjorie Moesel Teaching Greenhouse” on the grounds of the Oklahoma County Extension Center this past fall, many growing activities have begun inside it.

Starting in January, the Oklahoma County Master Gardeners have a group of volunteers called the “Greenhouse Team” who are working in the greenhouse and sowing seeds, taking cuttings and transplanting plants. The plants produced in the teaching greenhouse will be used in the Extension Teaching and Demonstration Gardens, in local schools for the Junior Master Gardener School Gardens, and will also be sold to make money for the Master Gardener program.

Julia Laughlin, Oklahoma County Horticulture Educator, is leading the team and teaching greenhouse production to the volunteers involved. The greenhouse will be used for 4-H programming and other Extension programs as well.

The greenhouse is also used to regularly shoot KOKH FOX 25 Living Oklahoma “Growing Oklahoma” segments with Julia Laughlin and Joshua Campbell, Urban Agriculture and Natural Resources Educator.





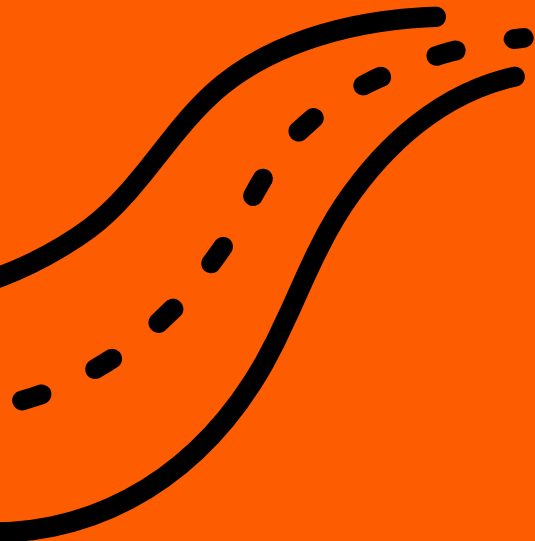
**OKLAHOMA COUNTY
EXTENSION**

On The Road To Health

Over the past three months, Family and Consumer Sciences Educator and Registered Dietitian, Taylor Conner, has been partnering with the Lynn Institute on a new comprehensive program called On the Road to Health (OTRTH). OTRTH is focused on building up a community centered around health especially as it relates to nutrition, physical activity, and mental health. The program was initially intended to be completed in person but was moved to a virtual platform out of caution of COVID-19. Taylor, alongside with Pam Patty, another partner and dietitian at Integris Health, team together each week to teach the group about best practices relating to nutrition.

Individuals a part of the program also get to hear from a Licensed Clinical Social Worker, Leondra Moore, and from physical activity guru Valerie McMurry during the meetings. Another feature of the program is a weekly food pick-up, which takes place at the Metro Technology Center, and provides the members with recipes picked out by Taylor and Pam to make and try at home.

The 12-week program launched in November 2020 and is currently wrapping up the first of what looks to be many programs. Applications are being taken for a second group to start in late March 2021. The program is open to individuals living in Northeast Oklahoma City and is at no cost to participate.”





**OKLAHOMA COUNTY
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Raising Sheep & Goats 101

On Thursday, January 28th from 6:30-7:30pm, Joshua Campbell, Urban Agriculture and Natural Resources Educator taught a virtual course titled Raising Sheep and Goats 101. This course was taught to 30 participants through the Oklahoma Metropolitan Library System in partnership with the Choctaw and Nicoma Park Library. Joshua provided information on getting started with sheep and goats including how to determine how many animals your property can support, selecting the right breed, providing the right housing, fencing, and predator control, as well nutrition and basic care of sheep and goats.

Participants were provided with a great basic understanding of what it takes to raise small livestock and directed to resources such as library books and OSU Extension YouTube videos and fact sheets for more in-depth information.

EDUCATORS TEAM UP FOR TELEVISION

Extension Educators, Lisa Hamblin and Josh Campbell often appear separately on Fox 25's Living Oklahoma morning show to provide parenting and horticulture tips.

During a recent "Raising Oklahoma" segment, Lisa interviewed Josh, an expectant father, on how to prepare his toddler for the baby due in March. Information from new OSU fact sheet, "Bringing Home a Second Baby", and helpful children's books were shared.

RAISING SHEEP & GOATS 101

Jan. 28th
6:30 - 7:30 PM

Joshua Campbell with Oklahoma County Extension will cover the basics of raising sheep and goats for the first time.

Registration required to receive the Zoom link.

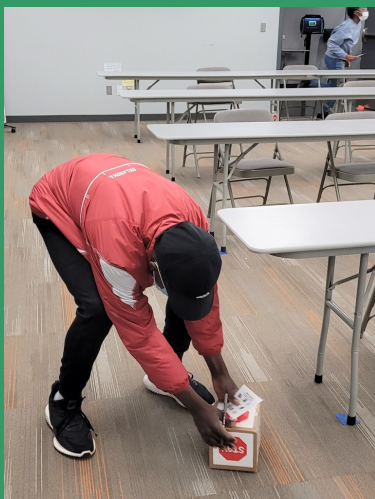
<https://www.metrolibrary.org/events/raising-sheep-and-goats-101>





OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

4-H Teen Leaders Tackle Water Conservation



In partnership with The City of Oklahoma City Water Utilities Trust, Oklahoma County OSU Extension has set a goal of teaching a minimum of 100 youth on how they can incorporate water conservation practices within their own homes and share what they learned with friends and family.

In January, 4-H Educators, Mindy McNeil and Cody Yount, met with five 4-H teen leaders and, using multiple lessons, began the process of educating the teens on what water conservation means, why it is critical to our future, and the many ways that water can be conserved inside and outside of the home.

These 4-H teen leaders will be educating youth of multiple ages – ranging from elementary through high school. The lessons developed by the educators include interactive activities, pre and post testing, and opportunities for club members to showcase how they incorporated the water conservation techniques into their own homes.



OKLAHOMA COUNTY EXTENSION

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 offering workshops and programs virtually and in-person. 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



@OKCountyExt



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