



**OKLAHOMA COUNTY
EXTENSION**

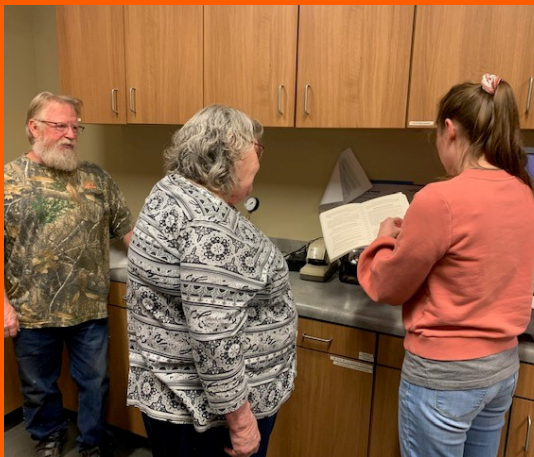
REPORT TO THE PUBLIC November & December 2021

Meeting Canning Needs

With the lull during the colder months, it is an ideal time to prep canning supplies. Many people are unaware that their pressure canner gauges should be checked annually for safety reasons. Taylor Conner, FCS Educator, is the go-to person for testing and providing research-based information when it comes to canning.

Recently, Muriel and her husband stopped by the Extension office to have their gauge tested and had some questions answered about canning soup at home.

Appointments can be scheduled by calling the office and are free of charge.





**OKLAHOMA COUNTY
EXTENSION**

CNEP Delivers Holiday Baskets

The Community Nutrition Education Programs (CNEP) hosted a food drive to provide Holiday baskets to limited resource families. CNEP Nutrition Education Assistants worked with partnering agencies to identify families most in need. Donations were collected from OSU Extension staff and volunteer groups, including Oklahoma Home and Community Education (OHCE) members and Master Gardeners. With the food and monetary donations received, CNEP staff delivered Holiday baskets to four Oklahoma County families.





**OKLAHOMA COUNTY
EXTENSION**

OHCE HOSTS HOLIDAY LUNCHEON

Oklahoma Home and Community Education volunteers, (OHCE), held their first in-person holiday luncheon since 2019. County groups worked throughout the year sewing handmade stockings for the Grandparents Raising Grandchildren program and clients of the Mental Health Association of Oklahoma.

Almost 800 stockings were presented to those organizations at the luncheon.

Additionally, OHCE Genealogy member, Jan Beattie, presented an interesting program on the history of Santa Claus around the world.





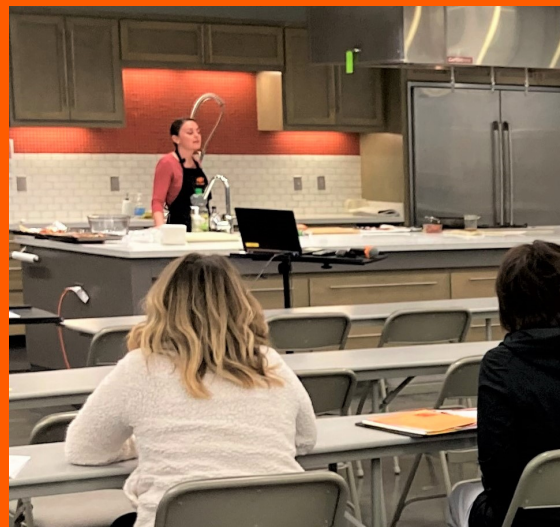
**OKLAHOMA COUNTY
EXTENSION**

What About Winter

As part of the on-going "Four Seasons Living"" workshop series, the "What About Winter" workshop was offered on November 19. This workshop was taught by the Horticulture Educator, Julia Laughlin, Urban Agriculture & Natural Resources Educator, Joshua Campbell. Taylor Conner, Family & Consumer Sciences Educator, also helped teach the course and gave a seasonal produce recipe demonstration and food tasting.

Topics covered included winter garden tasks, pruning of trees and shrubs and late winter vegetable gardening. Cool season lawn care and winterizing irrigation systems was also covered as well as other topics.

Approximately 40 people attended the workshop. The next workshop in this series will be "Step into Spring" and will be offered February 17.





**OKLAHOMA COUNTY
EXTENSION**

Community Composting Support

The Oklahoma County Master Composters commit to providing community volunteerism and provide community support in composting across Oklahoma County.

In December, 2021 the Master Composter volunteer group led by Urban Agriculture and Natural Resources Educator Joshua Campbell partnered with the City of Oklahoma City Parks Department to begin providing weekly support to develop a composting program at Will Rogers Gardens.

Master composters are serving each Friday morning taking waste material from local food pantries along with waste material from the park and turning it into a rich compost to be used in the park and as a resource for the community.





OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT

4-H Gives the Community HUGS

Every year, Oklahoma County 4-H participates in a service project known as HUGS. We collect Hats, Underwear, Gloves and Socks and donated to two organizations, the Homeless Alliance and Citizens Caring for Children. Both organizations serve the Oklahoma City area and surrounding communities. The Homeless Alliance provides many services for the unhoused population. Citizens Caring for Children provides clothing, backpacks, toys, and other necessities for children in foster care in the form of a resource center where they can "shop" for the items they like and need.

Efforts this year to increase the amount collected were rewarded. Clothing items were donated in boxes around the community. Monetary donations were welcomed from Master Gardeners, OHCE members, staff members of the County Courthouse, and McIntyre Law by receiving the Noble Cause award for October. Combining those donations, over 2,500 items were given to the organizations.





OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT

Self-Care and Well-Being A Priority

Rachel Morse, OSU Extension Multi-County 4-H Youth Mental Health Educator, traveled in December to the Family and Consumer Sciences Northeast and Southeast District in-service in Miami, Oklahoma. While there, she led the group in activities for promoting self-care, mental well-being, and goal setting. This workshop was approximately an hour long and contained hands-on and interactive exercises appropriate for youth as well as for adults. Educators in both Districts can easily replicate these activities and share them with their own 4-H clubs and group leaders.

Rachel looks forward in connecting with other community members to reach more adults and young people in the coming year. If you are interested in finding out about this or other mental health awareness programs, feel free to contact Rachel at our office.





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

Rachel Morse - 4-H Youth
Mental Health Specialist

OSU Extension provides research-based resources you can use to improve your home, workplace and community. We offer programs and services that are specifically designed to solve the problems that county residents face. Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/>

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the community.

Contact Us:



405-713-1125



[@OKCountyExt](https://twitter.com/OKCountyExt)



2500 NE 63rd Street
Oklahoma City, OK 73111



facebook.com/okcountyextension



[extension.okstate.edu/county/
oklahoma/oklahoma.html](https://extension.okstate.edu/county/oklahoma/oklahoma.html)



[@okcountyext](https://www.instagram.com/okcountyext)

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.