



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC February 2022

Master Wellness Volunteers

One of the reasons for OSU Extension's success is the volunteers that serve our communities. The Master Wellness Volunteers are one of the many volunteer programs offered by Oklahoma County Extension. These volunteers serve the public by educating on wellness related topics such as nutrition, physical activity, mindfulness, and more.

During February, MWVs attended their quarterly meeting. This meeting was a time for catching up, learning the art of breadmaking, as well as learning about the benefits grains can provide for the diet.

The month of March will kickstart a new MWV training program. Trainings occur annually and are open to individuals wanting to learn about wellness and serve the public by educating on wellness-focused topics.





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Co-Parenting Workshops Offered in Spanish

The Oklahoma County OSU Extension Service is one of the only agencies in the state offering the court-ordered Co-Parenting for Resilience workshops in Spanish. In 2014, the state legislature passed a law requiring all divorcing couples with minor children to complete a Co-Parenting class before their divorce is final.

Instructor Norelis Cox teaches the monthly Spanish workshop on Saturdays to accommodate working parents' schedules. February's class included parents from all over Oklahoma, including Tulsa, Creek, Atoka and Garfield counties. English Co-Parenting classes are taught by Extension Family and Consumer Sciences Educator, Lisa Hamblin at the OSU-OKC Campus.



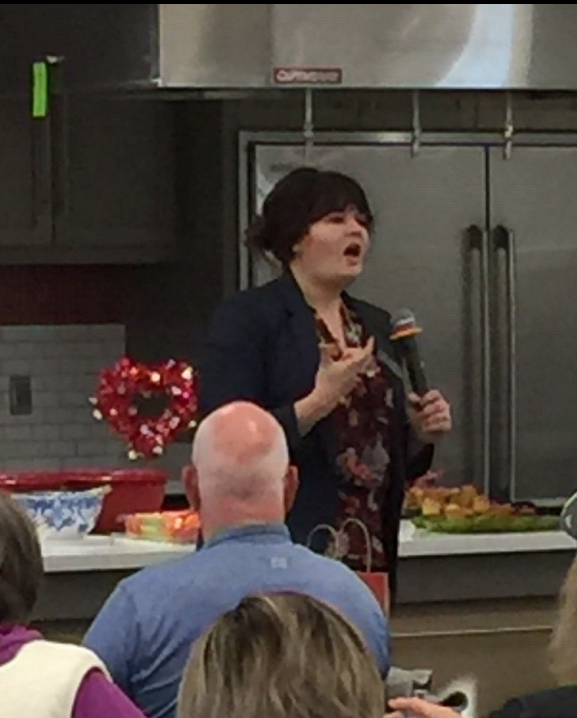


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**OKLAHOMA COUNTY
MASTER GARDENERS**

Home Gardening 101

The Oklahoma County Master Gardeners volunteer program offered a gardening workshop series on 3 Saturdays in February. This comprehensive gardening program allowed Oklahoma County residents, who do not have time to participate in the Master Gardener program, to learn basic gardening information and increased their skills in many areas of gardening, landscaping and lawn care.

The workshop also included a tour of the Extension Teaching and Demonstration gardens, which have expanded to modeling both a high and low tunnel structures for home gardeners. The workshop series had 54 participants, and the Master Gardeners hope to continue offering this workshop for years to come.





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Beginning Farmer & Rancher Livestock Program

Joshua Campbell, Urban Agriculture and Natural Resources Educator, started a Beginning Farmer and Rancher Livestock Program in the fall of 2020. The program has two components: the Farmer & Rancher Livestock School Program, which is held early spring and the Beginning Farmer Market Gardening Program, which is held in the summer.

In February 2022, Joshua held three Beginning Farmer & Rancher Livestock School classes, which covered the business aspect of the production and management of raising sheep, goats, chickens, and cattle for the new farm entrepreneurs. Joshua had 21 participants for the Livestock School Program this spring and hopes to offer it again this fall. The goal of the program is to support local farmers and ranchers and give them the tools they need to be successful.





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4-H YOUTH DEVELOPMENT**

Health Rocks! with Rachel Morse

Rachel Morse, 4-H Youth Mental Health Multi-County Educator, Cathy Allen, 4-H Extension State Specialist and Dr. Steve Beck, State 4-H Program Leader held a day long curriculum overview on Health Rocks! This program addresses healthy living and prevention of alcohol, tobacco, and substance use in young people. The workshop was held at Gordon Cooper Metro Tech in Shawnee and gave educators a hands-on experience of the modules, games and content of this evidence-based curriculum. Those wanting to implement Health Rocks! in their county or community received the curriculum, supplies, as well as technical assistance. Twenty Extension Educators participated in this first in-service and future trainings are being set for the spring.

SE District Share the Fun

Share the Fun is a 4-H talent contest with categories in Dance, Instrumental, Theatre and Vocal and age divisions for junior members (3rd-7th grades) and senior members (8th-12th grades). Oklahoma County 4-H member, Brea Spencer won 3rd place in the Senior Vocal category.

This was Brea's first 4-H contest.
Congratulations Brea!





OKLAHOMA COUNTY EXTENSION

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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/> to learn of new workshops or programs being offered.

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:



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