



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC July 2022

Urban Agriculture and Natural Resources Educator Receives State and National Award



This month Urban Ag/Natural Resources Educator, Joshua Campbell, was recognized at both the state and national level for his innovative program for New and Beginning Farmers through Extension. Josh was recognized at the National Association of County Agricultural Agents conference in West Palm Beach, Florida as one of three national finalists for excellence in Extension programs for Young, Beginning and Small Farmers and Ranchers.

The Beginning Farmer training programs include both farmers and ranchers and has reached more than 100 people. This program combines in-class instruction and includes tours of area farms.





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Lottie House Dedication Ceremony

On July 11th, Oklahoma County Horticulture Educator, Julia Laughlin, and the Oklahoma County Master Gardeners were involved with the dedication of the David Smith Memorial Garden in Oklahoma City. The garden is located at the Lottie House, a peer-run, drop-in center that offers a family and supportive atmosphere for adults experiencing homelessness and mental illness. This garden, which is located at 1311 North Lottie Avenue in Oklahoma City, includes seasonal vegetables, herbs and cut flowers and is part of a partnership program with the Oklahoma Mental Health Association. The garden was the initial dream of Oklahoma County Commissioner Carrie Blumert in honor of her friend David Smith. Julia and the Master Gardeners have been assisting for the past 18 months in managing the community garden and helping to prepare them for this dedication ceremony.





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Community Partnership for Nutrition

The Community Nutrition Education Program (CNEP) established a new partnership with Exchange Avenue Baptist Church. The church works closely with the community and provides CNEP the opportunity to teach nutrition programming to area residents. The site has a commercial kitchen, gymnasium, and a training room so educators have access to new, quality facilities in which to service those in need. This partnership has led to increased nutrition programs within the area and is continuing to grow.



Plant-It Earth

On July 26th, Oklahoma County Urban Ag and Natural Resources Educator, Joshua Campbell, and Horticulture Educator, Julia Laughlin, sponsored an environmental education camp for children ages 8-14 called "Plant-It Earth". This all day camp had 28 children enrolled and focused on issues related to environmental sustainability such as water conservation, pollinator habitats, local food production, and plant science. The kids created seed balls for establishing pollinator gardens, planted their "Smart Pot" with squash that they took home, and created posters for the Oklahoma County Free Fair "Go Green" poster contest.



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Youth Salsa Making

On July 22nd, Taylor Conner, Family & Consumer Sciences Educator & Registered Dietitian, taught the Salsa Savvy workshop.

During this workshop, youth learned how to make salsa with garden fresh produce. They toured the Extension Gardens to view the tomatoes and available vegetables. The kids began prepping salsa by blanching and cutting tomatoes and chopping bell peppers and onions. Next, they packed the salsa into jars to water bath and preserve it for later. To cool off afterwards, the kids prepared their own ice cream in a bag!





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STRESS MANAGEMENT WORKSHOPS HELD

Family and Consumer Sciences Educator, Lisa Hamblin, taught Stress Management workshops in Oklahoma, Cleveland, McClain and Garvin counties during the month of July. Participants learned short term strategies for dealing with stressful situations, such as guided imagery, progressive muscle relaxation, and a variety of breathing exercises. They also learned about problem-focused coping, which involves taking steps to remove stressors from their lives, not just changing how they feel about them. Some of the coping skills taught included problem-solving techniques, learning to delegate, and practicing positive self-talk.





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4-H YOUTH DEVELOPMENT

Eco Academy

On July 19th, 4-H Educators Cody Yount and Mindy McNeil taught youth about composting, water conservation, environmental stewardship, aquifers, riparian zones, and the impact of human intervention in the water cycle. Guest speaker, Terry Craighead from Fertile Ground Cooperative, led a lesson on different types of composting. Children left with a countertop compost bucket and compostable bags. The youth got their hands dirty building a watershed and then a “city” on top. They rounded out the day by reading “The Lorax” and discussed how people can make a change in their everyday habits to protect natural resources. As Dr. Seuss said, “UNLESS someone like you cares a whole awful lot, nothing is going to get better. It’s not.”

Helping Teens Build Personal Skills

Rachel Morse, 4-H Youth Mental Health Educator, presented a workshop titled “Ask Me About My Pronouns” for 43 teen leaders from various schools in Oklahoma County. The teens are peer health educators and teach in schools across the metro. Rachel led three sessions with the youth, discussing different pronouns that individuals may use and how recognizing a person’s identity may help decrease mental health crisis. The youth and their adult leaders responded well to the workshop and stated it helped them look at positive youth development, which builds skills for healthy social, emotional, and behavioral competencies.





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**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

4-H Outdoor Adventure

On July 11th through July 15th, Cody Yount took four 4-H youth to the 4-H Outdoor Adventure Program in Colorado. This program is an outdoor leadership program designed for teens with guidance from adults. The purpose is to develop character and integrity in young people through teaching teamwork, leadership and outdoor skills. It also trains them to share their knowledge and skills with others. Experiencing the challenges found outdoors, participants grow personally, developing an understanding of themselves and their limitations. By being a member of a crew, they learn to understand and appreciate the needs of others and their team. Involvement in the program instills a new respect for the natural environment, and helps participants encompass many 4-H project areas and develops in young people an appreciation for and respect of the outdoors, animal life and other areas of nature.





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4-H YOUTH DEVELOPMENT**

DEDICATED



Oklahoma County 4-H'ers Attend State 4-H Roundup

State 4-H Roundup is a longstanding event steeped in tradition. The three day long conference is held on the Oklahoma State University campus in Stillwater. 4-H members from across the state attend workshops, campaign for state office, compete in state contests, and get recognized for their impressive achievements.

Oklahoma County 4-H members were among those awarded:

- *Mucio Davila received the 2022 College of Education and Human Sciences 4-H Scholarship in the amount of \$1,200.
- *Sierra Mitchell had a Top 3 Record Book in Recreation & Leisure Arts.
- *Karson Potter won a Blue Ribbon in the Communications Contest for her Digital Presentation in Family & Consumer Sciences.
- *Stephanie Davis and Avagrace Spencer were recognized as State 4-H Ambassadors.
 - *Violet Spencer was recognized as the SE District Recreation Leader.
- *Breya Spencer and Violet Spencer participated in the 4-H Has Talent Competition.
- *Violet Spencer and Avagrace Spencer were elected as SE District Representatives on the State 4-H Council.

All of the 4-H'ers participated in educational workshops.





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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

Rachel Morse - 4-H Youth Mental
Health Multi-County Educator

Lori Goodbary - CNEP Area
Coordinator

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:



405-713-1125



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



2500 NE 63rd Street
Oklahoma City, OK 73111



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