



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC **January 2023**

Extension Educator Receives Scholarship



**Mindy McNeil,
Oklahoma County
4-H Educator**

The Melvin and Virginia Semrad Extension Educator Endowment was established to provide funding to support Extension educators' professional development. The funds generated from the endowment are designated to use for professional development opportunities for creating new and/or expanded programming and/or management skills.

Oklahoma County has a large and growing Latino population that is underserved. "It has been a goal of mine to enhance programs that will benefit Latino families. Getting connected and involved in the Latino community has been a challenge for Extension professionals and 4-H is the perfect bridge. This training will help me build skills and add tools to my toolbox that are needed to engage the Latino population," stated Mindy McNeil when applying for the scholarship.

Engaging Latino Youth, Families, and Communities from the Ground Up is a hybrid, 12-week online course for 4-H professionals who work with after school staff or 4-H volunteers. The course will help build awareness and skills to engage Latino youth and families in youth development programming.



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History of Women's Voting Rights Workshop

During the month of January, OHCE (Oklahoma Home and Community Education) member, Jan Beattie, taught “The History of Women’s Voting Rights”, a workshop held at Oklahoma, Cleveland, Garvin, and McClain County Extension Centers.

As a trained genealogist and researcher, Jan traced the women’s suffrage movement from 1792 to 1920, when the 19th amendment became law.

She highlighted the work of Carrie Chapman Catt, Elizabeth Cady Stanton, and Susan B. Anthony, among others. Many historical facts and photos were shared, including that Oklahoma was the 33rd state of the 36 votes necessary to ratify the amendment.





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Diabetes Presentation & Food Demonstration

Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian, led a diabetes presentation on January 26th for The Oklahoma City Chapter of The Links, Incorporated.

The presentation provided an overview of type 2 diabetes including: risk factors, disease incidence, and how to manage diabetes. The focus of the talk was on nutrition and how diet can play an essential role in diabetes management. The program led to engaging conversations with participants. Afterwards, Taylor conducted a food demonstration and made Mini Meatloaves.

This program is part of a series with The Links, Inc. that will also take place in February and March covering heart health and kidney health, respectively.



**FAMILY &
CONSUMER
SCIENCES**





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Master Gardeners Staff the Call Center

The Oklahoma County Extension Master Gardeners, under the direction of county Horticulture Educator, Julia Laughlin, began their annual Master Gardener (MG) Intern training in the call center this January. In addition to the eight training sessions, each Intern was assigned a mentor until they complete their MG certification program.

The training is designed to help new MGs better use OSU resources to answer horticulture questions from local residents. Questions are related to lawns, vegetables, flowers, insects, and other issues associated with gardening and landscape.

Last year, the Master Gardeners answered over 1,600 inquiries and assisted thousands of residents. This is in addition to the hundreds of questions the Horticulture Educator handled, and greatly enhanced our services to the public.



OSU EXTENSION
**OKLAHOMA COUNTY
MASTER GARDENERS**



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**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

Public Speaking Contest

On January 7th, Oklahoma County 4-H held the annual Public Speaking Contest. Twenty-one individuals prepared twenty-three speeches. Four of these speeches were extemporaneous, receiving only five minutes to prepare a speech over a topic drawn at random. Ages ranged from five to eighteen years old and topics ranged from "Genetics," to "Crocs shoe brand and Frozen 2," to "What Vets Do."

"I really do get an education when I judge this event, the kids do thorough research on their topics and it is very informative," stated judge Samuel Aragon Jr. after the contest. The 4-H'ers will go on to compete at the district level in March.

Trout Fishing

On January 21st, Oklahoma County 4-H partnered with OKC Parks division to host an educational afternoon of trout fishing within city limits! Parents accompanying youth fished for free, and the kids were given the fishing equipment that was provided to them.





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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:



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