



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC June & July 2023

Kids Rock Camp

OSU Extension partnered with the Bethel Foundation in June to put on a week-long day camp called "Kids Rock Camp". The camp is for children from single parent homes to learn life skills.

OSU Extension staff, interns and volunteers provided hands-on activities for the youth in the areas of nutrition, physical activity, and water conservation. Evan Garrett, one of OSU summer interns, taught the campers about the importance of handwashing and MyPlate. The youth also learned from other staff on ways to conserve water and made their own water cycle bracelet. On the last day of camp, they were taught how to relax their body and mind with Yoga.

Everyday the youth were shown how to prepare their meals by reading recipes and following instructions from an adult volunteer. After the meals were prepared, the youth ate their own creations and many had the chance to try new foods.





OKLAHOMA COUNTY
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OHCE RECOGNIZES VETERANS ON 4TH OF JULY



Throughout the year, Oklahoma County OHCE (Oklahoma Home and Community Education) community volunteers have been collecting personal care items for the patients at Veterans' Medical Center in Oklahoma City.

Items such as shampoo, razors, combs, toothbrushes, and toothpaste were recently put into tote bags and delivered to 87 veterans. The tote bags are large enough for patients to put their belongings in when they leave the hospital, since many are admitted during an emergency and don't have luggage with them.



According to the hospital's Development and Civic Engagement Specialist, Melissa Overfield, very few patients are recognized for their service over the 4th of July holiday. The OHCE members have made delivery of the tote bags an annual event for the last five years, with plans to continue thanking the veterans for years to come.





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SUMMER BABYSITTING WORKSHOPS HELD

Family and Consumer Sciences Educator, Lisa Hamblin, taught Babysitting 101 workshops at the Choctaw Library and the Edmond Multipurpose Activity Center during the month of June.

Teens created babysitter bags, learned about infant safe sleep, and were certified in CPR, first aid and AED. They also learned about appropriate discipline, weather safety and how to market their new business.



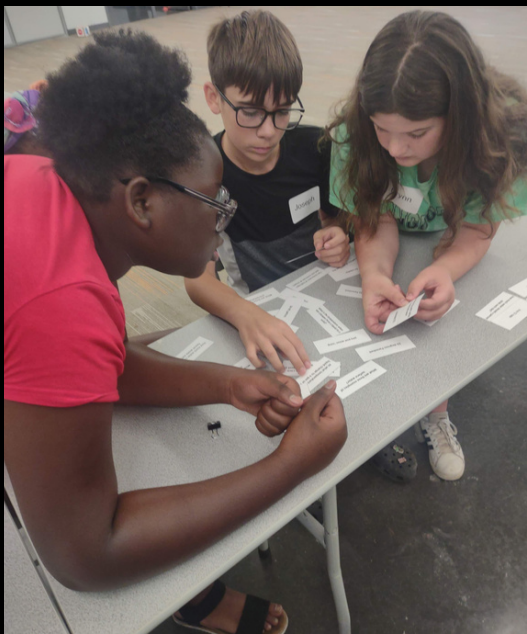


**OKLAHOMA COUNTY
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OKCPS Summer Feeding Program

During the month of June, FCS Educator, Taylor Conner, partnered with Oklahoma City Public Schools, OKCPS, for the Summer Feeding Program. This program provides free lunches to any child 1-18 years old. The lunches are offered at various sites across the city.

Taylor, along with Master Wellness Volunteers, attended three site locations. Homemade fruit popsicles, nutrition worksheets, and educational handouts were provided to kids after they received their lunch.



**FAMILY &
CONSUMER
SCIENCES**





**OKLAHOMA COUNTY
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Oklahoma School and Community Gardening Conference

Horticulture Educator, Julia Laughlin, offered a 2 day School and Community Gardening Conference on a Friday and Saturday in July. This conference was held at the Oklahoma County Extension office and also at host garden sites around Oklahoma City.

Friday morning's presentation was on gardening basics and how to get a school or community garden started. The afternoons sessions were on case studies of different community or school gardens. On Saturday morning, attendees traveled to view local host garden sites. Approximately 70 teachers and community gardeners attended.

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Every
Drop.com**





**OKLAHOMA COUNTY
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Urban Ag Student Field Trip

Since Fall 2022, Urban Agriculture Educator, Josh Campbell, has been partnering with Restore OKC to teach a multi-week urban agriculture training for NE OKC high school student interns at Restore OKC.

In July, Josh Campbell facilitated a trip to Stillwater for a group of Urban Ag interns from Restore OKC. Fifteen students and several Restore OKC staff participated in the agricultural tour. This tour included visits to the OSU Student Farm, the OSU Soil, Water and Forage Laboratory, the OSU Greenhouse Learning Center, and the OSU Botanic Garden.

The students learned a little about OSU agriculture and the fresh produce being grown for local food banks. In addition, they were taught how soil analysis is conducted and also participated in a plant propagation clinic among other activities.





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Beekeeping Basics Workshop

In July, Urban Agriculture and Natural Resources Educator, Josh Campbell, facilitated a Beekeeping workshop attended by approximately 50 participants.

Class topics included beekeeping equipment and costs, what you need to know to get started, steps to maintaining a healthy hive, the economics of beekeeping, Oklahoma laws for selling honey and other related products.

Each participant received a piece of equipment such as a hive tool, smoker, bee suit or other important items needed for getting started with beekeeping.





**OKLAHOMA COUNTY
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**The mission of
Community
Nutrition
Education
Programs (CNEP)
is to educate and
empower limited-
resource
Oklahomans to
improve nutrition
and physical
activity
behaviors.
CNEP's vision is
to improve the
health of
Oklahomans.**

Friends of CNEP



During the 2023 Annual CNEP Conference, the Oklahoma Unit was honored to recognize End OK Homelessness and their director, Felicia Brooks. June of 2022, one of our staff was housed in a building that was being vacated due to conditions. Charles Dobson connected CNEP and Felicia to find office space at the Exchange Baptist Church with the End OK Homelessness organization. So to say she is a Friend of CNEP is an understatement. The organization serves a large population of homelessness in Oklahoma City with various resources. Thanks for taking in CNEP and becoming our Friend!!!



**OKLAHOMA/
COMANCHE**
Unit

The Oklahoma Unit has expanding and now is the **Oklahoma/Comanche Unit**. With staff changes in the state organization, we have added three NEAs from the southwest part of the state. Plus addition staff here in Oklahoma/Pottawatomie County. Next month we will introduce our current and new staff members and give you updates of new partnerships and programs.





**OKLAHOMA COUNTY
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PLANT-It Earth Day Camp

Horticulture Educator, Julia Laughlin, and Urban Ag and Natural Resource Educator, Joshua Campbell, offered a kids camp focused on environmental topics at the Oklahoma County OSU Extension Conference Center. The camp was designed for kids from 8 to 14 years old who enjoyed the outdoors and were interested in gardening.

The participants learned about growing vegetables & flowers, composting, attracting and protecting pollinators, and conserving our natural resources. Thirty-three children attended, each one taking home their own "smartpot" garden. Each child planting their own squash, basil, and pollinator plant.

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Every
Drop.com**






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

Dual County 4-H Camp

Oklahoma County and Canadian County 4-H have been teaming up to hold an overnight camp for kids ages 8-12 for years. This year they traveled to Hinton and stayed at Canyon Camp.

This three-day camp provides an opportunity for young 4-H members to explore different areas of interest such as hiking, archery, leadership, performing arts, health, nutrition, science, technology, engineering, and visual art.





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

4-H Roundup

Oklahoma County 4-H was well represented at the Oklahoma State 4-H Roundup this year. Our county boasts two Southeast District Representatives to the State 4-H Council (Avagrace and Violet Spencer) two State 4-H Ambassadors (Stephanie Davis and Avagrace Spencer) and two Southeast District Executive Officers (Karson Potter - Photographer and Rylee Lawrence - Secretary).

We also had three people compete in the communications contest with Rexton Potter getting a blue ribbon and 1st Place. We had a Cloverbowl team, the youngest in the competition with four brave 13-year-olds. Rylee competed in the FCS Skillathon for the first time. Peyton Ramsey and Jolie Marshall won their divisions in the Music Competition. And Brea Spencer and Jolie Marshall were selected to perform in the 4-H Has Talent competition where Jolie took home the trophy playing "Milk Cow Blues" on the Fiddle. Violet Spencer was selected as one of the top three participants in the Child Care project and attended the Honor Night Banquet. Karson Potter was also a finalist in two projects, Photography and Food & Nutrition. She received a \$1,200 scholarship for the top Photography Record Book and Interview.

We would like to give a big shout-out to our volunteers, Shelly Ramsey and Karon Potter, along with Evan Garrett, our summer intern.





**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

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.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Joshua Campbell, Urban Agriculture and Natural Resources Educator.



Contact Us:



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



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