



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC JULY 2024**

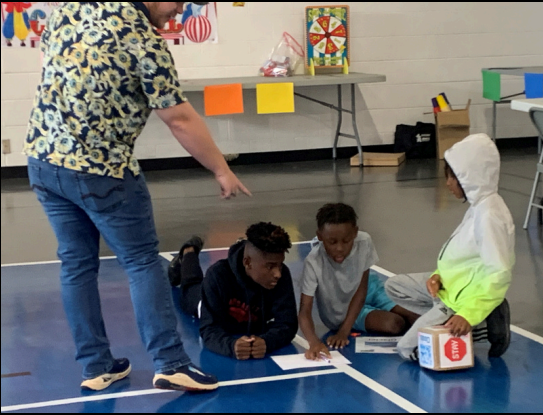
### **OHCE HOSTS BARN QUILT WORKSHOPS**

**Oklahoma County OHCE (Oklahoma Home & Community Education) volunteers hosted two barn quilt workshops during the month of July. Nearly 35 participants learned about the Oklahoma Quilt Trails, the history of barn quilts and created their own works of art. These workshops serve as a fundraiser for the organization's community service projects, benefiting Grandparents Raising Grandchildren, Veteran's Medical Center, and the Oklahoma Mental Health Association.**





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## **Kids Rock Camp Celebrates 20 years!**

**OSU Extension has been partnering with the Bethel Foundation to present a week long Kids Rock day camp for twenty years.**

**The camp was geared toward youth going into 3rd-5th grade and focused on healthy lifestyles.**

**OSU Extension staff, interns and volunteers provided hands-on activities for the youth in the areas of nutrition, food safety, physical activity and water conservation.**

**Savannah Mackey, OSU summer intern, taught the campers about the importance of keeping hydrated and eating a well-balanced diet. The youth learned from other staff the importance of hand washing and how to relax their body and mind with Yoga.**

**Every day, the youth were shown how to prepare their own meals and sent home with groceries and recipes so they can make the meal at home with their families.**





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## **Talk Saves Lives: An Introduction to Suicide Prevention**

Youth Mental Health Specialist, Danyelle Kuss, presented the Talk Saves Lives program to new educators in the Canton School District. Talk Saves Lives is an introduction to suicide prevention that covers the general scope of suicide, the research on prevention and what people can do to help saves lives.

Suicide is the 2nd leading cause of death for ages 10-24 in Oklahoma. This makes the topic of suicide prevention an essential knowledge base for the educators and community leaders who support our youth on a daily basis. Suicide is a public health problem that can be prevented. This program is a nation wide effort created by the American Foundation for Suicide Prevention.



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## Global Travelers Day Camp

The Oklahoma County OSU Extension office hosted the Global Travelers Youth Day Camp. This week-long experience was designed and conducted by OSU Extension Staff and volunteers. The camp provided a diverse array of educational activities, focusing on a different theme each day.

Monday kicked off with mindfulness and fitness sessions, promoting mental and physical well-being. On Tuesday, campers learned about the importance of water conservation, exploring practical ways to preserve this vital resource. Wednesday centered on cooking and nutrition, where participants engaged in hands-on culinary activities and were taught about healthy eating habits. Thursday was dedicated to arts and crafts, allowing campers to express their creativity through various projects. The camp concluded on Friday with an exploration of plant life, where youth discovered the fascinating world of botany and the role of plants in our ecosystem.

Overall, Global Travelers provided a well-rounded educational experience, fostering awareness and skills in multiple areas.



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

## 4-H Members Achievements 2023-24

July marked the end of the 4-H program year. From innovative projects to community service initiatives, members demonstrated resilience, creativity, and an unwavering commitment to make a positive impact in the community.

Oklahoma County 4-H Reporter Rexton Potter, shared the counties accolades from the State 4-H Round-Up which was held in Stillwater, OK. At Honor Night, there were four top three finalists and two first-place scholarship winners in level 1 project record books. The top three finalists were Stuart Ratcliff for health and fitness, Taron Krischel for agriculture and natural resources, Violet Spencer for leadership, and Rexton Potter for public speaking. The two scholarship winners were Riley Lawrence in swine and Violet Spencer in child care. Also recognized at honor night was Karson Potter for the Southeast District scholarship, Oklahoma 4-H Key Club, and top 20 Hall of Fame Blue Group.

Oklahoma County delegates also participated in Roundup competitions. Stuart Ratcliffe won first place in natural resources. Oklahoma County Clover Quiz Bowl Team earned second-place which consisted of Rexton Potter, Ethan Lawrence, Liam Spencer, and Jackie Davis.

In senior vocal, Brea Spencer placed first and Violet Spencer placed second. In senior instrumental, Jolie Marshall placed second. In intermediate vocal, Peyton Ramsey placed first.





# OKLAHOMA COUNTY EXTENSION

## Extension Staff:

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Aleshia Maldonado, Strong Dads  
Educator

Kenny Garcia-Taveras, Strong Dads  
Educator

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 Lili LeClaire and Andrew Fleet, Program Assistants.



## Contact Us:



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