



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC March 2024**

### **BABYSITTING WORKSHOP AT RALPH ELLISON LIBRARY**

**A Babysitting 101 workshop was held for teens at the Ralph Ellison Library during Spring Break. Students learned about infant safe sleep from the Oklahoma City County Health Department's Taffy Henderson. The OSU Extension Community Nutrition Education Program (CNEP) Nutrition Education Assistant, Mary Ryan taught the students the importance of hand washing, and Lisa Hamblin, OSU Extension Family and Consumer Sciences Educator spoke on the many caregiving skills necessary for a successful babysitter. Teens made babysitter bags and a healthy snack, discovered the challenges of child development and discipline, and made a marketing plan to better understand the business of childcare.**





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## Soda Bread Workshop

During the month of March, Taylor Conner, FCS Educator, taught a Soda Bread workshop at the Extension office. The hands-on class covered the steps of preparing this traditional bread. Each participant prepared their loaf following along as Taylor demonstrated the steps.

While the bread was baking, attendees made their own butter in a jar. Afterward, they added honey to make honey butter for the freshly baked soda bread. Taylor shared the food science behind soda bread as well as the history of the centuries-old bread.



**FAMILY &  
CONSUMER  
SCIENCES**





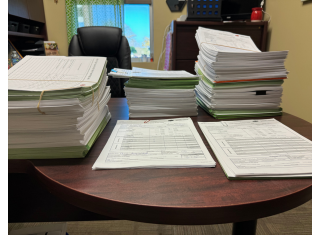
**OKLAHOMA COUNTY  
EXTENSION**

Scissortail Unit  
covers Caddo,  
Comanche,  
Oklahoma and  
Pottawatomie  
Counties

**Area Coordinator**  
**Lori Goodbary**

**Nutrition Education**  
**Assistants**

**Amy**  
**Anna**  
**Brandy**  
**Joyce**  
**Lisa**  
**Lou**  
**Mary**  
**Pam**



OSU EXTENSION  
**COMMUNITY NUTRITION  
EDUCATION PROGRAMS**

### Youth Delivery Sites and Partners

- Guthrie Elementary Schools
- Luther Community Center
- North Side, YMCA
- Sellers Rec Center
- Willa D Johnson Rec Center
- Earlsboro Elementary Schools
- Shawnee Elementary Schools
- White Rock Elementary-Middle School
- Tecumseh Elementary-Middle Schools
- Maud Elementary School
- Santa Fe South Hills Elementary
- Shidler Elementary
- Arbor Grove Elementary
- Parker Pointe Alternative School
- Edmond Parks and Rec (MAC)
- Pleasant Grove Elementary



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## **Arbor Day Fair**

**Oklahoma County OSU Extension was proud to host and sponsor the OKC Beautiful Arbor Day Fair. The event took place at the OSU Extension Conference Center and Gardens on March 30th.**

**The day included vendors and activities as well as a class on tree identification, taught by Sam Grimmett from Scissortail Park. Bird house making was one of many activities along with the distribution of free trees by the Forestry Service. OG&E were also sponsors and did a tree planting demonstration on the OSU Extension grounds. The Oklahoma County Master Gardeners had a booth with information on tree selection and care.**

**Approximately 50 community members attended the event.**





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

## To the District and D.C.

The SE District Communications Contest provided an excellent platform for 4-H members to showcase their talents and skills. Oklahoma County's youth excelled in this competition, securing several blue ribbons. Their dedication and commitment to excellence truly shone through, reflecting the values instilled by the 4-H program.

Another noteworthy event that took place this month was the 2024 National 4-H Ignite Conference held in Washington, D.C. This event empowered 4-H youth from across the country by offering them an opportunity to explore various domains such as STEM, Agriscience, Healthy Living, Career Readiness, and Emotional Well-Being.

Oklahoma county sent eight youth delegates to participate in this transformative conference. Over the course of four days, the members engaged in panels, workshops, and networking sessions. This allowed them to gain valuable insights and forge meaningful connections. The conference provided them with tools and resources to explore exciting career paths and develop actionable plans to ignite positive change in their communities.





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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

Cody Yount - 4-H Educator

Mindy Aragon - 4-H Educator

Lori Goodbary - CNEP Area  
Coordinator

Danyelle Kuss, 4-H Youth Mental  
Health Educator

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:*



405-713-1125



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



2500 NE 63rd Street  
Oklahoma City, OK 73111



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