

STRENGTHENING OKLAHOMA FAMILIES

FAMILY AND
CONSUMER SCIENCES

Kids are Out of School ... Now What?

While children are enjoying their summer vacation from school, it can be a challenging time for parents.

“I remember my parents and other parents in my neighborhood balancing summer residential camps with road trips, neighborhood activities (backyard baseball games, bike rides, preparing for the 4th of July parade), and swimming lessons until we were old enough to volunteer for church and community organizations,” said Laura Hubbs-Tait, [Oklahoma State University Extension](#) parenting specialist. “My favorite summer when my own children were in pre-school and early elementary school was the one when I elected to teach at night, so that I could have all day every Friday with my children to take advantage of the zoo, the public library and the carousel at our favorite park.”

What can Oklahoma parents do in Summer 2022? First, check out summer camps offered by your OSU County Extension [county office](#) and sign up your children now. Camp options offered this summer by Extension include a week-long gardening day camp as well as other options that vary by county. These may include STEM camps, outdoor skills camps, cooking camps and sewing camps.

Local churches, schools and mom’s day out programs offer day camps as do YMCAs and other community organizations. Some day camps are focused on preschool and kindergarten and others are focused on grades 1-6.

For example, the Science Museum of Oklahoma in Oklahoma City has camps for younger children as well as camps for children in elementary school. The Sam Noble Museum in Norman features programs for children aged 5-11 and one camp for 12- to 14-year-olds.

And don’t forget about camps offered by the two state universities. **Oklahoma State University** offers STEM camps on campus in Stillwater. Some options are available in other locations (restricted to local residents). Examples include

Engineering Adventure for grades K-5 or 3-5: <https://ceat.okstate.edu/extension/professional-development/courses/stem/engineering-adventure.html> Camps in Stillwater are full but there are openings in Ardmore (dates to be decided) and Oklahoma City. (July 11-14, K-2nd and 3rd–5th).

STEM Robotics Adventure for 6th-8th grades, July 26-28 (OSU-Stillwater): <https://ceat.okstate.edu/extension/professional-development/courses/stem/robotics-adventure.html>

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In This Issue

- No July Leader Lesson—Club Choice
- OHCE Week Promotion Portfolios DUE 6/24/22
- OHCE State Meeting Information & Workshops
- State Meeting Hostesses Needed
- Payne County Fair OHCE Details
- CE-FCS Ambassadors Silent Auction Monetary Donations DUE 6/24/22



(Continued from front page/part 2):

STEM Automation and Robotics Discovery for grades 9th-12th, June 27-July 1 (OSU-Stillwater): <https://ceat.okstate.edu/extension/professional-development/courses/stem/automation-and-robotics-discovery.html>

STEM in Oklahoma for grades 6th-8th at Hamm Institute in Oklahoma City, June 21-24: <https://ceat.okstate.edu/extension/professional-development/courses/stem/stem-in-oklahoma.html>

STEM Engineering Discovery for Girls grades 9th-12th at OSU-Stillwater, June 27-July 1: <https://ceat.okstate.edu/extension/professional-development/courses/stem/engineering-discovery-for-girls.html>

The **University of Oklahoma** offers a mini college day camp for 1st-6th graders on the OU-Norman campus: <https://pacs.ou.edu/precollegiate/kindergarten-5th-grade/mini-college/>

OU also offers options for 6th–8th graders, a geology academy June 26–July 1: <https://pacs.ou.edu/precollegiate/6th-8th-grade/geology-summer-academy/>

For 9th–12th graders, OU offers several summer academies with different academies offered to different grades: <https://pacs.ou.edu/precollegiate/9th-12th-grade/> Many academies (e.g., meteorology) include on-campus housing and are open to high schoolers across the state.

OU also offers reading programs for all ages and grade levels: <https://outreach.ou.edu/educational-services/education/reading-program/>

For more options for summer academic programs for 8th- to 12th-grade students at state, regional and private universities and colleges, please check out https://www.okcollegestart.org/High_School_Planning/summer_academies/summer_academies_full_list.aspx.

Don't forget about academic camps offered by local community colleges. These are offered in many communities throughout Oklahoma:

Rose State College offers six camp options for 1st through 12th graders that include aerospace, geoscience, rockets, meteorology, chemistry, drones, archery, rock climbing, and movie making: <https://www.rose.edu/content/business-community/community-learning-center/summer-academies-camps/>

Oklahoma Panhandle State University offers Panhandle Protégés Summer Academy focused on Science, Technology, Engineering, and Mathematics (STEM) for 10th-12th grade students from underrepresented groups to increase their future academic success: <http://www.opsu.edu/Academics/Panhandle-Protoges/>

Many community colleges and state and regional universities also offer sports camp options during the summer.

Camps at Southeastern Oklahoma State University may be found here: <https://www.se.edu/summercamps/>

Baseball camps at Panhandle State University may be found here: <https://opsuaggies.com/news/2022/4/14/aggie-baseball-summer-camp.aspx>

Basketball camps at Southwestern Oklahoma State University (SWOSU) may be found here: https://swosuathletics.com/documents/2022/5/2/Fundamental_Day_Camp_Flyer_2022.pptx

Volleyball camps at SWOSU may be found here: <https://www.swosuvolleyballcamps.com/>

Oklahoma Christian University offers many different sports camp options. Soccer camps may be found here: <https://www.ussportscamps.com/soccer/nike/nike-soccer-camp-oklahoma-christian-university#detailsContentTarget>



OHCE NEWS



July OHCE Leader Lessons

Reminder: There is no lesson in July as it's Club Choice

Do something fun and educational with your local group members in July!

Peppermint Shower Bombs

Ingredients: • 2 cups baking soda • ½ cup citric acid • 20 drops Peppermint essential oil • 1 ½ tbsp water • 6 drops food coloring

Instructions: • Pour the baking soda and citric acid in a mixing bowl and stir well. In a small bowl add water, essential oil, and food coloring, mix well. Slowly add three to four drops of the essential oil mixture at a time, do not pour. Drop tablespoons full of the mixture into your desired mold and pack the mixture into your desired mold and pack the mixture well. Once the mold is filled, set aside, and allow to air dry for 4-8 hours. To use, place it in the shower or bathtub with water and allow to fizz.

2022 OHCE State Meeting Workshop Information

Wondering what the workshops will be at the upcoming OHCE State Meeting? Here is a sampling of tentative workshops:

Sunday Workshops:

Christmas Crafts
(\$20) (pre-registration required)

Monday & Tuesday Workshops:

10-Minute Table Runners, Rural Library Hotspots, Tooling & Leatherwork, OHCE & 4-H—A Perfect Pair, Developing OHCE Member Enthusiasm, Jarcuterie, Hershey and the Chocolate Factory, Charcuterie—The Bounty of the Board, and there will be others to choose from, too!

(Continued from front page/part 3):

In addition to all the selections from colleges and universities listed above, many public-school districts are offering enrichment programs as well as programs to recover credits. Examples of such programs are as follows (and please check out your local public school):

Tulsa Public Schools: https://tulsaworld.com/news/local/education/tps-preparing-for-day-camp-style-summer-school/article_b8ac084c-bc1e-11ec-a7b8-0bb382908230.html
<https://www.tulaschools.org/about/teams/academics/summer-learning>

Edmond Public Schools: <https://edmondschools.net/programs/summer-school/>

Norman Public Schools: <https://ok02210265.schoolwires.net/domain/2436>

Sapulpa Public Schools: https://www.sapulpaps.org/district/summer_programs

Parks & recreation departments in some communities are also offering day-camp style summer school programs. Check out these two options and/or communicate with the department in your local community.

Shawnee Parks and Recreation Department:

https://www.cityofshawnee.org/departments/parks_recreation/summer_camps

Oklahoma City Parks and Recreation Department:

https://parks.okc.gov/iEBMS/coe/coe_p1_all.aspx?oc=20&cc=PKCMP

“Be sure to ask your children or teens lots of questions every day about what they’ll be doing before they head out, and what they did during the day when they get home,” Hubbs-Tait said. “Ask what they enjoyed and what they learned. Ask them what they would like to repeat and what they would prefer not to repeat.”

When things are not going well, be empathetic and patient. If you think that the moment is appropriate, you can mention your own challenging or lonely moments at camp.

“More importantly, you can ask them to look around and see how other children or teens seem to be struggling and to identify what they can say or do to help the children or teens who do not seem to be enjoying their summer experiences. They may tell you that the other children feel better and so do they,” she said.

2022 OHCE MONTH Portfolios are Due on Friday, June 24th at 5:00 p.m.

Portfolios will be judged on the following criteria:

50%—percentage of total membership participating in club projects & activities (include a list of all members who participated in each project completed)

50%—number of different activities completed during the month of May (include a list of all activities completed in the front of your portfolio)

In the case of a tie, neatness and creativity of portfolio will be used as the tiebreaker.

Club portfolios are due on **Friday, June 24th at 5:00 p.m.** Cash prizes for the winning portfolios will be presented for the following places:

1st Place: \$50; 2nd Place: \$25; 3rd Place: \$10

I hope each and every group will take time to put together a portfolio! Let us know what you did to promote OHCE in May.

PAYNE COUNTY FAIR (in case you missed it last month)

AUGUST 22-27, 2022

**(RELEASE ENTRIES on Tuesday,
August 30th, 3:00 to 6:00 p.m.)**

It's never too early to start working on your county fair projects!! OHCE classes are listed in your yearbook. We have lots of new classes and some revised and updated classes so be sure to look at the yearbook before starting your projects.

AGAIN THIS YEAR: Entry day for OHCE & 4-H will be on **MONDAY, August 22nd** from 8:00 a.m. to 2:00 p.m. with open OHCE judging at 6:15 p.m. that evening.

Entry day for **OPEN CLASS** will be on **Tuesday, August 23rd**. Open class & 4-H judging will be on Wednesday morning; and the building will open to the public Wednesday evening.

Plants & Flowers will still be entered and judged on Thursday.

I encourage each club to work toward having a complete OHCE club exhibit this year! If you have extra entries, be sure to enter them in open class.

SPECIAL NOTE: All exhibits must have been made from August 25, 2021 to August 22, 2022. Entries made prior to 8/25/21 may not be entered.

NEW THIS YEAR: Local groups will not have to pre-enter their exhibits this year. Bring your exhibits to the fair and we will have the tags ready to attach to your exhibits.

To expedite the entry process, you will need to have your local group's exhibits for each OHCE section listed on the entry sheet (clothing, home & family, canning.)

2022 AMBASSADORS SILENT AUCTION PLANS

Payne County OHCE, along with each county in the state, is being asked to bring **at least one gift basket or nice item for the CE-FCS Ambassadors Silent Auction.**

The OHCE Executive Council would like to invite OHCE local groups to make a monetary donation toward Payne County OHCE's gift basket for the silent auction.

If your group would like to make a donation to this worthy cause, please bring or mail your check to the Extension Office by **FRIDAY, JUNE 24TH at 5:00 p.m.** All donations received from local groups will be combined to purchase items for the gift basket.

Thank you for your support of the CE-FCS Ambassadors !

"HOSTESSES with the MOSTEST" NEEDED

One of the best ways to get to attend your preferred workshop is to serve as a **HOSTESS!** (or volunteer to serve and let the committee place you where you are needed.)

If you would like to serve as a hostess at the state meeting, **please check the box "willing to serve as a hostess" on the registration form and plan to attend the orientation at 8:30 a.m. on Monday morning.** Thank you for your willingness to help!



2022 Annual OHCE Meeting

“Enjoy the Train Ride with OHCE”

July 10-12, 2022

Champion Convention Center in Oklahoma City

From Darline Ruyle, OHCE Vice-President for Programs

(Watch your email or your mailbox for full meeting details in the Summer edition of the Outreach)

You are invited to join members from across the state for this special time together. Travel with us as we celebrate accomplishments, attend interesting and fun workshops, and reconnect with friends.

Your ticket for the ride (conference registration) is \$120 and it includes lunch on Monday and Tuesday and the Friendship Banquet on Monday evening. Conference registration closes on JUNE 24, 2022. Late registration after 6/24/22 is \$140 and there will be no walk-in registrations this year.

Registration for the conference can be made online at: www.orangehub.okstate.edu
Agriculture Conference Services/OHCE

If you have any questions call 405-744-6489 and Jandra or Stacy will be more than happy to help you.

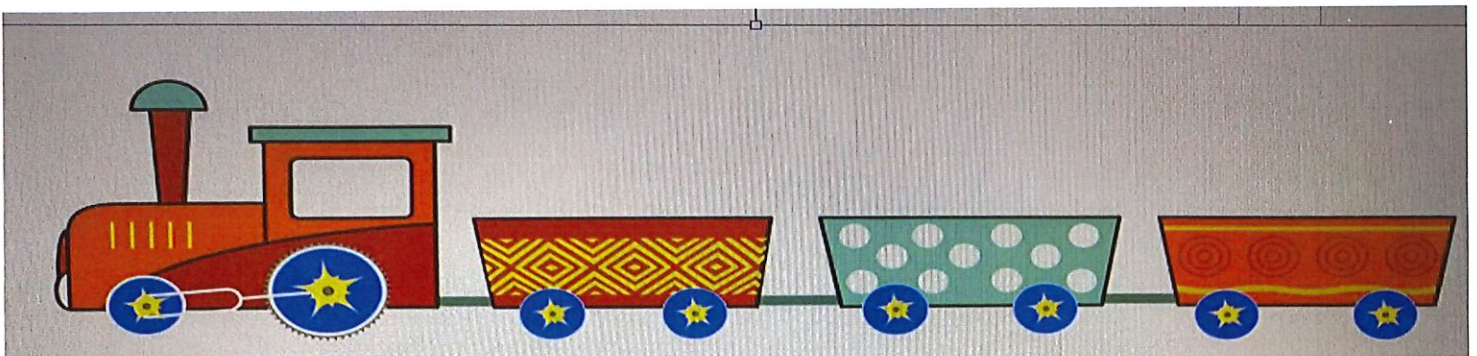
All conference activities will take place at the Champion Convention Center, 803 S. Meridian Avenue in Oklahoma City. Reservations for the Hilton Garden Inn can be made by calling 405-942-1400 and **telling the hotel you are with OHCE** to get the discounted rate of: Single \$104; Double \$114; Triple and Quad \$124 plus tax. ***Deadline for these discounted rates is June 24, 2022.***

On Sunday afternoon let's begin our **Train Ride!!** Be at the train station convention center) at 3:30 as we travel from stop to stop making (4) adorable Christmas Crafts. This workshop cost is \$20.00.

Monday morning enjoy a complimentary full breakfast buffet. Then activities will begin at 7:30 am with the First Timers session and the Voting Delegates Orientation at 8:00 am. Voting delegates, please be in your assigned county seat by 8:55 am The Business Meeting begins promptly at 9:00 am. There will be 5 learning session opportunities with 15 workshops on Monday and 12 on Tuesday. Several workshops will repeat allowing greater flexibility to attend workshops of your choice.

At the Friendship Banquet, the evening entertainment will be Maribell and Annabell Wharton entertaining with harp, violin, keyboard and song. The banquet concludes with vespers as we remember fellow OHCE members who have passed during the past year.

Register. Reserve Your Room. Pack those bags and Hop on Board!!





Payne County Home & Community Education JUNE 2022



Payne County Home & Community Education, Inc. News is published monthly by the Payne County OSU Cooperative Extension Center Family & Consumer Sciences Program, 315 W. 6th, Suite #103, Stillwater, OK 74074. To subscribe: call 405-747-8320. Subscriptions are \$7.50 as a part of the dues of the Payne County Home & Community Education.

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This publication, issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources, was printed at no cost to the taxpayers of Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President of the Division of Agricultural Sciences & Natural Resources and has been prepared and distributed at a cost of \$.30 per copy. 6/22

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Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9 Floral Valley Lunch Bunch Rising Star	10	11
12	13 Cimarron Valley Pine Vale	14 Elm Grove	15	16 Cherokee	17	18
19 Father's Day	20	21	22	23	24 OHCE STATE MEETING Regis- tration (online only) & hotel res- ervations DUE 5—OHCE Month Portfolios & Ambassador Silent Auction Basket Donations DUE to Extension	25
26	27	28	29	30		