



TULSA COUNTY EXTENSION

December Highlights 2023

Tulsa County Oklahoma Home and Community Education came together to celebrate in December for a Christmas gathering. The festivities included a musical appearance and sing along with “Dave and the Uke ladies” and the OHCE annual gift and monetary donation to the Tulsa County Transitional Living Center.

Tulsa County wants to thank OSU Tulsa for hosting us at their facility.



We took a little time in December to have a little fun! A few photos from the Master Gardeners wonderful Christmas party. A big shout out to Brian Jervis, Jerry Garrett, Kellie Rucker, Bobbye Meisenheimer, and everyone else who helped make it possible. Thank you.!





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

2023 - We reached out - did some work - enjoyed some beautiful places - did what Brian told us to do: "Have FUN!"



Brian Jervis
Horticulture
Educator





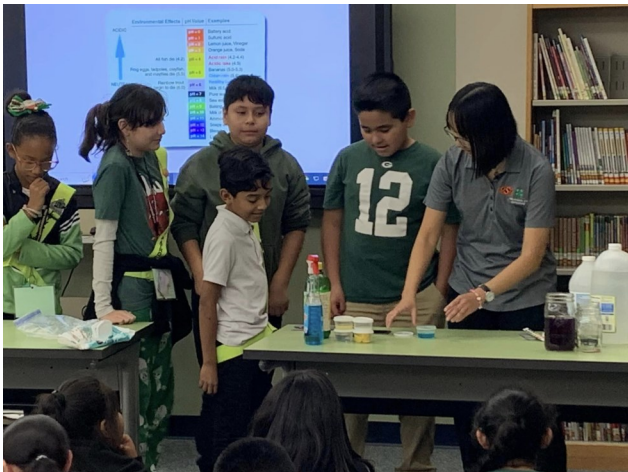
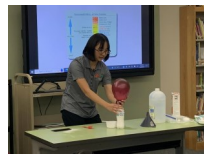
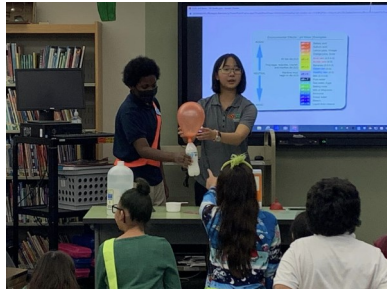
OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County 4-H President, Natalie Reyes, joined me at McKinley Elementary in Tulsa to present her Acids & Bases hands-on learning program to the 5th grade classes. Natalie won 1st place at State with this presentation. The students were engaged and asked lots of questions!



Kim Arnold

Urban 4-H





OSU EXTENSION 4-H YOUTH DEVELOPMENT

Finished off the Christmas series at Darnaby with a little DIY! Christmas tree ornaments were a hit and they turned out so cute! Christmas trees are a specialty crop in Oklahoma and can be found growing in Tulsa county!



**Kylie
Nicholson**

**Ag Literacy/
STEM**

Friday was the day to be at Darnaby! We made shelves(and other things) for our elves to sit on. They were so creative and excited. I was so fun watching their little hands create and their little brains working!





OSU EXTENSION 4-H YOUTH DEVELOPMENT

We had a great turnout at the 4-H Christmas party! 45 members were there for the chili cook-off, games, and cookie decorating. We also collected money for Change for Change and lots of food for Broken Arrow Neighbors!, over 300 items were collected. Thank you to everyone that helped.



The Tulsa County officer team had an evening of training and some fun bowling.



Lisa Nicholson
4-H Educator





TULSA COUNTY EXTENSION



Maritza Freese
Strong Dads
Field Program
Coordinator
Bilingual



Lacey McCause
Strong Dads
Field Program
Coordinator

Cohort 1 –

Strong Dads/Papás Fuertes Graduation – Spanish Class

On Saturday, December 16, six Spanish speaking fathers graduated from the first Tulsa County Strong Dads/Papás Fuertes OSU Extension Fatherhood program – Spanish class. These six fathers successfully completed 12 weeks of the Strong Dads/Papás Fuertes program which is based on the proven 24/7 Dad curriculum. During the past 12 weeks I had the privilege of witnessing these six amazing fathers evolve before my eyes. In the beginning of the class the fathers did not see the importance of self-care now all six fathers plan on getting a doctor and having annual checkups. These fathers now realize that they must first take care of



themselves in order for them to take care of their families. The fathers also learned and realized the importance of appropriate discipline, effective communication, self-awareness and most importantly their role as a man and father. These are just a few things these fathers learned during the past 12 weeks. The fathers also built strong bonds and life-long friendships with each other and they will provide a much needed support system for one another. The six dads attended the graduation celebration with their wives, girlfriends, children, step children, parents and a couple of fathers even brought their siblings to watch them proudly receive their diploma. Two fathers, Jorge “Tony” Cruz and Jose Ortiz delivered a very nice speech thanking the educator and elaborating on their experience about what they had learned during the past 12 weeks. The educator thanked the wives and families for supporting the fathers during the past 12 weeks. The food included a beef taco bar and spaghetti for the vegan attendees. The beautiful party decorations were done by one of the fathers, Eduardo Ramirez.

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By Maritza Freese





Stacey Jones

Family and

Consumer

Sciences/4-H

CRANBERRY ORANGE MUFFINS

INGREDIENTS

1/2 cup of unsalted butter (room temperature)
2 TBSP of milk
1/4 cup of light brown sugar
1 3/4 cup of flour
1/2 cup of sugar
1 tsp of baking soda
2 large eggs
1 tsp of baking powder
1/2 cup of sour cream or yogurt
1/2 tsp ground cinnamon
2 tsp of vanilla
1/2 tsp salt
Zest of 2 oranges
1 1/2 cups of cranberries - frozen
2 TBSP of orange juice

Glaze (optional): 1 cup of confectioner's sugar and 3 TBSP of orange juice

INSTRUCTIONS

1. Preheat oven to 425 degrees. Spray 12 count muffin pan with nonstick spray and set aside.
2. Using a hand or stand mixer, cream together the butter and both sugars about 2 minutes on high speed.
3. Add eggs, sour cream and vanilla. Beat for 2 minutes of medium speed and scrape the side and bottom of the bowl. Mix in the orange zest until combined.
4. In a large bowl whisk the flour, baking soda, baking powder, cinnamon, and salt. Pour the wet ingredients into the dry ingredients and slowly mix with a whisk. Add the orange juice and milk and gently mix until combined.
5. Fold in the frozen cranberries with a wooden spoon or spatula. Spoon the batter into the prepared muffin pans filling them all the way to the top.
6. Bake for 5 minutes at 425 degrees. Lower the oven temperature to 325 and bake for an additional 18-20 more minutes. Check to see if the muffins are done by inserting a toothpick in the center and it comes out clean.

Serves: 12

Nutritional analysis per serving:

Calories: 238 , Carbohydrates: 35.1 g, Total Fat: 10 gm, Sugars: 15.8 g, Saturated Fat: 5.7 g, Protein: 4.8 g, Sodium: 1051 mg

<https://youtu.be/dvwwk12Zk8jQ?si=hcpvKprZbyhEt4VU>



OSU EXTENSION

COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps

**Community
Nutrition
Education Programs
(CNEP)
Area Coordinator**

December is a time to reflect on all that the Tulsa County CNEP has accomplished and embrace the new year and new adventures! Over the past year, CNEP expanded many partnerships and provided valuable nutrition education including how to stretch food dollars while eating healthy. During December, we had a wonderful opportunity to share a blender bicycle with the community and had fun incorporating physical activity into our community events while sharing a Berry and Spinach Smoothie. Here is the recipe:

Berries and Spinach Smoothie

Ingredients

2 cups frozen unsweetened strawberries

1/2 cup blueberries

1 banana cut in chunks

1/2 kiwi, sliced

2 cups fresh spinach

1/2 cup ice cubes

1 cup fat-free milk

1/2 cup 100% apple juice



Directions

Before you begin: Wash your hands.

Combine strawberries, blueberries, banana, kiwi, spinach, ice cubes, fat-free milk and apple juice in blender. Blend until smooth. Serve in a cup.

Nutrition Information

Serving size: 1 cup

Serves 4

Calories: 100; Total Fat: 0g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 45mg; Total Carbohydrate: 25g; Dietary Fiber: 4g; Protein: 3g; Calcium: 101mg.

As the new year begins, Kimberly has relocated her office to the OSU Extension Northeast District Office in Muskogee. This move is to help place her more centrally in all the Counties that she provides oversight for CNEP. These counties include Adair, Creek, Muskogee, Okmulgee, Ottawa and Tulsa County. Although this will be the last Tulsa County CNEP highlight, we will be sharing a CNEP focused newsletter starting in February to share our full reach across the region. Even though Kimberly has relocated, we still have three Nutrition Education Assistants, Eduardo, Malabika, and Liz in Tulsa and are working to add another person to our team. If you are interested in how we can bring this resource to your audience, please call 918-746-3718 and ask to talk to one of them.

Thank you for an amazing 2023 and we are very excited for what 2024 will bring!!



AGRICULTURE

Vacant

**Agriculture/
4-H Youth
Development
Educator**



With a vacancy in Agriculture position, we enlisted the help of the Creek County Agriculture Educator to teach at John 3:16 Mission. Olivia Toothman, Creek County Ag Educator taught about basic cattle care at the John 3:16 Mission Refugee their employed farmers and ranchers. Special thanks to Olivia for helping fill the gap.

Extension Staff

Jan Dawson
County Extension Director

Kim Arnold
Urban 4-H Educator

Kimberly Cripps
CNEP Area Coordinator

Martiza Freese
Fatherhood Field Coordinator

Brian Jervis
Horticulture Educator

Stacey Jones
Family & Consumer Sciences
Educator

Lacey McCause
Fatherhood Field Coordinator

Kylie Nicholson
Ag Literacy/STEM Educator

Lisa Nicholson
4-H Youth Development
Educator

Vacant
Urban Agriculture Educator



Upcoming Events and Activities

January 2024

- 3 Master Gardener Monthly meeting
- 5 CNEP In-service in Okmulgee
- 8 Channel 6 interview – Brian Jervis
- 10-12 Educators at Biennial Conference
- 11 Horse Club Ride Night at the Bronco Barn at 6:00 p.m.
- 15 OSU Extension Office closed
- 17 OHCE Business meeting
- 19 OHCE State Report and Awards training
- 23 OHCE Leader Lessons at OSU Tulsa
- 25 Horse Club Ride Night at the Mustang Barn at 6:00 p.m.
- 31 Channel 6 Cooking Corner – Stacey Jones



Contact Information

Tulsa County OSU Cooperative Extension Service
4116 East 15th Street

Tulsa, OK 74112

Phone: 918-746-3700

Fax: 918-746-3704

Website: <https://extension.okstate.edu/county/tulsa/index.html>

Facebook: <https://facebook.com/TulsaCountyOSUExtension>

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