



National Volunteer Month

April is National Volunteer Month and there’s no better time to shine a spotlight on the thousands of volunteers who bring life to programs offered through Oklahoma State University Extension. For 110 years, OSU Extension has been working to make the lives of Oklahomans better. With experts providing research-based information, more than 5,000 volunteers statewide help disseminate that information through a variety of methods, including 4-H clubs, Master Gardeners and Oklahoma Home and Community Education activities such as demonstration gardens, camps, workshops, school enrichment programs and more. OSU Extension also benefits from the thousands of people who volunteer at fairs, contests and other activities.

In 2023, adult and youth volunteers spent 232,000 hours enhancing the quality of life in Oklahoma. Through these efforts, OSU Extension is providing education for everyone everywhere. Volunteers are valuable partners in the OSU Extension mission and devote their time annually to programming, teaching, and facilitating events and activities. No matter what is happening in OSU Extension, a volunteer has some role in ensuring success.

“I am very grateful for the volunteers who expand the capacity and impact of Extension programs,” said Damona Doye, associate vice president of OSU Extension. “With limited funding and personnel, they are absolutely essential to Extension’s efforts to improve our communities, our state and our world.”

In Tulsa County we have over 500 volunteers between the Master Gardeners, Oklahoma Home and Community Education and 4-H leaders and parents. We also have people that volunteer to assist with agriculture events, activities and test plots. We appreciate each and everyone of our volunteer and the hours and dollars they donate to our programs and to help others. We would not be able to accomplish all we do without assistance from them.



Thank you volunteers
for all you do!!!



For our contribution to State of Orange: A Day of Cowboy Service, we are collecting diapers (baby and adult) to be donated to Tulsa County Transitional Living Center and Emergency Infant Services. We are collecting from April 1st until April 30th. We will deliver the diapers to the locations in early May.



OSU EXTENSION TULSA COUNTY MASTER GARDENERS

A little cold wind didn't keep these dedicated **demo garden** volunteers from having fun! It was an exciting day at the Demonstration Garden...lumber from M&M Lumber was delivered to begin construction of the new west side arbors and trellises.



Brian Jarvis
Horticulture
Educator



Earthworm and Bugs
Tulsa County Master Gardeners spent the week of Spring Break at the Gathering Place teaching about Earthworms. They also assisted with OSU Insect Adventure station.



AGRICULTURE

On April 4, I had the opportunity to be a guest speaker at Monroe Demonstration Middle School in their agriculture elective class to deliver a lesson about dairy cows. 100 students learned where their milk came from, what other foods came from dairy, what dairy cows looked like, how often they were milked, and what it was like to be a dairy farmer. I ended the lesson with a hands-on activity: Butter in a cup. All 100 students successfully made butter in a cup using minimal supplies accompanied by heavy whipping cream and got to taste their butter with crackers. The following day, they got to use their butter in a cooking recipe at school.



Hannah Hough

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



OSU EXTENSION 4-H YOUTH DEVELOPMENT

Tulsa County's first ever Sew-A-Thon, brought to you by our Tulsa County Officers, is underway at the OSU Extension Office! We completed 30 stockings that will be delivered to Blue Star Moms to be filled with items and sent to service members overseas. Tulsa County Officer, Ainsley Trzebiatowski, is the founder of the Sew-A-Thon as part of her Fabrics and Fashions 4-H project and that she will be traveling to each club that is interested and conducting a Sew-A-Thon.



Kim Arnold

Urban 4-H



Impact 4-H Club made plastic bag keepers in their meeting today! These are so fun!



STEM INNOVATORS

STEM Innovators, Joslyn, Cathan, Alyssa and Natalie, represented Tulsa County at the Oklahoma 4-H 2024 Youth Innovate Summit .





Central Tech STEM Day

What a day of fun! I got to hang out with a bunch of middle and high school students at Central Tech’s STEM day! We made some pretty cool helicopters and drove spherobots! Thanks Randi Hill for letting me Tag along!

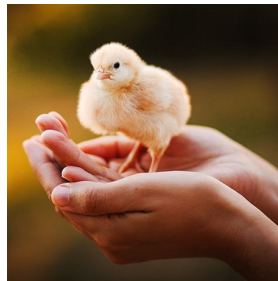


**Kylie
Nicholson**

**Ag Literacy/
STEM**

Farm to School—Tulsa Public Schools

Tulsa public school farm to school! Can’t thank Randi Hill enough for coming and helping me! Baby chicks were a hit! Even Ms. Liz came to see all the cuteness!!





OSU EXTENSION
4-H YOUTH DEVELOPMENT

Tulsa County youth showing at Oklahoma Youth Expo

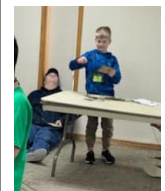


Ivan Thomas

**4-H Youth
Development
Educator**

Discovery Unlimited

4-H members from Tulsa County participated in Discovery Unlimited, an overnight camp for 4th-6th graders. They made paper, learned about vegetables and planting, played team building games, made dog toys and treats, learned weaving, and made a recycled craft. It was a lot of fun!





FAMILY AND CONSUMER SCIENCES

Programming for 2024

Stacey Jones
Family and
Consumer
Sciences/4-H

Drying – 04/10	\$10 and limit of 10
Spices and Herbs – 04/27	\$10 and limit of 20
Pickles Canning – 05/22	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 06/12	\$20 and limit of 15
Salsa Canning – 07/31	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 08/09	\$20 and limit of 15
Jelly Workshop – 11/16	\$20 and limit of 8

Pre-registrations with cash pay-ments are required in advance. Please contact: Tulsa County OSU Extension Center, between 8am & 4:30pm, Mon. thru Fri., by calling 918-746-3706, or dropping by our offices at 4116 E. 15th St., Tulsa, OK, 74112. We are located on 15th Street between Yale & Harvard at “Gate 6” of the Tulsa County Fairgrounds.

*Other classes may be added during the year or if classes get filled up.



TULSA COUNTY EXTENSION



Maritza Freese
Strong Dads
Field Program
Coordinator
Bilingual



Lacey McCause
Strong Dads
Field Program
Coordinator

Strong Dads Program **Strengthening Families Across Tulsa County**

In the heart of Tulsa County, a transformative initiative known as the Strong Dads Program is making significant strides in fortifying familial bonds and community resilience. Through strategic partnerships with the Department of Corrections, 1st Step Diversion Program, Tulsa City-County Library, El Centro, and David L. Moss Correctional Facility, this program has become a beacon of support for fathers seeking to enhance their parenting skills and reconnect with their families.

At the core of the Strong Dads program is a commitment to inclusivity and accessibility. By offering classes in both English and Spanish, the program ensures that it can reach a diverse array of residents throughout Tulsa County. This bilingual approach not only breaks down language barriers but also fosters a sense of belonging and cultural understanding among participants.

The collaboration with the Department of Corrections, the 1st Step Diversion Program, and David L. Moss is particularly noteworthy, as it provides valuable resources and guidance to fathers. Through a combination of educational workshops and mentorship opportunities, participants are equipped with the tools they need to navigate the challenges of reintegration and build a stable and supportive environment for themselves and their families.

Additionally, partnerships with community institutions such as the Tulsa City-County Library and El Centro further expand the reach of the program, offering convenient locations for classes and access to additional resources and support services.

The impact of the Strong Dads Program extends far beyond individual participants, contributing to the overall well-being and resilience of families and communities across Tulsa County. By empowering fathers to take an active role in their children's lives and fostering a positive relationship within families, the program lays the foundation for a brighter and more prosperous future for all residents. Through continued collaboration and dedication, the Strong Dads Program is poised to continue its success in strengthening families and communities throughout the region.

Extension Staff



Jan Dawson, CED

Jan Dawson

County Extension Director

Kim Arnold

Urban 4-H Educator

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Hannah Hough

Urban Agriculture Educator

Brian Jervis

Horticulture Educator

Stacey Jones

Family & Consumer Sciences
Educator

Lacey McCause

Fatherhood Field Coordinator

Kylie Nicholson

Ag Literacy/STEM Educator

Ivan Thomas

4-H Youth Development
Educator



Upcoming Events and Activities

April 2024

- | | |
|--------------|--|
| 8 & 15 | Small Acreage Class |
| 8,15,22 & 29 | Composter Class |
| 9, 16, & 23 | Lunch and Learn at
Central Library |
| 18, & 25 | Lunch and Learn at
Hardesty Library |
| 10 | FCS Drying Workshop in the morning |
| 10 | FCS Fermenting Workshop in the afternoon |
| 17 | 4-H Day at the Capitol |
| 26 | Fashion Revue at OSU Tulsa |
| 27 | FCS Herbs and Spices Workshop |
| 28-30 | Northeast District Horse Show |
| 30 | OHCE Cultural Enrichment
Trip to the Tulsa Botanical Garden |



Contact Information

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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (name, event host/coordinator) at (phone number/email) at least two weeks prior to the event."