



## OSU Extension Promotes Civic Engagement Across the State

By: Trisha Gedon, OSU Sr. Communications Specialist

Civic Engagement is an important component of all communities – big and small – across Oklahoma, but how does one get started? Oklahoma State University Extension can help. Mike Stout, Oklahoma State University Extension Specialist and George Kaiser Family Foundation Endowed Chair in Family and Community Policy, works with communities to address public issues.

“Our mission is to strengthen families and communities across the state through community-driven programs that address public issues,” Stout said. “It’s critical to meet the needs of community residents and civic engagement helps meet that goal.”

This is where OSU Extension programming fills a need. Extension programs enhance opportunities that involve all stakeholders in self-governance and participants can develop:

- Civic skills that enable individuals to engage in informed decision-making, collaborate with others and contribute to the betterment of their communities and society.
- Tailored approaches for civic engagement around public issues.
- Tools, skills, and resources for community-driven approaches to identifying and prioritizing issues.
- The ability to work collaboratively with other individuals, organizations, and decision-makers to address local issues.

“For more than a century, OSU Extension has partnered with community groups to foster the development of citizens who are not only informed but engaged in improving their communities,” he said. “We are here to help communities adopt participatory approaches to solving local issues.”

There’s a saying that goes like this: It takes a village. There are no truer words. Building strong communities takes everyone pulling together to get things done and make things happen. For goals to be set and acted upon, community members unite in public deliberation. Stout said this provides a platform for citizens to discuss, weigh different perspectives, evaluate the implications of different options and contribute to decisions of concern to the families who call the community home.

### Tulsa County Extension Office

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#### Phone

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#### Social Media

Facebook: TulsaCountyOSUExtension

Twitter: twitter@osuextension72



**TULSA COUNTY  
EXTENSION**



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If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

# OSU Extension Promotes Civic Engagement... Continued

## Strengthening Oklahoma Families/Tulsa County

Stout teaches various workshops designed to help local citizens develop the skills needed to be difference-makers. Workshop topics include:

- Tailored approaches to using dialogue, deliberation, and action planning to address public issues.
- Using community-based participatory research to identify, prioritize, and address public issues.
- Capacity-building for community-based organizations.
- Mission, vision, and values statement workshops
- Logic models for organizations, programs, and grant proposals.
- Program evaluation.
- Strategic planning.
- Building effective community partnerships.
- Using data to inform decision making.

For more information about these workshops, contact Stout at 918-594-8311 or michael.stout@okstate.edu.

### Herb Preservation

By: Stacey Jones, FCS Extension Educator

**Washing:** Rinse your herbs gently in a large bowl of cool water to avoid damaging leaves and delicate stems.

**Drying:** Lay out paper towels on your counter. Lift the wet herbs from the water, allow excess water to drip off, and then place them on the towels.

**Soft Herbs (e.g., parsley, cilantro, mint):**

**Storage Method:** Place them in a glass of water, cover the top with a plastic bag, and cinch it at the bottom.

**Hard Herbs (e.g., rosemary, thyme, sage):**

**Storage Method:** Loosely wrap them in a damp paper towel and keep them in a tightly sealed container or reusable bag in the fridge.

Check out our Channel 6 Cooking Corner demonstration by clicking on the following link:

<https://youtu.be/JnVWNNcG5sY?si=rX7K4dr6Fv5gYtDJ>



## POSITIVE PARENTING TIPS

### 6-8 Years Old

#### Developmental Milestones

Middle childhood brings many changes in a child's life. By this time, children can dress themselves, catch a ball more easily using only their hands, and tie their shoes. Having independence from family becomes more important now.

Events such as starting school bring children this age into regular contact with the larger world. Friendships become more and more important. Physical, social, and mental skills develop quickly at this time. This is a critical time for children to develop confidence in all areas of life, including through friends, schoolwork, and sports.

#### Emotional/Social Changes

Children in this age group might:

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about their place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.



#### Thinking and Learning

Children in this age group might:

- Show rapid development of mental skills.
- Learn better ways to describe experiences.
- Learn better ways to talk about thoughts and feelings.
- Have less focus on oneself and more concern for others.



#### Building Strong Connections

Following are some of the things you, as a parent, can do to help your preschooler during this time:

- Talk with your child about school, friends, and things they look forward to in the future.
- Talk with your child about respecting others. Encourage them to help people in need.
- Do fun things together as a family, such as playing games, reading, and going to events in your community.
- Get involved with your child's school. Meet the teachers and staff and get to understand their learning goals and how you and the school can work together to help your child do well.
- Continue reading to your child. As your child learns to read, take turns reading to each other.
- Support your child in taking on new challenges. Encourage them to solve problems, such as a disagreement with another child, on their own.
- Encourage your child to join school and community groups, such as team sports, or to take advantage of volunteer opportunities.

#### Fostering Responsibility and Positive Behavior

- Show affection for your child. Recognize their accomplishments.
- Help your child develop a sense of responsibility—ask them to help with household tasks, such as setting the table.
- Help your child learn patience by letting others go first or by finishing a task before going out to play. Encourage them to think about possible consequences before acting.

## POSITIVE PARENTING TIPS... Continued

### Strengthening Oklahoma Families/Tulsa County

- Make clear rules and stick to them, such as how long your child can watch TV or when they have to go to bed. Be clear about what behavior is okay and what is not okay.
- Use discipline to guide and protect your child, rather than punishment to make them feel bad about themselves. Follow up any discussion about what not to do with a discussion of what to do instead.
- Praise your child for good behavior. It's best to focus praise more on what your child does ("you worked hard to figure this out") than on traits they can't change ("you are smart").
- Help your child set their own achievable goals—they'll learn to take pride in themselves and rely less on approval or reward from others.

### Child Safety First

More physical ability and more independence can put children at risk for injuries from falls and other accidents. Motor vehicle crashes are the most common cause of death from unintentional injury among children this age.

- Teach your child to watch out for traffic and how to be safe when walking to school, riding a bike, and playing outside.
- Make sure your child understands water safety, and always supervise them when they are swimming or playing near water.
- Supervise your child when they are engaged in risky activities, such as climbing.
- Talk with your child about how to ask for help when they need it.
- Keep potentially harmful household products, tools, equipment, and firearms out of your child's reach.

Source: [Positive Parenting Tips: Middle Childhood \(6–8 years old\) | Child Development | CDC](#)



### Family and Consumer Sciences Programming for 2024

#### “DO YOU KNOW HOW TO USE YOUR PRESSURE CANNER?”

Show and Tell  
w/ Pressure Canners - 06/12    \$20 and limit of 15

Show and Tell  
w/ Pressure Canners - 08/09    \$20 and limit of 15

Pre-registrations with cash payments 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. 15<sup>th</sup> St., Tulsa, OK, 74112. We are located on 15<sup>th</sup> Street between Yale & Harvard at “Gate 6” of the Tulsa County Fairgrounds.

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**TULSA COUNTY FREE FAIR**  
**July 16-19, 2024**



It's almost time for our COUNTY FAIR!!! Did you know that Tulsa County had a Free Fair? We would love for everyone in Tulsa County to participate!!! Start preparing your entries now and join us at the Tulsa County Fairgrounds, in Central Park Hall, Tuesday, July 16<sup>th</sup>, to enter your items. Links below provide entry requirements.

The Fair also offers two days of fun activities open to the public, on Thursday, July 18<sup>th</sup>, 10am to 7:30pm, AND Friday, July 19<sup>th</sup>, 10am to 6:30pm. Everyone is invited to view the Open Class Exhibits and 4-H Exhibits, and to visit our vendor booths, enjoy live entertainment, and participate in family fun activities! (Schedule in link below.)

This year our FAIR has moved to the Central Park Hall at EXPO SQUARE/TULSA COUNTY FAIRGROUNDS!  
**Access the fair schedule, entry information, and requirements with the link or QR code below:**




<https://extension.okstate.edu/county/tulsa/media/docs/county-fair/2024-tcff-open-class-division-fair-book-a.pdf>

**OHCE**  
**MEMBERSHIP TEA**  
**&**  
**SCHOLARSHIP**  
**PRESENTATIONS**

**Date:** JULY 19, 2024  
**Time:** 2:00 – 4:00 P.M.  
**Location:**  
 TULSA COUNTY FREE FAIR @  
 CENTRAL PARK HALL

**NEW CONTEST ADDED THIS YEAR:**

**CUPCAKE WARS!**



**THIS IS AN OPEN CLASS ADULT VERSION OF THE 4-H YOUTH CUPCAKE WARS!  
 INFO & RULES AVAILABLE BY CONTACTING THE EXTENSION OFFICE.**

Watch the Free Fair/Channel 6 interview at this link: [https://youtu.be/iNR31bP7DFo?si=yplzKxRnW2-l6\\_0Q](https://youtu.be/iNR31bP7DFo?si=yplzKxRnW2-l6_0Q)

**OHCE Members:**

- Are you working on your fair projects? Remember your group gets one point towards the group awards for each item you exhibit. There are so many categories to enter in!
- Remember to ask your friends and family to participate by entering an exhibit in this years' fair! Circulate the new flyer! A Link & QR Code are on the flyer for easy access to the Fair Book which includes the event schedule and open class entry information, rules, and regulations.
- We need lots of volunteers! The Country Store needs help setting-up the 16 & 17<sup>th</sup>, and workers for the store the 18 & 19<sup>th</sup>. They also need donations of new or gently used household/craft/holiday items and new handmade items to sell. We also need assistants in each exhibit section and the info booth. To donate or volunteer, please contact: Dorothy Swindler, for Country Store, and Elaine Egan to assist in other areas.
- It's time to begin preparing your Silent Auction Baskets for the Free Fair! Please remember that each group is responsible for providing one basket. Contact Shari Munroe if you need more information.
- We will be selling Raffle Tickets, again this year, for a beautiful Quilt! This years' quilt has been donated by Pat Thomas. The Raffle Tickets will again sell for \$1 each or 6 tickets for \$5. We will be selling tickets beginning at the Free Fair and continuing through our Demo Day, October 12<sup>th</sup>. The drawing will be at Demo Day, and you do not need to be present to win! Each group may begin picking up books of tickets to sell at the Extension Office, between 8:30 a.m. & 4:00 p.m. Contact Shari Munroe for more information.

## FAMILY & CONSUMER SCIENCES CALENDAR

\*\*\*All events will be held at the OSU Extension Office unless noted\*\*\*

\*\*Please observe that some event dates have been changed\*\*

\*WORKSHOPS & ALL CLASSES - PRE-REGISTRATION REQUIRED - Call: 918-746-3706\*

### June:

- 3 Scholarship Applications Due to Extension Office by NOON Today!
- 4 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 5-31)
- 10 Tulsa County Free Fair Planning Meeting at Extension Center, 1-3 pm
- 12 Show & Tell with Pressure Canners Workshop 9 am-11 am (register by 6-7)
- 19 Juneteenth – Extension Office Closed
- TBA OHCE Cultural Enrichment: @ Tulsa Drillers Baseball Game


### July:

- 4 Independence Day – Extension Office Closed
- 7-9 OHCE State Meeting @ Champion Convention Center in OKC
- 16 Tulsa County Free Fair – Exhibit Entries Drop Off – OPEN TO TULSA COUNTY RESIDENTS
- 18-19 Tulsa County Free Fair – Exhibit Viewing and Activities – OPEN TO THE PUBLIC
- 19 OHCE Membership Tea – 1 -3 pm @ Tulsa County Free Fair
- 31 Salsa Canning Workshops 9 am – 1 pm **AND** 1 pm – 5 pm (register by 7-26)

### August:

- 8 Tulsa County Free Fair “After the Fair Meeting” at Extension Center, 1-3 pm
- 9 Show & Tell with Pressure Canners Workshop 9 am – 11 am (register by 8-5)
- 20 OHCE Cultural Enrichment: @ Woody Guthrie Center (Details TBA)
- 22 OHCE Bunco for Scholarships, 10 am - Noon
- 27** OHCE Leader Lesson Training (Sep/Oct/Nov/Jan) 10 am @ NE Tech Center, Claremore (\*date changed to 27<sup>th</sup>)

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**CHANNEL 6**  
**COOKING CORNER**  
 June 26<sup>th</sup>  
 @ Noon  
 Presented By: Stacey Jones  
 Tulsa County FCS Educator



**FAMILY AND CONSUMER SCIENCES**

## OHCE UPDATES



JENKS

At a recent meeting of the Jenks Group, members designed their own Mother’s Day floral arrangement following the Leader Lesson on Flower Arranging and Preservation. In the spirit of the holiday, the group prepared gift bags of shawls, which were knitted by a friend of the group, and donated them to residents of a local nursing home. This meeting also inspired a guest to join our group!



Valley View

Pictured from left to right: Mardi, Carol, Dorothy, Jean, Jenni (in the hat), and Charline.

Valley View OHCE gathered at the home of their member, Jenni, as she prepared to move to Tahlequah, OK. “We wish you well, Jenni! We will miss you!”

**OHCE UPDATES**

**SHOUT OUT FROM ELAINE**  
Tulsa County OHCE President



Be a part of history! The Tulsa County Fair has been held every year since 1903. That is 121 years of canned peaches, patchwork quilts and orchid displays. You can add to that towering number of entries – there is a category for everyone. During my first year I entered a little angel made of buttons and pipe cleaners. It was part of a leader lesson we had on the history and uses of buttons. It was nothing special, but I won a blue ribbon! And I still have it hanging in my hallway! It is a reminder to me that we all can be a part of the fair, no matter how small the project.

Do you know an organization of Tulsa County crafters or artisans? Invite them to enter. Drum up some excitement about our fair. Out of 10 people I talk to, 10 of them have never heard about the fair. Make it your mission to invite one person to enter. We have a flyer that lists the categories or point them to the on-line fair book. Let's get the word out there this year. And don't forget to create your own entries for our Tulsa County Free Fair July 18-19.

Share OHCE with a friend! *Elaine*

**JUNE FAMILY ISSUES**

We are continuing our monthly collection of personal care items for the Tulsa County Transitional Living Center. Please bring collected items to the 2024 Christmas Luncheon.

This month's item(s):  
**SHAVING CREAM/SHAVING LOTION**  
\*\*\*\*\*

**FAMILY ISSUES JUNE TOPIC:**  
**Supporting Local Organizations**

Local organizations do such great work!  
You can be a part of it in so many ways:

- **Attend** their fundraising events. Often, they will sponsor a craft or music fair. It is encouraging to see people in attendance. It inspires the organization and their event participants as well.
- **Share** their events on social media. We don't always hear what's going on – help spread the word on your social media feed.
- **Donate** to an organization whose mission speaks to your heart. If you can't support them financially, check with them to see how you might be of help.

-The Family Issues Team



**Cultural Enrichment Committee announces:  
upcoming Drillers Baseball Game!**

What: Tulsa Drillers vs Arkansas Travelers  
When: Wednesday, June 12<sup>th</sup> @ NOON  
(Meeting prior to game at OSU parking lot.)  
Where: Drillers Stadium @ ONEOK Field, 201 N. Elgin Ave.  
Contact: Jean Parks, 918-373-0553, for cost, & to RSVP!

**MAY - TULSA BOTANICAL GARDEN TOUR in REVIEW...**









# OHCE UPDATES



## OHCE WEEK Tulsa County - In Review

Donations collected  
for Tulsa County  
Transitional Shelter



Tulsa County Extension Office  
4116 E 15<sup>th</sup> Street  
Tulsa, OK 74112



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Family and Consumer Sciences  
Tulsa County OSU Extension Service

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