



TULSA COUNTY EXTENSION

December 2021
Issue 9

Tulsa County Staff Members Program Assistant



Tom Ingram

Horticulture
Program
Assistant

About me:

As Horticulture Program Assistant, the majority of my time is spent in support of Tulsa Master Gardener activities. With over 300 Master Gardeners, this is a full time job. My primary activities include writing articles for the Tulsa World newspaper, curating our social media presence, video recording and production, managing our extensive website, tech support for our yearly Plant Sale, and managing online ticket sales for our events among other things. In recent months this has also included directing our Zoom and social media educational opportunities.

While the bulk of my career was in music and television production, in recent years I earned a Masters of Business Administration and a Doctor of Ministry in Semiotics and Future Studies before joining the Tulsa County Extension.

Tulsa Master Gardeners 2022 PLANT SALE



Annual Master Gardener Plant Sale

is one of the most anticipated events and helps fund a wide variety of the Master Gardeners educational and beautification efforts throughout Tulsa County.

Select from a wide variety of annual, perennial, and native plants for container and flower gardens. Vegetables, milkweed, and pollinators too!

Online Orders begin Feb 1st

Shop Online at www.tulsamastergardeners.org

Online Shopping Deadline: Midnight, Saturday March 12th

Drive through, contact free pickup Thursday, April 14th, 7 AM - 7 PM

Tulsa Fairgrounds Exchange Center, 21st Street Entrance, Gate 1.

Customers remain in their vehicles at all times. MGs will load order into vehicles.

Any orders remaining on the floor after Thursday, April 14th will be donated to Tulsa Master Gardener's Demonstration Garden.



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MASTER GARDENERS

Tulsa County Extension Office
4116 East 15th St., Tulsa, OK 74112
www.tulsamastergardeners.org



What is Laughter Yoga? Laughter Yoga is a form of exercise involving prolonged voluntary laughter. This voluntary laughter exercise provides similar physiological and psychological benefits as spontaneous laughter. It is usually done in groups, with eye contact and much playfulness between participants. Intentional laughter often turns into real and contagious laughter. Laughter Yoga was invented in 1995 and is now becoming universal.



Laughter Yoga provides an easy way to bring laughter to our lives. Laughter helps us deal with difficult times and stress. When we laugh together we feel more comfortable around each other and we encourage others to laugh through our connectivity. Experiencing **JOY** helps us to be more productive, creative, innovative and imaginative; therefore, our motivation grows.

The Tulsa Public Schools, Student and Family Support Services Manager of Mental Health, Christy Spears, contacted me inquiring about Emotional Health resources programming. She was interested in learning more about Laughter Yoga.

Christy coordinates **Mental Health "FOR US"** for Tulsa Public Schools. She is responsible for providing Team Tulsa stakeholders the opportunity to connect and explore valuable resources that positively impact mental health. Team Tulsa provides resources for crisis response, and free ongoing mental health support to students, families, staff and other stakeholders, which ultimately results in healthier families, schools, and communities.

I partnered with Nikkie Dunnigan, the Mental Health Promotion and Education Manager from Oklahoma State University's Department of Wellness in Stillwater. Nikkie presented The Importance of Play for Adults, which was a perfect segue for Laughter Yoga. Together, Nikkie and I, we were able to engage the participants in one of Team Tulsa's core values, **JOY!**

After the presentation, the participants reported that they felt less stressed, more relaxed, "lighter", more connected and less self-conscious. Many indicated they would share the knowledge that they learned with their students, families and community members.

"We don't laugh because we are happy. We're happy because we laugh."

~Dr. Madan Kataria

I am appreciative of the partnership with the Department of Wellness and thankful for the opportunity to reach the staff, students, families and stakeholders of Tulsa Public Schools.

**Michelle
Bonicelli**

**Family
and
Consumer
Sciences
Educator**



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COMMUNITY NUTRITION EDUCATION PROGRAMS

Kimberly Cripps

Community Nutrition Education Programs (CNEP)

Area Coordinator



During January, OSU Extension Tulsa

Community Nutrition Education Programs attended Food on the Move Community Food Resource Festivals to provide participants with ideas for healthy ways for enjoying vegetables. Here is the recipe we shared:

This quick and easy recipe uses carrots and turnips along with a little garlic and honey to create a sweet and savory blend.

Sesame Turnips and Carrots

Makes 6 servings

Preparation time: 15 minutes

Cook time: 10 minutes

Ingredients

1 tablespoon vegetable oil
2 medium turnips (cut into 1/4-inch cubes)

2 medium carrots (cut into 1/4-inch cubes)

1/8 teaspoon salt

4 cloves garlic, minced or 1 teaspoon garlic powder

2 tablespoons sesame seeds

3 tablespoons honey (or brown sugar)

Tulsa Unit Community Nutrition Education Programs had opportunity to work with middle school youth to talk about the health benefits of consuming dairy each and every day. Youth learned that dairy does more than just help with maintaining bone density, but also to keep teeth healthy. Youth learned that if teeth are not kept healthy this will impact the foods you eat and the nutrients you consume. To encourage the youth to increase their dairy intake, they had the opportunity to prepare a sugar-free, low-fat pudding and fruit parfait.



Mixing sugar-free vanilla pudding with skim milk



Slicing fresh strawberries to practice safe cutting techniques



The final product “Layered Pudding and Fruit Cup” (sugar-free vanilla pudding; fresh sliced strawberries and kiwi; crumbled graham crackers).



Winter STEM Event at Jarman Elementary



Lisa Nicholson

4-H Educator



Tulsa County Educators Gus Holland and Lisa Nicholson promoted 4-H during the Winter Wonderland STEM night at Jarman Elementary School. Students also learned engineering concepts while using a robotic arm made from popsicle sticks and plastic utensils to pick up candy.



**Kylie
Nicholson**

**Ag Literacy/
STEM**

In January we started our 6 week after school program at Ellen Ochoa and Jarman Elementary. Our First day we started off talking about the advancements of farming tools and how technology even helps farmers do their jobs more efficiently and give them the capability to grow more crops and feed more people!





Tulsa County 4-H Shooting Sports Club



“The Tulsa County 4-H Shooting Sports Club is growing! Shooting Sports engages youth in positive youth development while working with certified volunteer coaches through workshops, practice sessions, contests and hunter safety courses. Participating youth learn life skills that can be used in every facet of their lives, from school to civic to home, as well as engaging youth in physical activity, often as a family. We now have four certified volunteers in the disciplines of air rifle,

pistol, rifle, and archery and are excited to fulfill this need in our county and offer these programs to our youth. To further facilitate access to these programs, Urban 4-H Educator Kim Arnold, has written a grant to obtain the supplies needed to expand the reach of these programs and limit the costs to participating youth.”

**Kim
Arnold**

Urban 4-H





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MaGIC (Master Gardeners In the Classroom) Has Returned to the Classroom!


The Tulsa Master Gardeners are thrilled to return to the classroom—almost as much as teachers are to have us helping them once again with their programs. In the Fall of 2021, teachers from Tulsa County schools, both public and private, have shown us their appreciation that we are once again assisting them with re-engaging students in more normalized academic endeavors.


The Master Gardener School Program has a formal teacher evaluation process where we ask for feedback on how we could improve our programs. In the fall of 2021, we received 5's (the highest benchmark) on every question asked of teachers with the exception of one teacher who ranked us as a "4" on one question—wouldn't you know it was given to the presenter who serves as our program chair! It is gratifying to feel the appreciation from front-line teachers for what we offer inside of the classrooms of elementary grade students in Tulsa County!


Brian Jervis

**Horticulture
Educator**


 **WORMS TO THE WISE**
Students observe and analyze earthworm's bodies and behaviors. Students learn the importance of earthworms in nature.


 **SEEDY SIDESHOW**
Students learn about the diversity of seeds as well as the movement of seeds by wind, water, and animals.


 **SOMETHING TO SPROUT ABOUT**
Students plant two types of seeds and then follow up to test, observe and record data when certain conditions are met or withheld.


 **INSECTS AND SPIDERS**
Students examine specimens of both insects and spiders as well as determine how their body structures differ.

 **WHIRLING WINGS**
Students learn the importance these insects play in pollination and how the insect's need for nectar facilitates germination.

 **POLLINATOR'S PICNIC**
Students learn about pollination – how it occurs and its importance insuring continued plant production.

 **SIX-LEGGED SUPERHEROES**
Students are introduced to beneficial insects as well as insects mostly known as pests.

 **TREE TIME**
Students learn the structure, both internal and external, and the functions of the parts of a tree.

 **SOIL DETECTIVES**
Students learn the components of soil as well as participate in an experiment to test the water absorption rates as it travels through different types of soil samples.

Extension Staff

Jan Dawson

Extension Director

Michelle Bonicelli

Family & Consumer Sciences
Educator

Kimberly Cripps

CNEP Area Coordinator

Gus Holland

Agriculture/4-H Educator

Brian Jervis

Horticulture Educator

Lisa Nicholson

4-H Youth Development
Educator

Kim Arnold

Urban 4-H Educator

Kylie Nicholson

Ag Literacy/STEM Educator



Upcoming Events and Activities

- February 1 Master Gardener Plant Sale opens—to place and order go to www.tulsamastergardeners.org
- February 15 Oklahoma Home & Community Education (OHCE) Appreciation Tea at 1:00 p.m. OSU Extension Office
- February 15 Food on the Move at Chamberlain Park, 5:30—7:30 p.m.
- February 17 Food on the Move at TCC Northeast Campus, 11:30 AM to 1:30 PM
- February 21 Extension Office Closed for President's Day
- February 22 Food on the Move, Greenwood Cultural Center, 5:30 to 7:30 PM
- February 24 Oklahoma Home & Community Education (OHCE) BUNCO for Scholarship, bring your own dice 6:00—8:00 p.m. at the OSU Extension Office
- February 24 Tulsa County Livestock Show at the Bronco Barn
- February 25 Tulsa County Livestock Show at the Bronco Barn
- March 5 Tulsa County Horse Clinic—Bronco Barn

Contact Information

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