

4-H Hall of Fame

Adeline Harn

The first 2022 Tulsa County Hall of Fame recipient has been a member of the YFR Club for 7 years. She served on the Tulsa County officer team as Secretary and held numerous officer positions in her club.

Adeline is the daughter of Mac and Trinity Harn. Her project area is achievement focusing on leadership, citizenship, and public speaking. Adeline's project areas have helped her to develop a passion for public speaking and an interest in law. This passion has led her to promote public speaking in her club. Adeline is the type of 4-H member who inspires others to dream more, learn more, and do more. Adeline was asked what 4-H has meant to her. She states, "I truly believe I would not be the person I am today if it weren't for 4-H and my educators pushing me to step out of my comfort zone and try new things."

Adeline is currently a freshman at Oklahoma State University in Stillwater majoring in Sociology with a focus in pre-law. Adeline, we are so proud of you, your success, and the person you have become!



John Hart

John Hart has been a member of the YFR 4-H club for 7 years. He is currently the President of the Tulsa County officer team and served numerous roles at the club level.

John is the son of Alan and Kyla Hart. He exemplifies the traits of a true leader by leading with his actions and not his words. He has spent countless hours volunteering at the Salvation Army packing food for families in need and distributing angel tree gifts. John was asked what 4-H has meant to him. He states, "In 4-H, I have made lifelong friendships, learned to do things I never would have learned otherwise, and because of 4-H, I have become the person I am today."

John is currently a Junior at Broken Arrow High School and plans to attend college at Oklahoma State University upon graduation and pursue a degree in mechanical engineering or law. John, you are a tremendous leader and an inspiration to your peers, we know you will continue to do great things in your 4-H career, and we cannot express how proud we are of you.





OSU EXTENSION
4-H YOUTH DEVELOPMENT

County Commissioner Karen Keith spoke to the 4-H members and their families at the Tulsa County 4-H Achievement Banquet. She spoke about several famous 4-Hers such as a Mary Fallin, Congressman Mike Synar, President Jimmy Carter and First Lady Rosalynn Carter, First Lady Pat Nixon, Jacqueline Kennedy, Johnny Carson, David Letterman, Julia Roberts, Reba McEntire, Vince Gill, Dolly Parton, John Denver, Patricia Yearwood, Astronaut Alan Shepard Jr., Johnny Bench, Rod Moesel (leader of Oklahoma Farm Bureau) and Expo Squares Brandi Herndon. She focused on how 4-H had helped in some way get them to where they are today. She also spoke to the group about the importance 4-H has had on her life and how it set her on



the path to an incredible work life that included 26 years in broadcast journalism, 3 years in city government working for Mayor LaFortune, 2 years at the Chamber of Commerce, and 13 years as an elected County Commissioner.

Commissioner Keith encouraged the 4-H members to stick with their 4-H work, take part in leadership opportunities, and to apply for scholarships to help them get through college. She said, "Whatever path you choose going forward, these are life skills that will stay with you!" She congratulated all the award winners and wished them continued success on behalf of the County Commissioners. She thanked the leaders and staff for what each of them do to help the 4-H youth.



She also mentioned our County Commissioner Stan Sallee who was not in 4-H, but took part in FFA as a kid and mentioned that the Dairy Business is in his genes. Just last month Stan got a lesson in how to show sheep at the fair. You can tell he's really proud....and look at that blue ribbon. We consider Stan an honorary 4-H member and look forward to working with Commissioner Dunkerly on his honorary membership.

We appreciate all the support we receive from our County Commissioners throughout the year.



Lisa Nicholson

4-H Educator



AGRICULTURE

Tulsa County 4-H members were honored during the 74th Annual 4-H banquet on September 15th. Fifty-five Tulsa County 4-H members were recognized for completing a county record book this year. Special Awards were given to Junior, Intermediate, and Senior 4-H members who excelled in their project areas. Members receiving special awards were Ethan Vassmer, Ayanna Stewart, Alice Geary, Katelyn Hart, Cheyenne Vassmer, Ainsley Trzebiatowski, John Hart, Jonathan Davis, Jonas Campbell, Jack Geary, Josiah Martin, Natalie Reyes, Kacie Hoselton, Levi Davis, Adeline Harn, Matt Martin, Braden Robbins, and Ben Martin.



Gus Holland

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





OSU EXTENSION TULSA COUNTY MASTER GARDENERS

The Tulsa County Master Gardener new class consists of 45 participants willing and able to volunteer their time to enhance the numerous Master Gardener community outreach programs.

The training program for new Master Gardener Volunteers begins on the Wednesday after Labor Day and continues each following Wednesday through the second Wednesday of December from 9:00 am to 3:00 pm each Wednesday.



Brian Jervis

**Horticulture
Educator**



Classes are taught by OSU professors, horticulturist, and educators. The following year you are an intern and required to volunteer 70 hours in various aspects of the Master Gardener program. After your intern year and after you have fulfilled your 70 hours of service, you are a full-fledged Master Gardener. Each year moving forward you are required to volunteer 50 hours per year to keep

your Master Gardener status. In addition, you are required to attend 10 hours of continuing education per year.

No previous horticultural training or education is required to enter the Master Gardener program—training starts with the basics. You do have to be able to use a computer and have an email address. Not only do you learn a lot, but you will make new friends, joining the group of over 300 Tulsa County Master Gardeners.





OSU EXTENSION 4-H YOUTH DEVELOPMENT

The annual Tulsa County 4-H Horse Show was held Saturday, September 24 at Black Top Ranch. 4-H members ages 5-19 participated in a fun, family day of showmanship, English and Western riding, reining, trail courses, and the always exciting poles, stakes, and barrels speed events. Preparing for a horse show begins weeks in advance with trimming hooves; bathing; cutting, brushing and braiding manes and tails; clipping coats; packing tack, clothes and horse equipment; and of course riding. 4-H members in the Horse project have a special bond with their horses, and learn the importance of patience and perseverance and the rewards of hard work, as well as form close friendships. 4-H members in the Horse project exemplify the 4-H motto, “Learn By Doing”, as they are not only training their horses, but also themselves.



Kim Arnold

Urban 4-H





Accurate Ag Book Week

"September 6th- 9th was Read an Accurate Ag Book week. During that week, all 77 counties were represented, which meant that there were over 17,000 students learning about agriculture! There were 29 clubs representing Oklahoma 4-H and educating youth about the relationship 4-H and Agriculture have. If you are interested in participating next year or would like to continue reading accurate Ag books to your students, the Tulsa County Extension office has Accurate Ag books, along with teaching materials available to check out. Help spread the love of agriculture and reading one story at a time!"



**Kylie
Nicholson**

**Ag Literacy/
STEM**



OSU EXTENSION

COMMUNITY NUTRITION EDUCATION PROGRAMS



Kimberly Cripps

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

Tulsa County Community Nutrition Education Programs has embraced the concept of volunteers this September. We have had a couple of wonderful partners reach out about exploring options for increasing the nutrition education offered to their clients. We have entered into a formal agreement with the 1st Step Male Diversion Program Tulsa and are working on a formal agreement with The Uma Project Tulsa. Through these wonderful partners and volunteers, we are now creatively providing OSU Extension Tulsa County CNEP to even more people in the community. If you would like to visit about how we might be able to partner to provide nutrition education to your clients through the use of volunteers, please reach out at 918-746-3715.

We continue to provide services at Food On The Move Tulsa Food and Resource Festivals and have added The Uma Project Tulsa Clinica de Vacunación, to share resources about nutrition education. During September we provided healthy samplings of slow cooker ranch carrots. Here is the recipe if you would like to try it:

Slow Cooker Ranch Carrots

Servings: 6

Ingredients:

- 5 cups sliced carrots
- 2 Tablespoons butter
- 1 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon dried dill
- 1/4 teaspoon ground black pepper

Set slow cooker to high temperature, add sliced carrots and seasoning, mixing well. Add butter on top, cover, and cook on high for 3 hours. Serve warm.

Nutritional analysis per serving:

Calories 96; Fat 4 g; Sodium 256 mg; Carbohydrates 13 g; Protein 1 g; Sugar 5 g

Pictured are some of the wonderful volunteers supporting our nutrition education efforts:





Stacey Jones

**Family and
Consumer
Sciences/4-H**

On September 12th, several OHCE Tulsa County Knit 'n Stitch group members, presented Lanier Elementary Kindergarten and First grade students with 53 handmade bookbags and 40 new and gently used books. The presentation was made to help promote literacy in elementary age children, one of OHCE 2022 State Goals.

In addition to the handmade book bags and books, Knit 'n Stitch presented Lanier with 72 pair of new children's underwear and 11 gently used shirts, pants and shorts for their students' clothes closet.

Knit 'n Stitch group has adopted Lanier Elementary for one of their group projects this year. Lanier Elementary is located at 1727 S Harvard, Tulsa, and is only a few blocks from the OSU Extension Office where Knit 'n Stitch group meets.



North Tulsa Community Baby Shower on September 17th, 2022 at Booker T. Washington was well received by the community. Over 150 people attended the baby shower with lots of baby accessories being given out by the Tulsa County Health Department. The Family and Consumer Sciences Educator for OSU Cooperative Extension Services passed out educational information on how to cook dried beans, a Spanish newsletter and the FCS Newsletter that was well received by the community.



Roasted Pumpkin Seeds



Ingredients

- seeds from one pumpkin
- salt
- spray vegetable oil
- knife
- steamer
- towel
- cookie sheet

Instructions

1. Preheat oven to 300 degrees F.
2. Remove seeds by scraping pulp from the pumpkin with a large spoon.
3. Rinse seeds in a colander, and pick seeds from the pulp.
4. Place seeds in the top of a vegetable steamer with water in the bottom.
5. Cover and cook for 30 minutes.
6. Dry the seeds with a towel.
7. Spread seeds on a cookie sheet, spray with vegetable oil and sprinkle with salt.

OHCE had their Fall business meeting on September 20th, 2022. The guest speaker for the business meeting was Savannah Crandall with the Tulsa County Social Services. Savannah came and presented the OHCE members with the different services that Tulsa County Social Services offers. One of the things that TCSS mentioned before the meeting was they had a high demand for Feminine Hygiene Products - especially Tampons for the residents in the Tulsa County Transitional Housing. OHCE had a BOX at the Sign-In Table and OHCE members brought 15 boxes of tampons for a special donation to TCSS. OHCE also voted to amend the bylaws for Tulsa County OHCE because of the amendment from State OHCE. OHCE also voted to approve the annual budget for 2023. OHCE members also voted for the upcoming officers for 2023.



Extension Staff

Jan Dawson

Extension Director

Stacey Jones

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

October

- 1-9 Tulsa State Fair
- 10 11:00 am, Chat and Create
- 12-14 4-H Youth in Action Leadership Conference
- 24 11:00 am, Chat and Create
- 27 10:00 am to 12:00 pm,
OHCE Bunco for Scholarships



November

- 5 4-H Communication Rally
- 10 4-H VOICE meeting
- 11 Extension Office closed for Veteran's Day
- 14 11:00 am, Chat and Create
- 17 10:00 am to 12:00 pm,
OHCE Bunco for Scholarships
- 19 4-H County Officer Retreat
- 24-25 Extension Office closed for Thanksgiving
- 28 11:00 am, Chat and Create



Contact Information

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