



EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

OK County Monthly News Oklahoma Home & Community Education

President/Editor	VACANT	
Editor	Jo Ann Banse	503-7413
Vice-President	VACANT	
Secretary	Gayla Mosteller	769-3855
Treasurer	Paul Cunningham	215-3394
FCS Advisor	Lisa Hamblin	713-1125

CALENDAR OF ACTIVITIES

Oct 28, 2021 "Do It Yourself Family History Gifts, 9:30am, Extension Conference Center.

Nov 04, 2021 County Leadership Development/Planning Meeting, 9:30am, Extension Conference Center.

Nov 06, 2021 Dutch Oven Workshop, 9:00 am – 1:00 pm, Extension Conference Center.

Thought for The Day: Instead of looking at the past, I put myself ahead twenty years and try to look at what I need to do now in order to get there. - Diana Ross

DEADLINE FOR November 2021

NEWSLETTER

Oct 21, 2021

OK County Extension Office

Address

2500 NE 63rd St
Oklahoma City, OK 73111

Phone

405-713-1125

Email

Educator
Lisa.Hamblin@okstate.edu

Website

Website for Extension Center:

<https://extension.okstate.edu/oklahoma>

Website for OHCE:

ohce.okstate.edu

Website for Genealogy

Group: www.ohcegenealogy.com

Follow us on

[Facebook.com/okcounty/osuextension](https://www.facebook.com/okcounty/osuextension)

In this issue

- **Calendar of Activities**
- **Deadline for Newsletter for Nov 21 is Oct 21, 2021**
- **Educator's Column**
- **2020-2021 Memorial Service**
- **Genealogy Group**
- **Do It Yourself Family History Gifts**
- **4-H Collecting H.U.G.S.**
- **Veteran Items for Oct**
- **County Leadership Development Meeting**
- **Dutch Oven Workshop**
- **CNEP is Collecting for Food Baskets**
- **Holiday Luncheon Date**

EDUCATOR'S COLUMN

By Lisa Hamblin

Fall is in the air, and it's time to start a new OHCE program year! Groups should be collecting dues to be sent to county treasurer, Paul Cunningham. Please make sure to update your membership form if you have moved, changed phone numbers, or added a new email address. I have emailed each president the important forms I need for county and state record keeping. Those include: group officers list, committee chairs list, non-discrimination form, and annual income report. Please return as soon as possible.

SAVE THE DATE of Wednesday, November 10th to attend the virtual Oklahoma Family Caregivers Conference. If you are caring for a family member, this is for you! Please see the attached information. There are respite vouchers available to pay for your loved one's care while you watch the conference.

Happy Fall,

Lisa Hamblin

OHCE Advisor
Oklahoma County



2021 Oklahoma FAMILY CAREGIVERS Conference Embracing Hope!

JOIN US VIRTUALLY
Wednesday, November 10, 2021
10:00 am – 3:00 pm

Register Here: 
<https://okcares.org>

- Connect with other family caregivers
- Learn about:
 - * Respite programs
 - * Improving your health & wellness
 - * Ways to recharge
 - * Stress management
 - * Supports across the lifespan from children to older adults

SAVE THE DATE

EDUCATIONAL VOUCHERS

You may be eligible to receive a respite voucher to pay for your loved one's care while you attend the conference.

email: respite@ouhsc.edu

SPONSORSHIP INFORMATION

Gold, Silver and Bronze Levels available

- To ensure a variety of vendors, there may be limitations to vendors that provide the same or similar services.

CONTACT:

Ronelle Baker
405-985-9560 or
Ronelle.Baker@okdhs.org



OKLAHOMA
Human Services
Community Living, Aging
& Protective Services



WovenLife
INTERGENERATIONAL
LEARNING AND CARE



MORTON
COMPREHENSIVE HEALTH SERVICE



Sunbeam
FAMILY SERVICES



CAREGIVER Magazine



AARP
Oklahoma



OFH
BOOMERS
& SENIORS
RESOURCES
Oklahoma Family Health



SOONER
SUCCESS
Serving, Supporting, Building
Inclusive Communities



Memorial Service for Deceased Members

by Jan Beattie

I still need additional photos for **Betty Kill** from the Cardinal group. Thanks for the photos and information already submitted to me.

I could also use additional photos for **Evelyn Gianfillipo** from Las Amigas/Will Rogers group, **Theresa Terry** from Solider Creek and **Evelyn Harris** from Modern Homemakers.

If groups lose additional members, please let me know so we can remember them at the next Memorial Service. Please email information or photos to me at jankb80@sbcglobal.net.

Genealogy Group By Kathy Fetters

The Genealogy group met Wednesday, September 15th, at the Extension Center. There were 13 members and three visitors present. Following the salutes to the U.S. and Oklahoma flags, Jan Beattie opened the meeting with our September Quick Tip—Using Cluster Research to Solve Genealogy Problems via Jan’s FAN Club Method. A FAN club is the friends, associates, and neighbors of our ancestor. This tip and all our previous tips can be found on our website: <https://ohcegenealogy.com>. The Quick Tips serve as our inspiration to motivate and educate us in our genealogical research.

Our speaker this month was Helen Lehman, who has done extensive research into her husband’s German ancestors. She shared tips on using maps to follow boundary changes, examples of German Gothic handwriting, common German and Latin terms to look for and many interesting stories from family letters. She has a wealth of information from her years of research.

Our speaker next month will be one of our members, Molly Monaghan on October 20th, at the Extension Center and via ZOOM.

Genealogy

By Jan Beattie

The OHCE Genealogy Group met on Wednesday, July 21st at the OSU Extension Center. We are meeting in-person and also offering a Zoom option for those who are still a bit hesitant to venture out yet.

The group enjoyed a very interesting program presented by group member Jo Ann Banse on *Orphan Trains*. The Orphan Train movement in the United States was an ambitious, sometimes controversial, social welfare effort to relocate orphaned, abandoned, or otherwise homeless children from crowded cities on the East Coast to foster homes in the rural Midwest. Between 1854 and 1929, about a half million children were transported to their new homes aboard these special trains. While many orphan train children were placed with loving and supportive families, some were abused or mistreated. Eventually, states and local governments stepped in with better laws in support of families and there was no longer a need for the trains. Did you have anyone in your family who was placed with a new family via the Orphan Train movement?

Our *Genealogy Quick Tip* this month offered inspiring suggestions to help us get better search results when we use online websites such as Ancestry.com. The Metropolitan Library system will be allowing home access to the website through the end of the year. This is great news for genealogists! We can search away at 2 a.m. in our jammies and bunny slippers if we want! Happy searching!

Genealogy Group welcomed guests Laura Martin, Deputy Director of the Research Division, Oklahoma Historical Society and Patricia Nunes Jones, Published Collections Manager, Oklahoma Historical Society. We presented eight books to the Research Library at the Oklahoma History Center in memory of our deceased members Judith Irwin, Mike Miller, Betty Geis, Sharon Fore and Andre' Head. We also presented them with a generous monetary donation in support of the library.

We welcomed 3 new members recently: Lynda Weeks and Jesse and Susan Field. We're glad you've joined us!

Our August program was originally supposed to have been presented in July, but our primary speaker, Sandi Maness, suffered a fall recently and broke some vertebrae in her back. We're glad Sandi is feeling better. Jo Ann Banse graciously agreed to switch with her. On August 18th, Sandi and several genealogy group members shared *Finding Family Adoptions and Other Surprises and Successes from DNA Testing*. It was fun to hear about how DNA testing has reconnected family given up by adoption, uncovered a biological family that was unsuspected, ethical dilemmas created from DNA testing matches as well as how DNA has helped both prove and disprove familial relationships and other successes and surprises members have encountered from DNA testing.

We'd love to have you come visit us soon! Pick up one of our group brochures at the Extension Center. Remember, you can find out more information on our website: ohcegenealogy.com or find us on Facebook.



Laura Martin, Deputy Director, Research Division, Oklahoma Historical Society and Patricia Nunes Jones, Publication Collection Manager, Oklahoma Historical Society along with Genealogy Group President Jan Beattie are receiving books and a monetary donation in support of the Research Division Library in memory of five deceased Genealogy Group members.

Do-It-Yourself Family History Gifts



October 28, 2021 – 9:30 a.m.

Speaker: Jan Beattie, President, OHCE Genealogy Group

The OSU Extension Center Conference Center

2500B N.E. 63rd St., Oklahoma City

We know you've got them—countless family history papers and digital files, piles of old family photos, a family heirloom you don't know what to do with, tucked away in a box or on a shelf in the back of your closet. With the holiday season coming up, we hope to give you some inspiration for creating some fun (and easy-to-make) gifts and décor that let you share family history treasures and records with other family members. And many of them you design and let someone else make them! You don't need to be an artist, crafter or seamstress to give great personalized, unique one-of-a-kind gifts to your family. This program will show you how to make keepsakes from old family photographs, jewelry, and other heirlooms. From Christmas ornaments to heritage quilts, your family history makes a great gift! Mark your calendars and plan to attend!

4-H IS COLLECTING H.U.G.S

Oklahoma County 4-H youth have started their annual community service project collecting H.U.G.S (Hats, Underwear, Gloves and Socks) for underserved children. Please consider donating these items or money to purchase them. Donations will go to the Homeless Alliance and Citizens Caring for Children. Deadline to donate is **Friday, November 5th**. Items can be dropped off at the Extension Center. Make checks payable to Oklahoma County 4-H, add HUGS to the memo line.

VETERANS ITEMS FOR OCTOBER

- Kleenex
- Toothpaste
- Razors
- Shaving Cream

COUNTY LEADERSHIP DEVELOPMENT/PLANNING MEETING – NOV. 4TH

“Know Your True Colors” is the theme of the annual leadership development training scheduled for Thursday, November 4th, 10:00am at the Extension Center.

OHCE Advisor, Lisa Hamblin will be sharing a fun workshop, to help us understand our personality traits. There will be a free box lunch for participants, and the planning meeting to follow. All members are invited, but it’s especially important for group officers and committee chairs to attend the planning meeting, to set the 2022 committee program goals. Please **RSVP to Lisa by Friday, October 29th for the lunch count**.

DUTCH OVEN WORKSHOP – Nov. 6th

Due to the popularity of the OHCE leader lesson last Spring, the Extension Center is hosting a hands-on Dutch Oven cooking workshop on Saturday, November 6th, 9:00am-1:00pm. Cost is \$25.00. The class will begin in the Extension Conference Center, and end in the Extension parking lot, where participants will be cooking Thanksgiving-themed recipes. Bring a jacket and a lawn chair. **Registration deadline is noon, Wednesday, November 3rd.**

CNEP IS COLLECTING FOR FOOD BASKETS

CNEP (Community Nutrition Education Program) is collecting food to provide 3 baskets for limited income families the nutrition assistants have provided nutrition education lessons for this year. Many OHCE groups have donated to this county Extension program in the past, and hopefully will continue the tradition. There is a list attached to the newsletter of items that are put in the baskets. Christy will also accept cash/check donations to purchase items they don’t receive.

HOLIDAY LUNCHEON UPDATE

The OHCE holiday luncheon is happening this year! It will be a potluck, so each attendee needs to bring a dish, either a main dish, side dish or dessert. The date is the same, December 3rd at 11:30 at the Extension Center. RSVP to Lisa no later than Wednesday, November 24th. Groups may come at 9:30 and decorate their tables with any holiday-themed décor. This will be a great time to meet Tara Hardin, the new Triad coordinator with the county sheriff's department. We will present the Santa's Stockings to her for the Grandparents Raising Grandchildren program, so please bring your completed stockings to the luncheon. The stockings may be dropped off at the Extension Center earlier that week as well.



OSU EXTENSION
**COMMUNITY NUTRITION
EDUCATION PROGRAMS**

**WE ARE COLLECTING
ITEMS FOR**

HOLIDAY BASKETS

for CNEP families.

**Items needed by December
15th**

We are hoping to collect enough items to provide Food Baskets to 3 CNEP families this year. See examples below for items needed.

Please bring items to the Oklahoma County OSU Extension office by December 15th.

MEATS

Small Ham (whole or half)

Small Turkey 10-12#

Other canned meats

STAPLES

Flour

Sugar, Salt

Cooking Oil

Dry Milk/Canned Milk

Hot Cereal (oatmeal, grits, etc)

Ready to Eat Cereals

Dried Beans or Peas

Dried Pasta

Rice

Cake Mix or other Dessert Mix

Cornbread Mix-Stuffing Mix

Eggs

DAIRY PRODUCTS

Butter or Margarine

Milk

Cheese

CANNED GOODS

Canned Vegetables

Canned Fruit

Peanut Butter or other nut butter

Soups or other canned items

BREAD

Whole Wheat Bread or Rolls

Cookies

Crackers

NON-EDIBLE

Soap, Dish Detergent

Paper Towels or napkins

Toilet Tissue

Laundry Detergent

Bleach

FRESH FRUIT & VEGETABLES

Fruits

Lettuce or greens

Potatoes

Other Fresh Vegetables