



# OK COUNTY MONTHLY NEWS

## Oklahoma Home & Community Education

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### CALENDAR OF ACTIVITIES

**October 4, 2022** Fall Harvest Fest, OSU Extension Farmers Market, 4:00-7:00pm

**October 6, 2022** Planning Meeting/Leadership Development Training, 10:00-3:00pm, Extension Conference Center **RSVP for Box Lunch by September 30th**

**October 27, 2022** 9:30 a.m. Leader Lesson, Extension Conference Center "How to Make your Home Secure" – Connie Wollenberg, McClain County FCS Educator.

**Monthly Group Volunteer Hours Forms Due**

**Thought for The Day:** Love recognizes no barriers.

**DEADLINE FOR Nov/Dec 2022**

**NEWSLETTER**

**October 20, 2022**

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### 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

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## PRESIDENT'S COLUMN

Fall is here! The nights are getting cooler, leaves starting to change colors, its one of my favorite times of the year. October is also the month that we received our new fall addition of the OHCE OUTREACH newsletter. It introduces you to the new state board members and also the 2023 State Goals are included. You can access the newsletter on the OHCE.OKSTATE.EDU web site. Our new state president, Kathy Fentress's theme is G.R.E.A.T. – Get Really Excited About Today. I'm excited to read some of the new goals and know we can include some of those goals in our county and local projects.

Leadership Development and Planning Meeting is scheduled for October 6. We encourage everyone who wants, to attend. There will be a box lunch available so please RSVP to Jan Bohannan or Lisa at the extension office by September 30th. As a committee member in your local groups, we are asking that you are in attendance.

We will be looking at the 2023 State Goals, working on committee projects and next years calendar. Please talk with your members to see what they would like to see happen in the years to come and bring ideas or projects information.

Did you know with your OHCE State Dues you are a member of ACWW – ASSOCIATED COUNTRY WOMEN OF THE WORLD? There are several projects that are being sponsored through our state organization. For information on ACWW go [acww.org.uk](http://acww.org.uk)

Oct 15 is International Day of Rural Women

Oct 16 is World Hunger Day

Have you heard about THE HUGS PROJECT? Their missions to place a "HUG", a neck cooler around the necks of each American military member serving in the Middle East. This is a nationwide, ongoing project that began in 2004 in Edmond, OK by Karen and Ray Stark. Each week they still send CARE packages to our military serving in harm's way. If you would like to volunteer your time, made a donation of needed items or monetary, you can contact them at [TheHugsProject@cox.net](mailto:TheHugsProject@cox.net) . Local donation can be made at The Hugs Project 4449 NW 50th, Oklahoma City, OK 73112.

Also, if you have or know of someone serving "over there", please submit their address at [www.TheHugsProject.com](http://www.TheHugsProject.com) and they will receive a care package from the national group to thank them for their service.

The HUGS PROJECT was a OHCE State Project that ran for several years. It no longer is a focus project, but it is still a needed project.



**Barn Quilt Workshop  
November 3, 2022  
9 am to 3 pm  
OSU Cooperative Extension Office**

Come and learn about Barn Quilts and Quilt trails.  
You will create your barn quilt on a 2'X2" piece of wood.  
Patterns and all supplies will be provided to complete your project. Cost for workshop is \$35. (OHCE discount \$25.)  
Registration deadline is October 14. Class is limited.  
Make your check out to Oklahoma County OHCE.

Mail to: Paul Cunningham  
4057 NW 61<sup>st</sup>  
Oklahoma City, OK 73112-1402  
**Bring a sack lunch and enjoy the day!**

Gayla Mosteller  
OK County OHCE President

**Genealogy Group  
By Kathy Fetters**

Our group met September 21st at the county Extension Office at 10:00 a.m. We had eight members present and one visitor, Karen Cox. However, Karen decided to join our group after the meeting.....Welcome Karen!!!

Following the flag salute, approval of last month's minutes and the treasurer report, President Jan Beattie gave her monthly "Jan's Genealogy Quick Tip". This month her topic was "How to Research a Civilian Conservation Corps Worker". The CCC was established on March 21, 1933 as part of the President Roosevelt's New Deal. Some of their projects included building roads, bridges and lodges; planting trees and establishing trails in federal, state and local parks. All of Jan's Quick Genealogy Tips are on our website: [www.ohcegenealogy.com](http://www.ohcegenealogy.com).

Walt Stoyanoski, a member of the Genealogy Group, gave his presentation, "The History of the Calendar and Time". Walt explained the early methods of tracking time varied from simply making notches on bone, keeping

track of the cycle of the moon and the stars up to complicated calculations resulting in confusing calendars that were constantly changing. Throughout history the methods of keeping time varied by country and by ruler. Some of the systems were extremely complicated and were abandoned or updated many times.

Currently, there are over 40 different calendars in use around the world and the calendar we use went through numerous changes over the centuries before it was set in it's present format.

Our next meeting will be October 19th, at the Extension Center, at 10:00 a.m. and President Jan Beattie will present "Six-shooters, Saddlebags, and Sunbonnets: Some Remarkable Women of the Wild West". Please come join us.



Walt Stoyanoski Speaker and member of Genealogy Group



Welcome to our new member Karen Cox

### **Bits & Bytes by Kathy Fetters**

Our group met, August 22nd, via ZOOM, with five members present. Treasurer Valerie DeBoer filled in for President Pat Smith and opened the meeting with the flag salute, approval of the minutes and treasurer report.

Member Bill James' intention was to teach us about some Windows 10 tips but, following a quick survey of attending members, it was discovered that the majority of members were currently using Windows 11. Bill quickly modified his talk to discuss the same topics, but how they would work in Windows 11. It was decided that future meetings would center around Windows 11 yet still be open to handling Windows 10 questions, including how the two differ in applications, use and appearance.

Our next meeting will be September 26th, via ZOOM.

## Social Committee Updates by Jan Bohannon

Christmas Holiday Luncheon - Mark your calendars for Friday, December 2, for this fun event! The Social Committee is already making plans. This will be an old-fashioned Potluck with meat provided by the Social Committee. We will have prizes, contests, entertainment, etc. Last year, many of you remarked it was the best one ever. Let's see if we can top that! Watch future newsletters for more details.

Social Committee members continue to provide nutritious lunches for the county meetings. Last month, a delicious Salad Bar Buffett was enjoyed by all. Members are Connie Graham, Pat Smith, Kathryn Wells, Ginny Meek, Valerie DeBoer, and Jan Bohannon. Group presidents please **RSVP** to Jan with the number of your group members attending the holiday luncheon **no later than Friday, November 18<sup>th</sup>**.



Kathryn Wells and Valerie DeBoer

## Second Half Expo 2022 By Valerie DeBoer

This Expo is for the 50+ generation. Admission is free. Talk with more than 100 exhibitors with products and services to provide opportunities, educate and support the 50+ generation. Lots of surprises, information, freebies and entertainment including singers, dancers, book authors, free giveaways, hobbies, arts, garden products, etc. Come learn about retirement planning, understanding Medicare, keeping your brain healthy, volunteering for seniors, mid-life careers, living your purpose and other subjects.

When and where: Saturday, October 22, 2022, 8:30 AM - 2:00 PM at the National Cowboy & Heritage Museum. The Expo is free but ends at 2:00 PM so get there early. For more information, go to the website: [SecondHalfExpo.com](http://SecondHalfExpo.com). Click the Attend header for details, map, opportunities to volunteer and view resources at the Expo. See you there!

Everything for the 50+ Generation – Free Admission

## **Second Half Expo 2022**

Saturday, October 22, 2022

8:30 AM - 2:00 PM

National Cowboy & Heritage Museum

Educational seminars	Singers	Workshops
Free food samples	Remodels	Book authors
Daily Living Aids	Unretirement	Garden products
Motivational speakers	Genealogy	Health and fitness
Food and Nutrition	Caregiving	Hobbies and arts
Hearing/eye experts	Self Defense	Frauds and Scams
Downsizing/Moving	Dancers	Support groups
Free giveaways	Fun	And much more

## FALL HARVEST FEST AT EXTENSION CENTER FARMERS MARKET – OCTOBER 4<sup>TH</sup>

To celebrate the first season of the farmers market at the OSU Extension Center, the vendors and Extension Educators will be offering fun activities, contests, and a free composting workshop. Join us for pumpkin decorating, a pie baking contest, food truck, and creating pumpkin planters. We will also be giving away small bags of fresh produce. Contact the Extension Center to register for the pie baking contest.



The Modern Homemakers group will be teaching how to make these painted wooden pumpkins at Harvest Fest.

### COUNTY COMMITTEE CHAIRS NEEDED

With our new OHCE year beginning, there are a few committees in need of chairmen. Please contact Lisa if you're interested in the following positions: Family Issues, Historian, and Resource Management. The planning meeting on October 6<sup>th</sup> will be when goals are set for each county committee. Members should have received their OHCE Outreach newsletter from the state office, which contains the state OHCE goals for the year. These provide great suggestions for our county goals, and what kind of projects we want to pursue for 2023.

### VETERANS ITEMS FOR OCTOBER

- Bar Soap
- Magazines/Paperbacks
- Hand Sanitizer



## UPDATED GROUP BYLAWS DUE OCTOBER 28<sup>TH</sup>

All OHCE groups need to update their bylaws and submit them to Lisa no later than Friday, October 28<sup>th</sup>. This must be done to add the new non-discrimination statement that was voted on and accepted at the state OHCE meeting last July. If your group has changed meeting dates/time/location, this will need to be updated as well. The OSU Extension Center will be having a federal audit soon, and civil rights files will be examined. A copy of the new statement was included in the group presidents' packets at the county business meeting on September 22<sup>nd</sup>.

## NEW COMMITTEE FORMING MEMBER OF THE YEAR AWARDS

A new committee is forming to update how OHCE Member of the Year, Rookie of the Year, Heart of OHCE, and Young Member of the Year are selected. The criteria for selecting winners will continue following district and state guidelines. However, a new voting method that is more equitable to all groups regardless of size needs to be put in place. Please contact Lisa if you are interested in serving on this committee. A meeting is planned for Thursday, October 27<sup>th</sup>, after the leader lesson.

## STOCKING DECORATORS NEEDED

OHCE members are needed to decorate plain stockings that were donated for the Grandparents Raising Grandchildren and Mental Health Association programs. **Thank you to Learn Create and Share group** for volunteering, but there are 67 left! The stockings are made of a fuzzy red or green material, and a few are made of red felt with a white cuff at the top. The stockings are at the Extension office for pick up and would make a fun activity for your next group meeting. **All stockings need to be brought to the Extension office no later than November 18<sup>th</sup>** to be prepared for donation at the holiday luncheon on December 2<sup>nd</sup>.

## 2023 LEADERSHIP DEVELOPMENT STATE GOALS Jan Bohannon, County Leadership Chair

Leadership Development refers to any activity that develops and enhances the quality of leadership attributes, leadership abilities and leadership attitudes of an individual or organization.

Leadership Skills are based on leadership behavior such as decision making toward the greater good. Skills alone do not make leaders— style and behavior do. For effective leadership training and development, start with leadership behavior. The plan of action is to annually emphasize developmental steps toward encouraging individual and organizational leadership skills.

### STATE GOALS:

- Promote diversity and inclusion by understanding the diverse population.
- Encourage establishment of county chairman for Leadership Development. Develop the next generation of leaders.



- Encourage participation in community forums to address local issues using public deliberation, and through the education of citizens on their voting rights, privileges and responsibilities; with potential implementation grants such as Leadership Development and Civic Engagement (LDCE), and Ambassadors.
- Encourage members ownership and involvement in their local and county organizations by developing effective members through team building.
- Encourage OHCE members and local groups to become members of the Ambassadors Program.
- Foster leadership in new members through shared roles that build confidence in new skills.
- Encourage ongoing participation in the Master Family & Consumer Sciences Volunteer Program by increasing state-wide certification 50% annually by providing group training at local and county levels.
  
- Offer opportunities for OHCE members, 4-H groups and community organizations on these suggested topics:
  - a) Leadership styles/officer training
  - b) Importance of communicating with OHCE members and others in the community.
  - c) Knowledge of Proper Parliamentary Procedure by Conducting Effective Meetings
  - e) Managing and coping with individual, group and societal changes.
  
- Provide grant writing workshops to better understand the Leadership Development and Civic Engagement (LDCE) and Ambassador Grants. Who can apply? OHCE members, Oklahoma Cooperative Extension Service (OCES) staff and/or an individual/ group sponsored by OHCE or OCES. Ideally, applications should include a county educator plus an OHCE member.

Leadership Project Report must be on a LEADERSHIP project, be sub-mitted by a county or local group, written in story form with 1 to 3 pages.

OHCE members and group involvement

How did the project network with non-members and/or groups?

Type of leadership exhibited

List the objective, action taken, and results

Photos and news articles are required

### **LEADERSHIP PROJECT STATE AWARD**

1st, 2nd, 3rd - County Awards: \$25, \$15, \$10

1st, 2nd, 3rd - Local Awards: \$25, \$15, \$10

Masters FCS Volunteer Programs

COUNTY PERCENTAGE BASED PARTICIPATION AWARDS

1st, 2nd, and 3rd place certificates

## Emblematic Shirts

*Order Now for the SE District Meeting!*

If you are planning to attend the S.E. District Meeting in Moore on March 7th and need an emblematic shirt, *order now!* Since we are hosting, we want to wear our shirts to the meeting and stand out in the crowd!

### **Available to Order:**

Short-sleeved polo shirts (collared shirt with a button-placket) *(most popular)*

Short-sleeved t-shirt (ring necked)

Long-sleeved t-shirt (ring necked)

Long-sleeved sweatshirt (ring necked)

All shirts are royal purple with an embroidered 4-color OHCE Oklahoma County logo on the left chest area. If you want, you may also have your group name embroidered for no additional charge. They are available in sizes small to 5X. Due to COVID supply/demand and shipping increases, prices have gone up. All Shirts are \$35.00 each (including tax) for sizes S-XL. Extended sizes (2XL and larger) are an additional \$3.00.

### **To order:**

Send payment to Jan Beattie, 1325 N.W. 199th St., Edmond, OK 73012-3443. Please email [jankb80@sbcglobal.net](mailto:jankb80@sbcglobal.net) or call 405 513-4014 with questions or for additional information or to have an order form emailed to you. *There is also an order form in this newsletter. Please promote this at your next group meeting.*

***Orders must be pre-paid and received by October 20<sup>th</sup> for delivery at the Christmas Luncheon***

## *OHCE Emblematic Shirts Order Form*

Name \_\_\_\_\_ Group \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ OK \_\_\_\_\_ Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_

*All items will have the 4-color OHCE Emblem with Oklahoma County embroidered on the upper left chest. You may also have your group name embroidered at no additional cost. All items are medium weight, 50/50 cotton/poly and pre-shrunk. Sizes are unisex and have a typical fit. All shirts will be a deep royal purple. Please check size chart for correct sizing.*

<u>Item</u>	<u>Quantity</u>	<u>Size(s)</u>	<u>Sub-Total</u>	<u>Group Name Yes or No</u>
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**Short-sleeved T-Shirt**

Sizes S-XL \$35.00  
 Sizes 2XL-5XL \$38.00



**Short-sleeved Polo Shirt**

Sizes S-XL \$35.00  
 Sizes 2XL-5XL \$38.00



**Long-sleeved T-shirt**

Sizes S-XL \$35.00  
 Sizes 2XL-5XL \$38.00



**Long-sleeved Sweatshirt**

Sizes S-XL \$35.00  
 Sizes 2XL-5XL \$38.00

<b>Total Number of Shirts ordered:</b>	<b>Order Total</b>
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*The Polo Shirt is 6.0 oz., pre-shrunk 50/50 cotton/polyester knit DryBlend technology delivers moisture-wicking properties Contoured welt collar and cuffs Three woodtone buttons on a clean-finished placket, heat transfer label. Double needle hem. Emblem will be embroidered on upper left chest. Group name embroidered, if desired.*

*Emblem example:*

**Size Chart – Finished Measurements**

	S	M	L	XL	2XL	3XL	4XL	5XL
<b>Body Length</b>	27	29	30	31	32	33	34	35
<b>Body Width</b>	18	20	22	24	26	28	30	32

*\*\*There is a one-inch give for both length and width*



**Oklahoma County  
Genealogy Group**

**Please send to: Jan Beattie, 1325 N.W. 199<sup>th</sup> St., Edmond, OK 73012-3443. Phone (405) 513-4014 with questions.**



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OKLAHOMA COUNTY  
EXTENSION

**H A R V E S T**  
**F E S T**

**O c t o b e r 4 t h**  
**4 p m - 7 p m**

Oklahoma County OSU Extension  
2500 NE 63rd St, OKC

# HARVEST FEST



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FALL  
PHOTO  
BOOTH

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DECORATE  
A  
PUMPKIN

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MAKE A  
CARAMEL  
APPLE

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CREATE A  
PUMPKIN  
PLANTER

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GET  
YOUR  
FACE  
PAINTED

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# Fall Composting Class

The poster features a white background with autumn-themed elements. At the top left is the Oklahoma State University (OSU) logo and the text "OKLAHOMA COUNTY EXTENSION". At the top right is a circular logo for "Fresh Market" with the tagline "A SHARE THE FLAVOR!". The word "FALL" is written in large, bold letters filled with a pattern of colorful autumn leaves. Below it, the word "Composting" is written in a large, orange, sans-serif font. Underneath "Composting" is the text "WITH JOSH CAMPBELL" in a smaller, dark font. The date and time "OCTOBER 4, 2022" and "5 PM TO 6 PM" are displayed in a dark font. At the bottom, there are two large, detailed autumn leaves, one on the left and one on the right. In the bottom right corner, there is a small blue logo for "Squeeze Every Drop.com" with a water drop icon.

OSU OKLAHOMA COUNTY EXTENSION

FRESH MARKET  
A SHARE THE FLAVOR!

# FALL

## Composting

WITH JOSH CAMPBELL

OCTOBER 4, 2022  
5 PM TO 6 PM

Squeeze Every Drop.com

Would you like to do something that is environmentally friendly and will help you have great soil?

Josh Campbell will be giving a free class on how to compost - regardless of the size of your space! This FREE class is available for everyone, so join us from 5 pm until 6 pm and stop filling up the landfills and start creating great organic material for YOUR soil!

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## Pie Baking Contest

Do you enjoy making pies? Do people tell you how good your pies are? If yes, we'd love for you to enter our Pie Baking Contest at the Havest Fest. We just ask that you not bring any cream pies nor any purchased pies. Prizes will be awarded to the winners!

Sign Up for the Pie Baking Contest

