



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

President/Editor	Gayla Mosteller	580-656-1955
Editor	Jo Ann Banse	405-503-7413
Vice-President	VACANT	
Secretary	Sue Hart	405-779-8164
Treasurer	Paul Cunningham	405-215-3394
FCS Advisor	Lisa Hamblin	405-713-1125

CALENDAR OF ACTIVITIES

September 22, 2022 Leader Lesson, "Internet Food Safety Myths", 9:30am, Kelsey Ratcliff, FCS Area Specialist in Health Disparities, Extension Conference Center

September 22, 2022 County Business Meeting, 15 minutes following Leader Lesson. All group presidents and secretaries need to attend to vote.

- 2023 Group Officer List Due to Extension Center
- 2023 Group Committee Chair List Due to Extension Center
- 2023 Membership dues to County Treasurer

Monthly Group Volunteer Hours Forms Due

Thought for The Day: No one is perfect, that's why pencils have erasers. __Wolfgang Riebo

DEADLINE FOR October 2022

NEWSLETTER

September 11, 2022

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:

<https://education.okstate.edu/index.html/fcs/ohce>

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 Oct is September 11, 2022
- President's Column
- Genealogy Group
- Bits & Bytes
- OK County Fair
- 2023 SE District OHCE Planning Meeting September 26, 2022
- Leadership Meeting & Planning Meeting to Combine on October 6, 2022
- Master Sewing Volunteer Training Scheduled
- Veterans Items for September
- OHCE Business Meeting Sep 22, 2022
- 4-H Fall Crafts & Foods Workshop Needs Volunteers

PRESIDENT'S COLUMN

I look forward to September as much as I do spring and summer. The cooler nights bring on the changing season. I get inspired to do new things, look forward to the coming holidays and events. As I write this, I'm also getting ready for the county fair and getting ready for the last summer get away before my grandson starts school.

Did any of you hear about the Touch of Orange challenge? This was a design and construction challenge to create a blouse for OSU President Dr. Kayse Shrum. Several friends from around the state contacted me about the challenge. I'm excited about the challenge and can't wait to finish my design and submit it. Will Let you all know how I did.

Another challenge I did this summer was to make a Barn Quilt. The history of the American Barn Quilt can be dated back to over 300 years, to the arrival of the immigrants from central regency of Europe. It is believed that barn quilts originated in Pennsylvania. In the Northeast, many farms have barn quilts hanging on their barns. The first Barn Quilt tour was established in Adams County Ohio in 2001. With quilts being displayed within walking or short driving distances from one another, meant to serve as a tourist attraction. More and more Barn Quilts are becoming popular and many tours are available across the states. Many Oklahoma OHCE counties and members are making these wooden quilt blocks and have maps to see the quilts on display in their area. I'm hoping to present a workshop for our Oklahoma County OHCE members. What exciting project or interesting thing did you do this summer?



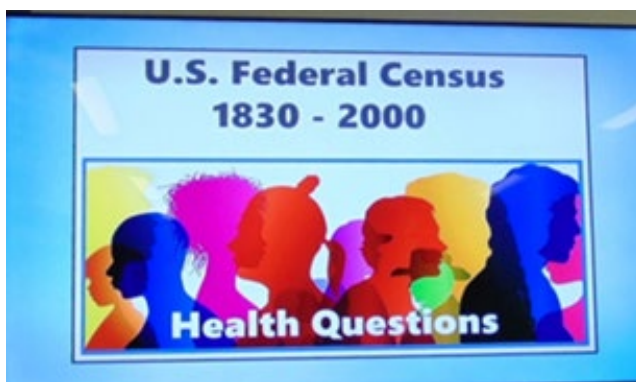
Gayla Mosteller
OK County OHCE President

Genealogy Group By Kathy Fetters

Our group met on August 17th at the Extension Center and were glad to welcome the cooler weather. We had eleven members and three guests: speakers Cindy Thomas and Martha McNeese, and OHCE Oklahoma County Advisor and Educator, Lisa Hamblin. Following our salute to the flags and approval of last month's minutes and treasurer report, President Jan Beattie read "Jan's Genealogy Quick Tip" for August.

Tips for this month were ideas on projects to motivate you to keep working on your genealogy such as: organizing your photos, work with grandkids on making a family tree, visit older relatives and interview them, take or plan a genealogy vacation, make a genealogy scrapbook or photo book, write your family stories down, dig into a new branch of the family, start working on Christmas gifts with a genealogical theme, cook up an old family recipe or just catch up on your genealogical reading material or program. All are excellent ideas to get us working on that family tree!!

Our program this month, Genealogists and Caregivers, was started by member vehoae Yancy, as she took us through the health questions on the various census. There was no such thing as medical privacy in those early census and some years the census taker would ask not only what disability you had, but also would require your doctor to verify it. Following vehoae's portion of the presentation, Cindy Thomas and Martha McNeese, from The Edmond Santa Fe Caregiver Support Group spoke about the role of caregivers, especially in loved ones affected by the various types of dementia. They went through the various signs to watch for that might indicate someone is being affected by dementia and many examples of behavior they had witnessed in their own caregiving or had heard about in the support group. Many members of our group also shared their own stories of loved ones who had suffered from forms of dementia, especially Alzheimer's, a disease that has no known cure and touches almost every household in America.





vehoae Yancy

Cindy Thomas and Martha McNeese

Bits & Bytes by Kathy Fetters

Our group met on July 25th via ZOOM. There were five members present and Treasurer Valerie DeBoer led us in our flag salute, approval of last month's minutes and current treasurer report. Our instructor, Bill James, showed us how to make our start menu and taskbar more colorful, how to change our default program, how to remove our sign-in screen (if we had a computer no one else would have access to) and showed us some hidden features in Windows 10. Our next meeting will be August 22nd via ZOOM.

108th Annual Oklahoma County Free Fair by Jan Bohannon

The county fair was held in the Expo Hall at the Oklahoma State Fair Park on August 25-27. OHCE member entries were represented in all sections, and many walked away with Blue Ribbons! Way to go! Below is a picture of the OHCE gals who helped with the fair. They all worked very hard and had loads of fun! Teamwork at its best!

This is only a sampling of our winners. (My camera ran out of film! LOL). See everyone next year at the 109th Annual County Fair



Pictured left to right: Kathryn Wells, Jan Bohannon, Dianne Lee, OHCE President Gayla Mosteller, Kay Holzman, Ginny Meek, Keisha Scott, and Katie Harris



**Congratulations to Ginny Meek,
Blue Ribbon Winner for her Lemon Cookies**



Keisha Scott, Blue Ribbon Winner for her Food Preservation



Katie Harris, Blue Ribbon Winner for her Mantel Decoration and Creative Door Decoration

2023 SE DISTRICT OHCE PLANNING MEETING SEPT. 26TH

The next meeting to plan the 2023 OHCE District Meeting will be Monday, September 26th, 1:00pm, at the Cleveland County Extension Center. We will discuss ideas and plans with OHCE members from Garvin, McClain and Cleveland counties, who are responsible for hosting the meeting on March 7, 2023. Anyone is welcome to attend. Please contact Lisa if you want to ride with her to the meeting.

LEADERSHIP MEETING AND PLANNING MEETING TO COMBINE ON OCT. 6TH

Pending a vote at the September, county business meeting, the county leadership meeting scheduled for November 3rd will combine with the county planning meeting, scheduled for October 6th. This will be a full day event with lunch provided. All group and county officers, and group and county committee chairs are expected to attend. **Continue to hold the November 3rd date for a special activity to be announced soon.**

MASTER SEWING VOLUNTEER TRAINING SCHEDULED

Lisa Hamblin and Cleveland County FCS Educator, Christi Evans, will be hosting a free Master Sewing Volunteer Training, Wednesday, October 19th and Monday, November 14th, 9:00-3:00, at the Cleveland County OSU Extension Center. Lunch will be provided. This new Extension program will provide 14 hours of training, and volunteers will be asked to give back 20 hours of teaching time to their county Extension office. Cleveland County Master Clothing Volunteers will teach the sewing-related training, while Christi and Lisa will teach how to handle difficult classroom situations, learning styles, and how to work with minors. Please contact Lisa if you're interested. A background check must be completed before attending the training.

VETERANS ITEMS FOR SEPTEMBER

- Shampoo
- Conditioner
- Deodorant

OHCE County Business Meeting September 22, 2022 (15 minutes following Educational Lesson)

It is important that we have every group represented with your president and secretary, and/or alternate at all county business meetings.

Discussion on future events, Leadership Development workshop, Planning meeting and the Holiday Luncheon will be some of the items on the agenda.

****Reminder to all making a report, please have a written report to give to the county secretary****

4-H FALL CRAFTS AND FOODS WORKSHOP NEEDS INSTRUCTORS

4-H Educator Mindy McNeil, and FCS Educators Lisa Hamblin and Taylor Conner, are hosting a Fall Crafts and Foods Workshop for youth and need volunteer instructors. This fun event will be on Saturday, October 1st at the Extension Center. We will be teaching youth to make fall-themed crafts and foods and hope you will join us! If you have an idea for a 15 or 30 minute activity, please contact Lisa. (see next page)



OKLAHOMA COUNTY
EXTENSION

FESTIVE FALL CRAFTS FOR KIDS

2500 NE 63RD STREET
OKLAHOMA CITY, OK 73111
405-713-1125

We would like to welcome children ages 8-18 to join us for a fun day of crafts for the fall season on Saturday, October 1st, 2022 from 10:00 am-2:30 pm. Kids will expand their creativity with these fun activities, crafts, and tasty treats. We will be providing pizza for lunch.

Registration: \$15



Name: _____

Guardian Name: _____

Age: _____ Phone: _____

Email: _____

Allergies: _____

(Circle One) Ethnicity: Hispanic Non-Hispanic Gender: M or F

(Circle all that apply) Race: White Black/African American Asian

Native American/ Alaska Native Native Hawaiian/ Pacific Islander

Payment and Photo Release form are due at the time of registration. Register by September 23rd.

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, and Title IX of the Education Amendments of 1972 (Higher Education Act), the Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, genetic information, sex, age, sexual orientation, gender identity, religion, disability, or status as a veteran, in any of its policies, practices or procedures. This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies. Any person who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator 405-744-9154. If you require a reasonable accommodation to participate or need materials in another format, please contact your County Extension Office as soon as possible.