



April 2023

Twelfth Email Edition

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OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

President/Editor	Gayla Mosteller	580-656-1955
Editor	Dee Dee Shepherd	405-664-2460
Vice-President	VACANT	
Secretary	Sue Hart	405-779-8164
Treasurer	Ruby Berg	405-696-6813
FCS Advisor	Lisa Hamblin	405-713-1125

CALENDAR OF ACTIVITIES

April 15 Deadline for First Americans Museum tour sign up. Contact Jan Beattie, jankb80@sbcglobal.net, Cultural Enrichment Chair.

April 20 Articles due to Newsletter Editor

April 25 Deadline to sign up for Stay Strong, Stay Healthy program. See attached flyer.

April 27 Leader Lesson: "Coffee Time", 9:30am, Extension Conference Center.

April 27 Executive Board Meeting, 15 minutes following leader lesson. County Committee Chairs and County Officers to attend.

April 28 Deadline to RSVP the # of members attending from each group for the Spring luncheon. Contact Connie Graham @ 405-517-5632.

May 5 OHCE Spring Luncheon, Extension Conference Center, 11:30.

Monthly Group Volunteer Hours Forms Due

Thought for the day: Those who bring sunshine to the lives of others cannot keep it from themselves. – James Matthew Barrie

DEADLINE FOR MAY

NEWSLETTER

April 20, 2023

Address 2500 NE 63rd
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

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PRESIDENT'S COLUMN

I want to say Thank You to each of you for helping with the SE District meeting; I think it was a success. It was reported that we had 171 members and 14 educators registered for the meeting. A special thanks to Jan Bohannon and all who helped with the breakfast, Kathryn Wells for leading our stretch break, Jan Beattie, Ruby Berg and Dottie Cather for presenting workshops and then those in attendance and assisting as hosts. I think we all had a great time, made new friends from across the state and learned something new at the many workshops offered.

At our SE District business meeting, advisers from OSU campus bragged about the impact OHCE Volunteer hours and donations have benefited the state Oklahoma. The dollar donation, volunteer hours and value of hours totaled \$3,780,101.11 for the state. In 2022, SE District had a total of \$1,683,592.31. Lisa Hamblin then shared at our February business meeting that Oklahoma County had the most volunteer hours turned in for the SE District. You all deserve a big round of applause!!!!

I know we can do better with our Volunteer Hours. I personally have forgotten about volunteering hours and monies donated. I have started this year keeping my volunteer sheet next to my daily planner/calendar. I keep it recorded on the back side of my monthly activities and the total at the end of the month in the proper categories. Maybe this will help you keep track of your hours also.

Let us take a look at the volunteer sheet. It is a bit confusing but let us look at it again. Do you exercise/walk daily or weekly, these counts. Your travel time to and from and hours at your monthly meetings, these count. When you donate or purchase items for the VA bags, this is cash value or in-kind donation. If you are an officer in your group or county, hours preparing your agenda, minutes, reports, etc. all count. So, you see we do more than we report. If you attended the SE District meeting you should have a minimum of 6 hours, more if you were there for set-up and clean-up. Individuals use the **Member Form** in your yearbook, give it to your group secretary, and they will compile all of the members' forms on their **Group Form** to submit to Lisa. Contact Lisa if you need more Group Forms.

KEEP THOSE VOLUNTEER HOURS COMING IN!

A proud parent moment! I have to brag on my daughter, Kelli Mosteller again. She is the one that is the Executive Director of Native American Studies at Harvard University.

This week she was appointed by President Biden as a member of the National Museum and Library Services Board. "The National Museum and Library Services Board advises the agency on general policies with respect to the duties, powers and authority of the Institute of Museum and Library Services relating to museum, library, and information service, as well as the annual selection of National Medals recipients."

Gayla Mosteller

County OHCE President

OHCE Week
May 7th – 13th, 2023

OHCE week will be here before we know it. I have had several members volunteer to chair this project, but we need all groups to participate. For OHCE week, the committee wants to put displays up in many of the local libraries across Oklahoma County. The goal is to have new pamphlets, and a theme that will be recognized at the libraries. We will be asking your group to contact some of the libraries in your area and make arrangements to set the display. If you would like to serve on this committee, please contact Valerie DeBoer or Gayla Mosteller.

HOLD THE DATE – VETERANS PERSONAL CARE BAGS

June 27th is the day scheduled to fill the veterans' personal care bags at the Extension Center. We will meet at the Extension Center at 9:30 and deliver the bags the same day. Please make sure your group is collecting the items listed in this newsletter each month.

SOCIAL COMMITTEE CHAIR NEEDED

We are still in need of a county social chairman. The responsibilities for this 2-year commitment include: Planning the Spring and Holiday luncheons, and providing a light lunch for the executive board and business meetings that occur 3 times per year. The chair's committee members include each group's social chair, as well as anyone else they want to invite to be a committee member. Please contact Lisa for more information.

Healthy Living
Kathryn Wells, Committee Chair

REMINDER: It's not too late to sign up for stay Strong, Stay Healthy (SSSH). This program is designed by SNAP (Senior Nutrition Assistance Program). Classes begin May 9th.

SSSH is a direct education intervention designed to help older adults increase physical activity, decrease sedentary behaviors, increase fruit and vegetable consumption, and sustain physical activity participation and healthy eating behaviors post program.

We have 7 OHCE members signed up. That leaves 8 spots still open. Invite your mom, daughter, sister, aunt, best friend, husband, and neighbor to participate. Invite someone who will continue to Stay Strong, Stay Healthy with you after the training. There will be a \$20.00 fee for participation.

Taylor Conner, Extension FCS Educator is the workshop leader. Those that participate will meet every Tues and Thurs in May and June at the extension center. Flyer is included in this newsletter.

Cultural Enrichment By Jan Beattie, Co-Chairman

Mark your calendars for the May 3rd field trip to the First Americans Museum!

We are lucky to live in a city with such diverse cultural opportunities. Here are just a few events coming up around Oklahoma City:

1. **Train Rides from the Oklahoma Railway Museum** beginning April 1st.

Museum is located at 3400 NE Grand Blvd, Oklahoma City 73111



Come take a ride at the Oklahoma Railway Museum on their historic MKT mainline track. You will enjoy a train ride in our historic passenger coaches pulled by our vintage diesel locomotives.

Train Rides are available for kids of all ages (0 to 99+) every 1st and 3rd Saturday of each month, April through August. Train rides last approximately 40 minutes. Call 405 424-8222 or see their website

www.oklahomarailwaymuseum.org for more information.

2. **Coffee and Cars at Chisholm Creek**, 13230 Pawnee Drive, Oklahoma City, OK 73114
Free. 8-11 a.m, the first Saturday of the month.
3. **Oklahoma City Dodger Minor League Baseball** begins April 1st at the Bricktown Ball Park, 2 S. Mickey Mantle Dr., Oklahoma City, OK 73104. (405) 218-2100 or visit their website <https://www.milb.com/Oklahoma-city/schedule/2023>.



4. **The Oklahoma City Festival of the Arts**, April 25-30 at Bicentennial Park, Oklahoma City, 11 am – 9 pm.

And there are many more opportunities for you to explore! Enjoy these or others across our great state.

4-H FUNDRAISER – MOTHER’S DAY TEA PARTY

Oklahoma County 4-H is hosting a Mother’s Day tea party, Saturday, May 13th, and they have invited OHCE to join them. We have offered our silver tea service for their event, which is a fundraiser for the county 4-H organization. If your group is interested in attending or just donating cookies or finger sandwiches, please contact 4-H Educator Mindy McNeil at (405)713-1125.

2023 Memorial Service

By Jan Beattie

We will be remembering the deceased members that we have lost since last year in our annual *Memorial Service* during the OHCE Spring Awards and Achievements Luncheon. To date, I have received notification of six members whom we have lost. I want to be sure they are remembered and would appreciate you sending me an anecdotes or thoughts about any of the deceased you would like to have included in the service. I would also appreciate any photos you'd like to share. Please email me at jankb80@sbcglobal.net. If you have other members whom you've lost that are not listed, please let me know. *Here are the members we have lost:*

NW Seekers/Will Rogers/Council Groves:

Elizabeth M "Betty" (Stites) Campbell

Anna Jane "Janie" Whitecotton

New Beginnings (Soldier Creek and 3 E's)

Betty Lou (Money) Ritter

Modern Homemakers:

Jo Elaine (Korn) Royse

Cardinal Group:

Bobby Keukes

Caroline Drewry Robertson

OHCE Week Field Trip to the First Americans Museum on May 3rd

By Jan Beattie, Cultural Enrichment Committee Co-Chairman

The Co. Cultural Enrichment Committee has an exciting field trip for everyone coming up for OHCE Week in May. We are planning a field trip to the First Americans Museum in Oklahoma City. We are scheduled for Wednesday, May 3rd. ***We need to know by April 15th the count of how many will be attending*** so we can secure a group discount and plan transportation. They also have a wonderful restaurant on site. We will be taking the van from the Extension Center. We will leave at 9:30 a.m. and return mid-afternoon. *If you want to ride the van, please make your reservation, asap* as space is limited. Guests are welcome to ride the van if there is room. Otherwise,

you are welcome to meet us at the museum or carpool from the Extension Center. It promises to be a wonderful excursion and a great way to celebrate OHCE Week! Please email me at jankb80@sbcglobal.net or text or call me at 405 513-4014 to make your reservation. Cost for seniors is \$10.00. If we have 15 or more, we can secure a group discount. The restaurant also needs to know how many to expect so get your reservations in by April 15th. You don't want to miss it!



APRIL VETERANS' ITEMS TO COLLECT

- Chapstick
- Note pads
- Paperbacks
- Puzzle Books

Mark your calendar – Veterans' bags will be filled on Tuesday, June 27th, 9:30am at the Extension Center.

Northwest Seekers By Vicky Sharp, Vice President

Hi everyone, Northwest Seekers had a great time at the district meeting. It was a marvelous time to fellowship and learn so much about a diverse range of topics. The majority of our group were able to attend. It was well done from start to finish.

Our group met with 2 visitors. The topic of eggs was a lot of fun. We all learned from each other. After the meeting we went to The Pedal On In Cafe in Bethany. It is the friendliest place with the best food in town.

Thanks for the terrific district meeting. It is always a wonderful experience.

Genealogy Group

By Kathy Fetters

The Genealogy Group met Wednesday, March 15th, at the County Extension Office with 13 members present. Jan Beattie presented her Genealogy Quick Tip for March 2023 which was a selection of projects to do now that the weather is getting warmer. Those tips were: clean off some headstones, put markers on unmarked graves, visit historical Societies where your ancestor lived, read a new book on research or history, start research on a new family line, do some genealogy spring cleaning, catch up on your genealogy correspondence and plan a traditional family Easter gathering. More detailed information on each of these tips and all of *Jan's Genealogy Quick Tips* can be found on our website: www.ohcegenealogy.com.

Our speaker this month was our own member Glenn Clure Sr. Glenn's topic was "*How to Calculate Family Relationships*" and included some great handouts to help us all do that within our own family trees. Glenn emphasized that while we think of genealogy as the tracing of our family through bloodlines, which is how it was used in following royal bloodlines, it is most often connecting through our relationships to others. Some of the complications of tracing your bloodline are children born out of wedlock, step relations that were often treated as blood relatives and multiple marriages with half and step relatives. Sometimes our family is more about relationship than blood. It was a great presentation with lots to think about.

Our next meeting will be April 19th. Member Cynthia Johnson will present some of the difficulties and victories she encountered while tracing her enslaved ancestors in "*This is My Story, This is My Song*".

New Beginnings

(3 E's and Soldier Creek)

By Kathryn Wells

New Beginnings is making big plans for OHCE week. We've scheduled the MWC Library display window in the lobby for a collection of items showing some of our projects, history, and fair projects!

Thank you, Valerie, for reminding us to do this. We're also putting literature in the East OKC area libraries (Harrah, Choctaw, Nicoma Park, and Jones)

OHCE week is the 7th – 13th of May and the luncheon is the 5th of May. I got confused about the date thinking it was the Friday of OHCE week. It's a good thing Gayla cleared up dates for me.

Social Committee is working on the menu and decorations for May 5, Cinco de Mayo.

Cultural enrichment has planned a trip to First Americans Museum, May 3. So, looking forward to that trip. We've actually got 2 weeks of activities celebrating OHCE.

OHCE FIESTA SPRING LUNCHEON MAY 5TH

The OHCE Fiesta is coming Friday, May 5th at 11:30.

Our Spring Luncheon falls on Cinco De Mayo this year so save the date and come celebrate. The Social Committee will provide the meat and tortillas for the lunch. Each club will be assigned food items to complete our delicious meal. The Social Committee will decorate the tables for this celebration.

We hope to see all of you on May 5th.
The deadline to R.S.V.P. is April 28th.
Contact Connie Graham @ 405-517-5632.
See you there!

SE District Conference By Jan Bohannon Breakfast Chairman

Our annual SE District Conference was held on March 7, 2023, at the big and beautiful First Baptist Church, Moore, Oklahoma. I volunteered to be the chairman of the breakfast long before I knew I would have a Total Knee Replacement surgery 6 weeks before the event. Thank goodness for Lisa Hamblin, Connie Graham, Pat Smith, Katherine Wells, Denise Armstrong, and Gayla Mosteller who volunteered to help me. The breakfast was a huge success! I gauge that from the nice compliments and never hearing a single complaint! We had 210 in attendance! Next year it will be held in Atoka, Oklahoma. Hope to see you there!







EASTSIDE FARMERS MARKET OPENS APRIL 18TH

The OSU Extension Center is hosting the Eastside Farmer's Market again, after a successful first year in 2022. The market will be open Tuesdays from 4:00-7:00pm, April 18th-October 24th. Vendors will be selling fresh produce, craft goods, prepared food, and more! Individuals receiving SNAP benefits may use them at the market, which will also offer the Double Up program. Please contact market manager, Brandi Buys at the Extension office for more information.

Healthy Living
Recipe of the month
 Submitted by Kathryn Harris
 Recipe by DOWNSHIFTOLGY with Lisa Bryan

CRUST

- 1/3 cup Coconut Oil
- 1/4 cup Honey or Maple Syrup
- 1 tsp Vanilla Extract
- 1 ½ cups Almond Flour
- 1/3 cup Coconut Flour
- 1/4 tsp Salt

FILLING

- 4 lg Eggs, room temperature
- 1/2 cup Honey or Maple Syrup
- 1/2 cup Lemon juice, from 3-4 large lemons
- 1 TBSP Zest from one lemon (about 1 TBSP)
- 3 TBSP Tapioca Flour

INSTRUCTIONS

Preheat the oven to 350/177c.

TO MAKE THE CRUST – whisk together the coconut oil, honey, and vanilla extract in a large bowl. Add the almond flour, coconut flour, and salt. Stir together or use your hands to mix everything together, until you have a crumbly dough. Pour the dough into an 8 x 8-inch baking pan lined with parchment paper. Use your hands to press the dough flat in the pan. Make sure it's pressed down very firmly. Bake the base crust for 13-15 minutes in the oven, or until lightly golden on top and slightly darker around the edges, then remove.

TO MAKE THE FILLING – The order of whisking the filling is important. Whisk the eggs and honey together in a bowl until smooth. Add the lemon juice and lemon zest and whisk again. Then add the tapioca flour and whisk again, until smooth, and no flour clumps remain. Bake the lemon bars for 20-25 minutes, or until the center of the filling is set. Let the pan cool on the counter for an hour, then transfer to the fridge and let cool another 2 hours before serving, to firm up. Slice into bars and serve plain, or with a dusting of powdered sugar.

Recipe Analyzer Results

A single serving of lemon bars has 222 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Serving size: bars
 Servings: 9

Amount per serving	
Calories	222
	% Daily Value*
Total Fat 13.2g	17%
Saturated Fat 8.7g	43%
Cholesterol 62mg	21%
Sodium 95mg	4%
Total Carbohydrate 25.5g	9%
Dietary Fiber 0.9g	3%
Total Sugars 24g	
Protein 3.4g	
Vitamin D 6mcg	29%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 65mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Ingredients:

- 1/3 cup coconut oil
- 1/2 cup honey
- 1 teaspoon vanilla extract
- Coconut Meat, Dried (Desiccated)
- 1/4 teaspoon salt
- eggs
- 1/2 cup lemon juice
- 1 lemon zest
- 3 tablespoons tapioca flour
- 1 cup almond flour

Stay Strong, Stay Healthy



What is Stay Strong, Stay Healthy?

It is an evidence-based strength training program designed for middle aged and older adults. The eight-week program includes 16 exercise classes that meet twice weekly for one hour.

How does Stay Strong, Stay Healthy work?

The goal is to improve health and quality of life.

Classes incorporate:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches
- Over the course of the program, you will learn exercises to improve strength, balance and flexibility.

After the eight weeks are over, you can continue the strength training program in the comfort of your own home or with a group.

Classes begin **May 9th and meet each Tuesday and Thursday for 8 weeks from 10AM-11AM.**

\$20 for 8 weeks (16 classes)

Registration Deadline April 25th or until the class fills up.

Register by calling 405-713-1125

Classes will take place at 2500 NE 63rd Street, OKC, OK 73111





ALL ABOUT

Herbs

Presented by

Taylor Conner, Family & Consumer Sciences Educator, Registered Dietitian
Julia Laughlin, Horticulture Educator

Thursday, April 20th

1:00-4:00 PM

\$10

- Designing herb gardens
- Tips for growing herbs in garden beds and containers
- Health benefits of herbs
- Harvesting and preserving herbs for culinary use
- Recipes and food tasting using fresh herbs
- Door prize giveaway

Call **405-713-1125** to register

Registration due Monday April 17th



**OKLAHOMA COUNTY
EXTENSION**

2500 NE 63rd Street
Oklahoma City, OK 73111

HAPPY
*Mother's
Day*

You're invited to a
Mother's Day Tea Party!

Please join

at the Oklahoma County

Extension Center on

May 13, 2023

1:00 pm

Tea and Refreshments

2500 NE 63rd St. Oklahoma City, OK 73111
\$5 per person, no cost for moms. All proceeds
benefit Oklahoma County 4-H programs.