



OK COUNTY MONTHLY NEWS

Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

March 5: SE District OHCE Meeting, Harmony Baptist Church, Atoka

March 21: Articles to Newsletter Editor

March 28: Leader Lesson: "Ultra-Processed Food: Friend or Foe?", Taylor Conner, Oklahoma County FCS Educator and Registered Dietician. OSU Extension Conference Center, 9:30am

March 28: Turtle Mops activity – Gayla Mosteller 15 minutes after the leader lesson and last about 30 minutes.

Monthly Group Volunteer Hours Forms Due

Begin planning for the Oklahoma County Free Fair Exhibits at your group meeting.

Thought for the day –

Hello March

May the early Spring

Awaken your soul

Remind you to

Celebrate a new beginning with the

Hope and liveness it brings

-OurMindfulLife.com



PRESIDENT'S COLUMN

Well, the groundhog saw his shadow, so as they say, “we should be seeing Spring in about six weeks”. The weather these past few days has been a real teaser for sure. I know we will have a few more cold days, but I’m ready for spring! Ready to get outside and start my walking. My recovery from total knee surgery is going well. It has been 5 weeks today. My physical therapist has been pushing me to challenge myself. It really feels good.

We will be well represented at the SE District meeting this year. I know several are heading down the day before to see some of the sights and eat at Reba’s Place. The theme for the SE District meeting is “OHCE Styling Through the Decades”. Reading through the OUTREACH, it sounds like we will have some great workshops to attend and report on when we get back.

I think our Galentine Barn Quilt workshops were a success! We had 22 people in attendance, with the possibility of new members joining a group. If your group would like to have a Barn Quilt membership drive, let me know as we still have extra boards. See Picture in this newsletter.

County OHCE President

Gayla Mosteller



CITY OF OKC HOLDING SPECIAL COLLECTION EVENT

The City of Oklahoma City will be hosting a special collection event for unwanted computers, tires, ammunition and prescription drugs on Saturday, April 6, 9:00am-1:00pm at the state fairgrounds. This event is for OKC residents only, and you must bring a current City of OKC water bill stub to prove residency. Enter the fairgrounds from May Avenue, at Gate 5 on Gordon Cooper Boulevard. Syringes, liquids, inhalers, and televisions will NOT be accepted.

FARM TO YOU SCHOOL PROJECT NEEDS VOLUNTEERS

The OSU Farm to You school program needs volunteers to assist with presentations at the schools listed below. OHCE members have donated their time previously and enjoyed interacting with young students in this large exhibit (the size of a gymnasium). Please contact coordinator Parker Jackson at 405-744-6699 or parker.jackson@okstate.edu.

- March 5 Hayes Elementary, 6900 S. Byers Avenue, OKC
- March 14-15 Bodine Elementary, 5301 S. Bryant Avenue, OKC
- April 2 Country Estates Elementary, 1609 Felix Place, Midwest City

OHCE APRON DECORATING CONTEST

The state OHCE promotional sales department is holding an apron decorating contest! You can buy an apron for \$10 at the SE district meeting on March 5th and embellish it however you wish. The aprons will be judged at the state meeting in July. There will be awards for the top 3 winners. If you want to enter, but are not attending the district meeting, please let Lisa know and she can pick up an apron for you. Please let her know by contacting her at lisa.hamblin@okstate.edu before March 3rd.

MARCH VETERANS' ITEMS TO COLLECT

- Combs
- Paperbacks
- Toothbrushes
- Dental Floss

OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

We will be purchasing the felt for the stockings very soon. If you would like to participate on the stocking committee, please let me know. It's all hands on and everyone that can help is welcome. We are here to help if you need help getting started.



Save the Date!

JUNETEENTH QUILT SHOW

JOURNEY INTO OUR JOY

PRESENTED BY SCISSOR TALES OHCE QUILT GUILD

JUNE 21ST AND 22ND
OKLAHOMA COUNTY EXTENSION CENTER
\$10 ADMISSION
QUILT RAFFLE

Social Committee **By Kathryn Wells**

Club Presidents please discuss with your members the proposal brought forward at the 2/23/24 County Business Meeting. Contact Kathryn Wells or Connie Graham by April 1st. with your members responses.

Proposal:

Following Leader Lessons where Executive or Business Meetings are scheduled, light snacks are currently provided.

Meetings with only a Leader Lesson, we are considering presenting a short craft lesson with light snacks provided.

The snacks are not a budgeted item, so we propose that OHCE groups provide the light snacks. Groups with few members could come together to provide the snacks. Most groups would only be responsible for one meeting per year.

Our hope is to bring more members to each meeting for learning, fun and fellowship.

Again, **please respond by April 1.**

Thank you.

DO YOU KNOW WHAT A TURTLE FLOOR MOP IS?

By Gayla Mosteller

Gayla Mosteller will be demonstrating how to make a Turtle mop after the leader lesson March 28th. These mops are great to help reduce and repurpose old towels, plus helping to protect our environment. They also make great gifts for family and friends. She will have handouts and other repurposed items to show.

This is a new incentive to encourage members and guests to attend our monthly Educational Lessons and bring additional information to our public.

This is a Resource Management project.



RESOURCE MANAGEMENT

By Susan Hart



Dee Dee, your display of creative recycling at our February 22 business meeting was truly inspiring. A designated table will be available during each Leader Lesson for members to display their cost saving ingenuity and motivate others. If the object is too large or cumbersome, bring a photograph instead. Individual groups might want to start a Create and Inspire moment.

The County Resource Management Committee had their first meeting after the February 22 Business Meeting. Representatives from six groups were there: Burchie Smith, Dee Dee Shepherd, Kay Holzman, Myra Moaning, Susan Hart and Valerie DeBoer.

We're curious to know which topics would have significance for you and your family.

One of our focuses is support for **Environmental Preservation**. The Department of Environment and Quality (DEQ) has information on the most important environmental issues in our county. We have contacted a DEQ representative who has been involved with Extension programs.

What questions do YOU have for her? To get your thinker thinking, here are a few ideas: What is the top environmental concern in our county? What happens when non-recyclable items get placed in recycle bins?

The Committee's second focus is management of our **Personal Resources**. Each person and household have unique concerns. We want to research and respond to YOUR interests. Again, here are some ideas to get your thinker started: How to keep safe from scams and identify theft. How to create healthy and low-cost meals. How to conserve water. What are ways to cut household costs such as...

What cost saving ideas do you have to share with others?

Please share your questions and ideas with one of the Committee members mentioned above, your group president, Sue Hart or Valerie DeBoer. Your thoughts are very important.

National Slam the Scam Day is March 7, 2024 From the Social Security Administration

On National Slam the Scam Day and throughout the year, Social Security gives you the tools to recognize Social Security-related scams and stop scammers from stealing your money and personal information.

Help protect your loved ones and people in your community this Slam the Scam Day by:

- Educating them about government imposter scams. Let them know they shouldn't be embarrassed to report if they shared personal information or suffered a financial loss. It is important to report the scam as quickly as possible.
- Sharing our [Scam Alert](#) fact sheet and helping educate others about how to protect themselves.

Report Social Security-related scams to the Social Security Office of the Inspector General (OIG).

Visit www.ssa.gov/scam for more information and follow SSA OIG on [Facebook](#), [Twitter](#), and [LinkedIn](#) to stay up to date on the latest scam tactics. Repost #SlamtheScam information on social media to keep your friends and family safe.



NEWSLETTER EDITOR By Dee Dee Shepherd

THANK YOU TO EVERYONE WHO IS SUBMITTING PICTURES, STORIES, AND ARTICLES. The newsletter is a great place to tell members thank you for the hard work they have done (WE SEE YOU), which makes it a part of our history.

Please send your pictures and/or stories (with names or description) and I will do my best to get them into the newsletter. Email me at Deeshep147@aol.com.

IN MEMORIAM By Jan Beattie



All groups please remember to notify me of any deaths of group members throughout the year. They will be remembered at the annual Memorial Service May 3rd at the spring Awards and Achievement Luncheon. To date, I have received the notice of three deaths. I have all I need for Sue Robinson.

I need your help with photographs for the following:

- **Goldie Jones** (Soldier Creek/New Beginnings group) and
- **Martha Fields** (Modern Homemakers group)

I appreciate your assistance. Please look and see if you have any photos and email them to me at jankb80@sbcglobal.net or bring to a monthly Educational Lesson. Thank you.

CULTURAL ENICHMENT By Jan Beattie

Punxsutawney Phil predicted on Groundhog's Day that we'll have an early spring, so get prepared to venture out and enjoy some spring activities in the great outdoors. Here are just a few ideas of the many that abound across our great state!

Oklahoma City's outdoor adventures are calling you! Whether you're whitewater rafting in the heart of downtown OKC at Riversport Adventure or biking the trails at Lake Hefner, there's no shortage of outdoor fun in the Modern Frontier. Or, *here are some other ideas:*

- Take a stroll through the Myriad Botanical Gardens to see the flowers take bloom and explore the Crystal Bridge Conservatory.
- Go mural chasing throughout OKC's diverse and eclectic districts.
- Not afraid of heights? Take a ride on the Wheeler Ferris Wheel in Wheeler District for a fantastic view of the downtown skyline. (Reopens in April!)
- Cast a line (or two) at Stinchcomb Wildlife Refuge.
- Pick-up food from a local restaurant and have a picnic at Scissortail Park.
- Go wild at the Oklahoma City Zoo

Above all, just enjoy being outdoors again after the cold winter!

HEALTHY LIVING COMMITTEE MEETING MARCH 28

By Kathryn Wells

Healthy Living (HL) Committee meeting will be on March 28, 11:15 am following our Leader Lesson and bonus workshop, Processed Food, Friend or Foe (a HL lesson). All members of HL Committee or anyone interested in HL bring ideas from your group for Healthy Living. Everyone is welcome to attend. We really would like to have your input.

BITS AND BYTES COMPUTER GROUP

By Kathy Fetters

The Bits & Bytes group meets on the fourth Monday of the month. Some of our members attend using ZOOM and some are in person at the Oklahoma County Extension Center. Our presenter is Bill James and each month he goes over a different aspect of using, maintaining, or protecting our computers. There is also a *Question-and-Answer* segment where members can ask about problems they may be having, and Bill will help them solve those problems.

Bill worked as a Supply System Analyst at the FAA Mike Monroney Aeronautical Center from 1975 until his retirement in 2007. He also served in the Army Reserves from 1971 upon retiring at the rank of CW3 in 1998.

He first became involved in a PC user's group in 1992 when he joined the Oklahoma PC User's Group now known as the Computer Club of Oklahoma City to learn more about the computer he purchased and has been a member of the club's Board of Directors since 1998. Bill served two terms as President and is currently the Vice President of Operations. He has recently gotten more involved with home automation using Google Home to automate his own home.

Bill belongs to the Windows Insider Program and frequently gives presentations on new software to his club and is the go-to person on everything Android. He is broadening his knowledge base with learning the Chromebook OS, the MacOS, and iOS for Apple products. The first APCUG (Association of Personal Computer User Groups) Fall Conference he attended was in 2003 and is now a member of their Speakers Bureau, frequently giving presentations to member groups. He is a past APCUG Region 6 Advisor and Treasurer and served on the APCUG Board of Directors from 2006 to 2009.



Bill joined OHCE, and Bits & Bytes, in 2020 replacing Bill Cress as our main speaker.

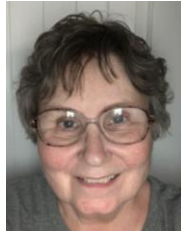
If Bill isn't working with technology, you'll find him driving his Mustang; he is the Parade Coordinator for the Oklahoma Mustang Club. He is also an active member of Toastmasters International Club #627 and a member of the Board of Directors for North Care Center, a private non-profit behavioral and social services facility located in Oklahoma City.

GENEALOGY GROUP By Kathy Fetters

The Genealogy Group met on Wednesday, February 21st, at the Oklahoma County Extension Center with 15 members and two visitors present. Our visitors were Susan Daugherty and Teresea McGregor. Teresea had learned about our program for that day from the appearance of member Sandi Maness on Channel 4 news. That interview can be seen on our facebook page: OHCE Genealogy Group.

The program was entitled *Honoring our Dead, Yesterday, Today and Tomorrow* and the presenters were Sandi Maness and Kathy Fetters. Sandi focused her portion of the program on obituaries and how they have changed over time and continue to change as more information moves to online. Kathy discussed how every aspect of a funeral has changed, in some form or another, since the founding of our nation. It covered all the aspects of a funeral: from the death of a loved one, preparing that body for burial, the coffin to a casket to urns, the visitation and funeral service, memorial gifts and grave markers, burials, and cremations. Many aspects of a funeral started very simple, became very traditional and formal, and now are moving to simple and more casual.

In addition to our program, President Jan Beattie gave her usual *Jan's Genealogy Quick Tip*. This month her tip was *Celebrating Family History Month Through Genealogy*. Since February is Black History Month, Jan included many helps and ideas for those searching for enslaved ancestors. All of *Jan's Quick Tips* can be found on our website: ohcegenealogy.com.



Kathy Fetters



Sandi Maness

FLOURISH AND GROW By Maggie Maples

We meet the first Monday of every month at 6:30pm but locations vary. I do believe we will be meeting at the extension office for the next few meetings though. Our members enjoy attending the evening Galentine Barn Quilt workshop.



NEW BEGINNINGS
(3 E's and Soldier Creek)
By Kathryn Wells

New Beginnings President, Kathryn Wells, called for an impromptu visit to tour the home of OKC's first Black Physician, Dr. Wyatt H. Slaughter and his wife, Mrs. Edna Randolph-Slaughter. The home has been beautifully restored by OHCE Scissor Tales member Doris Youngblood and her husband.

Dr Slaughter's mansion at 3101 NE 50th, was built sometime after he moved to OK in 1903 and before statehood. Dr. Slaughter was an entrepreneur. He bought lots of land and built many buildings and helped numerous people start their own businesses. Many in Deep Deuce. Mr. Slaughter had his own landing strip just north of this home off of N. E. 63rd. He died in 1952. Members of his family lived in the mansion until the 1970's. The Mansion was a bonus to our original reason for visiting which was to support our own Scissor Tales Quilt Guild who was hosting an exhibit of handmade quilts that reflect African American history and culture. Both were being featured during Black History month. The home was decorated with numerous beautiful quilts focusing on Black History.

We even discovered a quilt given to retired Extension educator Loveta Hammond in 2006. Each OHCE group made an 11" block and had their group name embroidered on the back.

We're counting this as a cultural enrichment trip and hope to see the quilts again at the Juneteenth Quilt Show at the Extension Center.

Our next meeting will be on March 11th at 10 a.m. – Our lesson will be on Ultra-Processed Food, Friend or Foe? Guests are always welcome.

Meetings are at the OSU Extension Center in the Pistol Pete Room, 2500 N.E. 63rd, OKC, OK 73111.





SCISSOR TALES By Beverly Kirk



The STQG group also has extended their sewing times to 12:00 to 4:00 PM on the Third Friday of each month!!!! Our motto is Join***Learn***HAVE FUN!! We are so thankful to the leadership and sponsorship by our OSU-OHCE team! Our NE 63rd OKC location is so welcoming! Our room setting is open with tables and chairs! The facility rooms are warm in winter, and cool in summer! The parking lot is clean, accessible, and safe! We never fail to count our blessing as beautiful fabric is sewn and community friendships are formed! Blessings to all!!!

MODERN HOMEMAKERS

By Burchie Smith

Modern homemakers met on February 8 at the home of Burchie Smith. It was somewhat of a lovely day: temperature good, sunshine good, but the wind wasn't pleasant at all. Thus a 'somewhat' lovely day. Six of our members were present and we had a good meeting starting with our flag salute and inspirational moment. We had nothing super important to discuss but the minutes read from our secretary, Gwen Smith, brought back memories of what we had accomplished as a club. I think it's good and important to pat ourselves on the back occasionally and we did & it really tied in with the lesson for the day.

The treasury report only added to the satisfaction that we have a good club!

Many items for the vets were collected. We discussed the new plan for the stockings. The felt will be purchased in bulk and cut out by a group of ladies, who will volunteer to do the cutting. Members of the different clubs will sew and decorate the stockings and the finished stockings will be counted and turned in. We are looking forward in helping with the stockings.

We talked a little about 'Farm to You' looking for volunteers. One member expressed interest in it.

We then had a break. Mary Watson who is the member who shares an inspirational moment at every meeting, brought a spectacular dessert called 'Cherry Delight'. This being February with Valentine's Day which goes with red, and of course George Washington's Birthday reminding us of the cherry tree story. It was an appropriate choice. Of course, she didn't have to give a reason for bringing such a wonderful treat that everyone Yum, Yum, Yummed it all the way down to the tummy. The lesson on the Rediscovering Joy, how to find joy in an adult life was well received with a lot of discussion. We then closed with a lot of chitchat that was a perfect example of our lesson, talking with friends face-to-face.

SOFTWARE AVAILABLE TO ANALYZE RECIPES

Christi Evans, OSU State Food Safety Specialist, has purchased software to analyze the nutritional content of recipes. If you have old family recipes you would like to know more about or want to submit a healthy recipe to this newsletter, please send them to Lisa. She will send the recipes to Christi, who will analyze them at no cost.

HEALTHY LIVING
Recipe of the Month

5 Minute Breakfast Microwave Mug

From [Choose Homemade-onieproject.org/recipes](http://ChooseHomemade-onieproject.org/recipes)

Ingredients:

- 2 Tbsp 1% low-fat milk
- 1 large egg
- ¼ cup diced lean ham
- ½ cup mushrooms, diced
- 1/2 cup frozen chopped spinach
- 2 Tbsp shredded cheddar cheese

Preparation:

1. In a large mug, add milk & egg. Whisk with a fork.
2. Add ham, mushrooms, spinach & cheese into the mug. Mix well.
3. Microwave on high 2- 2 1/2 minutes, or until the center is solid & has begun to pull away from the mug around the edges.
4. Serve immediately.

Nutrition Facts

1 serving per recipe		
Serving size	(264g)	
Amount per serving		
Calories		250
% to daily value		
Total fat	13g	17%
Saturated Fat	5 g	25%
Trans Fat		
0%Cholesterol	230mg	77%
Sodium	750mg	34%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	11%
Total Sugars	3g	
Includes	0g added sugars	0%
Protein	24g	
Vitamin D	2mcg	10%
Calcium	273mg	20%
Iron	3mg	15%
Potassium	669mg	15%

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



Cooking with Herbs

Taylor Conner, from the OSU OK County Extension Office, will share how to take fresh garden herbs and create tasty dishes. She will also cover the health benefits of herbs and how to preserve them. This program will contain a food demonstration on how to make a feta & herb dip, a taste of which we'll enjoy with pita chips!

Date: Monday, March 11th, 2024

Time: 6:30 PM

Location: Edmond Library

10 S Boulevard

Edmond, OK 73034

Cost: Free. Registration Required.


Registration opens
March 4th.
Scan here



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Live Well, Eat Well, Be Active with Diabetes (LEAD)

Are you interested in learning about diabetic nutrition and wellness? The Choctaw Library is hosting a Diabetic Nutrition and Wellness Workshop (LEAD - Live Well, Eat Well Be Active with Diabetes) with the help of the OSU Extension presenter, Taylor Conner. This program is for individuals with Type 2 Diabetes.

Date: Tuesdays, March 5th, 12th, 19th, 26th

Time: 6:00pm - 7:30pm

Location: Choctaw Library, 2525 Muzzy St,
Choctaw 73020

Free Program | Limited spaces available
Registration opens February 19th

Reserve your space by registering at the QR code.

Choctaw Library,
2525 Muzzy St,
Choctaw 73020



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askalibrarian@metrolibrary.org



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Earth Kind Earth Day Celebration

Will Rogers Gardens, 3400 NW 36th St.

Costs \$15 ~ Includes lunch!

Pre-registration Required

Saturday, April 20, 2024 9-2pm



Register
Here

Join us & learn about:

Composting to Improve Soils

Native & Drought Tolerant Plant Selections

Natural Gardening Practices

Attracting Pollinators

Landscaping for Water Conservation

Gardening Demonstrations

Squeeze
Every
Drop.com



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