



## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

President/Editor	Gayla Mosteller	580-656-1955
Newsletter Editor	Dee Dee Shepherd	405-664-2460
Vice-President	VACANT	
Secretary	Beverly Kirk	405-414-3381
Treasurer	Ruby Berg	405-696-6813
FCS Advisor	Lisa Hamblin	405-713-1125

#### CALENDAR OF ACTIVITIES

- April 10** 9:30 a.m. Educational Lesson Training, Extension Conference Center "Blue Ribbon Judging" – Brenda Medlock. Executive Board Meeting 15 minutes following Educational Lesson
- April 14** Cutting out Christmas Stockings at 11 a.m. Pistol Pete room at the Extension Conference Center
- April 17** Articles to Newsletter Editor
- May 2** OHCE Spring Awards Luncheon  
9:30 a.m. Decorate group tables  
11:30 a.m. Meeting and lunch with Awards following the lunch.
- Monthly Group Volunteer Hours Due
- Begin planning for the Oklahoma County Free Fair- Exhibits at your group meeting.

**"Where flowers bloom so does hope." —Lady Bird Johnson**

**Some old-fashioned things like fresh air and sunshine are hard to beat." —A Family Collection by Laura Ingalls Wilder**

**Caterpillars are living the life: eat, sleep, wake up beautiful.**

**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

#### Follow us on

Facebook.com/okcounty/osuextension

#### IN THIS ISSUE

- Calendar of Activities
- President's Column
- Barn Quilt Workshop May 14th
- In Memoriam
- Family Enhancement
- OHCE SE District Meeting Photo Collage
- Newsletter Editor
- OHCE Stacking Project Report.
- Social Committee Report
- Spring Awards Luncheon
- Missing your Casserole dish
- Veterans Project
- Veterans' Items to collect for April
- New Beginnings Group
- Flourish & Grow Pressed Flower and Bookmark Craft Night and Diaper Drive
- The Genealogy Group
- Bits & Bytes Computer Group
- ScissorTales Quilt Guild
- Special Collection Event
- Healthy Living Recipe of the Month
- Barn Quilt Registration Form
- Cleveland Co OHCE Stitches & Stories



## PRESIDENT'S COLUMN

Spring is finally here and my daffodils are up!

I told you earlier that I had planted 200 daffodil bulbs last fall.

They are up and showing nice little sunny faces, with the sunshine we've been having, we enjoyed about three weeks of blooms. I've started deadheading the blooms for better blooms next year. I think I will get more and plant them this fall.

This is the time of year to also plant or transplant trees and shrubs. Because we lost several trees to disease, we had to cut them down and my shade bed is now a sun bed. I had to move our hydrangeas to a new bed with more shade. Watching my

ferns, but may have to move them also. We recently planted a Flowering Crabapple; it is in full bloom now. This fall it will take on a deep red foliage that we will enjoy. In a few weeks I will start planting flowers in the new sun bed. I hope you are enjoying this spring/summer weather we are having. Like always we need some rain, without all the storms. We just had our Educational Lesson on If Your Electricity Goes Out. I hope you have your Ready Bag, ready for any emergency. Enjoy this spring season, make memories with your family and friends.



County OHCE President  
Gayla Mosteller



**BARN QUILT WORKSHOP**  
**May 14, 9:00 a.m. – 3:00 p.m.**



The next Barn Quilt workshop is planned for Wednesday, May 14, at the Extension Center. Registration form is attached at the end of this newsletter.

**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 in May at the spring Awards and Achievement Luncheon. To date, I have received the notice of one death, Past County President and Member of NW Seekers/Will Rogers group, Phyllis Deal.

*I need your help with photographs for Phyllis. If anyone has memories that they would like included, please send those as well.*

I appreciate your assistance. Please look and see if you have any photos and email them to me at [jankb80@sbcglobal.net](mailto:jankb80@sbcglobal.net) or bring to the April Educational Lesson. Thank you.

## FAMILY ENHANCEMENT By Myra Moaning

We would like to thank all who donated prizes for the youth who participated in the Oklahoma County Juvenile Bureau family event. A fire truck was brought and 23 Oklahoma County First Responders were able to give information and interact with the 56 young people who are on court ordered plans. Parents or care givers and many of their siblings were also there. It was held at the Oklahoma County Juvenile Bureau, at 5905 N. Classen Court, Thursday, March 20th, 2025. Some of the donations were taken to the detention center area of the building, to be used as game prizes or participation rewards for the 68 youth who were there. The young people were allowed to observe and participate in demonstrations and were given information from first responders who interacted with those who wanted to learn more. Both groups of participants were allowed to select a prize for completing certain games. The young people were very happy with the prizes and some had to be reassured that winning was not required. Staff members popped and bagged up popcorn and made snow cones for the family members on the sunny but cool day. A special thanks goes to New Beginnings for their amazing support for this family event and also to Learn Create and Share.



# OHCE SOUTHEAST DISTRICT MEETING Photo Collage



P



**1<sup>st</sup> Place – Cultural Enrichment Poster Contest.  
Congratulations Linda Steele!**

## NEWSLETTER EDITOR

By Dee Dee Shepherd

**THANK YOU TO EVERYONE WHO SUBMITS PICTURES, STORIES, AND ARTICLES. We try to get the newsletter out by the first of every month.** This newsletter would not be what it is without YOU. Thank you. If you have someone in your group that is not receiving the newsletter, please check their e-mail address and let me know either way. We want everyone to have access to the newsletter. I bring the originals to the meetings if someone needs a hard copy, they can make one.

I would love to post for the May newsletter what each group is planning for OHCE week, so we could support each other.

Please send any pictures or stories to [Deeshep147@aol.com](mailto:Deeshep147@aol.com). We love seeing your groups in action.

## OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

**Stocking Cutting Day April 14th**

Stocking Cutting date is April 14<sup>th</sup> and will begin at 11 a.m. We have the Pistol Pete room at the Extension Conference Center until 6 p.m. but we should be done by 4:00 p.m. Please don't forget your scissors with your name on them. Each group in attendance can take stockings to their groups after the cutting. New Beginnings will have their meeting at 10 a.m. in the same room and everyone is welcome to come. Spoiler alert ... There will be healthy snacks for the meeting and cutting. **We need all the stocking templates for the cutting so, please, if your group has them bring them to the Extension or with you when you come to help cut. Thank you.**

Each group should have a member on the committee, to help with relaying information to their groups for stocking cutting dates, collecting, and delivering the completed stockings to the Extension Office, and letting us know how many your group has completed. This is one of the easiest committees to be a volunteer. I'm looking forward to all your great designs and new ideas for new.

The stocking committee would like to save on expenses so please if you have any unfinished stockings or felt, please let me know. By cutting the stockings out of the felt together we eliminate wasted fabric and save your group time for other projects. Thank you so very much for all your help. Thank you again. You all are AMAZING.

If you have an individual on the stocking committee, questions, or need anything, please contact me by e-mail or phone. [Deeshep147@aol.com](mailto:Deeshep147@aol.com), 405-664-2460.

**SOCIAL COMMITTEE**  
**Chair: Connie Graham/Kathryn Wells**

Here is the 2025 Social Schedule of meetings and group(s) to provide snacks.

April 10 <sup>th</sup>	Executive Board Meeting	New Beginnings
May 22 <sup>nd</sup>	County Business Meeting	NW Seekers/Bits & Bytes
June 26 <sup>th</sup>	Demo	- no snacks -
July 24 <sup>th</sup>	Demo	- no snacks –
August 28 <sup>th</sup>	Executive Board Meeting	Modern Homemakers
September 25 <sup>th</sup>	County Business Meeting	Genealogy
October 23 <sup>rd</sup>	Demo	- no snacks –

**OHCE SPRING AWARDS LUNCHEON**  
**“An Okie Spring Salad Party.”**  
**Friday, May 2<sup>nd</sup>**

**SOCIAL COMMITTEE NEWS**

Howdy Y'all

9:30 a.m.

Decorate group tables

11:30 a.m.

Meeting and lunch with Awards following the lunch.

The committee is asking members to provide any type of salad/fruit, green veggie, etc. or a dessert.

**Please contact Lisa at (405) 713-1125, [Lisa.Hamblin@okstate.edu](mailto:Lisa.Hamblin@okstate.edu) or Connie Graham (405) 517-5632, [surfjamesgraham@yahoo.com](mailto:surfjamesgraham@yahoo.com), by April 25<sup>th</sup>** with the number of members attending from your group. This helps in knowing how many tables to set up and programs to print.

See ya soon!

**DID YOUR CASSEROLE DISH TAKE A HIKE?**  
**by Pat Smith**

Did your macaroni casserole dish go missing at the 2024 Holiday Luncheon? Somehow it got mixed with my items and ended up at my home!

You may retrieve it in Lisa Hamblin's office!

## **VETERANS PROJECT**

### **By Pat Smith, Coordinator**

Time moves fast, it is already April! **June 24<sup>th</sup> at 9:30 a.m.** is the day we will pack the Veterans Bags for the VA Hospital. Please save that date in Big Red Letters on your calendar!!

Very soon, I will have a committee meeting to make plans for the packing day. Please encourage the members of your group to bring an item or two to your group meeting each month. Thanks for your help!

### **VETERANS' ITEMS TO COLLECT FOR APRIL**

- Shampoo
- Conditioner
- combs
- Puzzle Books

### **NEW BEGINNINGS** **(3 E's and Soldier Creek)** **By Dee Dee Shepherd and Kathryn Wells**

Our next meeting will be on April 14th, at 10 a.m. at the OSU Extension Center, in the Pistol Pete room, 2500 N.E. 63<sup>rd</sup>, OKC, OK 73111. Please join us for a review of the County lesson and share some healthy snacks. Have some fun and stay for Stocking Cutting (bring your scissors with your name on them) at 11 a.m.



Notes from New Beginnings Member, Dawn Gadwill from the District Meeting: I did the reports and awards in-service, and I did the bees and the birds in-service, and this is the accumulation of paperwork and little things in the bag they gave us.

## FLOURISH AND GROW

By Jesse Chavez Del Real

We had an amazing time at our Flourish and Grow event, where creativity and kindness came together for a great cause! Our bookmark craft night was filled with laughter and artistic expression as everyone got involved in making beautiful bookmarks. What made the night even more special was our diaper and wipe drive for the Infant Crisis Center. Thanks to the incredible generosity of our participants, we collected 624 diapers and 1,008 baby wipes! We also gathered some essential items, including 3 bottles, 2 spoons, and 1 sample pack of formula. A huge thank you to everyone who joined us and contributed to these efforts. Your kindness and support truly make a difference in the lives of infants and families in our community. Let's keep flourishing and growing together!



## THE GENEALOGY GROUP

By Kathy Fetters

The OHCE Genealogy Group met Wednesday, March 19<sup>th</sup> at the Oklahoma County OSU Extension office. There were 13 in attendance which included two former members, Ron and Sara Stinchomb plus our speaker, Michael Williams.

Michael is the Director of the Oklahoma Territorial Museum in Guthrie, Oklahoma. He gave us a look into the Boomers and Sooners of Oklahoma, which included quite a bit of maneuvering by some of the early settlers in our state, including Ransom Payne, and how the cattle industry impacted the ability of some to settle here. Men from all over the United States and some from Europe were invested in the cattle markets and their deep pockets even impacted how the military interacted with settlers. If you have not had a chance to go and visit the museum in Guthrie it would be worth your time.

We also said our good-byes to vehoae (Shirl Yancey) as she is moving to Alabama next month. Shirl is a well-known researcher, has written several books, and given many presentations to our group. As a result of her research and writing she developed a close bond with the Native Americans in Oklahoma and was given the name vehoae, a great honor she treasures. She will be greatly missed.

Our next meeting will be April 16<sup>th</sup>, at 10:00 a.m. when Lisa Hamblin will be presenting *Sharing Family History through Food*. Please join us.



## BITS & BYTES COMPUTER GROUP

By Kathy Fetters

The Bits & Bytes Computer Group met Monday, March 24<sup>th</sup>, at the OSU Oklahoma County Extension Office in the President's Hall. We had a total of 7 members attend, four in person and three via ZOOM. Our topic this month was Artificial Intelligence and How It Can Help Seniors.

Member Bill James led us through a list of helpful AI programs, including Virtual Assistants that can set reminders for appointments, Fall Detection Systems that will notify family or medical services in case of a fall, Smart Medication Reminders that will remind us to take our medications or order refills for us, Enhanced Hearing Aids that will adjust sound levels based on the environment and filter out background noise, Health Monitoring that keeps track of heart rate and blood pressure, Vision Assistance that can help us read email, grocery store items, even recognizing faces of visitors. The field of AI has made tremendous progress and continues to look for innovative ways to assist us in our daily lives.

Our next meeting will be Monday, April 21<sup>st</sup>, at the Oklahoma County Extension Office at 1:30 p.m. Please join us.

## SCISSORTALES QUILT GUILD

By Beverly Kirk

### OHCE – Nurture the Sparks and Fan the Flames of Quilting What is it we love about quilting with STQG?

Quilting provides STQG a great learning opportunity and the ladies that meet in the Pistol Pete OSU County Extension room each month find ways to nurture a very necessary spark of interest in sewing and quilting. Quilting is making things matter. It happens in a smile, or conversation – a comforting fleeting moment of meaning that we must nurture in others, if we are to have our friends catch fire and make an impact in our world.

Did you know that sparks become flames. And the flickering light of a fire can be so constructive, warm and calming. Just this simple meeting with others proves to be a really big part of the fun that quilting can bring into our lives. I have to say that I've met some of the finest people 'around the quilting frame.' It is the social aspect of meeting with other people who have similar interests. This is also one of the ways this art of quilting has been passed from generation to generation.

As an organized unit, the STQG guild plans to organize trips, organize quilt shows, invite speakers for trunk shows, make things together for community charity, and promote improvement on various quilting techniques through workshops, as well as encouraging members to show their quilts. To me – and to anyone else who has caught 'quilting fever', guilds are indispensable. I strongly encourage quilters either join a guild -- one that is local to them, or (as I did) even start one of your own where none exist.

In February, the Show & Tell session was so good at Scissor Tales Quilt Guild! Please enjoy these photos: but if you think the photos of them are beautiful, you should join us for this month's Show & Tell to see more quilts. They are so much better in person!





**SPECIAL COLLECTION EVENT**  
**Computers \* Tires \* Ammo \* Meds**

The City is hosting a special collection for unwanted computers, tires, ammunition and prescription drugs from 9 a.m. – 1 p.m. Saturday, April 12, at the OKC Fairgrounds. You must bring a current City of OKC water bill stub to prove OKC residency. Business-related waste, syringes, liquids, inhalers, tire rims, televisions and wheels will not be accepted. Enter the OKC Fairgrounds from May Avenue at Gate 5 on Gordon Cooper Boulevard. Visit [okc.gov/hhw](http://okc.gov/hhw) to learn about items accepted year-round at the Household Hazardous Waste Collection Center, 1621 S. Portland, OKC 73108, (405)682-7038.

**HEALTHY LIVING**  
**Recipe of the Month**  
**Provided by Pacific Foods**  
**submitted by Kathryn Wells**

**Raspberry Coconut Creamsicles**

**Ingredients:**

- 2 cups of fresh or frozen raspberries
- 2 cups fresh or frozen blackberries
- 2 cups Pacific Foods brand Organic Coconut Original Plant-Based Beverage
- Teaspoon sugar or coconut sugar (optional)
- 1 cup coconut cream
- ½ cup dark chocolate chips
- ½ Tablespoon coconut oil

**Preparation:**

- \* Place the berries, 1 ½ cups coconut beverage and the sugar, if desired, into a blender. Cover and blend until smooth.
- \* Whisk the coconut cream and the remaining ½ cup coconut beverage in a bowl until smooth.
- \* Layer the berry mixture and the coconut cream mixture into 12 popsicle molds, adding sticks, if needed. Freeze overnight.
- \* Place the chocolate and oil in a microwaveable bowl. Microwave on HIGH for 30 seconds. Stir until smooth and melted (heat for additional 15 second increments, if needed). Drizzle the chocolate over the frozen popsicles and let stand for 5 minutes or until the chocolate is set before serving.

Nutrition Facts	
12 servings per recipe	
Serving size	<b>1 popsicle</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>179</b>
	<b>% Daily Value</b>
<b>Total Fat</b>	8g
Saturated Fat	7.0g
Trans Fat	0g
Cholesterol	0mg
<b>Sodium</b>	29mg
<b>Total Carbohydrate</b>	24g
Dietary Fiber	3%
Total sugars	19g
<b>Protein</b>	1g
Vitamin D	2%
Calcium	2%
Iron	6%
Potassium	3%
* 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 for general nutrition advice.	

# BARN QUILT WORKSHOP

**May 14, 2025**

Oklahoma County OSU Extension Conference Center  
2500 NE 63rd, Oklahoma City, OK 73111

9:00am to 3:00pm

Come join us for a fun day and learn the history of the Barn Quilts. You will paint a quilt block pattern onto a piece of board already primed and prepared for you. You will have a choice of creating a 2'X2' or 1'X1' barn quilt.



## Registration

2' X 2' - \$40.00 (Discount for OHCE members \$30.00)

1' X 1' - \$25.00 (Discount for OHCE member \$15.00)

Registration includes your choice of wooden board, patterns to select from, and all materials to complete your project. Drinks and light snacks will be provided. Bring a sack lunch. Persons with disabilities who require alternative means of communication or program information, or reasonable accommodation can contact Lisa Hamblin at [lisa.hamblin@okstate.edu](mailto:lisa.hamblin@okstate.edu) at least two weeks prior to the event.

-----  
Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Please select your Barn Quilt size \_\_\_\_\_ 2'X2' or \_\_\_\_\_ 1'X1'

**Fill out one form per person.**

Make checks payable to: **Oklahoma County OHCE**, write in memo Barn Quilt Workshop. Check can be dropped off at the Extension office or mailed to **OHCE Barn Quilt, c/o Oklahoma County OSU Extension, 2500 NE 63rd, Oklahoma City, OK 73111.**

**Deadline for payment is May 1, 2025**



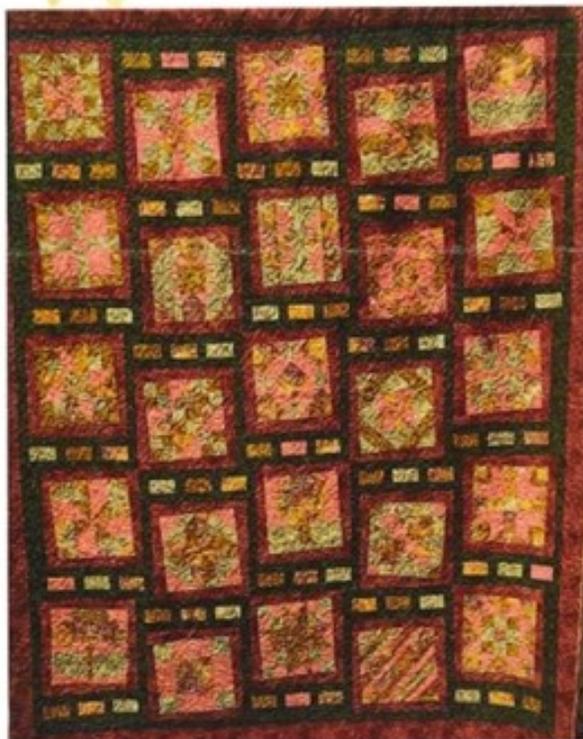
**Oklahoma State University, as an equal opportunity employer, complies with all applicable**

**federal and state laws regarding non-discrimination. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, disability, or**

**veteran status with regard to employment, educational programs and activities, and/or admissions.**

# Cleveland County OHCE Stitches & Stories Quilt & Textile Show

Sooner Mall  
3301 W Main St  
Norman, OK 73072



May 9th 2025 9am-4pm  
May 10th 2025 9am-3pm

Admission : \$5.00

Enter Your Quilts & Textiles  
Win Door Prizes  
Bed Turning  
Shop Vendor Booths  
Free Demonstrations  
Buy Tickets to WIN this Quilt!

Funds support Local High School Scholarships



CLEVELAND COUNTY  
EXTENSION

For more info.  
Contact Karen Pospisil  
405-473-5801



OSU is an Affirmative Action, Equal Opportunity, E-Verify Employer. Persons with disabilities who require alternative means for communications, program information or reasonable accommodations, need to contact Brenda Medlock at (405)321-4774 at least two weeks prior to the event."