



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

- Feb. 13** **Articles to the Newsletter Editor**
- Feb. 14** **Late registration for SE District meeting, \$35.00**
- Feb. 18** **Pressed Flower Book Mark Craft Night and Diaper Drive 6-8 pm, Extension Conference Center**
- Feb. 27** **9:30 a.m. Educational Lesson Training, Extension Conference Center "The Power Is Out, Is My Food Still Safe?" – Connie Wollenberg**
- County Business Meeting 15 minutes following Educational Lesson.**
- Monthly Group Volunteer Hours Due**

**"If I cannot do great things, I can do small things in a great way." —
Martin Luther King, Jr.**

Flyers attached: Live Well, Eat Well, Be Active with Diabetes, Sour Dough Biscuit workshop, Soda Bread Baking Workshop, Pontotoc County Quilt Show Flyer, Cleveland County OHCE Stitches & Stories Quilt and Textile Show.

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
- Presidents Column
- OHCE Marketing Pamphlets
- State Master Sewing Volunteer Training
- Veterans' Items to collect for February
- SE District Meeting Tuesday 3-11
- Magazines Needed
- Barn Quilt Workshop Pictures from Jan 24th and 25th
- Healthy Living
- OHCE Stocking Project Report.
- Social Committee Report
- Newsletter Editor
- Bits & Bytes Computer Group
- NW Seekers
- Flourish & Grow Pressed Flower and Bookmark Craft Night and Diaper Drive
- Scissor Tales Quilt Guild
- Genealogy Group
- Modern Homemakers
- New Beginnings
- Healthy Living Recipe of the Month "Spunky Spud Nachos"



PRESIDENT'S COLUMN

Hope everybody is doing well at this time. The flu has been ramped up right now. Just spent two days with my grandson, home with the flu. He finally broke fever and wanted to eat! Which is a good sign in a teenager!

We had a great Executive Board Meeting, looking forward to our Business Meeting on Thursday, February 27. If you are an elected officer for your local group or county, you are required to attend this meeting. Others required to attend are local and county committee chairs. If you are not able to attend, please have someone from your group or committee in attendance. Discussion will include upcoming events, committee plans, and committee reports.

Reminder to Committee Chairs, have your written report ready for the secretary.

The SE District Meeting will be March 11, 2025 in Sulphur, OK. Oklahoma County will have three ladies recognized, OHCE Heart of OHCE, Carol Fulton, OHCE Rookie of the year, Beverly Kirk and OHCE Member of the year, Gayla Mosteller. We also submitted a Cultural Enrichment award book for the OHCE Juneteenth Quilt Show. Right now, we have 19 who have paid to attend the meeting. If you want to support our ladies, the deadline for registration is February 14. Late fees will be charged after this date, and lunch is not guaranteed.

County OHCE President
Gayla Mosteller

OHCE MARKETING PAMPHLETS
By County OHCE President, Gayla Mosteller

OHCE Pamphlet Reminder:

We will be working on the tri-fold pamphlet soon, if possible, we would like to have a picture of your group activity, and a short sentence about your group's interests or special events. Please have this by the Business meeting on **February 27th**.

STATE MASTER SEWING VOLUNTEER TRAINING
MAY 5-7, 2025

The 3rd annual Master Sewing Volunteer training is scheduled for May 5-7, 2025, at the Logan County Fairgrounds, Guthrie. This training is for OHCE members who have strong sewing skills and are interested in learning how to share that knowledge in their county. Our County President, Gayla Mosteller, completed the training last year and said it was a positive experience. Please visit with her if you have questions. There is an application form and online trainings that must be completed by March 1, 2025. A \$40 registration fee is due April 1, 2025. For more information, contact Lisa.

VETERANS' ITEMS TO COLLECT FOR FEBRUARY

- Bar Soap
- Body Wash
- Water Flavoring Packets (Like Crystal Light)
- Tissues

SE DISTRICT MEETING
Tuesday, March 11, 2025
Crossway Baptist Church
2108 W. Broadway, Sulphur, OK.

“Something To Smile About” is the theme this year for our SE District meeting. If you have never attended a District meeting, you are missing out. We will start the morning out with morning refreshments, business meeting, introductions, and recognition of SE Award nominees, including Oklahoma County’s Beverly Kirk, Gayla Mosteller, and Carol Fulton. Workshops will follow the business meeting and lunch.

Make your plans now to attend! **Late Registration is \$35.00 per person between Feb. 14 – 26th**, which includes morning refreshments, lunch, and other fees associated with the meeting. Lunch is not guaranteed after February 26th. If you plan to go down the day before, overnight reservations can be made at the **Artesian Hotel, 1001 W 1st Street, Sulphur, OK 73086; Phone: 1 (855) 455-5255; \$149 per room ***.

When calling for reservations, be sure to ask for code SEDOHC. Available until February 14th, 2025.

Room can hold up to four, if you don’t mind sharing beds

Please contact Lisa if you want to register after Feb. 14th.

Hosting the meeting will be Hughes, Murry, Pontotoc,
Pottawatomie and Seminole Counties.

MAGAZINES NEEDED

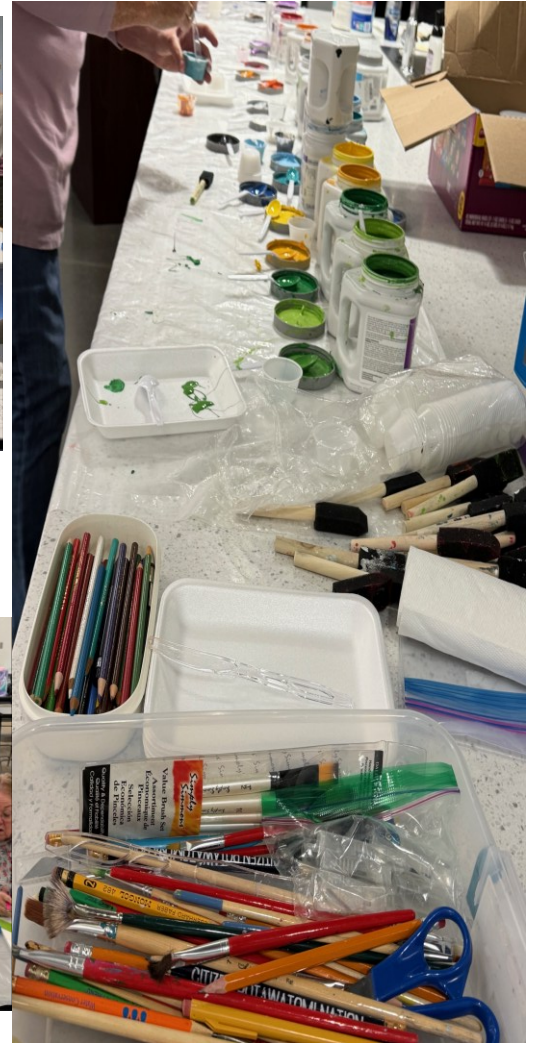
Danyelle Kuss, the Youth Mental Health Specialist at the county Extension office, has a program in March that she is using magazines to make collages. If you have any magazines to donate, please bring them to the February 27 leader lesson or business meeting. You can also drop them off if your group is having their monthly meeting at the Extension office.

BARN QUILT WORKSHOP



We just finished two-days of Barn Quilt workshops, it was a lot of fun with over 42 in attendance. A big Thank You to Kathryn Wells, Carol Fulton, Dawn Gadwill, and Lisa Hamblin for helping with the workshop. We had ladies that were first timers and some who were return painters. There were several non-OHCE members in attendance. We discussed what OHCE was, talked about our specialty groups and several were very interested.

This has been a great tool for new membership and fundraising.



Barn Quilt workshop pictures from January 24th and 25th. What fun! 42 people made works of Art. Pictures continued on the next page.



HEALTHY LIVING By Kathryn Wells

It's time to make those resolutions for the new year and I am hoping we can start some healthy habits For Ok County OHCE! In celebration of Route 66, 100-year Anniversary in 2026 we would like to encourage everyone to walk Route 66. This can be done by tracking your walking (steps) in your neighborhood park or any other fun activity. We encourage your group to do it together. We will have tracking forms and other exciting incentives information after the next Leader lesson. To achieve this, we need to start walking today. Good luck and have fun.

I called Kathryn and told her to write me down for 152 steps as the elevator in my Dr.'s office was broken and I had to climb 3 flights of stairs and then come down them, for a total of 152 steps, (and that would be my 1st steps toward the Route 66 goal). Dee Dee Shepherd

OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

Thank you all for all your hard work on the stockings last year. Every Group participated and knocked it out of the park. There were stockings for every child. The older children loved the stockings made from t-shirts and sweaters. They loved the flannel shirt ones with patterns and the younger children loved the princess and superhero character stockings. Thanks to all of you! We not only achieved our goal of 660 stockings, but have a few for 2025.

The Stocking project committee will be purchasing felt for 2025 in February and March. 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 2025.

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. That would be great information to have before we purchase felt. 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, 405-664-2460.

SOCIAL COMMITTEE

Chair: Connie Graham/Kathryn Wells

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

February 27 th	County Business Meeting	Scissor Tales Quilt Guild
March 27 th	Demo	- no snacks -
April 10 th	Executive Board Meeting	New Beginnings
May 22 nd	County Business Meeting	NW Seekers/Bits & Bytes
June 26 th	Demo	- no snacks -
July 24 th	Demo	- no snacks -
August 28 th	Executive Board Meeting	Modern Homemakers
September 25 th	County Business Meeting	Genealogy
October 23 rd	Demo	- no snacks -

(Here are the luncheon pictures I could not get into the newsletter last month. Smiles, Dee Dee)



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. Thank you very much for all your support. 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 it. I bring the originals to the meetings if someone needs a hard copy, they can make one. Please send any pictures or stories to Deeshep147@aol.com. We love seeing your groups in action.

Bits & Bytes Computer Group by Kathy Feters

The Bits & Bytes Computer group met on Monday, January 27th in the Presidents Hall at the Extension Center. We had three members present in person: Bill James, Kathy Feters and Pat Smith with Valerie DeBoer and Susan Hart present on ZOOM. Our topic today was on Two-factor Authentication. This process is becoming more and more common, especially on websites that contain monetary or personal information. It requires you to enter your login and password. Then a code will be sent to either your email or phone and you must submit that code to gain access to your account. Bill James showed a short clip explaining what, why and how of 2FA along with a handout.

This is the year that Windows 10 will cease to be supported, and Windows 11 will be the new operating system. This means that updates to protect your computer will no longer apply to Windows 10, leaving you vulnerable to hackers. **In our upcoming meetings Bill will be addressing topics to help you pick a new computer, transfer data from the old and basic changes between the two systems. This is a good time to start attending our meetings on the fourth Monday of the month if you are going to update your computer. We look forward to seeing you on February 24th at 1:30 p.m. at the Extension Center.**

NW SEEKERS By Vicky Sharp

Hi everyone, the end of the year was not busy. We had a great time at the Holiday luncheon. For our monthly meeting we met at Vicky's house for a brunch and ornament exchange. We also had a short meeting to finish up our business for the year. We signed some Christmas cards that we delivered to a local nursing facility. This is one of our service activities. We also sent a card to the family of our former member Phyllis Deal who passed away a few weeks ago. Our January meeting was cancelled due to a beautiful snowstorm. It was nice to enjoy from our homes. Looking forward to a great new year.

FLORISH AND GROW By Mandy Aragon

Our group is hosting a Pressed Flower Bookmark workshop/Diaper Drive on Tuesday, February 18th, 6:00 to 8:00 pm, at the Extension Office. There is no charge, but please bring diapers, wipes, or Infant Formula. These will be donated to Infant Crisis Services.

Flourish and Grow

Pressed Flower Bookmark Craft Night & Diaper Drive

Tues. Feb 18th | 6-8pm
OSU Oklahoma County Extension Office
2500 NE 63rd St., OKC, OK 73111

Bring your friends, family and anyone interested in plants or giving back to the community. All crafting supplies are provided at no cost. Please bring a package of diapers, wipes, or infant formula to be donated to the Infant Crisis Center.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Lisa Hamblin at lisa.hamblin@okstate.edu at least 2 weeks prior to the event.

Let's come together to craft, connect, and contribute to a cause that helps others flourish and grow. Questions? Contact us at flourishandgrow@gmail.com.

No registration required.



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SCISSOR TALES QUILT GUILD
By Beverly Kirk
NATIONAL QUILTING DAY WORKSHOP – MARCH 15TH

Please join the Scissor Tales Quilt Guild on Saturday, March 15th, 12:00pm-4:00pm at the OSU Extension Center to celebrate National Quilting Day! This day occurs each year on the 3rd Saturday in March. Around the country, special quilt shows, classes and museums celebrate by holding special events to recognize quilt makers and show appreciation of the skill that goes into making each quilt.

We will be hosting our special guest, Debi Wanzer to teach a **Making Faces Workshop** free of charge. Debi loves to share what she's learned and will be providing a supply list and face patterns. There will also be several demonstrations and her show n' tell quilts. **To register** and receive the supply list, email Beverly at bquiltin@gmail.com to reserve your spot.

To see examples of the Making Faces project, go to <https://sewjean.com/workshops/fabulous-faces-freddy-style/>

GENEALOGY GROUP
By Kathy Fetters

The Genealogy Group met on Wednesday, January 15th, in the Presidents Hall at the Oklahoma County Extension Office. We had sixteen attending, which included four visitors. Our program presenter was Cynthia Johnson, our own group Vice-President. Her program followed along with last years' series of programs revolving around funerals, burial traditions and customs through the ages. Her presentation today focused on how people are choosing to customize their funerals to match the personality and passions of the deceased. Cynthia let us look at some of the customs, traditions and terms used in African American funerals that are not common in other cultures. Prior to the program, our group President Jan Beattie was presented a quilt in appreciation of all the hard work she puts into every meeting. Her attention to detail keeps us all informed and her monthly Genealogy Quick Tip is something we all look forward to each month. The quilt was made and donated by our Vice-President Cynthia Johnson.



Our next meeting will be February 19th when we will show our third installment of the Beginning Genealogy DVD series by John Philip Colleta. Visitors are always welcome. For more information, and to find Jan's Genealogy Quick Tip for each month, see our website: ohcegenealogy.com or Facebook: OHCE Genealogy Group.

MODERN HOMEMAKERS
By Burchie Smith

Modern Homemakers had to change their usual meeting date because of the weather, so our first meeting of 2025 was on the 16th of January with our new president, Mary Watson presiding over the meeting. There were 8 members present. We learned that one of our members, Edie Mae Parmeter, could not be with us because of a recent fall resulting in a broken hip. She is in rehab and is progressing well. She was greatly missed. The meeting started with our flag salute, and inspirational reading, secretarial minutes read and accepted, treasurers report given and approved. Our meeting continued with going through the new yearbook, filling in dates with members signing up for lessons, refreshments, hostess, etc. With that completed, we had refreshments and filled out our monthly volunteer hours sheet and gave them to Gwen Smith. At the closing of the meeting several members stayed and helped fill out our secretary's papers with Gwen Smith filling in the forms. She was very grateful for the help.

Next meeting February 13 on Thursday, God willing and weather cooperates.

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

We had our monthly meeting at the OSU Extension Center on January 13th. We visited about the name badges and what would go on them and will order what we need next month. We set our budget for 2025. We visited about walking Route 66 and are making plans to do our "step counting", at local parks.

Our next meeting will be on February 10th, at 10 a.m. at the OSU Extension Center, in the Pistol Pete room, 2500 N.E. 63rd, OKC, OK 73111. Please join us for a review of our lesson on bone marrow, good conversation and healthy snacks.

HEALTHY LIVING
Recipe of the Month
Choosehomemade.org
Spunky Spud Nachos

February is home to many food months and holidays, including National Snack Food Month, National Potato Lovers Month, and National Canned Food Month.

Ingredients:

- 1 cup plain, non-fat Greek Yogurt
- 1TBSP cumin
- 1 tsp chipotle powder
- ½ cup minced fresh cilantro
- 1 lime, juiced
- Non-stick cooking spray
- 6 medium potatoes, thinly sliced (we used a mix of russet and sweet potatoes.)
- 1 ½ cups shredded reduced-fat fiesta blend cheese
- 1 (12.5oz) can chunk chicken breasts, drained and shredded
- 1 (15oz) can no-salt-added black beans, drained and rinsed
- 1 ½ cups frozen corn
- 1 small red onion, diced
- 1 jalapeño, diced
- 1 avocado, diced
- 1 cup shredded lettuce

Preparation:

- *In a large bowl, mix yogurt, cumin, chipotle powder, cilantro and lime juice. Cover and store cilantro lime cream in refrigerator until ready to serve.
- *Preheat oven to 450 degrees F. Lightly coat two sheet pans with cooking spray. Evenly spread potato slices on a sheet and lightly coat with cooking spray. Bake 20 minutes or until lightly browned and crispy.
- *Remove pan from oven and top with cheese, chicken, beans, corn, onion, and jalapeno. Bake another 10 minutes, or until cheese is melted.
- * To serve, top with avocado, lettuce and cilantro lime cream.

Nutrition Facts		
10 servings per recipe		
Serving size		(378 g)
Amount per serving		
Calories		360
		% Daily Value
Total Fat	11g	14%
Saturated Fat	14g	20%
Trans Fat	0%	
Cholesterol	40mg	13%
Sodium	200mg	9%
Total Carbohydrate	46g	17%
Dietary Fiber	9%	32%
Total sugars	6g	
Includes 0g Added Sugars		0%
Protein	21g	
Vitamin D	0mcg	0%
Calcium	193mg	15%
Iron	3mg	15%
Potassium	1154mg	25%

* 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.



OKLAHOMA COUNTY
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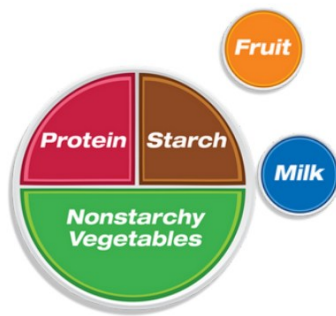
LIVE WELL • EAT WELL BE ACTIVE WITH DIABETES

Wednesday February, 12, 19, & 26, 2025*

2:30pm - 4:00pm

FREE!

Registration Required, Space Limited



EDMOND LIBRARY

10 S Blvd
Edmond, OK 73034

Registration opens
February 5th.
Scan here for
registration.



NOTE: This program designed for individuals with type 2 diabetes or pre-diabetes.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (Taylor Conner, event host/coordinator) at (taylor.conner@okstate.edu) at least two weeks prior to the event

Discover diabetic nutrition and wellness at the Edmond Library's 3-week LEAD program! Led by Taylor Conner, FCS Educator from Oklahoma County OSU Extension, this workshop covers type 2 diabetes management, healthy eating, the plate method, carb counting, exercise, weight loss, complications, and recipe tips.



**We have reserved Wednesday, March 5 as a makeup day, if needed due to inclement weather.*

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Learn HOW TO CREATE BISCUITS USING SOURDOUGH DISCARD DURING THIS HANDS-ON CLASS. PARTICIPANTS WILL ALSO MAKE THEIR OWN SOURDOUGH STARTER AND LEARN THE BASICS OF SOURDOUGH BREAD BAKING.

Date: Tuesday, February 25th, 2025

Time: 2-4PM

Location: Oklahoma County OSU Extension
Conference Center 2500 NE 63rd St.

Class limited to 15.

Reserve your space by calling our office at 405-713-1125

Cost: \$10 per person

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (Taylor Conner, event host/coordinator) at (taylor.conner@okstate.edu) at least two weeks prior to the event



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SODA BREAD BAKING

workshop

Discover the art of making Irish Soda Bread in this hands-on workshop. You'll be guided through the step-by-step process of mixing, shaping, and baking these rustic loaves from scratch. Plus, learn how to craft homemade honey butter to complement the bread. Along the way, dive into the bread's rich history and master traditional baking techniques.

Date: Tuesday, March 11th, 2025 from 2-4 PM

~OR~

Monday, March 17th, 2025 from 5-7 PM

Location: Oklahoma County OSU Extension
Conference Center 2500 NE 63rd St.

Class limited to 10.

Reserve your space by calling our office at 405-713-1125

Cost: \$10 per person

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Pontotoc County Quilt Show

Quilting a Whole Llama Fun!

Quilting Vendors
Demonstrations

Door Prizes
Quilt Raffle

April 11 & 12, 2025

\$5.00 Admission

Pontotoc County
AgriPlex
1700 N. Broadway
Ada, OK

For More Information
Contact:
Janna Kelley
janna.kelley@okstate.edu
580-332-2153

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Janna Kelley at 580-332-2153 at least two weeks prior to the event.

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



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