



## OK COUNTY MONTHLY NEWS

### Oklahoma Home & Community Education

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#### CALENDAR OF ACTIVITIES

- Jan. 10** Deadline for Barn Quilt Workshop registration
- Jan. 23** Leader Lesson: Bone Broth, Is it the Newest Elixir?  
Presented by Julie Selman, Garvin County FCS  
Educator, 9:30am, Extension Conference Center
- Jan 23** OHCE Executive Board Meeting 15 minutes after  
leader lesson
- Jan 23** Award Books, Life Story Essays, Photo Contest entries  
due for district and state consideration
- Jan 23** 2024 Group Secretary Books and group summary  
reports due for county Awards of Excellence  
consideration.
- Jan 24/25** Barn Quilt Workshops, 9:00am-3:00pm, Extension  
Conference Center
- Feb 1** Deadline for SE District meeting registration.

The future belongs to those who believe in the beauty of their dreams."  
– Eleanor Roosevelt

Happy New Year 

- Modern Homemakers Group
- Scissor Tales Quilt Guild
- Healthy Living Recipe of the month
- 

Flyers attached: Barn Quilt, OHCE Cruise, Cleveland County OHCE  
Stitches & Stories Quilt and Textile Show.

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**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

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## PRESIDENT'S COLUMN

Happy New Year, 2025! I'm so looking forward to the new year, and the great things to come for our organization. As I reflect back on the past year, we accomplished a lot. We gained new members; members became more active with our county projects and projects in your local groups. Thank you, to each of you for your dedication to OHCE.

At our Planning Meeting in October, we had some great ideas for the coming year. When your County Committee Chair calls for a planning meeting, please make a big effort to attend. We want your input into the projects and/or events for the year. One thing that we had lots of good comments on was the hands-on activities and demonstrations after the monthly Education Lessons, if you have a talent you would like to share, please get in contact with Lisa or myself.

Just a reminder that we should have several Award Books for projects completed this year: plus Photos, and Life Story Essays. Don't forget Heart of OHCE, Rookie and Member Award Books. Look at your Yearbook for the rules and guides on putting a book together, or go online to [ohce.okstate.edu](http://ohce.okstate.edu), go to Resources/ Awards/ example. If you need help with this, Lisa and I will be happy to assist.

**REMEMBER THE DEADLINE FOR AWARD BOOKS IS JANUARY 23, 2025**

County OHCE President  
Gayla Mosteller

## Volunteers needed for Barn Quilt Workshops

We will be hosting two more Barn Quilt workshops on January 24 & 25 from 9 to 3 pm. Volunteers do not have to know how to paint. You can assist with the participants drawing their designs onto the boards, and other needs, such as serving drinks and snacks, and washing paintbrushes. We will train you. This is also an opportunity to visit and talk with participants about OHCE. Please let Gayla know when you're available to help.

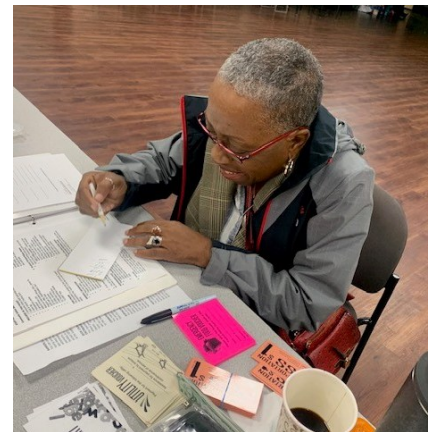
**DON'T FORGET TO INVITE YOUR FRIENDS AND NEIGHBORS.**

## SE DISTRICT MEETING MARCH 11 "OHCE - SOMETHING TO SMILE ABOUT"

The SE district OHCE meeting is Tuesday, March 11<sup>th</sup> at Crossway Baptist Church in Sulphur. Many workshops will be offered, and the district members of the year will be announced. Registration is \$25.00 and includes lunch. More information will be coming soon. **Payment is due to county Treasurer Ruby Berg, no later than February 1<sup>st</sup>. Make checks payable to Oklahoma County OHCE.**

## OHCE VOLUNTEERS AT POVERTY SIMULATION

Three OHCE members had the opportunity to experience a poverty simulation last fall for the Oklahoma Health Care Authority. Scissor Tales members **Julluette Brown and Elaine Lewis**, and New Beginnings member **Dawn Gadwill** assisted the OSU state team in hosting this important event. A poverty simulation's goal is to help employees who work with limited income clientele become more aware and compassionate about their struggles. The employees role play a month in the life of a struggling family, and the volunteers represent the agencies they have to go to for assistance. There will be another event on February 19<sup>th</sup> at Rose State College. Please contact Lisa if you are interested in volunteering.



## 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**.

## REALITY CHECK PROGRAM A BIG SUCCESS

Thank you to the nine OHCE members who volunteered at the Reality Check program for teens, held at Francis Tuttle Technology Center. Almost 130 students participated in the financial education event held in November. Volunteers were: **Learn Create & Share members Valerie DeBoer and Myra Moaning; New Beginnings members Kathryn Wells, Gayla Mosteller, Linda Steele, and Dawn Gadwill; Modern Homemakers members Dottie Cather and Ruby Berg; and NW Seekers member Vicky Sharp.** We hope to have another event in 2025.



## PHOTOGRAPHY CONTEST AND LIFE STORY ESSAYS DUE JANUARY 23<sup>RD</sup>

Did you take a great photo at an OHCE event this year? Consider entering it in the state OHCE Photography contest. Rules are on page 51 of your yearbook and are due to Lisa by January 23, 2025. If you have an interesting, funny, or dramatic story about something that happened to you as a child or even recently, take time to read the Life Story Essay guidelines on pages 51-52 of your yearbook and return your entry to Lisa by January 23, 2025. They can also be found at <https://ohce.okstate.edu>, click on the Resources link, and the Awards tab.

## OHCE IS GOING ON A CRUISE

Former state OHCE president, Debbie Wagstaff is organizing an OHCE cruise through New England and Canada October 25-November 1, 2025. Details are attached at the back of this newsletter. There is a \$100 deposit, with final payment due July 2025. Contact Debbie at (580) 336-8860 or [motedebbie@gmail.com](mailto:motedebbie@gmail.com)

## OHCE TREASURERS' MEETING JAN. 23<sup>RD</sup> Ruby Burg

I will be having a review of the Budget right after the meeting on January 23<sup>rd</sup>. The Treasurer from each group should attend.

**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! **Registration is \$25.00 per person**, which includes morning refreshments, lunch, and other fees associated with the meeting. If you plan to go down the day before, overnight reservations can be made at the **Artesian Hotel, 1001 W 1<sup>st</sup> 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 14<sup>th</sup> 2025**

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

**PLEASE SEND ONE CHECK FROM EACH GROUP with a list of participants**, to Ruby Burg, Oklahoma County OHCE Treasurer. Checks can be made payable to Oklahoma County OHCE.

**Deadline for SE District Meeting is Feb. 1<sup>st</sup>.**  
Hosting the meeting will be, Hughes, Murry, Pontotoc,  
Pottawatomie and Seminole Counties.

## CONGRATULATIONS MEMBERS OF THE YEAR

The following members were recognized at the holiday luncheon for their excellence as OHCE members:

- **Member of the Year – Gayla Mosteller, New Beginnings**



- **Heart of OHCE – Carol Fulton, New Beginnings**



- **Rookie of the Year – Beverly Kirk, Scissor Tales**



These deserving members will compete for the SE district awards on March 11<sup>th</sup> at the district meeting in Sulphur. Winners of district awards will compete at the state OHCE meeting July 14-15 in OKC. Their registration fee will be paid for by the County organization.

## **STATE MASTER SEWING VOLUNTEER TRAINING MAY 5-7, 2025**

The 3<sup>rd</sup> 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.

### **Election for Board of Directors for Oklahoma County Free Fair Association**

Elections for all three County Commissioner's Districts for Board of Directors of the Oklahoma County Free Fair Association. The filing period for candidates and declaration of candidacy forms must be filed January 6 through January 10, 2025 with the Oklahoma County Clerk. People declaring candidacy for the position of Director must legally reside in the District in which they seek office and must be a registered voter of Oklahoma County. Elections shall be held on January 28, 2025 at the location of the Oklahoma County OSU Extension Center, 2500 NE 63<sup>rd</sup> Street, OKC, OK 73111. The time of the election will open at 2:30 p.m. and close at 6:30 p.m.

**There is currently no OHCE representation on the fair board. Please consider running to have a vote in what happens with the Oklahoma County Free Fair.**

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

- Shampoo
- Conditioner
- Combs
- Hand Lotion

### **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! All those on the Healthy Living Committee and anyone interested in setting up some healthy habits are welcome to attend. I would like **to meet on January 23<sup>rd</sup>**, following the executive board meeting. We are going to discuss and schedule the ideas presented at the Planning/Training program in October. See you there and Happy New Year.

# OHCE STOCKING PROJECT REPORT

By Dee Dee Shepherd

Thank you all for all your hard work on the stockings this year. We not only achieved our goal but have a few for 2025. What a great start. The Stocking project committee will be purchasing felt for 2025 very soon. Each group should have a member on the committee, to help with relaying information to their groups,



stocking cutting dates, collecting, and delivering the completed stockings to the extension. This is one of the easiest committees to be a volunteer. The committee would like to save on expenses so please if you have any unfinished stockings or felt please let me know. That would be great information to have before we purchase felt. Thank you so very much for all your help.





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

Thank you. Thank you. Thank you to everyone that helped throughout the year. The holiday Luncheon was well attended, and it was so nice to see everyone cooperating and helping get the tables decorated. We have the nicest people in OHCE. Please enjoy the pictures that were sent in by OHCE members from the luncheon.





**If you took photos, please send them to me and I will include them in the next newsletter. I know I have more to add as well.**

**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 the support. This newsletter would not be what it is without YOU. Thank you.

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

**Thank you so much for all the recipe contributions!**

## **GENEALOGY GROUP**

**By Kathy Fetters**

The Genealogy Group had 6 members attend the Holiday Luncheon: Jan Beattie, Libby Hays, Lynda Weeks, Sandi Maness, Kathy Fetters and Jan Bohannon. Our table was decorated by Lynda Weeks using part of her doll collection featuring both Indian and Western Cowboys and Cowgirls along with a special horse contributed by Jan Beattie. We all enjoyed having Libby Hays figure out our Cowgirl names. I enjoyed being able to read my Life Essay that won a 2<sup>nd</sup> place in the state contest. As usual there was an abundance of good food and good entertainment. The tables overloaded with completed Christmas stockings were impressive. It took many, many hands and hours from many of our OHCE members and I am sure they were greatly appreciated by those who received them. The year ended with lots of fellowship, food and fun and we all look forward to 2025.

## **NEW BEGINNINGS**

**(3 E's and Soldier Creek)**

**By Dee Dee Shepherd**

Our group met for a Holiday Lunch at Olive Garden. We visited about handing out stockings and delivering Christmas Cards to the Cross Timbers Senior Mental Health patients. We started this project last year and we helped with the Christmas party both years. We loved filling the plates and drinks and helping deliver the packages they received as gifts. The staff there are wonderful, and we loved seeing all the smiling faces that attended the party. What a blessing.

Our next me



## MODERN HOMEMAKERS

By Burchie Smith

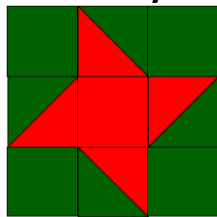
We had a wonderful luncheon in the home of Mary Watson. Mary Watson is our new president for 2025. This is the group that came to the luncheon.



## SCISSOR TALES QUILT GUILD

By Beverly Kirk

### January 2025 Block of the Month



#1 Friendship Star Block

### What is a block of the month? BOM

Anybody who is interested.... Guess what? You are invited to join our Scissor Tales 2025 Block of the Month adventure! Don't be afraid to share your love of embroidery, hand stitching or sewing/piecing a beautiful 12-inch square block every month during this year! Be an important part of our charitable giving project of a quilted item to those in need... or just learn, share and have fun with STQG.

Our block of the month is a quilt program that contains a variety of blocks that are released monthly throughout this year. Sign up is free and simple! Cash donations will be accepted and much appreciated to help offset the guilds' printing of monthly patterns and long-arm quilting and binding of the finished quilt. The idea is to make one or two blocks each month. At the end of the time frame, you will have a completed quilt top or donated several quilt squares, which STQG will finish into a baby quilt, or lap quilt for charitable giving.

The goal in this program is to build community and friendships within and beyond our OHCE northeast community. Scissor Tales Quilt Guild meets once a month to demonstrate the block(s) and we all share our progress. A one-page handout is also available with a cutting chart for the size and number of pieces needed to make the block as well as tips/hints. Our next meeting is Friday, January 17<sup>th</sup>, 12:00 -4:00 at the Extension Office.

**HEALTHY LIVING**  
**Recipe of the Month**  
**Choosehomemade.org**  
**Chipotle Pork Stew**

**Ingredients:**

- 2 TBSP extra-virgin olive oil
- 1 1/2lbs pork loin roast, trimmed and diced into 1-inch cubes
- ¼ cup canned chipotle peppers in adobo sauce, minced
- 2 tsp garlic powder
- 2 bell peppers, sliced
- 1 large white onion, sliced
- 1 (15oz) can no-salt-added diced tomatoes
- 1 (32oz) carton unsalted beef broth
- 1 (15oz) can pinto beans, drained and rinsed
- 2 cups frozen corn
- 2TBSP fresh oregano, chopped

**Preparation:**

\*In a large stockpot, heat oil over medium-high heat. Add pork, chipotles and garlic powder. Cook 4-5 minutes, until browned on all sides. Remove pork from pan and set aside.

\*In the same stockpot, add bell peppers and onion and cook 3-5 minutes until soft. Add tomatoes and broth. Bring to a boil, then stir in beans and corn. Reduce heat and simmer for 5-10 minutes.

\*Add oregano and pork back into pot. Simmer 5-10 more minutes, until stew is slightly thickened. Divide into bowls and serve.

**Tips:**

Garnish with crumbled queso fresco!

Nutrition Facts		
6 servings per recipe		
Serving size		<b>(536 g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>320</b>
<b>% Daily Value</b>		
<b>Total Fat</b>	6g	8%
Saturated Fat	1.5g	8%
Trans Fat	0%	
Cholesterol	70mg	23%
<b>Sodium</b>	300mg	13%
<b>Total Carbohydrate</b>	32g	12%
Dietary Fiber	4%	14%
Total sugars	7g	
Includes 0g Added Sugars		0%
<b>Protein</b>	35g	
Vitamin D	0mcg	0%
Calcium	59mg	4%
Iron	2mg	10%
Potassium	965mg	20%
* 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

January 24 - 25, 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' - \$35.00 (Discount for OHCE members \$25.00)

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.

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

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

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

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

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

Attending Friday, Jan. 24 workshop \_\_\_\_\_ Attending Saturday, Jan. 25 workshop \_\_\_\_\_

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 January 10, 2025.**



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## **CRUISE CHOICE ONE: New England States & Canada**

**Ship: Enchanted Princess**

**Date: October 25-Nov. 1**

**Ports : 5**

**Sea Day - 1**

**New York City, New York – Newport, Rhode Island – Boston, Massachusetts**

**Portland, Maine – Saint John, Canada – Halifax, Canada**

**Prices are based per person – Prices are subject to go lower also.**

**Interior Room – \$888.00**

**Ocean View - \$1428.00**

**Balcony Room – \$1428.00**

**Mini Suite - \$1628.00**

**Suite - \$3,308**

**Final payment will be due July, 2025.**

**Princess will arrange all flights. Prices will not be available until Nov. 22, 2024.**

**Here are some thoughts that could be possible. First of all let me tell you that New York City is just as safe if not safer than Oklahoma City and Tulsa. I have been there 9 times with students as well as adults. It is so very easy to get around there.**

**It could be arranged through me for us to dock on Saturday, get a hotel room and then Saturday afternoon go to a Broadway Show and then go to Stardust Diner (retro 50's Diner) for dinner. Stardust is a wonderful place to go. I go there every time I am in the city. Or we could take the ferry to Staten Island in the afternoon and go to dinner and then the Broadway Show. Then fly home on Sunday, Nov. 2<sup>nd</sup>. That would definitely be the excursion for New York.**

# 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



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."