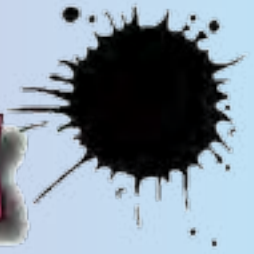


# Sooner Scribes DROPS of Ink



October 2012

Sooner Scribes Calligraphy Guild of Oklahoma City, OK

[www.soonerscribes.com](http://www.soonerscribes.com)

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flag book

## October Meeting

- DATE: October 22, 2012
- TIME: 6:30 p.m. - 9:00 p.m.
- PLACE: Will Rogers Garden Center, 3400 NW 36th Street, OKC, OK 73112

We will start at 6:30 p.m. with social time and at 6:45 p.m. we will have Early Scribes "15 minutes of fun" lead by Phyllis Pennington. She will be introducing the letters M & W. Bring your plastic boxes you received at the September meeting and your favorite ink, broad chisel point & pointed nibs to practice on these somewhat troublesome letters.

## October Program

October's program will be given by Sandy Mutz. Sandy is going to lead us through making a flag book (pictured above).

### Supplies List

1. bone folder
2. ruler
3. glue stick

Sooner Scribes is supplying the papers for the front and back covers (inside and out), the chipboard, the accordion fold paper used as the hinge, and the eight pieces of watercolor paper for the "flags."

Join us as Sandy shows us how to make this decorative and lovely flag book.



Sooner Scribes is a lettering arts guild founded in 1980 whose purpose is to promote the study and critical practice of calligraphy as an art form. We seek to encourage individual excellence and to help foster a wider appreciation and deeper understanding of calligraphy. We are committed to teaching the history and application of calligraphy by interchanging ideas through workshops, monthly newsletters and monthly meetings.

**Sooner Scribes**  
Attention: Dues  
Box 188  
OKC, OK 73101  
[www.soonerscribes.com](http://www.soonerscribes.com)

[soonerscribes@gmail.com](mailto:soonerscribes@gmail.com)

Annual dues: \$30

Monthly meeting dates are listed in the newsletter Events Calendar. Meetings are held on the fourth Monday of each month at 7:00 p.m. at the Will Rogers Garden Center, 3400 NW 36<sup>th</sup> Street, Oklahoma City, OK, unless otherwise specified.

## President's Letter

### Hello Scribes ...

The weather is cooling, the rains have been dousing us nicely, and we are all watching closely for the leaves to turn. I've even had a fire in my fireplace a few evenings! Now we just buy our candy and drag out our decorations for Halloween - perfect time to dress up in any way we want (also called 'guising') and eat loads of 'leftover' candies!

Our September meeting was really well attended, and full of great things happening -

BIG THANKS to Robin and Mary Kay for an outstanding program! Robin assured me that she really did not bring all of her studio equipment to the meeting - but, oh my goodness, what a bunch of stuff she did bring for us to play with! I know, from watching her myself, that Mary Kay spent hours and hours preparing those wonderful sheets of paper for us with the walnut and sumi inks - and I still have plenty that I brought home to continue playing upon.

BIG THANKS also to Janice Blevins and Lydia Zimmerman for agreeing to be our 'Thank You Committee' ... they will be making cards thanking our presenters for those wonderful programs!

BIG THANKS to Kay Smith - she received a rousing, unanimous 'yes' vote, and she is now officially our Sooner Scribes Secretary!

BIG THANKS to our Board, for coming up with the "Early Scribes, Fifteen Minutes of Fun" idea ... attendees at the September meeting received a nice strip of Arches Text Wove to fold accordion style into a small booklet, and a box in which to place all the booklets we will be making over the months. Phyllis Pennington will present the letters 'M & W' at our October meeting, as we begin to address all those particularly pesky letters and master the strokes to make them our own.

BIG THANKS to Sandy Mutz, Phylis Smith, Vikki Hendrix, and Julie Vaughan for their coordination of program and refreshments for our October meeting - Sandy was kind enough, and flexible enough to move her program presentation up to October from the originally planned March meeting. It will be a great meeting, so be sure to come!

A big welcome to Pamela DeGood Ward, who will be joining us when she gets all moved from her former home in the midwest.

At the October meeting, we will have an opportunity to sign up for our 'Holiday Card Exchange' ... our annual 'Christmas in January potluck party' to see and exchange the cards completed by our talented members. Really the main rules are simple: The cards need to be original in design and contain some lettering. You'll need to complete about 20 cards - and you can make prints of your original card rather than having to make each card individually, if you wish. Everyone can join in - and it's always fun to see the ideas that spring forth!

I am still working on a space and presenters for some 'mini-workshops', with several ideas and contacts popping up for us. Watch this space for further developments!

See y'all at the meeting,  
plm





From left: Guest Pamela DeGood Ward and Kay Smith, Sooner Scribes new Secretary at Sept. 2012 meeting



Example of an Artist Trading Card.



Robin Mead demonstrating some of her wonderful Artist Trading Cards and tools she brought to share with us at the Sept. 2012 meeting.



Mary Kay White sharing her expertise and beautiful papers with us on how to make Artist Master Cards at the Sept. 2012 meeting.

Thanks to Wendy Fox for these pictures from our Sept. 2012 meeting & program.



## Sharing Ideas

Mary Kay White brought some of the nutritious snacks to the September meeting. She was kind enough to share the recipe for her Oatmeal Banana Bites with us. Enjoy!



### Oatmeal Banana Bites Recipe

These muffin-like bites use only pureed banana as a sweetener, have no added oil, and use whole-grain oats and oat flour. Added plus: they can be prepped in just minutes!

#### Ingredients

Makes 8 to 10 servings

1 cup rolled oats

1 cup oat flour

1 teaspoon baking powder

1/4 teaspoon sea salt

1/2 teaspoon cinnamon

1/8-1/4 teaspoon freshly grated nutmeg

1 cup pureed overripe banana (roughly 2 large bananas, see note)

1 teaspoon vanilla extract

2 tablespoons grain-sweetened vegan chocolate chips or raisins (optional)

### Directions

Preheat oven to 350 F. In a mixing bowl, combine the oats, oat flour, baking powder, sea salt, cinnamon, and nutmeg. Stir until well combined. Add the pureed banana and vanilla (and chocolate chips or raisins, if using) to the dry mixture, and stir until combined. Using a cookie scoop or spoon, place mounds of the batter (about 2 to 2 1/2 tablespoons) on to a baking sheet lined with parchment paper. Bake for 14 to 15 minutes, until golden and set to the touch. Remove and let cool on pan for just a minute, then transfer to a cooling rack.

Note: Use an immersion blender and a deep cup to puree your bananas (this is easiest, but a blender or small food processor also works). It produces a very liquefied mixture, not like what you can get through mashing.

Per serving (1 muffin): 114 calories, 2 g fat, 0.3 g saturated fat, 12% calories from fat, 0 mg cholesterol, 3 g protein, 22 g carbohydrate, 4 g sugar, 3 g fiber, 136 mg sodium, 49 mg calcium, 1 mg iron, 2 mg vitamin C, 8 mcg beta-carotene, 0.1 mg vitamin E

Please feel free to tailor PCRM recipes to suit your individual dietary needs.

## Minutes of September 24, 2012 Meeting

The meeting was called to order by Guild President, Pat Lynn Moses, at 7:00 p.m.

**In attendance:** Sixteen members were in attendance. Pam Ward, newly relocated to Oklahoma from Ohio, was visiting and indicated an interest in joining once she has settled in to her new home in Foster, Oklahoma.

**Approval of Minutes:** No minutes were recorded for the August meeting.

**Board:** Pat Lynn Moses reported that the Guild's Board of Directors met on September 5, 2012. The Board noted that the offices of President-Elect, Workshop Chair, and Secretary are currently vacant. Kay Smith was nominated as the new Secretary. A motion to elect Kay was made by Phyllis Pennington and seconded by Mary Kay White. All present voted in favor, and Kay Smith was confirmed as the new Secretary.

The Board also voted to initiate a "Fifteen Minute of Fun" segment from 6:45 to 7:00 p.m. during each monthly meeting.

**Treasurer's Report:** Wendy Fox, Treasurer, reported that the Guild had \$6,338.66 in its checking account paying \$100 for website expenses, \$180.00 to the Oklahoma City Parks for the monthly meeting space, and \$17.03 for meeting supplies.

**Webmaster Report:** Phyllis Pennington reported that at least two people have experienced difficulty when trying to contact the Guild through the hyperlink on the Guild's web page. The cause of the difficulty is not known, but Phyllis will explore further.

**Thank You Committee:** Pat Lynn reported that Lydia Zimmerman and Janis Blevins have agreed to serve as members of the Thank You Committee. Committee members will provide Thank You cards to Guild presenters and supporters.

**Program:** Robin Mead & Mary Kay White presented on "Artist Trading Cards: How to Impress Your Friends" with a special addition from Mary Kay on how to make "Master Artist Trading Cards."

### New Business:

1. Early Scribes Schedule
  - a. October 22nd - Phyllis Pennington will introduce the letters M & W;
  - b. November 26th (Monday after Thanksgiving holiday) - Mary Kay White will present the letter N;
  - c. February 25th - Sharon McKay and the letter S;
  - d. March 25th - Sue Ann Rodgers will present the letters B & D
  - e. April 22nd - Wendy Fox will be showing the letter R.

### 2. Mini Workshops

We are currently contacting possible presenters and hope to have more information for everyone on these workshops soon.

### 3. Volunteers Needed

Volunteers are still needed to sign up for refreshments and program ideas for the upcoming year.

**Announcements:** Karyn L. Gilman is offering a series of classes in “Introduction to Calligraphy” at the Firehouse Art Center, 444 South Flood Ave., Norman, OK. Please contact Karyn at [klgilman@cox.net](mailto:klgilman@cox.net) or call her at 321-8089 for further information.

**Next Meeting:** Monday, October 22, 2012, at 7:00 p.m. (arrive at 6:45 for “Fifteen Minutes of Fun”).

Motion to adjourn was made at 8:45 p.m. and was passed unanimously.

Submitted by Kay Smith, Secretary



## Sooner Scribes Events Calendar

Date	Event Description	Location
Oct. 22	Early Scribes is brought to you by Phyllis Pennington and sponsored by the letters M & W Flag Book Sandy Mutz	Will Rogers Garden Center
Nov. 26	Early Scribes is brought to you by Mary Kay White and sponsored by the letter N Introduction to Folded Pen Alphabets Sue Ann Rogers & Pam Brewer	Will Rogers Garden Center
Dec. 24	No Meeting - Happy Holidays	
Jan. 28	Christmas Card Exchange & Potluck Dinner Party Rita Busch & Georgia Vaughn	Georgia Vaughn's home
Feb. 25	Early Scribes is brought to you by Sharon McKay and sponsored by the letter S Book Sale & Swap Meet Carol Manning & Sharon McKay	Will Rogers Garden Center
Mar. 25	Early Scribes is brought to you by Sue Ann Rodgers and sponsored by the letters B & D TBA Cheryl Barclay, Sandy Mutz & DeCarla Powers	Will Rogers Garden Center
Apr. 22	Early Scribes is brought to you by Wendy Fox and sponsored by the letter R TBA Wendy Fox & Jayce Mitchener	Will Rogers Garden Center
*May 20	Spring Fling Potluck Dinner Party	member's home



### Follow us on Facebook!

We're on Facebook! Keep in touch by joining our group on Facebook. Search for [Sooner Scribes Calligraphy Guild--Oklahoma City OK](#). Then 'Like' us! See you on the.

### Visit our website

Visit our website to find our newsletters, announcements and other information about our Guild.  
[www.soonerscribes.com](http://www.soonerscribes.com)

Pat Lynn Moses, *President*  
 Kay Smith, *Secretary*  
 Wendy Fox, *Treasurer*  
 TBA, *Workshop Chair*  
 Phyllis Pennington, *Web designs, Publications*