

OEAFCS

e-Enterprise

Message from OEAFCS President

Nineteen OEAFCS members, administrators, and guests traveled in September to NEAFCS. The Ohio affiliate did a great job of hosting the National meeting. Not only did we enjoy great professional sessions and networking opportunities, Ohio is a beautiful state, especially in September. I appreciate Dr. Atilés and Dr. Dorothy Wilson of Langston University joining us during the awards banquet. We certainly appreciate their involvement with OEAFCS and their support.

I want to encourage all OEAFCS members as you begin making plans for 2013, please consider the professional development opportunity that Galaxy IV will provide. As you begin designing your timelines, make plans to travel to Pittsburgh, PA,

September 16-20, 2013, to attend this meeting. For those members that may not be familiar with "Galaxy," this meeting is designed to bring together all Extension professional associations under the umbrella of the Joint Council of Extension Professionals (JCEP). These meetings only occur once every four years. Sessions that focus on 4-H, Family and Consumer Sciences or Agriculture related topics along with Rural Development and Public Policy are offered during this important meeting. What a great opportunity to attend a variety of sessions without having to travel to different locations!

The next OEAFCS Business Meeting is scheduled for January 17, 2013, at 5:15 p.m. and will be held in conjunction with the statewide 4-H/FCS In-service. Please make plans to attend as we will be voting on the proposed by-law changes that were given during the last Business meeting. These proposed changes would provide two new "categories" of membership in our association.

I appreciate your membership investment in OEAFCS. Oklahoma is a strong affiliate and we want to continue having a strong presence in NEAFCS. I want to encourage you to take advantage of the NEAFCS website which has several tools available to you as a NEAFCS/OEAFCS mem-

ber. If you have difficulty finding what you need, please contact me, one of your OEAFCS officers, or your OEAFCS district director.

It is once again time to make that investment in your membership dues. OEAFCS District Directors will be collecting dues soon so please update your membership information on line and forward your dues to your respective director.

From my family to yours, we wish you a very blessed holiday season and a blessed and safe New Year. See you in January!

Susan Routh
OEAFCS President



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OEAFCS President

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Comments from Dr. Atilés

Dear OEAFCS Members:



Dr. Jorge H. Atilés
Associate Dean,
Extension & Engagement

The NEAFCS annual meeting was very good and it was great to see many Oklahoma FCS Extension Educators and Specialists be recognized for their work in educating families, youth and communities. It is not a surprise that the Oklahoma delegation brought home so many regional and national awards. Your enthusiasm and your ability to motivate are outstanding!

Please accept my sincerest gratitude for the superior job you are doing to strengthen Oklahoma and continue

to apply for awards and be recognized for your contributions.

Member Resources

In the near future, you have the opportunity to invest in yourself ... join OEAFCs! This type of professional development investment will pay for itself over and over during the course of your career. OEAFCs provides networking and sharing opportunities, as well as a strong support system. Membership provides opportunities for service and leadership. In addition, it provides scholarships and awards to recognize your accomplishments.

Please consider taking advantage of all of the benefits that OEAFCs has to offer and join today. Give the gift that keeps on giving and invest in yourself today!

District Directors will be taking your 2013 OEAFCs/NEAFCs dues. New Member Membership forms are on the OEAFCs website. If you are a renewing member, please go to the NEAFCs website (<http://www.neafc.org/>), update your membership information and print your form. Then, return the form with your payment to your OEAFCs District Director.

A **special thank-you** goes to Dea Rash, Member Resource Committee Member from Payne County. Dea was in charge of the OEAFCs Break during the New Agents Orientation Conference in August. Thanks Dea!!

Kristy Spalding, VP for Public Affairs

Awards and Recognition

As 2012 begins to wind down, I hope that all OEAFCs members will take a few minutes to fill out at least one award application. I know our members are doing great programming and would like to have a good representation of Oklahoma programs at the national meeting. The NEAFCs website has the updated information to apply for 2013 awards posted. Start by looking at the Awards-at-a-glance to see where a specific program fits. Then go to the awards manual for all of the details. There are also samples of award winning applications. Award applications are due to me by January 15, 2013.

The OEAFCs membership has been very supportive in sponsoring awards at the state level. Many people have already donated to the 2013 awards program through last year's conference registration and we are very grateful. You can still contact me if you would like to sponsor an award this year. Awards can be sponsored for as little as \$20.

Jean Bailey, VP for Awards and Recognition

Tips for Managing Priorities Focus and Time

1. Identify your most important goals and key priorities
2. Define the value of those goals and priorities to your organizations, customers, team, and stakeholders.
 1. Discuss and agree on key measures for successful job performance.
 2. Identify key results and deliverables monthly, quarterly, annually...
 3. Translate key results into weekly and daily activities
 4. Organize work into manageable chunks
 5. Keep goals, deadlines, and motivational reminders visible
 6. Schedule work breaks to maintain energy and motivation
 7. Continually ask yourself: "Am I working on the most important thing right now?"

Source: Working From a Distance by Debra A. Dinnocenzo

NEAFCS Columbus, OHIO

Members attending NEAFCS Conference

Jean Bailey, Dewey County
Cindy Clampet, Love County
Debra Garrard-Foster, CNEP State Coordinator
Brenda Hill, Cleveland County
Tommie James, Bryan County
Ranel Lasley, Caddo County
Susan Lovelace, Creek County
Ginny McCarthick, Johnston County
Brenda Miller, NE Dist FCS Program Specialist
Jessica Riffin, Lincoln County
Susan Routh, Grady County
Brenda Sheik, CNEP State Evaluator
Barbara Tricinella, Area CNEP Coordinator
Lani Vasconcellos, SE Dist FCS Program Specialist



On behalf of the OEAFCs members who attended the NEAFCS meeting, we thank the administration for their financial and administrative support. Oklahoma members took advantage of sessions offered at the conference center as well as in-depth tours and sessions which occurred in the surrounding Columbus area. It was a good professional improvement opportunity for all members. Thank you again for your support of these members.

In addition, Dr. Jorge Atilas, Joyce Martin, and Dorothy Wilson, State Program Leader, Langston University, were in attendance at this meeting. Dr. Betty Brannan (retired) and JoAnn Brannan (retired) also traveled to Columbus to attend the national meeting. Joyce Martin's mother, Mrs. Harriett Thomas, traveled to the meeting as Joyce's guest.

Distinguished Service Award

Brenda Sheik, CNEP Evaluator
Tommie James, Bryan County

Continued Excellence Award

Cindy Clampet, Love County

Educational Curriculum

Brenda Sheik—3rd Place National



Put these dates on your calendar:



The **2013 OEAFCS Conference** is planned at the Embassy Suites in Oklahoma City on April 25 and 26. We are looking forward to another inspiring experience. The conference committee will be meeting soon to discuss speakers, workshops, and more! Please send any suggestions to Charlotte Richert, or others on the committee. We are also seeking donors for the conference. If you have suggestions, please share those as well. Submitted by Charlotte Richert

Galaxy IV	September 16-20, 2013	Pittsburgh, PA
2014 NEAFCS Annual Session	September 14-19, 2014	Lexington, KY

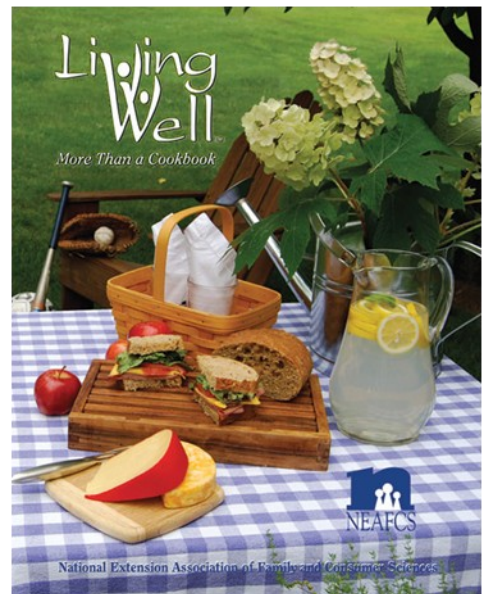
NEAFCS Webinars: Have you participated in a NEAFCS Webinar? Several webinars have been offered; archived recordings can be downloaded at the NEAFCS website. These webinars are offered as a benefit to NEAFCS members. It is recommended that you log into a webinar using your name and state. This information allows the Executive Board to see which states are participating in the webinars.

NEAFCS Facebook and Linked In: Yes, NEAFCS has hit the social media scene! NEAFCS now has a Facebook page and is "Linked In;" you can stay connected to NEAFCS members and activities through these two pages.

CIP Grants: Did you apply for a CIP grant? What is CIP? The *Living Well Creative Ideas Grant Program* was initiated by the National Executive Committee in conjunction with the *Living Well-More Than A Cookbook* program committee. This program was developed to allow NEAFCS members to apply for cases of the *Living Well* Book to use in programs at a reduced cost. NEAFCS members may apply for cases of the *Living Well* Resource Book for \$20 per case (or \$2 per book). The grant application and more information about the grant program can be accessed at <http://www.neafcs.org/assets/Living-Well-Book/NEAFCSCreativeGrant.pdf>.

Raising Kids, Eating Right, Spending Smart, Living Well

NEAFCS-National Extension Association of Family & Consumer Sciences is the Proud Sponsor of the Living Well Public Service Campaign www.learningandlivingwell.org



News from SE District



Attending the NEAFCS meeting in Columbus, Ohio from the Southeast District FCS Educators were Tommie James, Ginny McCarthick and Cindy Clampet and District Specialist, Lani Vasconcellos. Receiving the Distinguished Service Award was Tommie James, Bryan county FCS Educator. Cindy Clampet, Love county FCS Educator, received the Continued Excellence Award. Congratulations ladies on receiving these much deserved awards. All reports indicate that it was an enjoyable trip where much was learned and good times were had with fellow educators.

Welcoming new bundles of joy to their families are Sonya McDaniel, Pottawatomie FCS Educator. She and husband, Justin, welcomed Addison Grace on June 27, 2012, weighing 8.2 pounds and 21 inches long. Lindsay Ensley, McCurtain county FCS Educator, gave birth to Cooper Cash on September 6. He weighed 8 pounds, 13 ounces and was 20 ¼ inches long. Husband, Wes, and brother, Weston Ryder, as well as Lindsay & Cooper are all doing well.

Two of our seasoned educators are now enjoying the life of retirement. Debbie Sharp, Murray county FCS educator, retired in June while Lynne Beam, Atoka FCS/4-H Educator, stayed a little while longer and left after enjoying State 4-H Round-Up in July.

Lana Stidham is continuing her studies on her doctorate degree and we are most proud of that and want to encourage her in this endeavor.

We want to welcome Carolyn Clifton to the Southeast District. She is the CNEP Area Coordinator for the Kiamichi Unit and previously was the CNEP Area Coordinator for the Okmulgee Unit.

This year, the Southeast and the Northeast districts will be conducting their district FCS/4-H In-service together. We will be traveling to Hugo and enjoying the beauty of the southeastern part of our state. The committee is working hard to finalize all plans and provide the districts with a most enjoyable and educational in-service.

Submitted by Sue Hamilton

News from NW District



Continued on page 8

Northwest District OEAFCs Members were honored during the annual state meeting in

Oklahoma City. Those receiving awards from the Northwest District include:

2011 Continued Excellence Awards –Recia Garcia

2011 Distinguished Service Awards –Joy Rhodes

Educational Curriculum Package Award – Brenda Sheik

Educational Technology Award – Jean Bailey

Florence Hall Award – Jean Bailey

Grace Spivey Professional Development Award –Jean Bailey

Irma Manning Professional Development Award – Lindsey Miner

Marilyn Burns Scholarship – Liz Gardner-McBee

Norma Brumbaugh Award - Lindsey Miner

OEAFCs Past Presidents' Award – Jean Bailey

School Wellness Award – Organ Wise Guys: NWD Team - Jean Bailey, Valerie Evans, Lindsey Miner, Arleen James, and Cathy James.

Jean Bailey, Dewey Co. and Brenda Sheik, CNEP State Evaluator, attended the National Extension Assoc. of Family and Consumer Sciences meeting in Columbus, Ohio. Brenda Sheik was awarded the **Distinguished Service Award** at the NEAFCS Annual Meeting. Brenda Sheik helped create *The 24 Hour Food Recall Video Training Package* which received 1st Place in Southern Region and 3rd Place National Winner (team awards) at the meeting.

District News

News from SW District



We are pleased to welcome a new FCS educator for Oklahoma County. She started August 20th, and her name is **Amanda Horn**. She is a graduate from OSU and did her Dietetic Internship at Univ. Central Okla. Amanda is also a long time 4-H member from Grady County.

Reality Check 2012

September 25, 26 and 27, the McClain, Garvin and Cleveland County OSU Extension Offices, along with Mid-America Technology Center, hosted a Reality Check financial simulation event for 9th graders. 1097 students from 14 area schools are converged on the Mid-America campus in Wayne, OK, to go through a game of life. The students, pretending to be 25 years old, some married, some single, some with children, some without, budgeted their income by visiting each of 22 booths selling them products and services. Each student was assigned an occupation and a monthly salary. After visiting all the booths, if a student had money left over, he/she received a Payday candy bar; if he/she had a negative balance, he/she took home a Zero candy bar. Reality Check is a fun event designed to teach money management techniques to students, and also help them understand the importance of completing high school and then seeking post-high school job training or attending college.

Senior Adult Conference

McClain County OSU Extension, in association with McClain County OHCE and the First Baptist Church of Newcastle, hosted the **“Enrich Your Life” Senior Adult Conference** on Tuesday, July 24, in Newcastle, Oklahoma. The 180 participants enjoyed keynote speaker Dr. Johnny O. Johnson, an Internal Medicine Specialist from Moore, who spoke on *Healthy Aging*. Twelve breakout sessions were offered, of which the attendees could attend three, and there were 22 commercial or organizational booths to visit in between sessions. Breakout sessions included: *Alzheimer Facts, Suddenly Single, Grandparents Raising Grandchildren, Senior Fraud, Strokes, Breast Cancer, Financial Planning for Seniors, Food Allergies and Intolerances, Feed Sack Secrets, Bugwiser, Fit After 50* and *Depression is not a Normal Part of Aging*.

Submitted by Brenda S. Gandy

News from NE District



The NE District welcomes Barbie Weaver, new FCS educator in Sequoyah County. We still have vacancies in Muskogee and Wagoner counties.

Kathy Enyart has recently been selected to be a member of Leadership Miami Class XVII.

The Tulsa Business Journal selected Charlotte Richert as one of the Top 20 Women in Tulsa. It is a great honor to be selected for doing something that you love! Colleagues Dixie Ferrell, Kenda Woodburn, Kim Arnold, Jennifer Sterling, and family members Bob, Dominic and Teresa Richert celebrated the event with her at the Hyatt Regency Ballroom on September 25. Others recognized in the Top 20 Women were Teri Aulph, Libby Auld, Victoria Bartlett, Wendy Buxton, Cheryl Cohenour, Mary Frances Edmonds, Corrie Egge, Michelle Hardesty, Kate Hobeck, Karen Humphrey, Virginia Jones, Karen MacCannell, Tracey Norvell, D. Faith Orlowski, Lisa Palmer, Frauke Quiroga, Janet Rockefeller, Camille Rutkauskas, Deborah Shallcross.

OEAFCs Members from the Northeast District attended the NEAFCs Annual Conference in Columbus, OH: Debra Garrard-Foster, Susan Lovelace, Brenda Miller, Jessica Riggan, Barbara Tricinella, Joyce Martin, and Dr. Jorge Atilas. Gale Mills from Washington County was awarded : 3rd place Southern Region Winner for **Communications – Radio/Podcast**; 1st place Southern Region Winner and 1st place National Winner for **Communications – Educational Publications**

Submitted by Jessica Riggan

FEW met in Weatherford



On September 11th the FEW (*Faithful Extension Workers – Retired Extension Educators*) had their Fall Celebration in Weatherford enjoying a day of food, fellowship and fun!

The activities began in the morning with visiting at Lucille's Roadhouse for refreshments (beverages were courtesy of Ida Fay Winters) and a short business meeting. The group then toured the Heartland Museum. One interesting exhibit featured a 1964 news article about Mary Sue (McBroom) Sanders and Mary Jean Easterling and their work with 4-H girls in Cooperton and Mountain View.

Lunch and conversation were enjoyed at the Downtown Diner. Radonna Sawatzky purchased homemade pie for everyone. Martha Sauer, owner of The Kloset, presented a fashion show and fashion updates along with providing refreshments and tote bag or lingerie laundry bag. To end the day, the group was encouraged to visit the wind turbine site at the City Hall (a few blocks west) before leaving town.

Attending: Renee Daugherty, Loveta Hammond, Micah Treadwell, Mary Sue Sanders, Donna Cadwalader, Loretha Roper, JoAnn Brannan, Carlene Jordan, Mary Jean Easterly, Pat McCauley, Barbara Hatfield, Martha Waters, Betty Brannan, Ida Fay Winters, Trease Layton, Mary Sue Sanders, Virginia Walker, and Pat Coffey. Guests: Ray Roper, James Jordan, OEAFCs President Susan Routh, OEAFCs Chaplain Radonna Sawatzky, and OEAFCs VP for Member Resource Kristy Spalding.

Updates were mentioned on various members. Recent deaths included Sue Herndon (mid-August), Nada Hall (August 28), and Tommie Lou Hunter (early September). Treasurer Jordan will send donations to FCS Ambassadors. A quiet time of meditation with remembrance of the 9/11 tragedy was held followed by a prayer led by Radonna Sawatzky.

Awards

Oklahoma was well represented in the Southern Region and National awards programs.

Communications – Radio/Podcast:

3rd place Southern Region Winner – Gale Mills, Washington County

Communications – Television/Video

2nd place Southern Region Winner – Casey Campbell, Oklahoma County

3rd place National Winner – Casey Campbell, Oklahoma County

Communications – Educational Curriculum

1st place Southern Region Winner – Brenda Sheik, Oklahoma CNEP Evaluator; Nicole Neilson, CNEP Area Coordinator (Comanche County); Barbara Brown, State Food Extension Specialist; Kathy Conry, independent contractor; Ursula O'Hara, (past) CNEP Communications Specialist and (present) Sr. Graphic Designer II – Chickasaw Nation/Department of Nutritional Sciences (OSU); and Craig Woods, Sr. TV Producer/Director, Agricultural Communications Services.

3rd place National Winner - Brenda Sheik, Oklahoma CNEP Evaluator; Nicole Neilson, CNEP Area Coordinator (Comanche County); Barbara Brown, State Food Extension Specialist; Kathy Conry, independent contractor; Ursula O'Hara, (past) CNEP Communications Specialist; (present) Sr. Graphic Designer II – Chickasaw Nation/Department of Nutritional Sciences (OSU); and Craig Woods, Sr. TV Producer/Director, Agricultural Communications Services.

Communications – Educational Publications

1st place Southern Region Winner – Gale Mills, Washington County

1st place National Winner – Gale Mills, Washington County

Distinguished Service Award

Brenda Sheik, Oklahoma CNEP Evaluator

Tommie James, Bryan County

Continued Excellence Award

Cindy Clampet, Love County

NW District continued

The Ellis County 4-H Food Showdown team under the direction of Lynda Latta was one of six teams from across the USA that competed re-

cently in the Great American Seafood Cook-Off that took place in New Orleans. The team placed third with their recipe of grilled shrimp with smoky grilled corn grits and melon salad in lime dressing.

Recia Garcia, NW District FCS Program Specialist, with the help of Ambassador Grant instigated a successful **Fish Food Safety In-Service** that literally took the participants from pond to preparation. Participants had significant increase in food safety knowledge. Recia created **The Brown Recluse Spider Safety** pull-up displays that are available to be loaned out; 14 additional displays have been purchase by individual counties.

Brenda Sheik was selected to serve on two rounds as Beta Tester for EFNEP's Web-based Nutrition Education and Evaluation and Reporting System (WebNEERS). Brenda is listed as a co-author of the Food Tracker Instruction Guide used by the EFNEP Program of the University of California, Davis and has served as a reviewer of the newest version of this tool.

Lindsey Miner, Noble Co, is expecting her first baby December 15th. Her name is Piper Lane.

Cathy James has a new grandson that was born July 14th and his name is Deacon Wayne James. Her son Kyle James, has graduated from OU College of Law and opened a family practice in Guthrie. Cathy reports that she just started building a new house of her dreams!

Lance Rhodes, the son of Joy and Jim Rhodes, for the past 2 years has organized and guided the Oklahoma Outdoor Outreach group in the Cheyenne Valley area of Major County. The Oklahoma Outdoor Outreach is a non-profit organization that was formed to provide disabled, chronically, and terminally ill individuals the opportunity to enjoy the heritage of outdoor sporting activities. Lance contacts numerous landowners and sets up a hunting experience for these children for the fall deer season and the spring turkey hunts.

Brad and Arleen James, Texas Co are the proud parents of two daughters who have recently received their doctoral degrees.

Proposed By-Law Changes

These changes will be presented for a vote at the OEAFCs Meeting in January 2013.

Member in Transition

Individuals who have been employed in any capacity with Family and Consumer Sciences programming, who have a minimum of a bachelor's degree, and who have been a member of OEAFCs, but has currently been furloughed, placed on temporary work assignment, or is on a leave of absence may maintain membership in the State Affiliate and the National Extension Association of Family and Consumer Sciences. A member could stay in this membership category for a maximum of five years and then pay dues to become a Life Member.

A. Members in Transition

1. They may receive awards, fellowships, and grants as a team member with Active Members, but not as an individual.
2. They may serve on sub-committees.
3. They may receive the conference registration information. They would pay registration fees at the same rate as Active Members.
4. They shall receive all publications upon payment of dues.
They shall not be eligible for elected office, serve as sub-committee chairs, or serve as voting delegates.

Student Member

A full time undergraduate or graduate student enrolled in a university, college, or other educational setting, studying Family and Consumer Sciences or related field with an interest in Extension Education as a future career, and who is not currently employed as an Extension Educator in Oklahoma. Student members may seek membership in OEAFCs by paying the designated dues amount to the state treasurer of OEAFCs and by paying one half national dues. Membership may be obtained by submitting a student status statement verifying their full time student status.

Student member shall be granted the following rights and privileges:

1. They may receive awards, fellowships, and grants as a team member with Active Members, but not as an individual.
2. They may serve on subcommittees.
3. They may receive the conference registration information. They shall pay registration fees at the same rate as Active Members.
4. They shall receive all publications upon payments of dues.
5. They shall not be eligible for elected office, serve as sub-committee chairs, or serve as voting delegates.

