



From the President.....

Spring is here . . .

Wow, it's been busy. Can you agree? Whether you've been busy with HCE District Meetings, 4H activities leading up to Round-Up, newsletters or keeping your PARS up-to-date, it seems that we can never get everything done!

Serving as your OEAFCS President this past year has been rewarding! Busy, you bet. Hardly a day goes by that I don't encounter a phone call or an e-mail from a fellow member or from contacts on the National level.

I'd like to use this space as a means to think about the word "busy". In our positions as Extension Educators, the following thoughts can be applied to the approach we want to take in our personal lives or in our professions. Consider this.

**Get busy**

You can wait and wish and hope for everything in life to be perfect. Or you can get busy making things better and better.

You can complain that life is unfair, and lament that the best in life has passed you by. Or you can get busy and make the very best

of your life.

You can compile a big list of all the things you don't have. Or you can get busy and make full use of the good and valuable things you do have.

You can worry that there's not enough time to get everything done. Or you can get busy doing what you can with the time you have available.

You can let the setbacks and disappointments get you down. Or you can get busy filling your efforts with enthusiasm and positive determination.

You can sit and watch as life happens around you. Or you can get busy and make your life into something great.

How about it? By attending this 65th Annual Meeting of the OEAFCS, you can make your professional life more rewarding, by just getting busy!

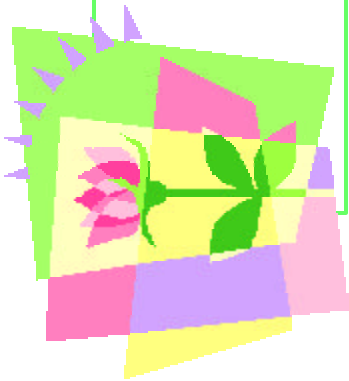
**Thanks for sharing your busy life with us!**

**Karen Armbruster**  
OEAFCS President

**NOTE**

We have recommendations from the nomination committee for the upcoming positions in OEAFCS. So, we do already have people for the jobs. But, nominations can be made from the floor at the meeting.

**Jan Maples**  
Past President—OEAFCS and  
Nominating Committee Chair





## Public Affairs

Wow! How time has flown by since I took office of Vice President of Public Affairs for OEAFCS. It seems like everyday I am working on assignments for the association whether it is for our state organization or for the National organization. Again, thank you for allowing me to serve as your Vice-President. I sincerely love it!

There are a couple of items that I would like to present to the members. In April of this year I will be the OEAFCS PILD Delegate to Washington D.C. Having never been to Washington, I am totally thrilled about the opportunity to go to Washington and represent Oklahoma Cooperative Extension and the OEAFCS. So, let me again say thanks for the opportunity to serve you,

our members!

The National Extension Living Well campaign is past and went over very well. Karen Armbruster, Pam Varner and I traveled to Oklahoma City to the Capitol and had the Oklahoma Extension Living Well proclamation signed by Representative Neil Brannon, Senator Ron Justice and Senator Daisy Lawler. I hope many of you were able to write an article for your local paper about the Living Well week. What a great way to advertise Extension all across the nation! If you would like a copy of the proclamation, contact me and I will send you one!

**Renee Allison**  
OEAFCS Vice President



Renee Allison, Karen Armbruster and Pam Varner with Rep. Neil Brannon at the State Capitol.



## Awards & Recognition

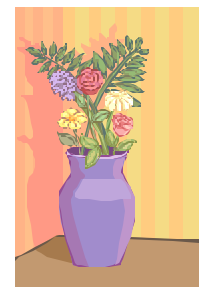
We had great entries this year and I can't wait to recognize each and every one of you at the 2005 OEAFCS meeting on Friday. Here are a few of the awards that were not applied for this year so keep them in mind for next years applications...

Greenwood Fellowship, Grace Frysinger Fellowship, Don Felker, Program Excellence Through Research, Environmental

Education, Early Childhood, Food Safety, Community Partnership, Extension Housing, SDA Curriculum Package, Communication Educational Technology.

Keep up the good work and see you in Oklahoma City.

**Susan Pearson**  
OEAFCS VP/Awards & Recognition



### REMINDER

Pictures, articles, etc. are still needed for the history book. I really need some! You can email them to me if possible, or send by mail to 201 W. Grant, Room 7, Pauls Valley, 73075.

**Phillis Cothren**  
OEAFCS Historian

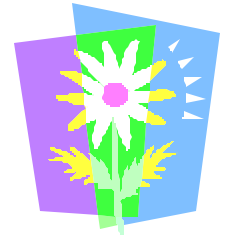


## SW District News

The SW District is ready for Spring! At this time every position, Extension Educators as well as CNEP Coordinators, is filled in the district except for Greer County. Out of a possible 20 members we have signed up 16 educators. Two out of the three CNEP Coordinators are counted in our membership plus Susan Murray, District office and Alice Campbell, Langston.

This brings the SW membership to a grand total of 20 members. I've enjoyed my term as SW District Director, this is my last report as we will be electing a new Director for the District at the annual conference.

**Gloria King**  
OEAFC SW Dist. Director



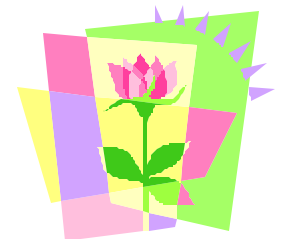
## NE District News

Way to go NE District! Our membership increased dramatically from last year. We currently have 15 re-newed members and 11 new members. We are proud that ALL of our new FCS Educators chose to join.

Whitlock Wish House in Muskogee, OK. We enjoyed a delicious lunch, a fun game of Oklahoma Trivia, a time of resource sharing, a white Elephant gift exchange and a hilarious presentation by Pat Singleton on "Getting Rid of Stress".

The NE District OEAFC members joined the 4-H Association for our Winter In-Service. We had a great time at the

**Lori Dillon**  
OEAFC NE Dist. Director



## NW District News

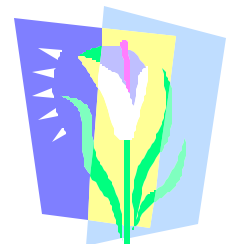
The NW District currently has 15 members! This year, we welcome as new association members Paula Post, Kingfisher County Extension Educator-FCS/4-H and Faye Watson, NW Unit CNEP Area Coordinator.

Educator-FCS/4-H to the Cooperative Extension family.

In addition to these two new members, we also welcome Stephanie McSparrin, Noble County Extension Educator-FCS/4-H and Robyn Rapp, Grant County Extension

I am completing my two year term as our association's district director and Shelly Davis, Alfalfa County Extension Educator-FCS/4-H & CED will assume those duties for 2005-2007.

**Dana Baldwin**  
OEAFC NW Dist. Director



Newsletter Editor: **Renee Allison**, OEAFC Vice President

Prepared by: **Julie Basden**, Haskell Co. Ext. Secretary