

extension

Message from OEAFCFS President



Ginny McCarthick
OEAFCFS President



I hope that you returned from our OEAFCFS Annual Session with new ideas to refresh your programming as well as finding ways to be involved with your association. If you have a few minutes, check out our OEAFCFS website which is located at : <http://oeafcs.okstate.edu/> The website has been recently updated, thanks to some diligent work by Sonya McDaniel.

Last year, you had the opportunity to choose the committee in which you wished to serve. We do have some new members and I have assigned each of you to a committee as well. Please take a few minutes to explore the committee section and find your name. If you would like to serve on another committee, let me know and I will make that change. If you don't find your name, then let me know as well. I would like for everyone to have the opportunity to serve on a committee that fits their interest

We have some new officers and I expect great things from this wonderful team. Next year, we will be electing some new faces in some of those positions. Serving on a committee is a good way to decide if you would like to take a leadership role in that area. I would like to encourage you to be an active member of your committee. I have asked each committee chairman to try to involve every member in some way with the plans and activities of their committee. Trying to schedule a face to face meeting would be difficult in the current economic climate. However, each of you has access to centra and it isn't a difficult process. If you are a committee chair, I want to challenge you to schedule a committee meeting before the January business meeting. If you are a committee member, I want to challenge you to review the duties of that committee. Contact the committee chairman and volunteer to be involved in some way. Your organization is only as good as it's membership.

I would also like to remind you that the next webinar is scheduled for May 25. The topic for May is, "*Self-Check Quiz: American Dietary Guidelines 2010.*" This is a benefit for members only so I encourage you to take advantage of this in-service opportunity.

Registration for the NEAFCS Annual Session is now open. At the state meeting, we asked for you to indicate whether you had plans to attend the national session in Albuquerque and 29 of our members plan to do so. Early bird registration will close on July 23. If you haven't reserved a room, you should be aware that the hotels are filling up because of the balloon festival. The sooner you reserve a room, the better chance you have of securing a hotel near the conference. Also, the sooner you register, the better your chance to secure a tour that interests you.

I am including a reminder of the Elevator Speech that was developed by Karen Armbruster last year. It is printed on the back page of this newsletter. Our future depends on what we do today. You are the best advocate for our profession.



Southeast District—Tommie James, District Director

In February, we welcomed Dr. Atilas, Associate Dean and OSU HES Faculty Members to our district. Our guest had the opportunity to see all the good things happening in the Southeast by viewing (23) displays showcasing county, CNEP, and district programming. These featured programs were orally presented: Online Cooking Lessons, Entrepreneurs Road Trip to Market, 4-H FCS Skill-athon, Diabetes Conference, Tourism & PRIDE Program and Disaster Preparedness.

Six SE District FCS Educators, Ladell Emmons, Tracy Watts, Lana Stidman, Lynne Beam, Rachel Lockwood and Danette Russell have become trained and certified instructors in Arthritis Foundation Exercise Program at the wellness Center at OSU. The Arthritis Foundation Exercise Program is a community-based recreational group

exercise and education program designed specifically for people with arthritis and related diseases.

Cindy Clampet has two new grandbabies keeping her quite busy.

Jill Ward has moved into a brand new home and Lynne Beam and Sue Hamilton are both building new homes. Lani is remodeling her home.

Danette Russell's son Army Warrant Officer John Russell will be deploying to Afghanistan for a year. He is an Army Blackhawk Helicopter Test Pilot. This will be his third deployment.

Laverda Johnson, will soon be enjoying more leisure time because she plans to retire this June. We are all going to miss Laverda and wish her well.

We have 23 members in the Southeast District.

OEAFCs 2011-2012 Officers Installed

Congratulations
and thank you for
your
service!



Serving the Association will be front row, L to R: Ginny McCarthick, President, Susan Routh, President elect, Charlotte Richert, VP for Professional Development, Debbie Sharp, VP for Public Affairs for Professional Development, Jean Bailey, VP for Awards and Recognition, and Jan Maples, Secretary. Back row, L to R; Brenda Miller, Treasurer elect, Brenda Medlock, Treasurer, Tommie James, SE Dist. Director, Gayle Mills, NE Dist. Director, Brenda Gandy, NW Dist. Director, Recia Garcia, Parliamentarian, Liz McBee, NW Dist. Director and Lynn Beam, Historian.

Nominating Committee—Recia Garcia, Chair



In John C. Maxwell’s book, *“Developing the Leaders Around You,”* the greatest leadership principle *he learned* over twenty-five years in this field is shared: *“Those closest to the leader will determine the success level of that leader!”*

Other thoughts from Mr. Maxwell – *“The asset that truly appreciates within any organization is people.* Websites may become dated, buildings age, machinery wears out, but people can grow, develop and become more than their past selves. An

organization cannot increase its productivity and effectiveness, *but people can!”*

That’s why each association member, individually and collectively, is so important! OEAFCs is very fortunate to have qualified officer candidates who accepted the call to service and leadership! *Thank you new officers* for the time and effort you are sure to invest in the association and its membership. **Nominating Committee** –Recia Garcia,

Charlotte Richert—VP For Professional Development

As the VP of Professional Development, coordinating next year’s conference is an exciting opportunity. Suggestions are strongly desired.

This time management tip is one that I have found to be helpful. It is from the book, *Time Management for Dummies* by Jeffrey Mayer. Never put more than 6 things on your “to do” list for any one day. You can add more if you get everything done; otherwise, you end the day feeling behind instead of feeling successful. If you haven’t scheduled your vacation time, write it on your calendar now! You can’t take care of everyone and everything else if you don’t take care of yourself.



Jean Bailey—VP for Awards and Recognition

A special awards luncheon took place during the OEAFCs annual meeting to recognize members’ achievements. The awards included: nine scholarships, seventeen OEAFCs state awards, and twelve NEAFCS awards.

The Oklahoma winners of the NEAFCS awards have been forwarded to the Southern Region level and may go on to the national competition. Congratulations to all of the award winners and good luck at the region and national levels.

The Oklahoma Association of Electric Cooperatives and Oklahoma Living Magazine continued their support to our organization by sponsoring plaques for awards. The Past Presidents, FEW, and OHCE also sponsored awards. In addition, thirty one individuals made donations to sponsor awards. A quick reminder to award winners: please, take a few minutes to write a thank you note to your award sponsors.

I would like to express a special thank you to Sonya McDaniel, past vice president for awards and recognition, and her committee for all of their work in planning and organizing the awards luncheon. It was a job well done!

OEAFCs has submitted three items – hunky cowboy apron, domino necklace, and Gourmet on the Go curriculum - for the ebay auction. The auction will be held the weeks of June 13th and June 20th to support the NEAFCA awards fund. Watch for additional details on the opportunity to be involved in the ebay auction.

Living Well Cookbook Report—Gayle Mills,

OEAFCFS President, Ginny McCarthick asked Gale Mills, NE District Director & NEAFCS Living Well sub-committee member to promote the sales of the Living Well-More than a Cookbook in Oklahoma. Gale asked Ginny and she agreed to contact the other district directors to serve on an ad hoc committee along with President McCarthick of which Gale would be chair.

District directors and President McCarthick met by centra to discuss the price and how to distribute the books. The cost of the book is \$16.00 and the consensus was to split the profit with the district and OEAFCFS both making a \$2.00 profit. Chair Mills recommended this to the membership and this passed. As of this date our state has sold 18 cases with 10 cases being given at the annual conference for a total of 28 cases. All members are encouraged to sell at least 2 books by promoting during Mother's Day and summer holidays. A report from all district directors will be submitted to the chair, who will provide a report to the board at the next meeting in October, 2011.

Raising Kids, Eating Right, Spending Smart, Living Well
NEAFCS-National Extension Association of Family &
Consumer Sciences is the Proud Sponsor of the Living Well



Northeast District—Gayle Mills, District Director

We have 29 members with 5 of them being new members:

- Tracy Lane – 4-H educator in Tulsa County
- Gina Peek – Housing and Consumer Specialist in Stillwater
- Melody Ennis – 4/H & FCS educator in Okmulgee County
- Dawn Andrew – FCS educator in Wagoner County
- Kimberly Williams – Program Evaluation Specialist in Stillwater
- Charlotte Richert – was named CD in Tulsa County in December, 2010.
- Virginia Stanley – was named interim CD in Muskogee County in April
- Megan Maxson, FCS educator in Nowata County left Extension in January, 2011 shortly after extension conference to begin work for the Kansas Extension Service in Harper County.

Vacancies: FCS/4-H educator in Mayes, FCS educator in Tulsa and FCS/4-H educator in Nowata – not yet announced

Barbara Tricinella, Area CNEP Coordinator in Tulsa received an Ambassador grant to put together a display and print handouts on Portion Control for the general population to be used at health fairs. Barbara also is part of a team with YMCA of Greater Tulsa and OSU Health Sciences Center who has been awarded a \$20,000 United Way Venture grant to offer "Cowboys Get Health, Get Fit". This is a comprehensive program including medical supervision, physical exercise, and nutrition education for obese pre and young teens which will begin this summer.

Tracy Lane, 4-H educator in Tulsa County was awarded a \$500 LDCE Grant to conduct 4-H Youth Leadership Institute in June in Tulsa County.

Inservice: Plans are underway to take another tour at our district inservice scheduled for December 1, 2011 in Bartlesville, OK

State OEAFCs Association Meeting Highlights



Association members were honored to hear comments from Governor Mary Fallin and Secretary of the Environment Gary Sherrer during the annual meeting held May 7-8

Dr. Trapp shares updates regarding the budget and the future of



Diane Wood, Program Coordinator for the Oklahoma/Arkansas Alzheimers Association presented information regarding the Disease and its impact on families. Ms. Wood is certified in



Gloria King, VP for Professional Development and her committee did a wonderful job putting together a busy yet relaxed atmosphere in which to learn as well as to grow during the 2011 State Association



Debbie Sharp—VP for Public Affairs

Thank you association members for the opportunity to represent you and our state's Extension Service at the 2011 PILD Conference held in Virginia. Your \$480 financial support was very helpful in covering the expenses and I appreciate that very much. I tried very hard to listen and learn and hopefully bring back information to share with you that will help you be a student of fiscal operations and "design" of the system that we so proudly work for. I am continuing to work on organizing a new event that will allow us to work with our Congressional Field Representatives and hopefully allow them to become more familiar with Cooperative Extension and our mission. I am also working to represent our profession by some personal meetings with Dr. Trapp and several others in key positions in our state to share with them some of the information gleaned at PILD. My goal is when my term ends you will think I was a "good investment" for your money. Thanks again!

2011-2012 OEAFCS Officers

President — Ginny McCarthick
President-Elect — Susan Routh
Vice President for Professional Development — Charlotte Richert
Vice President for Member Resources — Danette Russell
Vice-President for Awards & Recognition — Jean Bailey
Vice President for Public Affairs—Debbie Sharp
Secretary — Jan Maples
Treasurer — Brenda Medlock
Treasurer-Elect — Brenda Miller
Northeast District Director — Gayle Mills
Northwest District Director — Liz McBee
Southeast District Director — Tommie James
Southwest District Director — Brenda Gandy
Past President & Parliamentarian — Recia Garcia
Chaplain — Jessica Riffin
Historian — Lynne Beam
Advisor — Dr. Jorge Atilas

Reports not received from Northwest and Southwest Districts at time of publishing.

Elevator Speech

Author: Karen Armbruster

I work for the Oklahoma Cooperative Extension Service, an “extension” of Oklahoma State University in _____ (county).

As an Extension Educator, I work to strengthen Oklahoma families and communities using research-based information that applies to families and their everyday life issues on health, finances and relationships. Here’s my card; please contact me if you would like a program or more information.



Thoughts to Remember

- **Keep your fears to yourself but share your courage with others**
- **If you want a place in the sun be willing to expect some blisters**