

# eExtension

## Message from OEAFCs President



**Ginny McCarthick**  
**OEAFCs President**



This has been a very busy year for OEAFCs. I would like to congratulate all of you who worked in the sales booth and/or the Children's Event in Tulsa at the NACAA Annual Conference. Charlotte Richert was in charge of the Children's event. That committee did a wonderful job coordinating the Children's Event. The children, as well as their parents, had a great time. Debbie Sharp was in charge of the Cowboy Mercantile and that committee raised over \$1200 for our association.

Twenty-six of us attended NEAFCS Annual Meeting in Portland, Maine. NEAFCS Annual Meeting is a great way to learn about the programming that other states are sharing and to gain a new perspective on your career. You also meet very interesting people and have an opportunity to add Extension Educators from other states into your network. This year I want to challenge you to *Invest in Yourself* by making your professional association a priority in your career. Consider attending next year's NEAFCS Annual Meeting. I always come back full of new ideas for programming. It's also a nice break after the hectic days of getting the 4-H club year off to a good start followed by the long hot days of the county fair.

The 2011 NEAFCS Annual Meeting will be in Albuquerque New Mexico. Start now to plan to attend. There are many grant opportunities through OEAFCs so why not think about applying for a grant to fund your trip. Another idea is to take a look at the cost and see how much you would need to save every day to pay for the trip. Begin talking to your County Director about budgeting some of your travel for this purpose.

If attending is not an option, then at the very least, mark the dates, April 7-8, 2011 for the OEAFCs Annual Meeting and make it a priority to attend both days. Make it your goal to apply for at least one award this year. Everyone has a program that they are proud of and recognition gives you a little lift and incentive to go back to your community and make your mark on the world. And last but not least, be involved with your committee and/or volunteer to run for an office. It takes all of the members to make a great organization and everyone has something to contribute.

The best advantage that OEAFCs can provide is an opportunity to meet new people and to share ideas. I have met some very interesting people who have helped me out along the way. You will never be sorry about making your professional organization a priority in your career.



## National Meeting Delegates Represent Oklahoma



Twenty-four OEAFCs Members traveled to Portland, Maine along with Dr. Jorge Atilas and Dorothy Wilson of Langston University for the NEAFCS Annual Session. Members were treated to a boat tour of Portland's water access to islands, historic forts and lighthouses; experienced the signature tastes of Maine including lobster, clam and wild blueberries; and had an opportunity to engage in professional development and collaborations with colleagues addressing emerging issues impacting individuals, families, and communities.

OEAFCs members attending the NEAFCS Annual Session were: Ginny McCarthick, Cindy Clampet, Lynne Beam, Arleen James, Ladonna Dunlop, Danette Russell ; Carol Laverty; Susan Moffat ; Cindy Griffith ; Lani Vasconcellos ; Brenda Miller; Lynda Latta; Recia Garcia ; Gale Mills; Karen Armbruster; Joyce Martin ; Tracey Watts; Liz McBee; Janna Kelley ; Debra Garrard; Nicole Neilson ; Barbara Tricanela Brenda Sheik ; Sue Hamilton ; Jorge Atilas,

### Thoughts on Teamwork

- United we stand, divided we fall
- A bundle of sticks is always stronger than a single twig

*Have you purchased an NEAFCS Brooch yet?*  
Don't miss out!!!

A limited number remain so purchase your's soon



## Southeast District Report

by Tommie James, District Director

### Southeast District to Tour Sustainable Housing Construction

The Southeast District's Extension Educators are looking forward to being updated on sustainable housing at our upcoming district in-service to be held November 18<sup>th</sup> and the 19<sup>th</sup>. This year's in-service will be held at Poteau, in Leflore County. We will be staying at the quaint Long Lake Resort.

The highlight of the in-service will be traveling to Fort Smith, Arkansas to tour construction of sustainable housing projects being built in that area..

Dr. Gina Peek, OSU Housing State Specialist, will

be updating us on current housing issues and joining us on our housing tours.

The in-serve agenda also includes a hands-on workshop titled "Creating Kids Who Cook" to be presented by Dr. Deana Hildebrand, OCES Nutrition State Specialist.

Educators will also tour Poteau Main Street's renovation of historical buildings.

During our district in-service time will also allow us all to meet and welcome our new FCS Extension Educators, Danielle Wells of Carter County and Beth Pike of Pushmataha County.

## National Award Winners



Oklahoma was well represented with members receiving awards. Charlotte Richert was recognized as the Southern Region winner in Food Safety as well as 3rd Southern Region Winner in the Communications category. Distinguished Service Awards were given to Lani Vasconcellos and Debra Garrard-Foster. Arleen James and Karen Armbruster were honored as recipients of the Continued Excellence Award.

**Congratulations!**

## Northwest District Report

Marlene Buck, NW District Director

The NW District FCS Educators are wrapping up a busy summer and are looking forward to fall.

Eight educators met in MAY to sew “Hunky Cowboy” aprons for the “Cowboy Mercantile” at the NACAA meeting in Tulsa. Along with others, we were thrilled to hear of the successes of our booth.

Co-worker and friend Mary Rhyne of Kay County retired on July 1 after 30 years of service. While we celebrate with Mary as she enjoys her retirement, we will profoundly miss her expertise and friendly face!

Our December FCS in-service is planned for Thursday, December 16 in Enid, with Marlene Buck hosting.

On a personal note, we rejoice with Julie York of Noble County as she completes her chemotherapy treatments. Julie has demonstrated amazing courage, faith, stamina, and a solid positive attitude as she and her family dealt with life’s changes. Way to go, Julie!



## Member Resources

Danette Russell, VP for Member Resources

Our district directors and others have done a great job of encouraging membership in our association. Today we have 87 active members.

Eleven new members were recognized at the annual meeting in April. Those initiated include Cindy Conner, Garfield Co, Jill Ward, LeFlore Co., Penny King, Sequoyah Co., Megan Maxson, Nowata Co., Janice Cranor, Osage Co., Kendra Piasecki, Comanche Co., Diana Romano, Oklahoma Co. (Farm to You), Sonya Meier, Cleveland Co., Julie Staiger, Harmon Co., Andrea Williams, Roger Mills Co. and Valeri Evans, Kingfisher Co. Welcome!

We are continuing to raise funds for the yearly FCS 4-H Advanced Scholarship of \$500. This is accomplished through membership donations. You will have an opportunity to make your donation to this worthy cause along with your registration to the annual conference in April 2011. Thank you for all your past donations!

A big thank you to Cathy James, Logan Co. Educator, for preparing the OEAFCSS sponsored refreshment break for the new educators at their recent orientation held at OSU. This encourages membership in our professional organization and educates new employees about our mission and programs.

## Thought to Consider

We create our future with what we dream today

**National Extension Association of Family and Consumer Sciences (NEAFCS) educates and recognizes Extension professionals who improve the quality of life for individuals, families and communities. We provide education in food preparation, food safety and nutrition, financial management, healthy lifestyles, home and work environment, leadership and parenting skills plus much more.**





## Awards and Recognition

Sonya McDaniel, VP for Awards and Recognition

LET'S GET READY TO WIN SOME AWARDS!! There are some exciting things going on with the OEAFCS Membership and Project Awards this year. The first is a new due date. All State OEAFCS awards are due by JANUARY 15<sup>th</sup>, 2011. So mark your calendars now and work on those as the year begins to slow down in late December. If you are wondering how or what awards to apply for there is a tentative central in-service scheduled for October 28<sup>th</sup>. More details will be sent as plans are finalized, however each of our OEAFCS District Directors will have information to share at the District In-Services this fall. Over the past few years our membership has been very gracious and supportive with Award Sponsorship. Many people have already donated to the 2011 awards program through last year's conference registration and we are very grateful. If you would like to show additional support through an award sponsorship don't hesitate to contact me. Awards can be sponsored for as little as \$20.

I look forward to receiving this year's awards (on or before January 15<sup>th</sup>!) and being able to showcase the outstanding being done across the state at the Annual OEAFCS Conference in April.

## Northeast District Report

Gale Mills, District Director

Melanie Taylor, FCS educator from McIntosh County welcomed Carsen Wayne Taylor into this world 6 weeks early weighing 5 pounds, 1 oz born on May 26<sup>th</sup>. Carsen has 2 older siblings.

Jessica Riggan, FCS educator from Lincoln County received a Norma Brumbaugh scholarship to assist with Organic Chemistry lab fees and she is also expecting a baby girl due in November.

Melody Ennis, is the new FCS/4-H educator in Okmulgee County

Barbara Tricinella, CNEP coordinator from Tulsa County attended the Strong Women, Healthy Hearts research program with Tufts University with trials to begin after IRB approval next year. Also attending this program were Casey Campbell, FCS Educator in Oklahoma County and Tracey Watts, FCS/4-H educator in Choctaw County.

### Did you know???

Our National Association recognizes states as part of a region. The regions are Central, Eastern, Western and Southern Region, of which we are a part. Other states joining in to form the Southern Region include Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, Texas, Virgin islands and Virginia and of course OKLAHOMA!

## Professional Development

Gloria King, VP for Professional Development

Save the dates of **April 7-8, 2011** for the annual conference of OEAFCS. We will be meeting at the Embassy Suites in Oklahoma City again this year. We have begun working on a theme and agenda for the event. If you have ideas that you would like the committee to consider please feel free to call me or send an e-mail. All suggestions will be considered! Looking forward the another great conference in 2011!



Check out the living well website. Lots of good resources!  
[www.learningandlivingwell.org](http://www.learningandlivingwell.org)

Now is the time to start planning your Living Well Project!

## Nominating Committee Report



### How are those shoes filling?

Perhaps you think—that's a typo, and should read "*How are those shoes feeling?*" Could be--there's always a period of adjustment, excitement and sometimes a bit of anxiety, even for officers who've had a year to closely observe—such as secretary-elect, treasurer-elect, president-elect—and past president, with two years to observe in conjunction with presidential tasks!

Seriously, "filling" is the intended word! We've all heard or used expressions similar to "Bob/Jane is ...*leaving big shoes to fill.*"

In OEAFCS (via bylaws), we go about the business of *filling leadership shoes* via a five-member Nominating Committee, comprised of four district directors, and the immediate past president.

Understanding how nominations & elections work is a basic step for members, contributes to the advancement of OEAFCS, and provides stability and respect to the process.

Eligibility requirements vary for offices in OEAFCS, with bylaws providing specifics.

Nominations should be thought of as "suggesting an individual to serve in a position *if* that person is favored by the majority." Eligibility & willingness to serve are confirmed by the nominating committee.

OEAFCS officers & board do the *important work* of serving membership & leading an organization that meets the needs of members!

If you are nominated, please consider it an honor—and a call to service!

**Submitted by Recia Garcia, Committee Chair**

**There will  
always be  
big shoes to fill!**



**Editor's Note: Our association is honored to have one of our members serving on a national sub-committee, Gale Mills, External Marketing Committee Co-Chair. During the national meeting Gale attended a meeting and shared the minutes of that meeting with us. They are interesting minutes so take a moment to read. Gale will conclude her service in December of this year.**

Debbie Simmons-Gray VP of Public Affairs opened the meeting with past President Judy Breland in attendance.

Debbie referred the meeting to Gale Mills, External Marketing sub-committee co-chair for a report from the five 2010 LW mini-grant winners (see outline provided by Gale at the meeting).

Debbie began the session by asking representatives to promote the Living Well more than a Cookbook by giving to all county commissioners. She also mentioned that several educators had gotten together in one state and made a recipe from the book. As was mentioned in general session, the state needs to move the cookbooks before December 2010 to prevent incurring a hefty storage fee. **The suggestion has been made by the national board that each member of NEAFCS sell one case (10 books)** Debbie mentioned that in the state of Illinois they put this on their website so it is accessible to everyone.

Chair also discussed the PILD conference and that \$150 scholarship (1 for each state) is available to attend this conference. Deadline to apply for the scholarship is February 1, 2011. The only requirement after receiving the scholarship is to write a short paragraph after returning home. Someone suggested that a webinar be done – Debbie thought this was a great idea. Also discussed interacting with the staff of a representative on Capitol Hill. Typically each state meets with other representatives from the other associations (Ag and 4-H) before going to PILD. After attending PILD it was suggested that each NEAFCS member attending send a thank you to their legislator. Dates for PILD are April 3-6, 2011.

Chair also updated us on the fact that NEAFCS have started impact statements again and soon they can be found on our website. There are 5 of them: Financial Management; childhood obesity; Nutrition, health and fitness; Food Safety and The Environment.

## **Our Challenge...sell Living Well Cookbooks**

**The LIVING WELL... *More than a Cookbook*** is filled with recipes from all fifty states. It provides research-based information as well as delicious time-tested recipes.

- Special recipes from each state with the history and culture or traditions related to the recipe
- Food safety and preparation tips plus nutritional analysis
- Research-based resources on stain removal and healthy lifestyles
- Real life practical advice on family

finances, home safety, going "green", and manners that matter

Contact the Oklahoma State Coop. Living Well Cookbook affiliate:

Brenda Medlock

OSU Cooperative Extension

302 N. Lincoln

Hobart, Oklahoma 73651

580-726-5643 (phone)

E-mail: [brenda.medlock@okstate.edu](mailto:brenda.medlock@okstate.edu) Cost: \$25.00

**Great for gifts, door prizes, speaker's appreciation items, secret pals, and Christmas!**

## 2010-2011 OEAFCS Officers

President — Ginny McCarthick  
Vice President for Professional Development — Gloria King  
Vice President for Member Resources — Danette Russell  
Vice-President for Awards & Recognition — Sonya McDaniel  
Vice President for Public Affairs—Debbie Sharp  
Secretary — Susan Routh  
Secretary Elect—Jan Maples  
Treasurer — Dana Baldwin  
Treasurer-Elect — Brenda Medlock  
Northeast District Director — Charlotte Richert  
Northwest District Director — Marlene Buck  
Southeast District Director — Tommie James  
Southwest District Director — Donna Jung  
Past President & Parliamentarian — Recia Garcia  
Chaplain — Jessica Riggan  
Historian — Lynne Beam  
Advisor — Dr. Jorge Atilas

### Southwest District Report

By Donna Jung, District Director

The SW District OEAFCS Holiday In-service is scheduled for Friday, November 19<sup>th</sup> in Chickasha. Come prepared to pay dues, talk about OEAFCS Award Applications and share program ideas. In the morning, we will tour the craft show and Susan Routh will explain how she got it set up in her county and how the financial aspect works. Then we will go back to the Grady County Extension Office, have a catered lunch, talk about the awards and share program ideas.

We had to say goodbye to five co-workers - Kendra Piasecki from Comanche County, moved back to Ohio to be a stay-at-home mom (baby is due in November). Andrea Williams (Roger Mills), Debbie Duncan (Beckham County), Trena Medlock (Greer County) and Sonya Meier (Cleveland County) left for other jobs. We wish them luck in their new endeavors.

We want to welcome Casey Campbell, FCS Educator in Oklahoma County, and Carrie Kile, FCS Educator in Garvin County to our district.

**Save the date!**  
**April 7-8, 2011 for OEAFCS**  
**State meeting**