



Oklahoma Extension Association of  
Family Consumer Science

WINTER ISSUE

2008

# E-enterprise

## Monday Musing *Brenda Sheik, President*

In my search for a subject for my final article as OEAFCS President, I had a very difficult time settling on just one topic. Let me be completely honest and rephrase that; I had a very difficult time settling on ANY topic! I spent a little time searching the web trying to find some nugget of inspiration; some thread that could get me rolling down the path to completing this article. I thought about writing on what I seemed to know best at the time, procrastination. Google the word procrastination and you come up with 4,930,082 results. Apparently the old adage that misery loves company rings true! I also decided that, even though this seems to be a common problem, it is also a horse that has been beat to death. And, besides, after 4,930,082 other people have weighed in on the topic, I doubt that I would have anything new to add. I buried that dead horse and moved forward.

In the past few weeks I have also dipped my toe (as opposed to diving in) to the on-line world of bogging. Not as a logger, but as a spectator, and a silent one at that; I NEVER leave comments. The bogging world refers to my type, a.k.a. those who look but don't comment, as "voyeurs". I've noticed that some of the 5-days-a-week bloggers start their Friday bogs with catchy little titles such as "The Friday Five" and use that as the format for their short, five-point article. It lets them off the hook from having to write the whole post on one topic. I can relate; there are some Fridays that I would be hard pressed to form a complete sentence. So, I'm stealing from their playbook. Thus you have "Monday Musings", my version of "The Friday Five".

Woody Allen is credited with saying "Eighty percent of life is showing up". That philosophy may cut it in Hollywood, but won't fare well in the Extension world. We know we not only have to show up, we also have to be on time, prepared and have the right attitude. Here are some opportunities for you to "show up" in the near future.

- Be an active committee member of OEAFCS. Don't worry about what you can't do or don't have time for, concentrate on what you are willing to do. Carry this one step further and contact the committee chair and offer to gather information, provide input or tackle that single task that has been circling her to-do-list for too long.
- Plan to submit an OEAFCS awards application. Watch for due dates and procedures from Susan Moffat, Vice-President for Awards & Recognition. Two final words on this topic: Career Ladder (need I say more?).
- Mark your calendar for the OEAFCS Annual Meeting to be held April 9-11, 2008 at the Embassy Suites in OKC. While you have the calendar out, make sure you mark September 15-19, and plan early to attend JCEP Galaxy III Conference in Indianapolis. On-line registration opens April 15<sup>th</sup>. Watch the NEAFCS website for the announcement of Early Bird Registration deadline. In this case, the early bird not only gets the worm, it also saves some serious cash!!

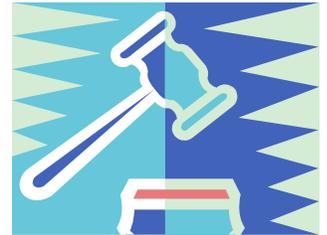
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## Monday Musing continues ...

A few weeks ago I heard a speaker use the phrase "at the intersection of family and work". She was sharing her insight on strategies to balance the two worlds. I thought for a few moments about her clever use of words and decided the phrase seldom applies to Extension Educators. I think our intersection of work and family looks more like a clover-leaf; it is often difficult to determine where one stops and the other begins. Dedication to our profession is greatly admired, but dedication at the sacrifice of family and health is ill advised. Making the commitment to declare some family time as sacred is never a one-time event, we often have to recommit again and again. Make sure you make that commitment; you will be a better professional because of it!!

*Brenda Sheik, President  
OEAFCs*



**OEAFCs**  
**Annual Conference**  
*April 9-11, 2008*  
*Embassy Suites Hotel,*  
*Oklahoma City*

The Professional Development Committee is working on the conference's theme, speakers, and events.

If members have any suggestions, please share ideas with

Radonna Sawatzky,  
Vice President  
Professional Development  
Radonna.Sawatzky@okstate.edu

## Step Up to the Plate!

We're recruiting new team players for the OEAFCs Executive Board. Take a look and check out these qualifications - we're looking for active members that have been members of OEAFCs for the past three years and must be in attendance at the annual meeting, April 10 – 11, 2008. (The attendance at the annual meeting is very important!!) The offices of Secretary Elect, Vice-President for Public Affairs and Vice-President for Member Resources are to be filled and with your willingness to serve, we can continue to keep our organization strong....so step up to the plate!

*Karen Armbruster*  
*Nominating Committee Chairman*

"The Oklahoma & National Extension Associations of Family and Consumer Sciences educate its professionals to empower individuals and families to make informed decisions."

## New Membership

OEAFCs would like to welcome our newest members.

Jennifer Southers  
Harmon County

Trena Medlock  
Greer County

Debbie Duncan  
Beckham County

We looking forward to meeting these new members and installing them at our upcoming Annual Meeting.

I need to hear from all the district representatives as to who new members are by March 14<sup>th</sup>. Please encourage new hires to join the Association.

*Arleen James*

*Member Resources Vice President*

## Living Well Week, March 9-15

Now is the time to start planning for "Living Well Week" March 9-15. The goal of the public service campaign is to raise consumer awareness of the valuable educational resources available through Extension Family Consumer Sciences. This is a great time to promote Family Consumer Science and OCES programming in your county.

### Ideas:

- A signing of a Living Well Week proclamation in your county signed by county commissioners. Invite your FCS PAC, community partners and OHCE members to the signing.
- Submit a Living Well Week news release to local newspaper. Also, include a list of your current or upcoming FCS programming or events.
- Present to a civil group, examples, LIONS and Gardening Club.
- Give an appreciation certificate or gift to supporters and partners. Ideas: homemade bake goods, small token ( 4-H has a lot of ideas for volunteer appreciation using items like candy mints, flower seeds, candles). In the past I have given vegetable and flowers seeds with a label stating "Come Grow with us ...OHCE or OCES, listing contact information.

To learn more about "Living Week Well" and promotional resources, check out the NEAFCS website, Public Affairs: <http://www.neafcs.org> or the Living Well website <http://learningandlivingwell.org>

*Tommie M. James*

*Public Affairs, Vice President*



## NEAFCS Conference





## FEW Report

Members and guests of the Faithful Extension Workers better known as FEW gathered in Oklahoma City for our annual fall get together on October 11. Thirteen members and four guests met in the lobby of the Skirvin Hotel for a morning of visiting, touring the newly restored hotel and lunch in the Park Avenue Grill. It seemed as though almost everyone had a memory to share of a previous visit to the Skirvin of years ago. Following lunch some of the group walked the Underground to the B.C. Clark Jewelry Store to see their beautiful newly opened store.

There are currently 41 dues paying members of FEW, an organization of retired extension professionals in family and consumer sciences at the county, district and state levels who have worked in Oklahoma and other states. Mary Sue Sanders is our newly elected president with Ida Fay Winters continuing to serve as secretary and Mary Selk as treasurer. Brenda Sheik and Recia Garcia joined us for our day in the city.

## NEAFCS Creed

As an Extension educator my  
prime concern is people.

I believe it is my responsibility  
to give the best of my ability  
and develop myself to be an  
effective educator.

I accept the opportunity to  
empower individuals, families,  
and communities  
to meet their needs and goals  
through a learning partnership.

May I always be willing to  
accept the challenges of the  
changing times

*Claire Powell*  
*Past President, FEW*

## Southwest District

The Southwest District has been on the move with 20 total members. We welcome our three first time members who include: Jennifer Southers, Harmon County Extension Educator FCS/4-H CED, Debbie Duncan, Beckham County Extension Educator FCS/4-H and Trena Medlock, Greer County Extension Educator FCS/4-H. The SW District OEAFCSS joined with the 4-H association for our annual Holiday In-service on December 6 & 7 in Weatherford. We had a great time in Weatherford where we were educated about teaching etiquette to youth, Stafford Air and Space Museum, trends in clothing, market and home decorating.

*Brenda Medlock*  
*SW District Director*



## The Oklahoma Delegations 2007 NEAFCS Conference St. Paul, Minnesota

Newsletter Editor:  
*Tommie M. James*  
*Public Affairs, Vice President*