1st Row (l-r) Mildred Taylor, NE District Rep. (Vain); Pam Vaughn, Secretary (Elgin); Kathy Fentress, VP Programs (McCurtain); Leslye Owen, President (Shawnee); Karen Pospisil, Treasurer (Norman); Marion Stout, Chaplain (Woodward); Angela Hudson, Parliamentarian (Okla. City)

2nd Row (l-r) Viola Allen, Resource Mgmt. Chr. (Harrah); Mary Bacon, Arrangements Chr (Claremore); Phyllis Tunender, Prom Sales (Norman); Marie Jones, Leadership Dev Chr. (Okmulgee); Debbie Mote, Nominating Chr. (Morrison); Pam Booker, W District South Region Rep (Headrick); 3rd Row (l-r) Carol Doner, Editor (Norman); Javonna Earsom, By-Laws Chr (Sulphur); Marilyn Gibson, State Project Chr. (Laverne); Pat Chapman SE District Rep. (Broken Bow); Dee Porter, Membership Chr. (Stillwater); Darline Ruyle, Family Issues Chr. (Luther); Sandra Judge, West Dist. North Region Rep. (Mooreland); Sandy Pogue, Awards & Reports Chr. (Duncan); Linda Swindler, Cultural Enrichment Chr. (Mooreland); Shem Hamil, Historian (Norman) Not Pictured: Robbie Sloan, Healthy Living Chr. (McCurtain)

Elected Positions Installed: Leslye Owen, President; Karen Pospisil, Treasurer; Pam Vaughn, Secretary, Marie Jones, Leadership Development Chair; Mildred Taylor, NE Dist. Rep; Sandra Judge, West Dist. Northern Region Rep.; Patricia Chapman, SE Dist. Rep.; Pam Booker, West Dist. Southern Region Rep.

Appointed Positions Installed: Angela Hudson, Parliamentarian; Carol Doner, Editor; Shem Hamil, Historian; Marian Stout, Chaplain

COMMITTEE CHAIRS AND MEMBERS 2018-2019

Arrangements Committee: Mary Bacon, NE/Chair; Vicki Simpson, West Dist. South; Barbara Jones, SE, Betty Rutledge, NE
Budget Committee: Karen Pospisil, SE/Chair; Vina Spickler, NE; Elaine Bitsche, West Dist. South; Janet Blansett, West Dist. South
By-Laws Committee: Javonna Earsom, SE/Chair; Doris Johnson, SE; Jill Crabtree, SE; Shirley Burns, West Dist. South
Cultural Enrichment Committee: Linda Swindler, West Dist.North/Chair; Toni Bess, West Dist. South; Martha Aughe, SE; Patricia Thomas, NE
Family Issues Committee: Darline Ruyle, SE/Chair; Tammy Elliott, SE; Marlene Alsip, NE.; Kathy Coffey, West Dist. South
Healthy Living Committee: Robbie Sloan, SE/Chair; Lynn Heck, West Dist. South; Kelly Bachler, NE; Dottie Gatz, West Dist. North
Historical Committee: Shem Hamil, SE/Chair,
Leadership Development Committee: Marie Jones, NE/Chair; Sheila Ely, West Dist. South; Rose Anne Jackson, SE; Janice Barnett, NE
Membership Committee: Dee Porter, NE/Chair; Margaret Barbour, SE; Christine Hammond, SE; Kay Gray, West Dist. South
Nominating Committee: Debbie Mote, NE/Chair; Jerri Faulkner, SE.
Promotional Sales Committee: Phyllis Tunender, SE/Chair; Carol Doner, SE; Shem Hamil, SE
Resource Management Committee: Viola Allen, SE/Chair; Vivian Meredith, NE; Connie Harris, West Dist. N; Freda Cunningham, W Dist. S
State Project Committee: Marilyn Gibson, West Dist. North/Chair; Linda Sader, West Dist. North; Teo Hair, West Dist. South; Linda Walls, NE
**OHCE 2019 State Goals**

**MEMBERSHIP STATE GOALS – 2019**

**Emphasis:** To Increase Overall Membership and create a passion for OHCE in current and future membership.

**Goal:** Recruit new members, instill a renewed interest for OHCE in current membership and encourage former OHCE members to rejoin.

**Marketing, Recruitment and Recognition**

1. **DEVELOP RECRUITMENT PLAN** – Plan to emphasize OHCE goals and objectives tailored to today’s audience.
2. **MARKET OHCE** - Take every opportunity to make OHCE and its logo visible, labels, iron-on and decals. Encourage OHCE members to wear OHCE item, i.e., name badges and t-shirts and etc. to non-OHCE functions.
3. Encourage OHCE members to become Master Family Consumer Science Volunteers.
4. Develop a brochure describing OHCE activities within your community. A brochure template is on the website: www.ohce.okstate.edu.
5. Write articles for newspapers announcing upcoming events, special workshops, and local group meetings; utilize community calendar.
6. Develop social media outlets such as Facebook for county and local groups to establish a connection with the community to encourage new membership and provide information about upcoming events.
7. Three “R’s” of Membership message will be sent to county membership chairman.

**Awards:**

- **1st, 2nd, 3rd - County** Award Books: $25, $15, $10
- **1st, 2nd, 3rd - Local** Group Award Books: $25, $15, $10

**Membership Recruitment Growth**

1. Awards will be given to the established county and established local groups with the greatest percentage of growth. This percentage is the number of new members from July 1 to June 30 divided by the number of members. Membership numbers will be verified by State Treasurer.
2. Use the Membership Recruitment Award form and submit this to the State Awards Chair by February 1st.
3. Submit one for county and one for local. A short paragraph or summary must accompany the report, telling a little about how some new members were reached.

**Awards:**

- **1st, 2nd, 3rd - County** Award Books: $50, $30, $20
- **1st, 2nd, 3rd - Local** Group Award Books: $50, $30, $20

**OHCE Week**

**THIS REPORT IS AN AWARD BOOK AND WILL BE JUDGED FOR YOUR OHCE WEEK EVENT**

1. Plan events to promote membership and bring awareness to OHCE. Publicize local and county events in newspapers, radio, etc., and Facebook.
2. Please send, in a 3-brad folder with pocket, including a cover page with submitters name, address, and phone number of chairman or contact person. Include a one-page report of your activities, be sure to use 1-inch margins, in Times New Roman Font 12. Pictures are limited to one page, can have 9 pictures, shingled if needed, and 1 page of newspaper articles, etc. Please include a short paragraph summarizing the project(s)), and place in pocket of folder.

These will be shared in some form at the OHCE State Meeting.

**Send report to State Membership Chair by June 1, 2019.**

**Awards:**

- **1st, 2nd, 3rd - County** Award Books: $25, $15, $10
- **1st, 2nd, 3rd - Local** Group Award Books: $25, $15, $10

**County Photography**

1. Photo must be an OHCE activity and member(s), in color, photo should be no larger than 5 x 7 inches.
2. Photo must be taken by an OHCE member during the previous year.
3. Please mount photo on a mat board no larger than 5 x 7 inches; do not attach to a folder.
4. **LABEL** should be placed on the back of mat board: include name, county and district. Label the names of the OHCE members in the picture. Also, place a label briefly describing the activity pictured and place on front of matting.
5. Each county may submit 3 entries (may or may not be taken by the same person). Please write the name of the OHCE members in the picture on the back as well.

Photos will be judged on photography skills.

Photos become property of OHCE for promotional purposes.

**Photos are due to the Awards and Reports Chair by February 1, 2019.**

**Awards:**

- **1st, 2nd, 3rd - County** Award Books: $25, $15, $10

**Member Recognition**

1. **50, 60 plus - year members and groups** should submit the appropriate forms found in Section XII in the Policy and Procedure manual and on the website ohce.okstate.edu for recognition to the Membership Committee Chair and to the state office by June 1, 2019. Please include personal story or remembrance of individual.
2. At the local level conduct new member induction teas/brunches, events to honor 5/10/15 etc. year members, recognize former, current and future members.

**Committee Members:**

- Dee Porter, NE Chair
- Margaret Barbour, SE Member
- Christine Hammond, SE Member
- Kay Gray, West District, South Member
Focus: Our goal is to enrich our lives and lives of those around us by being more involved in our culture and preserving our past.

A. Community Projects
1. Volunteer as a reading prompter for children in schools.
2. Organize and/or work with an adult literacy organization in your community or county.
3. Promote enrollment in and assist 4-H Clubs with specific project areas.
4. Emphasize patriotism, i.e. voting, reviewing flag etiquette, providing voter registration information.
5. Locate a historical building/site in your area in order to identify areas that could be enhanced with historical or period specific items, i.e. kitchen items, quilts, antique/period appropriate furniture, etc.

B. Explore Oklahoma
1. OHCE exchange with another county for overnight visit of points of interest within the host county, staying overnight in OHCE member’s homes or in bed and breakfast facilities.
2. Visit a museum or park in your district; for example, city, county, state, or national parks, preserves, or memorials (Secure information on senior discounts and group rates and share information with other groups).
3. Attend festivals of another culture, i.e., Red Earth, Pow Wow, German Fest, Cinco de Mayo, Kolache/Czech, Strawberry Festival, Watermelon, Peach, Bluegrass, Pecan, etc.
4. Host international back yard barbeque. Invite others of different cultures.
5. Host a museum or park in your district; for example, city, county, state, or national parks, preserves, or memorials (Secure information on senior discounts and group rates and share information with other groups).
6. Promote enrollment in and assist 4-H Clubs with specific project areas.

C. Heritage Skills
1. Record oral and written history of family, community, and the heritage of OHCE skills
   - Interview and record older family members, community leaders, OHCE members, current and retired educators, etc.
   - Preserve family recipes from parents/ancestors in computer files to be collected for a statewide website. Include a short paragraph and picture, if possible, about each recipe.
   - Learn new quilting techniques, such as, hand quilting techniques, paper piecing, crazy quilting, hand appliqué techniques, Stack ‘n Whack, Bargello.
   - Organize needlework workshops within the county, i.e., crochet, counted cross-stitch, candle wicking, needlepoint, Swedish weaving, knitting, counted thread stitches, sew days for individual projects.
   - Organize antique shows within the county. Approach local antique dealers, local historians and other appropriate persons to come in and appraise the items.
   - Visit and help clean up old cemeteries.
   - Traditions of different families. What were the myths, truths, “unusuals” that you grew up with?
   - Promote professional and family knowledge regarding etiquette (e.g., dining, tea, table setting, shaking hands, communication).

D. Provide Financial Aid and Scholarships
1. Norma Brumbaugh Scholarship for County FCS Educators.
2. Student FCS Scholarship.
3. International projects - La Preciosita Education Project (donate money for transportation costs for children eligible for high school in La Preciosita, Mexico).
4. Collect change for change.
   b. Nickels for India women farmers (ACWW).
   c. Dimes for CWC International Projects.

E. Encourage those who have traveled in other ethnic areas to share their experiences.
1. Sunshine for Fiji programing.

Awards
1st, 2nd, 3rd - County Award Book: $25, $15, $10
1st, 2nd, 3rd - Local Group Award Book: $25, $15, $10

Linda Swindler, W district N - Chairman
Toni Bess, W district S - Member
Martha Aughe, SE - Member
Patricia Thomas, NE Member

Thank you for a marvelous year. We will, once again, be looking into some new items for the District meetings in March. Did you know that an order form is on the OSU OHCE web site? You may order the items on there, or any of the things that I have, by simply writing, or e-mailing me with what you would like? Send me a check made out to State Treasurer and I will mail the items to you. If you don’t know what I may have other than the badges, just give me a call or e-mail and I will tell you what I have. The items change as old ones are sold out and new ones added, so I haven’t posted it on the web page.

Thank you,
Phyllis Tunender,
OHCE State Promotional Sales Chair

Membership News
The membership goals for 2019 emphasize increasing overall membership and creating a passion for OHCE in current membership. During the past year OHCE membership has dropped from 3655 to 3535. The membership committee is dedicated to helping your county and your groups increase your OHCE membership. During the year we will be sending monthly Membership Motivations (M&Ms) to encourage and strengthen your efforts.

Have you ever felt like you are reacting to low membership numbers rather than working through an established proactive plan to recruit and retain your members? Do you know why you do the things you do as they pertain to reaching out for new OHCE members? Before you stick to the same tried-and-true (or maybe not so tried-and-true) methods for membership recruitment, keep some things in mind. Before you even start recruiting new members you need to be sure the OHCE information and our message is getting out loud and clear in order to create a sense of awareness of OHCE. Membership recruitment is about long-lasting relationships, engaging your prospective members and proving to them why they should join OHCE. So what color of M&Ms does your group like?

Dee Porter
OHCE State Membership Chair
2019 LEADERSHIP DEVELOPMENT STATE GOALS

Leadership Development refers to any activity that develops and enhances the quality of leadership attributes, leadership abilities and leadership attitudes of an individual or organization.

Leadership Skills are based on leadership behavior such as decision making toward the greater good. Skills alone do not make leaders—style and behavior do. For effective leadership training and development, start with leadership behavior. The plan of action is to annually emphasize developmental steps toward encouraging individual and organizational leadership skills.

Goals:

1. Encourage establishment of county chairman for Leadership Development
2. Encourage members ownership and involvement in their local and county organizations by developing effective members through team building.
3. Foster leadership in new members through shared roles that build confidence in new skills.
4. Encourage ongoing participation in the Master Family & Consumer Sciences Volunteer Program by increasing state-wide certification 50% annually by providing group training at local and county levels.
5. Offer opportunities for OHCE members, 4-H groups and community organizations on these suggested topics:
   a) Leadership styles
   b) Importance of Communication Channels
   c) Knowledge of Proper Parliamentary Procedure by Conducting Effective Meetings
   d) Managing and coping with individual, group and societal changes.
6. Partner with OSU-Tulsa Center for Public Life to develop the next generation of leaders by encouraging participation in community forums to address local issues using public deliberation, and through the education of citizens on the relationship between their voting rights, privileges and responsibilities; with potential implementation grants such as Leadership Development and Civic Engagement (LDCE), and Ambassadors.

Leadership Project Report must be on a LEADERSHIP project, be submitted by a county or local group, written in story form with 500 words or less.

   a) OHCE members and group involvement
   b) How did the project network with non-members and/or groups
   c) Type of leadership exhibited
   d) List the objective, action taken, and results
   e) Photos and news articles are optional, but helpful.

LEADERSHIP PROJECT AWARD
1st, 2nd, 3rd - County Awards: $25, $15, $10
1st, 2nd, 3rd - Local Awards: $25, $15, $10

MFCs COUNTY PERCENTAGE BASED PARTICIPATION AWARDS
1st place: Traveling Plaque and Certificate
2nd and 3rd place: certificate

Committee Members:
Marie Jones, NE Chair
Shelia Ely, W district S Member
Rose Anne Jackson, SE Member
Janice Barnett, NE Member

2019 OHCE History STATE GOALS

1. Continue to encourage each county and local group to appoint a historian to keep important records for that county or group.
   A. Encourage county and local group historians to submit items for archive to the State Historian.
2. Collect an oral history from more mature OHCE members or members of your community.
3. Collect information on the newest local groups – date formed and how they came about?
4. Gather other pertinent OHCE history items.
5. Encourage historians to get a paragraph written by their County Presidents about the achievements during their term. It’s a great way to create a history in your county.
6. Communicate with OSU Library Archives regarding storage of items that won’t fit in a folder.
7. Provide a workshop at Districts or State Meeting.

Shem Hamil, State Historian

State Project State Goals – 2019
“Women’s Health”

Emphasis: Women’s Health Education

Mission Statement: To develop a program that educates women on cardiovascular disease, discovery, care and available resources.

YEAR ONE EMPHASIS: Women's Cardiovascular Disease and Stroke Symptoms

Resources for Year One: Oklahoma State and County Health Departments, Indian Health, Oklahoma Department of Human Services, Oklahoma Cooperative Extension Service, American Heart Association, Heart Specialists and Heart Hospitals, Go Red for Women website www.goredforwomen.org and Red Cross, etc.

Suggested Activities:
- OHCE District workshops
- OHCE County workshops
- Informational care packets
- Display in area events
- Continue making heart pillows, and donate to heart hospitals, heart clinics and heart patients.

Future State Project efforts may include:
- Diabetes
- Depression
- Alzheimer’s disease
- Lupus, Fibromyalgia, and Rheumatoid Arthritis
- Multiple Sclerosis

County Awards: 1st Place $25, 2nd Place $15, 3rd Place $10
Local Awards: 1st Place $25, 2nd Place $15, 3rd Place $10

Committee Members:
Marilyn Gibson - W Dist. N Chair
Teo Hair, SW Member
Linda Sader, NW Member
Linda Wallis, NE Member
**FAMILY ISSUES - STATE GOALS – 2019**

**Slogan:** Educate families to promote individual character and community service for present and future generations.

**Objective:** To help families unite and improve home and community life.

**Oklahoma Family Fundamentals**
- Increasing family skills across all generations with program curriculum such as *Take a Stand* (on bullying) and *Manners Matter*.
- Helping parents and grandparents with family communication.
- Understand family relationships and/or household dynamics, and multigenerational families.
- Financial Education for limited budgets
- Teaching individuals how to budget
- Helping to develop home life skills such as canning, sewing, and manners
- Preparing to care for others with special needs and the elderly; and to receive assistance when needed.

**Developing Community Outreach**
- Assist in developing Community Coalition, alliance with other community and county organizations
- Small community service projects: “Examples” Tooth Fairy Pillows, Cool Ties, Nursing Home Projects, provide school supplies for needy children, identify & volunteer or donate to Abuse Centers, organize a book drive for local needs.
- Neighborhood Community Social event such as: Potluck Supper, Ice Cream Social
- Volunteer to tutor or mentor community adults and children.

**Protecting Your Family**
- Raising awareness of possible mental help needs within family.
- Raise awareness of proper storage and disposal of prescription medication.
- Family Emergency Planning & Response Training from the Office of Homeland Security
- Neighborhood Watch Party
- Internet Protection Safety Education

**Military Support**
- Continue to send packages and letters to military personnel. i.e. save coupons to be sent to military to use in their commissaries.
- Encourage support to the military family by forming support groups and including them in group and county activities.
- Help in forming support groups for wounded veterans, and service personnel in communities: i.e. Wounded Warriors cancelled stamp project. Website: Stamps Wounded Warriors; quilt projects, i.e. Home of the Brave and Quilts of Valor.

**Promoting Family Literacy**
- Volunteer to read to pre-school or young elementary age children. Check with county educator for available programs i.e. Raising Young Readers.
- Implement reading programs such as F.R.E.D. (Families/Fathers reading every day). i.e. Texas Tech curriculum to encourage family time and use of libraries. i.e. Make bags to use with children, fill with age-appropriate books and activities. Work with location programs for distribution.
- Adopt a “book box” project using information gained through "www.littlelibraries.com" for your area or underserved community in your county.

**Life Essay**
- Each county conducts a life essay contest according to the state guidelines as listed. County winners should be submitted to the state awards chair for judging.
- Write about ONE EVENT OR TIME IN LIFE, for the purpose of providing future generations a written picture of life. Spelling and punctuation are not judged, but clarity of ideas is important.
- The goal is to compile the best stories as deemed by the family issues committee members into a possible future publication as a fundraiser for OHCE.

**Rules of the Life Story Essay Contest**
- Two entries per county
- One entry per person
- Entry must be written by an OHCE member in good standing.
- Entries will only be judged if they are placed in a 3-brad paper folder with pockets for 8 ½ x 11 paper. The information is needed in the following order: Life story, name of the author, address, county, district and year written on the upper right-hand corner of the label affixed on the folder.
- The essay must be on a typewriter or computer using Times New Roman font 12 size and double-spaced with a 1-inch left hand margin. It should be one to three pages in length.
- Do not include photographs, clipart, news clippings or page protectors.
- All life essays submitted for state judging must include the current signed Life Essay “Release Form” statement by the author giving OHCE the right to read publicly and publish, electronically on OHCE website for public viewing without further financial compensation to the author.
- County winner essays must be submitted to the OHCE Awards Chair postmarked by February 1st.

**Awards:**
1st, 2nd, 3rd - County Award Book: $25, $15, $10
1st, 2nd, 3rd - Local Group Award Book: $25, $15, $10
1st, 2nd, 3rd - Life Essay: $25, $15, $10

**Committee:**
Darline Ruyle, SE Chairman
Marlene Alsip, NE Member
Tammy Elliott, SE Member
Kathy Coffey, SE Member

**Cultural Enrichments News**

The Cultural Enrichment Committee has set goals for the 2019 year. We work to be focusing on the things that Oklahoma has to offer. We will be focusing on the things that Oklahoma has to offer. We will be giving a workshop at each District Meeting. We plan workshops in each District on Trips on a Tankful. We want to highlight the unique places in Oklahoma to travel to. I have three great ladies on my committee who have helped set our goals. Thanks also for specialist at OSU for their assistance

Linda Swindler
Cultural Enrichment Chair

*The love of a family is life’s greatest blessing.*
HEALTHY LIVING STATE GOALS - 2019
Community Awareness for Healthy Living

GENERAL GOAL:
Encourage OHCE members to be active proponents of their own health and safety

Health and Safety Issues Suggested Emphasis:
• Healthy eating and active living
• Supporting emotional well-being
• Keeping yourself safe in and out of your home

Suggested Projects:
• Improving health by keeping your body in motion
• Addressing age related factors
• Generating happiness by creating random acts of kindness
• Educating others in creating a safer home environment
• Supporting emotional well-being
• Learning how to live alone

Awards:
1st, 2nd, 3rd – County Award Book: $25, $15, $10
1st, 2nd, 3rd, - Local Group Award Book: $25, $15, $10

Committee:
Robbie Sloan, SE Chair
Lynn Heck, W district S Member
Dottie Gatz, W district N Member
Kelly Baehler, NE Member

2019 STATE PROJECT: Women’s Health Education
2-year Emphasis: Women’s Cardiovascular Disease & Stroke Symptoms
I hope you will attend the District and State meetings to learn more about heart attack and stroke symptoms. Please continue making the heart shaped pillows for heart patients and donate them to Heart Hospitals, or regular hospitals at emergency rooms, surgery depts. And outpatient clinics or friends.

Let's have another pillow contest: soft fabric, same pattern since it is heart shaped. Red is for Women’s Heart Prevention and Recognition but the pillows do not have to be red fabric. Recognition will be given to the 1st, 2nd and 3rd counties with the most pillows made and donated by March 1st to be announced at District Meetings. The State meeting deadline is June 1st for your county total to be recognized at the State meeting. Remember to do your Project Reports for awards at State meetings.

I am looking forward to seeing all the reports on Women's Cancer. And looking forward to seeing all of you at District and State meetings.

Thanks, Marilyn Gibson
State Project Chair

Notes from Awards & Reports Chairman:
Isn’t it amazing how green it is for late August? I hope this newsletter finds you enjoying cooler weather and plenty of moisture for your flowers and crops. The state meeting was wonderful—full of friendship, ideas, to fall and all that bring and awards. Now, as I write this article, I’m preparing for our county fair and looking forward to.

Congratulations to all the 2017 State OHCE Member Award winners who were honored at the 2018 State Meeting in Oklahoma City:

Young Member: Heather Eden, Cherokee County, NE District
Rookie Member: Peggy Eiss, Grady County, SW District

OHCE Member: Carol Doner, Cleveland County, SW District
Heart of OHCE: Sue Rendel, Ottawa County, NE District

Including OHCE Week Reports, Life Stories, Photographs, Award Applications and Report Books, I received a total of 297 items earlier this year. This number is down a few reports from last year, mostly in the area of award applications. Please plan to nominate outstanding members in your group for these awards so they can get the recognition they so richly deserve. Please report on your projects and take pictures so we can learn from each other what is going on in our organization across the state. I will continue to give the Madelyn Special Award in 2019 for the counties who turn in the most items for Awards and Reports. The 2017 winners are:

4th place: SE District, Pottawatomie County, 17 entries
Tie for 2nd place: NW District, Woodward County
and SW District, Stephens County, 22 entries each
1st place: NE District, Cherokee County, 26 entries

The were so many wonderful projects this past year across the state. OHCE members work diligently to improve the lives of individuals and families in Oklahoma. I know it is hard for some to “toot their own horn”, but please remember the main purpose of reporting, as I see it, is to share ideas with other parts of the state so that those members may also address issues in their counties. The process is really simple.

Go to the OHCE website for the guidelines and fillable applications. Please make sure you read all the guidelines and follow ALL instructions for the award applications, report books, life stories, and photography contest. A few minor changes have been made, especially in the membership project categories (see membership goals). No report, application, etc. should be disqualified because the instructions were not followed. Please read carefully and put everything in that is requested. Remember, all of these items must be mailed to me at the following address and MUST be postmarked no later than February 1, 2019. OHCE Week Reports postmarked by June 1, 2019. If you have any questions, please contact me:

Awards & Reports Chair:
Sandy Pogue
297932 East 1730 Road
Duncan, OK 73533
580-444-3539
sandy.pogue@gmail.com

2019 STATE PROJECT: Women's Health Education
2-year Emphasis: Women's Cardiovascular Disease & Stroke Symptoms
I hope you will attend the District and State meetings to learn more about heart attack and stroke symptoms. Please continue making the heart shaped pillows for heart patients and donate them to Heart Hospitals, or regular hospitals at emergency rooms, surgery depts. And outpatient clinics or friends.

Let's have another pillow contest: soft fabric, same pattern since it is heart shaped. Red is for Women's Heart Prevention and Recognition but the pillows do not have to be red fabric. Recognition will be given to the 1st, 2nd and 3rd counties with the most pillows made and donated by March 1st to be announced at District Meetings. The State meeting deadline is June 1st for your county total to be recognized at the State meeting. Remember to do your Project Reports for awards at State meetings.

I am looking forward to seeing all the reports on Women's Cancer. And looking forward to seeing all of you at District and State meetings.

Thanks, Marilyn Gibson
State Project Chair
RESOURCES

1. Action
   a. Provide lesson on methods for managing assets, basic budgeting and financial tools, and protection of assets.
   b. Encourage all OHCE members to become Master Family and Consumer Sciences Volunteers

2. Resources
   a. Annualcreditreport.com – The official website for receiving your free annual credit reports.
   b. Protecting Yourself – Educate members about the kind of review and planning needed to protect assets including: insurance, inventories, the role of checking credit in avoiding identity theft, and estate planning (suddenly single)
   c. Extension educators and specialists
   d. Local Insurance agent
   e. Oklahoma Insurance Department
   f. FDIC website: fdic.gov
   g. NICU website
   h. FTC.gov website
   i. Consumerfinance.gov
   j. Create support groups for newly single persons to gain resources for emotional support and financial information

B. Focus Area II: Environmental
   Objective: To increase and promote actions of individuals, families, and communities to promote and practice water and energy conservation and positive recycling practices.

1. Action
   a. Provide information on what can be recycled and what happens to recycled materials.
   b. Organize community clothing swap.
   c. Encourage club members and communities to develop good water conservation practices and use of water testing, both town and rural water.
   d. Educate and encourage others in maintaining and repurposing clothing and household items.
   e. Recognize impacts and critical roles that individuals may have on personal and community environments and development.
   f. OHCE clubs will develop and or maintain a community planting project using Oklahoma proven plants.

2. Resources
   a. Save One Gallon a Day-A county and state-wide initiative to increase awareness and participation in water conservation. Each club can develop ideas for saving water.
   b. More Energy at Home – Five easy steps for saving on home energy. (teach to 4-H)
   c. Healthy homes-Teach consumers no and low-cost healthy homes practices.
   d. Fact sheets related to fruit, vegetable, plant, and tree varieties that grow best in Oklahoma.

3. Observe Special Days
   a. Earth Day.
   b. Observe National Safe Drinking Water, month of May.
   d. Organize and/or support “Household/Farm Hazardous Waste” Collection.
   e. Arbor Day, last full week of March.

Awards:
1st, 2nd, 3rd - County Award Book: $25, $15, $10
1st, 2nd, 3rd - Local Group Award Book: $25, $15, $10

Committee:
Viola Allen, SE Chair
Vivian Meridith, NE Member
Freda Cunningham, W district S Member
Connie Harris, W district N Member

Hello Everyone,

I was so happy to see the great turnout for the class “Digitizing Old Photos” at the State Meeting in July. I hope everyone has been able to start that project. Its so important to protect our history. If you have a topic for me as a historian you would like to learn about, please feel free to call me at (405)659-4384.

Sincerely,
Shem Hamil
State Historian
2018 OHCE State Conference

It has been my great honor to serve this past year as your Vice President of Programs. It has been a year of learning many new things, using skills and gaining new skills, and having so much fun planning, crafting, and working with a great team on the Annual Meeting.

And, what a fabulous time together it was at the 83rd Annual Meeting in Oklahoma City just weeks ago in July! Our attendance was up with 275 registrations and 300 in attendance at the Friendship Banquet. Our theme, “Planting the Seeds of OHCE” worked well. Everyone received African Marigold seed packets in watering cans, and small clay flower pots filled with goodies to take home. A winner at each table took home one of the centerpiece door prizes and a $100.00 bill were given away during Tuesday’s lunch. Fun! Fun! Fun!

Leslye Owen started the conference workshops and activities off with a flourish on Sunday afternoon teaching 100 members how to make beautiful beaded OHCE charm bracelets. Those bracelets were seen everywhere for the next two days! Honing leadership skills was the objective of the State Leader Lessons on “Managing Conflict” and “Managing Change.” A wide variety of other workshops taught new skills, covered diverse interests, and presented new information to all in attendance. During hands-on workshops, we repurposed old buttons, made cards, did some Swedish Weaving, and learned some new twists to give money as a gift. Lots of fun and new ideas were shared in great workshops.

Ultimately, OHCE seeds were planted everywhere! Seeds of friendships new and old, seeds of knowledge, seeds of challenge, seeds of leadership, seeds of recognition, seeds of family, seeds of fun, and many more were planted throughout our time together. I hope everyone took many of these seeds home and have been busy planting a variety of OHCE seeds in groups and counties across the State. OHCE members everywhere can be such a force for change!

A big personal “Thank You” to everyone who attended the Annual meeting. Your attendance is so very important! After all, the Annual Meeting is about you, and it is for you. A big “Thank You” also goes to all who supported, planned, and worked in the background. This meeting could not take place without you!

Kathy Fentress
Vice President of Programs

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Online Forms on OHCE Website:

Please go to OHCE Website at https://humansciences.okstate.edu/fcs/ohce/resources.html under Forms to find the forms. You will need the new Adobe Reader and it can be downloaded from the website.

1. County Officer Form: For those who are responsible for filling out the County Officer Form, this is an Excel form for reporting your County Officers. The report is due by November 1. The State Advisor’s office has stated that only this new form will be accepted. Others will be returned.

   1. New Membership Form: Once you open it in Adobe Reader, you will just click on the first question and then typing, tab from one question to the next. At the end next to the signature line click on the submit button and it will automatically print the form for you to give to your local/county treasurer who will give it to your educator. After printing, please save the document with “firstname lastname.pdf”.

   2. Member Award Forms: Click on the appropriate Member Nomination Form (there are 4) and it will open, right click and Save As to your computer. You will then open the document from your computer in Adobe Reader, click on the first question and then tab from one question to the next. Once you have completed the document, you will need to use “Save As” the same name to save it to your computer. You can now e-mail your form to your county president or extension office for them to complete. They will then e-mail it back to you for printing and completing your book with picture, bradded folder, etc. Please check out the Criteria on the website for any changes.

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Congratulations to the New 2018 Master FCS Volunteers

Cherokee County
Kittie McBryer – Park Hill

Cleveland County
Andrew Stober – Hopewell

Hughes County
Donna Boyd – Attwood

Marie Louise Burns - Attwood
Beverly Chapman - Attwood
Murphy McDaniel - Attwood

LaTrishia Sherry - Attwood
Mary Wallace - Attwood

Ottawa County
Linda Garrett – Elm View
Melissa Olson – Elm View
Sue Rendel – Elm View
Ella Lou Reynolds – Homebuilders

McCurtain County
Glenda Friend Rankin – Bezy Beez

Nowata County
Suzan Perkins – Domestic Divas

Pottawatomie County
Mary Roberts - MOMS

Seminole County
Vicci Bailey – Wild Goose
Crystal Batey – Wild Goose
Julie Batey – Wild Goose
Darlena Choate – Wild Goose
Debra Choate – Wild Goose
Barbara Davis – Wild Goose
Barbara Jones – Wild Goose
Cleo Kelly – Wild Goose
Joyce Martin – Wild Goose

Tulsa County
Kathy Erwin – Jenks
Charline Romine – Valley View

Woodward County
Sandra Judge – Work & Play

Kimberly A. Williams
Program Evaluation Specialist
I have been struggling with what to say about myself. Then the journalism classes began to fill my mind, “Why don’t you answer the famous 5 Ws and the lonely H?” is my story.

Who is Leslye Owen? I am a 51-year old wife of 31 years to Rich Owen. We live in Shawnee, Oklahoma where we raised 3 daughters and enjoy the 6 grand babies, ages 4 to 13. I am a member of the Dale OHCE group. I have served as a chairman, secretary, vice president and president on the local level. I have served as treasurer, president and am now serving as the Leadership chairman on the county level. At the county fair I also serve as the Food Preservation superintendent. I became a member after being invited to a meeting where I fell in love with the other members and joined the next month.

What do I love about OHCE? I love what we stand for and what we do for others in our communities. I love the members. Some of them I have become great friends with outside of OHCE. I would not have met them if I wasn’t a member. The creed says it all for me. It embodies my personal beliefs. I love who I have become because of being a member of OHCE. I want to make sure others know how I feel about this organization.

When did I join OHCE? December of 2000 I was invited by my mother to be her guest at Dale’s Christmas party. I was 35 years old and was the youngest person there. That did not bother me because I fit right in with the seasoned members. They acted like they had known me for years. I felt at home. In January of 2001 I became a member. I was able to come to meetings because I was only working part time until 2003. After I became a full-time employee, I saved my vacation days to work the county fair. In 2006 I was able to become the Food Preservation Superintendent. I retired in 2010, after working 26 years with people with disabilities, enabling me to be more active with OHCE.

Where? Well the only way I can answer where, is to say where I would like to see OHCE in the future. I see us reaching more people to become members. I see us reaching out further and more in the community. I see CHANGE. We have already experienced change in our districts. We have changed advisors and officers, so what’s next? Next is changing how we reach new members: how we talk to potential members and how we see the members we already have.

Why? This is why I created a new sub-committee of the membership state goals. I gathered a few members and we have come together to develop a new approach to recruiting members. One of the things we have to remember is CHANGE. We are not as rural as we used to be. In reaching new members we have to find out what will interest them. We need to be able to say, “this is OHCE”.

I am eager to lead us into the Future of change. We have changed in so many ways and will continue to change whether we like it or not. Some don’t. like change, but it happens anyway, and we will make it work.

This is my mantra or focus for the next 2 years: CHANGE. This is how the new committee came to be. People and times are changing. If we don’t change with them, we fade away.

This is how I see my next 2 years going. I hope to see you at your county meetings.

Thanks for having faith in me.

Leslye Owen
State OHCE President
2019 MEMBERSHIP DUES

COUNTY TREASURERS:

The state dues for 2019 are due to state treasurer by November 1, 2018. You should collect the money and membership forms from all your local groups on or before October 15th. Take the membership forms to the County Educator to compile a new Master Membership Roster. Please send this new Membership Roster along with a completed Treasurer form and a County check made payable to OHCE equal to $12.50 per member. Any other contributions can be included in this check providing you note on the Treasurer form to which entity you wish to donate the amounts. The number of members on the roster MUST match the number of paid members. We ask that the information be put in the proper format that each county office has for their records. This is an exact duplicate of the information you are to send to the OSU State Secretary, also by November 1. (All forms can be found on the OHCE Website under RESOURCES and then FORMS)

DO NOT SEND INDIVIDUAL MEMBERSHIP FORMS with this mailing! The only time you send individual forms is when you have individual members that may be joining late. You are to send one master list with all information on or before November 1.

Educators: It would be helpful if you send a clean copy with current information for each paid member. It is confusing when there are some names marked through, deleted and several counties have different methods to divide groups with color coding, etc. This is fine for your records, but if you could turn off the color codes before sending to State Treasurer it would be appreciated. I don’t mind you sending it to me electronically, providing you make sure the County Treasurer has put the check and the Treasurers Form in the mail.

If you have questions or concerns about your county treasurer responsibilities, please feel free TO CALL ME ANYTIME or you may email me and I will respond as quickly as possible. I look forward to working with all of you for the next two years and will be attending your District meetings in 2019.

KAREN POSPISIL, OHCE State Treasurer
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EMAIL: crpospisil@sbcglobal.net

LDCE ANNOUNCED INCREASED FUNDING

Leadership Development and Citizen Engagements steering committee announced an increase in dollars available for LDCE grants.

Effective July 31, 2018, LDCE has available $1500 per grant applicant which is an increase of $500 over the past few years. LDCE grants are to provide seed money for merging leaders to develop and refine leadership skills through specific training and/or by working on a project of importance in the community, neighborhood or county. Proposed grants must foster leadership development and citizen involvement.

At this writing, collaborative efforts between LDCE and Ambassadors are being developed for joint presentations during 2019 OHCE District meetings. Specific detailed information regarding formulating grants for both funding entities will be presented with a question and answer period. Additional details will be shared as they evolve.

Marie Jones, Chair, OHCE State Leadership Development Committee

RESOURCE MANAGEMENT REPORT

I want to thank Cindy Clampet, OSU Resource Management Specialist, Freda Cunningham, and Angie Hudson for their help during the OHCE State Goas Planning Meeting August 3rd and 4th in Stillwater OSU Campus.

We went over our goals and decided not to add or subtract any goals already in place. So the Resource Management goals will stay the same for 2019.

Cindy Clampet, Gina Peek and Janice Herman will present workshops called AG-KICK IT IN GEAR at all the Districts in 2019. This will also be a State lesson. To County and Local Resource Management Chairs, if you go to your District meeting in 2019, please try to attend the workshop.

Viola Allen, OHCE State Resource Management Chair
Hello from Nominating Committee!

A reminder to everyone that qualification forms need to be sent by February 1st to:

Nominating Chair
Debbie Mote
P.O.Box 94
Morrison, OK 73061.

If you have never been on the board, I would like to encourage you to join us. If you are on the board and did not take office in July, your term will be ending this next July, and you will need to send in a qualification form if you would like to continue or change positions.

If you hold an elected position please refrain from resigning that position to take another position.

Elective positions that will need to be filled are:
- Vice President for Program
- President Elect
- Treasurer Elect

Appointed Position that will need to be filled:
- Awards and Reports Chair

Appointed Committee Chair and Members that will need to be filled:
- Family Issues
- Resource Management

Please read the duties that pertain to each position to see where you would best serve OHCE. The basic responsibilities are to attend the Pre and Post State Conference meetings, the State Meeting, 2 Board Meetings one in April and one in August, and your own District Meeting.

Debbie Mote, Nominating Chair

Southeast District Meeting 2019
Pat Chapman, SE. District Representative

It is already time to mark your calendars for the SE District Meeting to be held on March 19, 2019 in Broken Bow at the Broken Bow Middle School.

Our theme for 2019 is "Mad About OHCE."

The hosting counties of Atoka, Choctaw, Coal and McCurtain hope you will join us as we enjoy the wonderland of OHCE through fun and informative workshops. Our State Chairs and Officers have a full line-up of great workshops planned. We are still making contacts and nailing down presenters to bring you a variety of workshops that you won’t want to miss!

There are many things to do in our area and for those that may be planning to come the day before and spend the night, please don’t wait to reserve your lodging, as they book up fast.

North East District Meeting
Mildred Taylor, North District East Region District Representative

The 2019 North District East Region Meeting will be held March 26, 2019 at the Sequoyah Lodge in the beautiful Sequoyah State Park near Hulbert, Okla. Host counties are Adair, Cherokee and Sequoyah. Our theme and workshops are yet to be determined, but there are some interesting ones on the list of ideas. Sequoyah Lodge is on the shore of Lake Fort Gibson and the park features fishing, golf, hiking, biking and has riding stables.

You may want to come a day or two early to enjoy the area. Available lodging, includes hotel rooms, cabins, and cabanas.

West District South Region Meeting 2019
Pam Booker, West District South Region Representative

Friday, March 29, 2019

Washita, Custer, Greer and Jackson Counties are planning to see you at the West District Region South District meeting at:

Weatherford Church Of Christ
1701 Pine Street
Weatherford, OK

The theme is HOME GROWN STRONG!..

West District North Region District Meeting 2019
Sandra Judge, West District North Region Representative
Guymon High School Guymon, Oklahoma
March 23, 2019

Hosting counties are Texas, Beaver, and Harper.

The theme of this years meeting will be “OHCE Home Grown Strong”...

Sandra Judge

It is time that all members need to renew their memberships. All members are required to fill out a New Membership Form when paying their $12.50. Make sure that your address and e-mail address are correct and legible, and do not forget to place a checkmark next to the “Yes” if you want to receive by e-mail. The Membership Form is available in a fillable pdf format on the OHCE website.

After your Membership Forms are turned in, and as the year progresses, please do not forget to send any change of address or e-mail address to myself or to your educator.

Carol Doner, OHCE Outreach Editor
Oklahoma Outreach is published three times a year by Oklahoma Home and Community Education, Inc. (OHCE), is a 501c3 non-profit organization whose mission is education, leadership development and community service. OHCE is one of the educational organizations sponsored by the Oklahoma Extension Cooperative Service, Oklahoma State University, Stillwater, Oklahoma. All members are invited to submit timely OHCE news items. Deadlines are the 1st of February, May and September. Editor reserves the right to edit all articles.

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