Our Theme: \textit{CHANGE}
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. **OHCE DEVELOP RECRUITMENT PLAN — RECRUIT, RETAIN, REJOIN** - Encourage county membership to promote membership growth.

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. Develop a county or group OHCE business card. 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. Clarify membership forms for 50+ years.

8. Three “R’s” of Membership message will be sent to county membership chairmen.

Awards:

1. **County** Award Books: $25, $15, $10
2. **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:

1. **County** Award Books: $50, $30, $20
2. **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 submitter’s 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.

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

4. **Send report to State Membership Chair by June 1, 2020.**

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

County Photography

1. Photo must be an OHCE activity and members(s), in color, photo should be no larger than 5 x7 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, 2020.**

**Awards:**

1. **1st, 2nd, 3rd** - **$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, 2020**. 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,
Christine Hammond, SE Member
Kay Gray, West District, Southern Member
MEMBERSHIP RECRUITMENT AWARD ENTRY FORM

Entry Deadline: February 1

Send entries to: OHCE Reports and Awards Chair

Name of County:

Name of local established group (if applicable)

A. Number of current members as of July 1:

B. Number of new members gained from July 1 – June 30:

Percentage of growth (B divided by A):

Name of person submitting entry:

Address:

Phone Number:

Email Address:

This award report will be 2 pages only:

Page 1: Entry form (this sheet)

Page 2: Description of the local/group projects or activities, which led to this growth!

If you have county and local groups to submit you must submit each one as a separate award entry.

CRITERIA FOR JUDGING OHCE WEEK REPORTS

__________________________________________________________
County/Group Name

__________________________
District

Items needed to complete report: 0-10 points

- 3 brad folder with pockets
- The folder label must include: OHCE Week,
- Local Group (if applicable), County, and District
- 1 page report of your activities
- Use 1” margins and Times New Roman Font 12
- 1 page of pictures (limited to 1 page)
- Limit of 9 pictures - may be shingled
- 1 page of newspaper articles/other

Short Summary Paragraph of the project

Place Summary in the pocket of the folder

Story:

A. Describe Situation______ 0-10 points
B. Objectives_____________________ 0-10 points
C. Describe process_________________ 0-20 point
D. Result of project(s)__________ 0-25 points

Emails, Thank You notes and other items:

That are related to your OHCE Week Activities 0-20 points

Include Summary paragraph: (Plus or minus 5 points)

If no summary is included: Minus 5 points

If summary is included: Plus 5 points

-5 or plus 5 points

Total points__________ 100 points possible

Suggestions or comments______________________________

HISTORY STATE GOALS – 2020

- Continue to encourage each county and local group to appoint a historian to keep important records for that county or group.
- Encourage county and local group historians to submit items for archive to the State Historian.
- Collect an oral history from more mature OHCE members or members of your community.
- Collect information on the newest local groups – date formed and how they came about?
- Gather other pertinent OHCE history items.
- 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.
- Communicate with OSU Library Archives regarding storage of items that won’t fit in a folder.
- Provide a workshop at Districts or State Meeting.

Shem Hamil, State Historian
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/Czeck, Strawberry Festival, Watermelon, Peach, Bluegrass, Pecan, etc.
4. Etiquette for outdoor entertainment
5. Passport to historic Oklahoma.
6. Barn Quilt Trail Tours.

C. Heritage Skills
1. Record oral and written history of family, community, and the heritage of OHCE skills
   a. Organize or attend workshops to learn methods for gathering history of family and community life.
   b. Interview and record older family members, community leaders, OHCE members, current and retired educators, etc.
2. 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.
3. Learn new quilting techniques, such as, hand quilting techniques, paper piecing, crazy quilting, hand appliqué techniques, Stack ‘n Whack, Bargello.
4. 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.
5. Organize antique shows within the county. Approach local antique dealers, local historians and other appropriate persons to come in and appraise the items.
6. Visit and help clean up old cemeteries.
7. Traditions of different families. What were the myths, truths, “unusuals” that you grew up with?
8. 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.
   A. Pennies for Friendship (Associated Country Women of the World projects.)
   B. Nickels for India women farmers (ACWW).

Cultural Enrichment Continued

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

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, Member

2020 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 members though team building.
3. Foster leadership in new members through shared rules 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. Encourage participation in community forums to address local issues using public deliberation, and through the education of citizens on their voting rights, privileges and responsibilities; with potential implementation grants such as Leadership Development and Civic Engagement (LDCE), and Ambassadors.

Incentives for OHCE members ownership and involvement in their local and county organizations by developing effective members through team building.

Leadership Project Report must be on a LEADERSHIP project, be submitted by a county or local group, written in story form with 1 to 3 pages
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 required

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

Masters FCS Volunteer Programs COUNTY PERCENTAGE BASED PARTICIPATION AWARDS
1st, 2nd, and 3rd place certificates

Committee Members:
Marie Jones, NE Chair
Sheila Ely, W district S Member
Rose Anne Jackson, SE Member
Janice Barnett, NE Member
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
- Discover how to increase involvement and assistance to Community Coalitions and create alliances 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 health 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.
- Contact and assist local VFW centers as needed.

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/Parents 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.littlelibrariess.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 8½ 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
Lydia Troyer, NE Member
Tammy Elliott, SE Member
HEALTHY LIVING STATE GOALS - 2020
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
Safety and Our Environment

Suggested Projects:
Understanding Generational Health (Inherited diseases)
Recognizing Risks of Self-Medication
How Medical Marijuana Works and Which Conditions It Treats
Immunizations and Vaccines: Benefits, Risks, and Effectiveness
Physical and Emotional Factors Older Adults
Living Alone and Loving It * Leader Lesson
Laughter Therapy
Understanding Expiration Dates: Creating a Safer Home Environment * Leader Lesson
The Dating Game
Supporting Emotional Well-Being

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, SW Member
Dottie Gatz, NW Member
Kelly Baeler, NE Member

State Project State Goals – 2020 Women’s Health”

Emphasis: Women’s Health Education

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

YEAR TWO EMPHASIS: Exploring Mental Health and Mental Illness

Resources for Year Two: Oklahoma State Department of Mental Health & Substance Abuse Services, Local Community Mental Health Centers, Native American Mental Health Services, Oklahoma Cooperative Extension Service State Specialists, NAMI.org, OAMI.org, NIMH.nih.gov

Suggested Activities:
OHCE District workshops
OHCE County workshops
Informational care packets
Display in area events

Future State Project efforts may include:
Diabetes
Alzheimer’s disease
Lupus, fibromyalgia, and rheumatoid arthritis
Multiple Sclerosis

Awards:
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 - Committee Chair
Teo Hair

AWARDS & REPORTS: Kathy Fentress, Chair

For the next two years, I am honored to serve as your Awards and Reports Chair. My first duty is to make sure everyone has my contact information. I want to be sure that all award applications and reports come to the right place! Here it is:

Awards & Reports Chair: Kathy Fentress
279 Ash Ridge Trail, Broken Bow, OK 74728
580-236-1799 mammak56@gmail.com

All 2019 award applications, project reports, life stories, and photography contest entries MUST be mailed to this new address and postmarked no later than February 1, 2020! Remember, you are reporting on 2019 projects based on 2019 goals. The new goals for 2020 do not begin until January 1, 2020 and reports based on the new goals are not eligible for submission.

Now, congratulations to all the 2018 State Member Award winners who were honored at the Friendship Banquet during the 2019 State Meeting in Oklahoma City:

Young Member: Elizabeth Morrison, Dewey County, West District North Region
Rookie Member: Eugenia Sims, McCurtain County, SE District
OHCE Member: Phyllis Tunender, Cleveland County, SE District
Heart of OHCE: Patsy Thibodeau, Garfield County, West District North Region

Congratulations also to the Madelyn’s Special Award winners! This award is given to one county from each District with the most total entries. There is a monetary award for these winners:
4th Place – W District N Region – Woodward County – 12 entries
3rd Place – SE District – Cleveland County – 20 entries
2nd Place – W District S Region – Stephens County – 21 entries
1st Place – NE District – Cherokee County – 32 entries

These four counties turned in 85 of the 298 items for this year’s reporting. Great job!

Please continue to nominate members for awards and report on your projects! All that hard work across the State of Oklahoma needs to be recognized and shared! The OHCE website has the report criteria and the fillable award application forms. Please make sure you read ALL the instructions and follow ALL criteria for the award applications, report books, life stories, and photography contest. Please make sure you include EVERYTHING that is requested! Remember, these items must be mailed to me at the above address and MUST be postmarked no later than February 1, 2020.

OHCE Week reports, 50, 60, 70+ year members and groups are mailed to the Membership Chair, Dee Porter. Please check the Membership State Goals for further information, instructions, and deadlines for these items.

I look forward to receiving many, many award applications, project reports, life stories and photos featuring outstanding members and fabulous activities for the 2019 reporting year!
**RESOURCE MANAGEMENT STATE GOALS – 2020**

A. **Focus Area I: Resource Management**
   
   **Objective:**
   
   Action
   - Provide lesson on methods for managing assets, basic budgeting and financial tools, and protection of assets.
   - Encourage all OHCE members to become Master Family and Consumer Sciences Volunteers
   - Encourage better time management among all OHCE members
   - Eliminate food waste with menu planning and better shopping practices

   **Resources**
   - Annualcreditreport.com – The official website for receiving your free annual credit reports.
   - 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)
   - Extension educators and specialists
   - Local Insurance agent
   - Oklahoma Insurance Department
   - FDIC website: fdic.gov
   - NICU website
   - FTC.gov website
   - Consumerfinance.gov
   - 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.

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

   **Resources**
   - 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.
   - More Energy at Home – Five easy steps for saving on home energy. (teach to 4-H)
   - Healthy homes-Teach consumers no and low-cost healthy homes practices.
   - Fact sheets related to fruit, vegetable, plant, and tree varieties that grow best in Oklahoma.
   - Encourage community beautification.

   - Healthy Housing: A program that is designed to teach consumers the seven principles of healthy housing. By maintaining a healthy home, consumers will reduce risk while maintaining or increasing well-being.
   - Department of Environmental Quality (DEQ) 707 North Robinson, Oklahoma City (405) 745-7120
   - County Commissioners.
   - OSU County Educators and 4-H Environmental Stewardship Team members.
   - Public Libraries and Internet.
   - Legislators.
   - OSU Specialists.
   - US Ag Recycling Inc. 1-800-654-3145.
   - Salvation Army or local thrift store (for recycling).
   - OK Environmental Management Authority, 1505 Rock Road, (405) 262-0161.
   - Beautification Coordinator, Oklahoma Department of Transportation (ODOT); 200 NE 21st, Oklahoma City, OK 73105, (405) 521-4037. Master Gardener programs.
   - Local Nurseries and Landscapers.

   **Observe Special Days**
   
   Earth Day.
   
   Observe National Safe Drinking Water, month of May.
   
   Adopt-A-Highway program.
   
   Organize and/or support “Household/Farm Hazardous Waste” Collection.
   
   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:**
   
   Margaret Barbour, SE district, chair
   Vivian Meridith, NE district, Member
   Freda Cunningham, SE district, member
   Rita Hunt, SE district, Member

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Hello Everyone,

I hope your getting ready and are excited about our upcoming state meeting. If you have a group that has discontinued its charter in your county and you don’t know what to do with their documents, you can bring them to me. I will be sure that they are archived and preserved. If you are cleaning out those closets or run across any OHCE documents, photos, or items that you need archived, I will be happy to receive them at the state meeting. You can usually find me at the promotional sales tables. I look forward to seeing everyone soon!

Shem Hamil, State Historian
Healthy Living Report, August 2019

At the State Planning Meeting on Aug. 2, Healthy Living Committee had three of our four in attendance. They were Committee Chair Robbie Sloan, Member Kelly Beahler, and Member Lynn Heck. Member Dottie Gatz was unable to attend.

In the initial committee meeting, our past goals and project suggestions were updated to stay current with today’s healthy living concerns. We spent the rest of the morning discussing possible state leader lessons and project topics.

By the end of our meeting, we had posted two state leader lessons suggestions along with several workshop topics. Healthy Living will present two workshops at the SE District Meeting: Laughter Yoga and Personal Security and Safety for Women.

Before I leave you today, I want to share some information I read. According to this internet article, the United State spends the most money on healthcare, and yet still has the one of the lowest life expectancies (79 years) of all developed nations. In 2019, Americans live in an easier time like no other generation, yet our convenient lifestyle choices have cost us health wise.

By taking these five conscientious steps toward healthy living, we can be the exception to America’s predicted life span.

- Healthy diet
- Healthy physical activity
- Healthy body weight
- Healthy NON-Smoker
- Healthy alcohol intake

According to the article, healthy habits make a big difference in life expectancies: anywhere from 7-14 years.

As I faced another birthday this summer, I quickly did the math, and realized that my life span is quickly heading toward its end prediction. Now I have a decision to make. Do I continue on and say my predicted goodbyes to my grandkids, or do I do everything in my power to live long enough and well enough to see my great-grandchildren raised. I voted. Goodbye belly fat. Hello giggles and hugs.

Healthy Living Chair, Robbie Sloan
Members
Lynn Heck SW
Kelly Baehler NE
Dottie Gatz NW

The year has gone by so quickly. 4 District meetings, 2 board meetings and we have started the cycle again. By the time you receive this newsletter some will have had their county fairs or will be in the middle of them. The county fairs are my favorite time of the year. I have the privilege of judging at a few and to see all the wonderful creations from all the talent we have in this state is rewarding. The best part is judging the 4-H entries at the state fair. It floors me the talent these kids have. My husband even judges.

Your board has spent a whole day of planning and preparing us for the state goals and leader lessons the first of August. The committees have decided on the workshops that they will be presenting at the 2020 district meetings. And I can tell you it will be worth attending. Dee Porter your state membership chairman and myself are working together to present to you a workshop on how and when to recognize a member for their years of service to OHCE. We will also explain how the county and group president and membership chair can help with this honor. I am excited to work with Dee. She has a passion for increasing our OHCE membership as do we all.

I introduced our little friend Ohce to you at our district meetings not to compare us to cows, but to recognize the efforts and determination in overcoming adversity and challenges we face every day. I asked that we not predetermine in our minds if a person would fit in with OHCE and to give them the chance to see if they thought they were a fit for OHCE. It wasn’t something I was going to dwell on, but to use this example to get us thinking about how we approach someone for membership. I believe it worked and Ohce did what I was hoping Ohce would do. That’s make us think differently about how we see potential members. This is all about CHANGE, changing how we see potential members and most importantly how we allow this new member to bring change to our groups and OHCE.

For this next year it is still something I want us to think about when considering someone for our organization. We know they can benefit from being members, but how can OHCE benefit from them being a member. Try saying this to a potential member, “OHCE is an organization where you can make new friends and meet people who have the same interests in improving the family, community and yourself with research-based education provided by our partnership with OSU extension services.” This will get them to ask you more if they are interested. After learning of the research results of the survey Lesa Rauh did for her master’s program and meeting with a few of our members from around the state this is what we have come up with. Let’s give it a try and see where it takes us.

We had a wonderful state conference. All involved in the planning and preparation out did themselves. I want to thank Kathy Fentress and the arrangements committee for their great work.

Yeah, I know I rambled, but I had so much I wanted to say and not enough space to do so. I will leave you with this, you are all awesome. The time you take to make a difference in your community is priceless. Whether it is time, money etc. however you are able to serve in the name of OHCE is appreciated more than you will ever know. Keep up the great work. And THANK YOU.

I look forward to seeing everyone at the district meetings in March 2020.

Leslye Owen, OHCE State President
2020 MEMBERSHIP DUES

It’s that time of year again! As always the state dues for 2020 are due to the state by November 1, 2020. You should be collecting the money and membership forms from all your local groups on or before October 15th. Copies of all membership forms should be taken to the County Educator (or office) 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. Please be certain that the information is put in the proper format that each county office has for their records. Send an exact duplicate of this information to the OSU State Secretary, also by November 1.

DO NOT SEND INDIVIDUAL MEMBERSHIP FORMS with this mailing! Only send individual forms when you have members that may be joining late. Be sure these are added to your rosters and uploaded to the State office as they are received. You are to send one master list with all information on or before November 1.

KAREN POSPISIL, OHCE State Treasurer
3922 96th Ave NE, Norman, OK 73026
PHONE: (405) 447-1233(H) (405) 473-5801(C)
EMAIL: OHCEtreasurer@gmail.com

Educators: It would be extremely 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 me it would be appreciated. I don’t mind you sending it to me electronically, providing you make sure your County Treasurer has put the check and the Treasurers Form in the mail.

If you have any questions or concerns about your county treasurer responsibilities, please do not hesitate TO CALL ME ANYTIME or you may email me and I will respond as quickly as possible.

We’ve Got the Money!” Ambassador Grants Due January 10th
Thank you, OHCE members, for letting the CE/FCS Ambassadors showcase their 2018 award winners during the state OHCE meeting in July! Congratulations to all the 2019-2020 CE-FCS Ambassador’s grant recipients. A total of 15 Ambassador grants worth $29,924.81 and two Fitch Fellowships in the amount of $2,875 were given for this grant cycle.

Are you thinking, planning, and strategizing about applications for your county OHCE project? The 2020/2021 grant applications will be due on January 10, 2020. Please remember there are OHCE grants in the amount of $800 each available. Announcements of successful grants will take place in the spring, with project implementation and spending between July 1, 2020 and June 30, 2021.

Need help understanding the categories? Here is a list of grant categories to help get you started.

County Educator Grants (8 individual county grants are available) = $750 each
OHCE County Grants (5 OHCE county grants are available) = $800 each
State Specialist Grants (can fund more than one) = $3,000 cap for category Multi-County Educator Grants (3 multi-county grants are available) = $1,000 each Blackwell Legacy Award (for Extension Educators or Specialists) (1 available) = $15,000 to fund up to a three-year project Blackwell Supplemental Award (for Extension Educators or State Specialists) (1 available) = $1,000 Margaret Edsel Fitch Fellowship (for County Educators or State Specialists) (can fund more than one) = $11,000 cap for category Outstanding Individual OCES Staff Award = $500 Outstanding Team OCES Award (up to 5 people) = $500 Outstanding Group OCES Award (more than 5 people) = $500

Past OHCE State Presidents at 2019 State Meeting
Front Row (l-r) Shirley Burns, Donna Jones, Pam Vaughn, Debbie Mote
Second Row (l-r) Sheila Ely, Debra Stevenson, Terrie Deshazo, Barbara Cox, Sue Rendel, Javonna Earson
Online Forms on OHCE Website:
Please go to OHCE Website at https://human sciences.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.

2. **New Membership Form**: Once you open it in Adobe Reader, you will just click on the first question and then after 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”.

3. **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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**News from Your Vice-President**

**Congratulations to Kathy Fentress**

for a wonderful Journey at our 2019 State Meeting. Everything was absolutely delightful. Every last detail was totally awesome. I definitely have big shoes to try to fill.

The State Committees met in August along with Department Heads from OSU. They worked many hours to come up with our 2020 State Goals. Some goals remained, some were tweaked and new exciting goals were added. Stake a look at the goals to see what goals will work not only for your county but also for your local groups.

The 2020 OHCE State Meeting will be held at the Embassy Suites downtown Oklahoma City on July 12-14. This is a Special Anniversary for OHCE - “85”!! The theme will be “85 Years Strong – Diamonds and Sapphires”. Plans are underway for a great time. It is never too early to start making plans for a wonderful meeting. Just one little tease – Our Sunday evening event will be a round robin of 4 different craft sessions. You will have 4 crafts to make and take. What fun that will be!!!

**Debbie Mote**

Vice President of Programs

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**RESOURCE MANAGEMENT REPORT**

I want to thank Cindy Clampet, OSU Resource Management Specialist, Committee Members Freda Cunningham, Vivian Meridith and Rita Hunt for their help during the OHCE State Goals Planning Meeting August 3, 2019 in Stillwater, OSU Campus.

We went over goals and decided not to make any changes but we added two additional actions under Resource Management. They are Encourage better Time Management among all OHCE members and Eliminate food waste with menu planning and better shopping practices.

There will a workshop at the SE and NE Districts on “Rain Barrels” and Cindy Clampet will be doing workshops at all districts on “Time Management”.

**Margaret Barbour**, OHCE Resource Management Chair
The OHCE State Board needs you!!!

There are several positions that will need to be filled for the 2020-2022 terms.

You are encouraged to file for an office that you might like to serve in. The positions available are: Parliamentarian, Secretary, Historian, Chaplain, District Representatives, Arrangements Chair and Committee Members, Budget Chair and Committee Members, Bylaws Chair and Committee Members, Nominating Committee Chair (Past State President serves in this area), but we need members to serve, Oklahoma Outreach Newsletter Editor, Promotional Sales Chair and Committee members.

We will also be appointing the following position: Healthy Living Chair and committee Members, Cultural Enrichment Chair and Committee Members, Leadership Development Committee and Membership Chair and Committee Members. These positions also need to have the paperwork sent to me.

Please fill out the application and a letter from you FCS Educator and a photo and send to:

Debra Stevenson,
3029 Tenkiller Dr. Yukon, OK 73099.

Nominating Chair
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