

You Hit a Home Run
with



OHCE

86th Annual Meeting
August 1-3, 2021
Champion Convention Center
Oklahoma City

OHCE Emblem

The emblem is a circle suggesting the continuity of life in our state, our homes, and our community education. The single candle symbolizes the unity of goals and purposes of our organization. The candle emphasizes the saying “it is better to light just one little candle and through unity light the world.” The edge of the seal has 77 bites of light between the cogs representing all the counties of Oklahoma. This all forms a work wheel that our members have put their shoulders against and thus turns our world into a better society. Standing behind the candle is our great state of Oklahoma.

The meaning of the emblem was the deciding factor in the committee’s selection of the design. It was submitted by Betty Auld of Grady County OHCE.

The emblem was amended to include “Est. 1935” in 2010.

OHCE Creed

We believe the family should come first in the life of the individual, the community, and the nation. We will build our homes on love and mutual respect. We shall endeavor to discover the potential in our children and our neighbor’s children and to help them develop their personalities in such a manner that they make a worthwhile contribution to life.

We shall maintain high standards in our homes through research and education to promote better use of our environment and better living conditions for all.

We shall encourage a faith in a God of love who is forever revealed through natural laws and human personalities.

We shall have faith that strong leaders shall go forth from our homes and communities, carrying with them throughout the universe the ideals which we have proclaimed.

The OHCE Colors and Flowers

The Oklahoma Home and Community Education colors are green and gold, and the flower is the African Marigold.

2020-2021 State Officers

Oklahoma Home and Community Education

Officers

President	Sandy Pogue
Vice President for Programs	Debbie Mote-Wagstaff
Secretary	Pat Chapman
Treasurer	Shelia Burnett
Awards & Reports Chair	Kathy Fentress
Parliamentarian	Javonna Earsom
Historian/Historical Committee Chair	Shem Hamil
Chaplain	Joy Trammell
Editor	Carol Doner
Liaison to OHCE Board	Dr. Gina Peek

District Representatives

Northeast District	Rita Lee
West District/Northern Region	Marilyn Gibson
Southeast District	Teo Hair
West District/Southern Region	Pam Vaughan

District Advisors

Northeast District	Brenda Miller
West District/North and South Regions	Cindy Conner
Southeast District	Janna Kelley
Southwest District	Susan Routh

Organizational Committee Chairs

Arrangements	Mary Bacon
Budget	Shelia Burnett
By-Laws	Sheila Ely
Membership	Linda Swindler
Nominating	Leslye Owen
Promotional Sales	Angie Hudson

Educational Committee Chairs

Cultural Enrichment	Linda Wallis
Family Issues	Tammy Elliott
Healthy Living	Madaline Kropff
Leadership Development	Dee Porter
Resource Management	Margaret Barbour
State Project, Hunger in Oklahoma	Marie Jones

Schedule of Events – At A Glance

Sunday, August 1, 2021

		Location
1:30pm-3:00pm	State Pre-Conference Board Meeting	Salon A
2:30pm-5:00pm	Registration	Great Hall
3:30pm-5:30pm	Christmas Crafts	Salon M N J O
<i>Dinner on your own</i>		

Monday, August 2, 2021

7:00am-8:00am	Silent Auction items accepted	Great Hall
7:00am-5:30pm	Registration	Great Hall
7:00am-5:30pm	Hostess Desk and Promotional Sales	Great Hall
8:00am-8:30am	First Timers' Welcome and Orientation	Salon O
8:00am-8:30am	Voting Delegates	Salon B C D
8:30am-8:50am	Hostess Orientation	Salon O
8:00-4:30	Ambassadors' Silent Auction	Great Hall
9:00am-11:00am	Business Meeting	Salon B C D
11:15am-12:15pm	Learning Session I	
12:30pm-1:45pm	Luncheon	Salon H I
2:00pm-3:00pm	Learning Session II	
3:15pm-4:15pm	Learning Session III	
4:30	Last call for bidding on auction items	Great Hall
5:00pm-5:45pm	OEAFCs Celebrates Barbara Brown	Great Hall
6:00pm-8:30pm	Friendship Banquet & Vespers	Salon H I
At conclusion	Release of auction items	Great Hall
	President's Reception	Hilton Garden Inn

Tuesday, August 3, 2021

7:00am-8:15am	Past-Presidents' Breakfast	Hilton Garden Boardroom
7:00am	Registration	Great Hall
7:00am-2:30pm	Hostess Desk and Promotional Sales	Great Hall
8:00am	State Board group photo	Salon G
8:00am	Outstanding award member photos	Salon G
8:00am-2:30pm	Ambassador grant displays	Great Hall
8:00-8:45am	Educators Session	Salon A
8:45am-10:45am	Awards & Reports Ceremonies	Salon B C D
11:00am-12:00pm	Learning Session IV	
12:15pm-1:15pm	Luncheon	Salon H I
1:30pm-2:30pm	Learning Session V	
2:45pm-3:45pm	Post-Conference State Board Meeting	Salon A

Schedule of Events

Sunday, August 1, 2021

Location

1:30pm-3:00pm	State Pre-Conference Board Meeting <i>current State Board members only</i>	Salon A
2:30pm-5:00pm	Registration opens	Great Hall
3:30pm-5:30 pm	Sunday Afternoon Workshop Christmas Crafts - <i>must be pre-registered</i>	Salon M N J O

Dinner on your own

Monday, August 2, 2021

Complimentary breakfast buffet for hotel guests opens at 6:00am.

7:00am-8:00am	Items accepted for Silent Auction	Great Hall
7:00am-5:30pm	Registration	Great Hall
7:00am-5:30pm	Hostess Desk	Great Hall
	OHCE Promotional Sales	Great Hall
	<i>open only before meetings and during breaks</i>	
8:00am-8:30am	First Timers' Welcome: Tips on how to make your first state meeting fun and informative	Salon O
8:00am-8:30am	Voting Delegates' Session <i>State officers will update and share info with County Presidents and Secretaries. District Reps will assist with seating of delegates for the Business Meeting.</i>	Salon B C D
8:30am-8:50am	Hostess Orientation	Salon O
8:00am-4:30pm	Ambassadors' Silent Auction	Great Hall

9:00AM-11:00AM BUSINESS MEETING SALON B C D

All members, delegates, and officers attend. Please silent phones. Thank you.

Call to order	Sandy Pogue, President
Flag salute	Debbie Mote-Wagstaff, Vice President for Programs
OHCE creed	Dee Porter, Leadership Development Chair
Thought for the day	Joy Trammell, Chaplain
Introductions	Sandy Pogue, President
Welcome to OKC	
Greetings from OSU	Dr. Gina Peek, Interim Associate Dean, OSU Extension-Family and Consumer Sciences, Engagement and Continuing Education
Rules of the meeting	Javonna Earsom, Parliamentarian
Roll call and minutes	Pat Chapman, Secretary
Treasurer's report	Shelia Burnett, Treasurer

Monday, August 2, Schedule of Events (continued)

Special Reports

Norma Brumbaugh Awards
LDCE report

Linda Wallis, Cultural Enrichment Chair
Dee Porter, Leadership Development Chair
and LDCE Committee Member

OHCE Student Scholarship
CE-FCS Ambassadors
Donna Cadwalader Grant
Recognition of State Board
Recognition of District Advisors
Recognition of FCS Educators

Sandy Pogue, President
Dana Baldwin, Ambassadors President
Dr. Janice Hermann & Dr. Sam Emerson
Sandy Pogue, President
Sandy Pogue, President
Sandy Pogue, President

New Business

Bylaws Committee report
Action on Bylaws
Nominating Committee report
Election of Officers
Installation of Officers
Introduction of new State Board
Other business
President's comments
Announcements
Adjourn

Sheila Ely, Chair
Sandy Pogue, President
Leslye Owen, Chair
Sandy Pogue, President
Shem Hamil, Historian
Sandy Pogue, 2020-2022 OHCE President
Sandy Pogue, President
Sandy Pogue
Debbie Mote-Wagstaff, VP for Programs
Sandy Pogue, President

11:15AM –12:15PM

LEARNING SESSION I

LOCATION

State Leader Lesson:

Attract Pollinators to Your Garden Salon O
David Hillock, Associate Extension Specialist, OSU Extension-Horticulture and Landscape Architecture. Many factors need to be considered when wanting to attract pollinators to the garden. We will explore what a pollinator is, their importance, and what's needed to attract them to the garden including popular plants.

DIY - First Aid Kits Salon A
Linda Heilman. This "Do It Yourself" approach to First Aid Kits will help you stay on a budget while creating and personalizing First Aid Kits for you and your family.

Habits That Gives HeartSalon J K
Arleen James. A review of the 8 Habits of the Heart that will serve as a model for making a difference in your home, community, and your world. We will learn about embracing value, nurturing attitudes, being dependable and responsible, about friendship, high expectations and having courage!

Monday, August 2, Learning Session I (continued)

The Ins and Outs of a State Project..... Salon E F
Marie Jones and Tammy Watts. The two presenters will guide the discussion around The State Project: Children’s Hunger. This will be a round table discussion, attendees sharing their successes, things that didn’t work, and what was learned from the experience.

Stress and Stress Management Techniques..... Salon N
Dr. Matt Brosi, OSU Extension Marriage and Family Specialist, and **Jordan Shuler.** An overview of the stress and stress overload process, and useful research-based tools and techniques that can be implemented in your own life, your families, and your communities to alleviate stress.

12:30PM-1:45PM **LUNCHEON** **SALON H I**
Open to all paid registrants. Please turn off or silent cell phones. Thank you.

Presiding Officer Sandy Pogue, President
Invocation Joy Trammell, Chaplain

Recognition of 50+ Years of Members and Groups
See pages 18-19 for Member and Group Names

Life Story Essays
Kathy Fentress, Awards & Reports Chair

1 st Payne	Pat McNally	<i>The Rearview Mirror</i>
2 nd Garfield	Sally Clickner	<i>The Little Ravine</i>
3 rd Rogers	Cheryl Ragan	<i>A Bullet and A Birth</i>

2:00PM-3:00PM **LEARNING SESSION II** **LOCATION**

It’s The Bomb!Salon J K
Arleen James. Hot Cocoa bombs (or hot chocolate bombs, whichever floats your marshmallows) are adorable balls of chocolate that have a little secret inside. Come learn the secret to making fun gifts, fun treats, or just to have fun!

Medical Identity Theft..... Salon N
Kelsey Ratcliff and Megan Monteith, OSU Extension Health Disparities Area Specialists. Medical identity theft can be a real burden if it happens to you. A thief may use your name or health insurance number to get care for themselves. This program will help you detect signs of medical identity theft, protect your medical information, and what to do if you notice mistakes or find out your identity has been used.

Taking Care of Business: An Introduction to Documents We All May Need in Our “Golden” Years..... Salon A

Penny Pricer, Attorney. You’ve always done everything you can to take care of your family. At some point, there is a chance that your family will need to help take care of you. This session will provide attendees with an overview of the documents everyone should have in place to ensure families understand our wishes as we grow older. During this introductory session, we will discuss simple wills, living wills, and durable powers of attorney.

Tea Etiquette by Martha..... Salon M

Martha Aughe. Come have a cup of tea and learn about tea history, tea types, the etiquette of taking tea, the do’s and don’ts of tea etiquette, and fun tea tidbits of information.

Technology: How do I do that?..... Salon O

Pat Chapman. Round table discussion: Bring your questions, and we will address and show you. Maybe you don’t know what to ask. I will have some ideas to help promote questions. Just remember, no question is minor.

Time Management..... Salon E F

Cindy Clampet, OSU Extension Family Resource Management Assistant State Specialist. Time management is an important life skill that many people have difficulty achieving. It is important because lack of time management can cause you a great deal of stress in your life, affect those around you, and cost you money! This workshop will give you some great tips to sharpen your time management skills and help you enjoy life more!

3:15PM-4:15PM

LEARNING SESSION III

LOCATION

Beware of the Chair..... Salon N

Cindy Conner, NW District Director. Prior to the Industrial Revolution, 90% of the World’s population lived in farming communities where physical exertion was a major part of life. Now, more than 50% of the population lives in urban based communities where physical activity is no longer a necessity. Remote controls and carry-out services promote productivity and reduce movement. Humans were not meant to be sitting for extended periods. Sitting is now compared to smoking as the new health risk. Learn what it is doing to our health as well as some ideas to improve our mobility.

Exploring Mental Health & Mental Illness Differences & Care..... Salon E F

Marilyn Gibson. Information of the differences of mental health and mental illness and care. What are Alzheimer and Dementia symptoms, care, and differences.

Personal Safety..... Salon A
Robbie Sloan. In order to achieve consistent, effective personal safety, every woman must know how to identify, assess, and reduce the risks of potential harm; whether it be online, in home, in transit, or in town.

State Leader Lesson:

Promoting Diversity and Inclusion in Your Community..... Salon O
Dr. Mike Stout, OSU Extension Family and Community Policy State Specialist.
This workshop provides an overview of OSU Extension’s Coming Together for Racial Understanding dialogue program (CTRU). Using an evidence-based approach to community dialog, the program prepares communities to foster meaningful conversations around race, leading to positive change. Participants learn how civil dialogue can be a powerful tool for positive community change; how CTRU can strengthen efforts to promote diversity and inclusion in communities, how to get involved with CTRU; and an OHCE Leader Lesson focused on the ways dialogue can promote diversity, inclusion, and positive change in Oklahoma’s communities.

Quilting with PanelsSalon J K
Shirley Burns. This session will show many ways to use panels. Some to minimize the number of regular blocks needed to complete a quilt, be it a wall hanging, throw or bed-size version. We will also explore using multiple identical panels to create quite a different take on using panels. Come and Enjoy!!

5:00PM OEAFCS CELEBRATES BARBARA BROWN GREAT HALL

6:00PM FRIENDSHIP BANQUET & VESPERS SALON H I
*Open to all paid registrants. Special seating for Outstanding Member Nominees, their guests, and OHCE Past Presidents located at the front of the room.
Please turn off or silent cell phones. Thank you.*

Welcome and Introductions	Sandy Pogue, President
Invocation	Joy Trammell, Chaplain
Greetings from OSU	Dr. Gina Peek, Interim Assoc Dean, OSU Extension-Family and Consumer Sciences, Engagement and Continuing Education Dr. Damona Doye, Associate Vice President, Oklahoma Cooperative Extension Service

Monday, August 2, Friendship Banquet and Vespers (continued)

Dinner

State Winners Announced
Kathy Fentress, Awards & Reports

Previous Year's Outstanding Member State Winners

OHCE Young Member

Kari Weiland WN-Dewey

OHCE Rookie Member of the Year

Sharilyn Munroe NE-Tulsa

OHCE Member of the Year

Marilyn Gibson WN-Woodward

Heart of OHCE

Martha Aughe SE-Cleveland

Outstanding Member Winners by District

OHCE Young Member

Sarah Cookson NE-Cherokee

Brandy Jones WN-Dewey

Taylor Elliott SE-McClain

OHCE Rookie Member

Jasmine Gould NE-Cherokee

Sharon Gilchrist WN-Dewey

Pat Tonubbee SE-Bryan

Mary Parrish WS-Grady

OHCE Member of the Year

Catherine Robinson NE-Noble

Carol McDaniel WN-Woods

Rose Ann Jackson SE-Cleveland

Heart of OHCE

Angel Watts NE-Cherokee

Maureen Thomas WN-Woods

Margaret Barbour SE-Cleveland

Jyme Tiner WS-Grady

Entertainment

Christopher and Kyla Radaker-James with Mike Seals

Vespers

Joy Trammell, Chaplain

*Memorial service for OHCE members who passed away
6-30-2019 through 6-30-2021.*

Release of auction items at conclusion

President's Reception

Hilton Garden Inn

Tuesday, August 3, 2021

Complimentary breakfast buffet for hotel guests opens at 6:00am.

7:00am-8:15am	Past-Presidents' breakfast	Hilton Garden Boardroom
7:00am	Registration	Great Hall
7:00am-2:30pm	Hostess desk	Great Hall
	Promotional Sales	Great Hall
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8:00am	Outstanding Award member photos	Salon G
8:00am-8:45am	Educators' Session	Salon A
8:00am-2:30pm	Ambassador grant displays	Great Hall
8:45am-10:45am	Awards & Reports Ceremonies	Salon B C D
11:00am-12:00pm	Learning Session IV	
12:15pm-1:15pm	Luncheon	Salon H I
1:30pm-2:30pm	Learning Session V	
2:45pm-3:45pm	Post-Conference State Board Meeting	Salon A

Awards & Reports Ceremony

Please turn off or silent cell phones. Thank you.

8:45am-10:45am

Salons B C D

Please be in your seat when the program begins. Reserved seating designated at front for each report winner. Special seating also reserved for 50+ members. Photos of winners will be taken immediately after each award is presented.

Greetings and Introductions Kathy Fentress, Awards & Reports Chair

Past-President's Presentation

Ambassadors' Report Brenda Hill-Alta, Ambassadors' Auction Chair

Monetary awards are \$25 for 1st place, \$15 for 2nd place, and \$10 for 3rd place unless otherwise noted.

**Denotes Outstanding Project*

Leadership Development

Dee Porter, Committee Chair

County

1st Cleveland

Rose Anne Jackson

*Going Beyond the Basics**

2nd Texas

Dianna Jenkins

Totes for the Oakes of Mamre

Tuesday, August 3, Leadership Development (continued)

Local

1 st Aprons & Lace Cherokee	Wilma Baldridge and Susie Eden	<i>Coping with the Pandemic</i>
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Membership Reports

Linda Swindler, Committee Chair

County

1 st Seminole	Jill Crabtree	<i>OHCE Goes Outdoors to Recruit New Members</i>
2 nd Tulsa	Sharilyn Munroe*	<i>Pretty as a Pumpkin*</i>

Local

1 st Oak Grove Noble	Janet Vincent	<i>Fun, Food, & Fellowship</i>
2 nd Owasso Jewels Tulsa	Elaine Egan	<i>Fall Fun & Fellowship</i>
3 rd Aprons & Lace Cherokee	Susie Eden	<i>Keeping Membership in 2020</i>

Recognition of 50+ Years

See pages 18-19 for Member and Group Names

OHCE Week

County

1 st Tulsa	Ashlee Overall	<i>Spreading Thankfulness</i>
2 nd Cleveland	Carol Doner	<i>Quilt Show</i>
3 rd Alfalfa	Marguerite McMurtrey	<i>Flower Show</i>

Local

1 st Rural Neighbors Grady	Joyce Stockton	<i>Appreciation Week</i>
2 nd Owasso Jewels Tulsa	Dolores Williams	<i>Spreading Thankfulness</i>
3 rd Woodall Cherokee	Fran Ridenhour	<i>Mother's Day Love</i>

Tuesday, August 3, Membership Reports (continued)

Membership Recruitment Awards

1st place \$50, 2nd place \$30, and 3rd place \$20

Percentage Growth - County

1 st Cherokee	Fran Ridenhour	NE District	12.00%
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Percentage Growth - Local

1 st Cleveland	Friendship OHCE	Martha Aughe	123.00%
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2 nd Cleveland	Night Owls	Cathryn McIntyre	115.00%
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3 rd Noble	Oak Grove	Janet Vincent	41.00%
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Photography

1 st Payne	Pat McNally
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2 nd Stephens	Vicki Zimmerman
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3 rd Cleveland	Rita Hunt
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- BREAK -

Cultural Enrichment

Linda Wallis, Committee Chair

Local

1 st Cherokee Payne	Pat McNally*	<i>Cottonwood Community Center Renovation*</i>
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2 nd Sunshine Stephens	Vicki Zimmerman	<i>Boy Scout Camp</i>
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3 rd Aprons & Lace Cherokee	Wilma Baldrige	<i>Home Health Remedies</i>
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Family Issues

Tammy Elliott, Committee Chair

County

1 st Cleveland	Carol Doner	<i>We Became Mask Makers</i>
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2 nd Cherokee	Wilma Baldrige	<i>Mental Health Needs within the Family</i>
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Local

1 st Sunshine Stephens	Vicki Zimmerman	<i>Christmas for Community Residents</i>
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2 nd Knit 'n Stitch Tulsa	Deborah McIntyre	<i>Outreach through Small Community Projects</i>
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3 rd Friendship Cleveland	Martha Aughe*	<i>Christmas Bags for Noble Health Care Center*</i>
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Tuesday, August 3, Family Issues (continued)

Life Story Essays

1 st Payne	Pat McNally	<i>The Rearview Mirror</i>
2 nd Garfield	Sally Clickner	<i>The Little Ravine</i>
3 rd Rogers	Cheryl Ragan	<i>A Bullet and A Birth</i>

Healthy Living

Madaline Kropff, Committee Chair

County

1 st Dewey	Elizabeth Jones*	<i>Virtual Safety Day*</i>
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Local

1 st Park Hill Cherokee	Ann Lamons	<i>Mask Project</i>
2 nd Fun Times Dewey	Amelia Lyons	<i>Walk Across Oklahoma</i>
3 rd Harris McCurtain	Pat Chapman	<i>Masks for a Cause</i>

Resource Management

Margaret Barbour, Committee Chair

County

1 st Cherokee	Susie Eden	<i>Community Clothing Swap and Repurposing Materials</i>
2 nd Woods	Janet Cunningham	<i>Earth Day Makes a Difference</i>

Local

1 st Harris McCurtain	Jacque Compton	<i>For Dignity</i>
2 nd Rural Neighbors Grady	Jyme Tiner	<i>Keep Oklahoma Beautiful</i>
3 rd Owasso Jewels Tulsa	Dolores Williams	<i>Resource Management Provides the Ways & Means</i>

Outstanding Project: Stephens County

Gleaners OHCE	Vicki Malone	<i>Bark in the Park*</i>
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Tuesday, August 3 (continued)

State Project: Women's Health – Mental Health
Marilyn Gibson, Committee Chair

County

1st Cherokee Ann Lamons *Mental Health*

Local

1st Aprons & Lace Susie Eden* *Facing Mental Health**
Cherokee and Wilma Baldrige*

Most Outstanding Project of the Year
from Resource Management
not a monetary award

Gleaners OHCE Vicki Malone, Stephens Co. *Bark in the Park**

Madaline's Special Award

1st place \$50, 2nd place \$25, 3rd place \$15, and 4th place \$10.

This award is given to one county from each district with the most award applications and report books entered. Recipients to be announced!

11:00AM-NOON

LEARNING SESSION IV

LOCATION

Buttons, Beads, and Bling. HANDS ON \$10, limit 30 Salon M
Maggie Clinton. Come join this hands-on workshop where you will mix your imagination with buttons, beads, bling, and glue to complete a one-of-a-kind wall hanging. Super fun, easy and inexpensive. Materials and patterns provided.

DIY – First Aid KitsSalon J K
Linda Heilman. This "Do It Yourself" approach to First Aid Kits will help you stay on a budget while creating and personalizing First Aid Kits for you and your family.

Internet and Food Safety MythsSalon O
Kelsey Ratcliff and Megan Monteith, OSU Extension Area Specialists for Health Disparities. The internet is a great resource. We can find recipes, look up cooking techniques, and research new kitchen gadgets. But there is a lot of misinformation out there, especially when it comes to food safety. Learn about some common internet food safety myths and what to do instead to keep you and your family safe.

Tuesday, August 3, Learning Session IV (continued)

Taking Care of Business: Advanced Discussions about the Documents We All May Need in Our “Golden” Years Salon A
Penny Pricer, Attorney. This session will include discussions about advanced estate planning topics such as revocable and irrevocable trusts. We will focus on how trusts can be integrated with all of the documents we will cover in the introductory session.

Plastic Bag Crochet. HANDS ON, limit 20 Salon N
Leslye Owen. Learn how to prep the bags for crocheting place mats and other bags or whatever you fancy. There will be crochet hooks available to purchase.

12:15PM-1:15PM	LUNCHEON	SALON H I
<i>Please turn off or silent cell phones. Thank you.</i>		
Introductions	Debbie Mote-Wagstaff, Vice President	
Invocation	Joy Trammell, Chaplain	
Mask Awards	Leslye Owen	

Master FCS Volunteers
Class of 2019 and 2020 (see pages 20-21)

Life Story Essays
Kathy Fentress, Awards & Reports Chair

1 st Pittsburg	Melody Durant	<i>A Day in the Life of an Offender</i>
2 nd Murray	Teo Hair	<i>How Many Ladies Can Keep a Secret</i>
3 rd Noble	Rhonda McCormick	<i>An Empty Nest</i>

Drawing for two \$50 bills and door prizes

1:30PM-2:30PM LEARNING SESSION V LOCATION

Buttons, Beads, and Bling. HANDS ON, \$10, limit 30 Salon M
Maggie Clinton. Come join this hands-on workshop where you will mix your imagination with buttons, beads, bling, and glue to complete a one-of-a-kind wall hanging. Super fun, easy and inexpensive. Materials and patterns provided.

Mindful Eating..... Salon A
Candance Gabel, Community Nutrition Education Program State Coordinator. Are you tired of trying to lose weight and not succeeding? Do you hate starting “one more diet?” In this session, you will learn how to listen to your body and enjoy a variety of food. Eating mindfully focuses on living in the moment and savoring every bite you take. You will also learn about the hunger-fullness scale and how to monitor your appetite.

Oklahoma Native America: Then and Now Salon J K
Brenda Hill-Alta, FCS/4H OSU Extension Educator and County Extension Director, Cleveland County. Indian Territory was originally home to the Osage, Caddo, Kiowa, Comanche, and Wichita tribes who were nomadic unlike the Native Tribes of the Southeastern United States. Once the US began Federal Tribal Removal Acts, the Creek, Choctaw, Seminole, Chickasaw, and Cherokee were moved to Indian Territory despite protest of the tribes already there. This story examines the ups and downs of the Five Tribes then, and where they are now culturally and economically.

Plastic Bag Crochet. HANDS ON, limit 20 Salon N
Leslye Owen. Learn how to prep the bags for crocheting place mats and other bags or whatever you fancy. There will be crochet hooks available to purchase.

Seed Saving Basics..... Salon O
Julia Laughlin, Ag/4H OSU Extension Educator, Oklahoma County. Learn how to save seeds from your garden to sow next year. Basics of simple seed saving.

2:45PM POST CONFERENCE STATE BOARD MEETING SALON A
All out-going and in-coming board members

Awards and Reports – Membership

(reference from pages 7 and 12)

2019 Individual Recognition of 50+ Year Membership

<u>Name</u>	<u>Group</u>	<u>County</u>
50 Year Members		
Carolyn Stands	Farmerettes	Alfalfa
Pat Howard	Logan	Beaver
Barbara Swindell	Triangle	Carter
Betty Goodman	Corn	Cleveland
Arlene Logan	Casa La Mia	Garfield
Jean Stribel	Hennessey	Kingfisher
Diann Frick	Abell	Logan
Elaine McClellan	Cardinal	Oklahoma
Betty Hemphill	Westside	Okmulgee
Connie Walker	Elm Grove	Payne
Jackie Tyler	Dale	Pottawatomie
Leah Broadbent	Canadian	Roger Mills
Sue Moore	Canadian	Roger Mills
Juana Penry	Canadian	Roger Mills
Ollie Henderson	Work & Play	Woodward
Janice White	Starlight	Wagoner
60 Year Members		
Dorothy Bolenbaugh	County Club	Garfield
Judy Barnhardt	Omega	Kingfisher
Sandra McCrabb	Enterdel	Mayer
Onetia Staton	Echo	McClain
Lucille Kimery	Childers	Nowata
Betty Lawrence	Childers	Nowata
Naydean Wesson	Childers	Nowata
Sheila Ely	Sunshine	Stephens
Barbara Hartley	Oak College	Stephens
70 Year Members		
Ollie Brunk	Stoney Point	Adair
Delora Davis	Anthony	Beaver
Betty Janzen	Anthony	Beaver
Doris Young	Sunshine	Canadian
Geraldine Allen	Cimarron Valley	Payne
Donna Schwerdtfeger	Household Extension	Woods

Awards and Reports – Membership (continued)

2019 Group Recognition of 50+ Year Membership

	<u>Group</u>	<u>County</u>	<u>Founded</u>
70 Years	Elm Grove	Payne	1949
80 Years	Country Acres	Adair	1939
85 Years	Work & Play	Woodward	1934
100 Years	Boone	Caddo	1919
	Ninnekah	Grady	1919
	Liberty	Okmulgee	1918
	Shahan	Wagoner	1919

2020 Individual Recognition of 50+ Year Membership

<u>Name</u>	<u>Group</u>	<u>County</u>
50 Year Members		
Juanita Briggs	Busy Bees	Garvin
Patricia King	Spring Creek	Grady
Donna Gail Farrand	Cheyenne Valley	Major
Irene Clark	Oak Grove	Noble
Mary Trimble	Cherokee	Payne
Gloria Crosby	Dale	Pottawatomie
Donnita Hall	Sunshine	Stephens
Janice White	Starlight	Wagoner

60 Year Members

Cecelia Castle	Jet Industrious	Alfalfa
Kay Bornemann	Friendly Circle	Canadian
Roxie Meade	Katies	Canadian
Novella Lore	Pleasant Valley	Cleveland
Verla Nash	Foster	Garvin
Velma Little	Stealey	McClain
Betty Norman	Paden	Okfuskee
Gladys Kinnamon	Dale	Pottawatomie

70 Year Member

Velma Little	Stealey	McClain
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2020 Group Recognition of 50+ Year Membership

	<u>Group</u>	<u>County</u>	<u>Founded</u>
60 Years	Dale	Pottawatomie	1960
90 Years	Progressive	Comanche	1930
	Jefferson County	Jefferson	1928
	Okemah	Okfuskee	1930
100 Years	Corn	Cleveland	1920
	Spring Creek	Grady	1920

CLASS OF 2019 MASTER FCS VOLUNTEERS

Karen George	Adair	Sandy McClure	Cleveland
Vivian Meridith	Adair	Ninette Mills	Cleveland
Rozena Weaver	Adair	Susan Nelson	Cleveland
Debbi Davison	Caddo	Darlene Owen	Cleveland
Marta Ashlock	Cherokee	Karen Pospisil	Cleveland
Wilma Baldridge	Cherokee	Holly Rains	Cleveland
Larry Bell	Cherokee	Lily Stubbs	Cleveland
Sherrie Bell	Cherokee	Joyce Tinsley	Cleveland
Lisa Carroll	Cherokee	Elaine Bitsche	Grady
Alisha Carter	Cherokee	Patty Ennen	Grady
Rebecca Carter	Cherokee	Margaret Scott	Grady
Pam Coleman	Cherokee	Theresa Casper	Logan
Stephanie Colvin	Cherokee	Cindy Adams	Muskogee
Amanda Cookson	Cherokee	Janice Barnett	Muskogee
Brooklyn Cookson	Cherokee	Mary Juarez	Muskogee
Lisa Cookson	Cherokee	Kitti Asberry	Oklahoma
Sarah Cookson	Cherokee	Barbara Bane	Oklahoma
Beth Corn	Cherokee	Tameika Butts	Oklahoma
Teresa Daring	Cherokee	Lori Farris	Oklahoma
Molly Doss	Cherokee	Heidi Hartman	Oklahoma
Heather Eden	Cherokee	Blair Lanning	Oklahoma
Susie Eden	Cherokee	Beverly Lowe	Oklahoma
Mildred Fain	Cherokee	Tammi Meysing	Oklahoma
Teresa Fleming	Cherokee	Myra Moaning	Oklahoma
Scott Franks	Cherokee	Jessica Nelson	Oklahoma
Allison Garner	Cherokee	Karen Nelson	Oklahoma
Marsha Gross	Cherokee	Kay Sandridge	Oklahoma
Jade Hallain	Cherokee	Keisha Scott	Oklahoma
Sue Ann Hallain	Cherokee	Emily Geest	Payne
Bonnie Hehman	Cherokee	Dee Porter	Payne
Rochelle Johnson	Cherokee	Gayla Guthrie	Sequoyah
Ann Lamons	Cherokee	Mildred Taylor	Sequoyah
Betty Lowrey	Cherokee	Pat Taylor	Sequoyah
Lori McCollum	Cherokee	Pat Ambrose	Stephens
Carolyn Parnell	Cherokee	Tonie Bess	Stephens
Bonnie Smith	Cherokee	Sheila Ely	Stephens
Mary Bruce	Cleveland	Gina Flesher	Stephens
Rita Hunt	Cleveland	Dixie Gildon	Stephens

Class of 2019 Master FCS Volunteers (continued)

Kenna Gray	Stephens
Donnita Hall	Stephens
Linda Heilman	Stephens
Vicki Malone	Stephens
Jane Mitchell	Stephens
Nona Pennington	Stephens
Sandy Pogue	Stephens
Tania Stout	Stephens
Flo Stuckert	Stephens
Brenda Weaver	Stephens
Vicki Zimmerman	Stephens
Brenda Archie	Tulsa
Juanita Edwards	Tulsa
Juana Franco	Tulsa
Carol Roberts	Tulsa

Class of 2020 Master FCS Volunteers

B. Sue Calvert	Cleveland
Tammy Elliott	McClain
Kathy Langley	McClain
Ellen Schmeder	Okmulgee
Rebecca Cline	Tulsa

Oklahoma Home and Community Education, Inc.

Rules for State Conference

1. Sessions will begin promptly at the time announced.
2. Accredited voting delegates will occupy seats together in the designated area.
3. A voting delegate wishing to speak shall stand, address the chair, and when recognized may speak, first giving his/her name and county.
4. A non-voting member wishing to speak shall write comments/questions on note cards supplied by the District Representatives and give completed cards to his/her voting delegates.
5. All motions, as soon as made, shall be presented to the presiding officer, clearly written and signed by the maker and seconder of the motion.
6. Debate shall be limited to two minutes per speech. No one may speak twice on a subject while others are desiring to speak, and no one may speak more than twice on a subject.
7. Debate on each question shall be limited to ten minutes unless it is extended by approval of the voting assembly by majority vote. Debate must be germane to the subject.
8. The results of a ballot vote shall be delivered directly to the secretary by the chairman of the election committee.
9. These conference rules shall be adopted, suspended, or rescinded by a two-thirds vote of the voting delegates present.



Champion Convention Center
803 South Meridian Avenue
Oklahoma City, Oklahoma



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