District meetings are over, now it is time to think about the state conference. July will be here sooner than we think. I know Kathy Fentress, our Vice President of programs has some exciting things in store for us. Make sure you read her article.

At all the district meetings I introduced a new friend, Ohce. The Holstein cow. This cow is meant to remind to talk to everyone about O.H.C.E. No matter if we think they wouldn't be interested or not. We will never know until we try. If you weren't at your district meeting ask me or someone who was about Ohce.

My focus of CHANGE is mainly how we share what O.H.C.E. is and does. Something to say that will spark an interest in anyone we share O.H.C.E. with. Working together we members can come up with something. With determination we will get to the corn...

Until July be safe, invite someone to a meeting and God bless.

Leslye Owen
OHCE State President

Kindness trumps everything. Kind people are magnets for all of the good things in life.
Tom Giaquinto

Dear OHCE Members:

I truly enjoyed the district meetings I was able to attend and sincerely regret not being able to make couple of them. As usual these were well attended and reflected a rich array of educational sessions and of examples of OHCE in action. The award programs were well conducted and remind us of the many accomplishment of OHCE members across the state. Your volunteer forms were very helpful to us as we compiled the information and reported it to US representatives and senators from Oklahoma in Washington, DC. I encourage you to continue to complete this. As we approach the OHCE state annual meeting, I invite you to come to Oklahoma City and join hundreds of other OHCE members, Extension educators and specialists and special guests. You will have a great experience. Until then be well and keep raising Oklahoma to the top!

Sincerely,
Dr. Jorge Atiles
Associate Dean, Extension and Engagement OHCE State Advisor
The SE District members met in Broken Bow, on March 19th at Rector Johnson Middle School. The theme for the meeting was “Mad About OHCE” putting a fun spin on the Mad Hatter. Tables were set with mirrored centers, along with Teacups/teapots, Mad Hatter Hats, Happy face flowers and playing card soldiers, which were all given away. In addition, all hosting county members from Atoka, Choctaw, Coal, McCurtain and Pushmataha wore cute Mad Hatter Hats and were easily recognized if someone needed help. A special Thanks goes to AARP, who helped sponsor the meeting!

The meeting was well attended with 183 attendees recorded at roll call and 25 presenters and 5 other special guests for a total attendance of 213. Because some workshops were presented twice to allow more opportunities to attend, a total of 36 workshop opportunities were made available. OCES State Specialists presented 3 workshops, State Board Members—11 workshops, OHCE Members -13 workshops, the Wheat Commission—2 workshops, and 4 very talented guest presenters did the remaining 7 workshops. Attendees were extremely pleased with the variety and quality of the workshops. A big “Thank You” goes out to all the presenters. Everyone did a fantastic job!

And the food!! Oh those cinnamon rolls provided by the Wheat Commission were so yummy, and the smothered chicken and pot roast lunch was delicious and enjoyed by all.

During the meeting, $610.28 was donated to the SE District 4-H Scholarship endowment at their SE District meeting. The silent auction did well as a fund raiser for the 2020 District Meeting, and $100.00 cash was given away at the end of the meeting.

The host counties; Atoka, Choctaw, Coal, McCurtain and Pushmataha, both Educators and members, did a fabulous job making the 2019 SE District Meeting such a success!

But get ready. The 2020 SE District Meeting is looking like a fun and informative day together in Sulphur, Oklahoma, on March 10, 2020. Our host counties are Hughes, Murray, Pontotoc, Pottawatomie, and Seminole. You won’t want to miss this one! The theme will be “OHCE-Keys to the Future”.

**Pat Chapman, SE District Representative 2018-2020**

**West District Meeting Northern Region Report**

**HOME GROWN**

As always the district meeting the district meeting in Guymon, OK was a success. We started off with a Taco Bar on Friday evening where we not only had wonderful food but also entertainment from a local dance group.

On Saturday morning our district meeting started off with morning refreshments of homemade breads and drinks provided by our host counties, Texas, Beaver and Harper.

State Officers attending, Lesliye Owe President, Kathy Fentress VP, Karen Pospisil treasurer, Pam Vaughn secretary, Sandy Pogue, and many committee Chairmen and committee members. The FCS educators from our host counties, Arleen James, Liz McBee, and Jean Bailey.

A big Thank You to Dr. Jorge Atiles and Dr. Damona Doye for attending and speaking to our members, and always a special thank you to our West District FCS Program Specialist, Cindy Coneer. If I have left anyone out please forgive me.

Next North Region District Meeting to be hosted by Blaine, Kingfisher and Major Counties. It will be held in the new fair building at the fair grounds in Fairview, OK. March 26, 2020

**Sandra Judge, West District OHCE Representative, Northern Region 2018-2020**

**Northeast District Meeting News**

**ALL TRAILS LEAD TO OHCE**

The 2019 Northeast District Meeting was held on March 26 at Sequoyah Lodge near Hulbert, Oklahoma. The theme was “All Trails Lead to OHCE”. The hosts who deserve a special thank you for their hard work and commitment were OHCE members of Adair, Cherokee and Sequoyah counties and their educators, Heather Winn and April Cole.

OHCE members from Craig, Delaware and Ottawa Counties were in charge of the Silent Auction. They will host the 2020 NE District Meeting, March 31 at Miami. After the registration of the 309 OHCE Members, 3 Guests, 21 Extension Educators, 32 Volunteers & Presenters a total of 365 attended the meeting.

The morning began with a welcome to Kay, Logan and Noble, the new counties joining the Northeast District. Whitney Roach, Miss Cherokee, gave an invocational prayer in the Cherokee language. Cherokee National Youth Choir members, Lilly Olvera and Birdie Copeland sang the National Anthem and Amazing Grace in the Cherokee language. Susie Eden, Cherokee County, led everyone in reciting the pledges to the US and Oklahoma flags. Gayla Guthrie, Sequoyah County, led everyone in reading the OHCE Creed. Marilyn Vaughan of Adair County presented the Thought of the Day. Bill John Baker, Principal Chief of the Cherokee Nation welcomed the
group to the Cherokee Nation and Dr. Damona Doye and Dr. Jorge Atiles brought greetings from OSU. District Representative called the roll and State President Leslye Owen called the business meeting to order.

Following the business meeting, three workshop sessions were held, one before lunch and two after lunch. There were 28 workshops for members to choose from, including the usual state officer workshops and leader lessons, quilting, cornhusk dolls, wild game nutrition, Native American crafts, eye issues, plants, trips, senior self-defense, care giving and heirloom gardening.

Lunch was a baked potato bar including numerous add-ins to fit every diet. The Keynote Speaker was Jennifer Loren of the Osyio TV Show. She spoke of Cherokee culture and showed clips from a couple of her shows. OHCE Awards and Reports Chairman Sandy Pogue announced the award winners, which are NE District Young Member of the Year Sarah Cookson from Cherokee County, NE Rookie Member of the Year Michelle Kuchera from Noble County, NE District Member of the Year Shelia Burnett from Rogers County and NE District Heart of OHCE Arleta Pulliam from Noble County.

Door prizes and $100 were presented as the meeting came to an end. A special thanks to Brenda Miller Northeast District Advisor for her guidance and support. The NE District OHCE thanks AARP for sponsoring the Northeast District Meeting and FCCLA (School for the Blind) for all their help throughout the day.

Mildred Taylor, Northeast District Representative 2018-2020

West District (Southern Region) OHCE News

“OHCE- Home Grown Strong”

The West District (Southern Region) OHCE meeting was held on March 29th in Weatherford, Oklahoma. There were 169 members and 30 guests in attendance. The meeting was hosted by: Beckham, Custer, Greer, Jackson, Roger Mills and Washita Counties.

Members and educators from these counties, joined together to develop an inspiring and educational meeting for our southern region attendees. Twenty-four workshops were offered for members to attend ranging from officer training to culinary delights. Various workshops on quilting and sewing projects. The variety offered something for everyone to enjoy.

We were pleased to have Dr. Damona Doye, Associate Vice-President, OCES and Dee Cooper, West District Director at our annual meeting.

I just want to say thank you not only to the counties that hosted but the state board and committee members that attended. I appreciate all your support and encouragement during the conference. I look forward to seeing you all at the state convention.

Pam Booker
West District Southern Region Representative 2018-2020

Congratulations District OHCE Award Winners!

Young Member: NE – Sarah Cookson, Cherokee County; NW – Elizabeth Morrison, Dewey County; SE – Jackie Elliott, McClain County

Rookie Member: NE – Michelle Kuchera, Noble County; NW – Brandy Jones, Dewey County; SE – Eugenia Sims, McCurtain County; SW – Nancy Warden, Grady County

Heart of OHCE: NE – Arleta Pulliam, Noble County; NW – Patsy Thibodeau, Garfield County; SE – Martha Aughe, Cleveland County; SW – Lowayne Piercey, Washita County

Member of the Year: NE – Shelia Burnett, Rogers County; NW – Marilyn Gibson, Woodward County; SE – Phyllis Tunender, Cleveland County; SW – Jyme Tiner, Grady County

These membership award winners will be honored Monday, July 8th, at 6:00 pm during the Friendship Banquet. There will be special seating close to the head table for each nominee. There were 76 membership award applications for 2018.

By the time you receive this outreach, the judging will be complete on the project area report books. 124 project report books, 52 photos, and 26 Life Stories were received for 2018. This total number of 202 was slightly up this year. It does not include OHCE Week report books, which are due to Dee Porter, Membership Committee Chair by June 1st. OHCE Week Books received after June 1st will not be judged.

The awards ceremony will be Tuesday morning at the state meeting to honor the project report books. There will be special seating by the head table for the top three winners in each area.

Again, congratulations and good luck!

I really hope to see all district award and report winners at the State Meeting!

Sandy Pogue
State Awards & Reports Chair
Thank you to all that have sent in qualification forms. I am looking forward to meeting with my committee on May 3, to finalize the appointments. That being said there will be no announcements in this issue of the Outreach. However, after we meet and choose our officers, it will be posted on our website at www.ohce.okstate.edu.

After receiving all the qualification forms, we are still short committee members from the West District northern and southern region and the NE District for the Family Issues Committee. We are at this time still needing a Treasurer Elect. Please feel free to send in a form NOW with your choice. No one should be surprised if they receive a recruiting phone call. I look forward to seeing you in July at the State Meeting and announcing our new slate of officers.

Debbie Mote, Nominating Chair

Silent Auction Plans

Again this year, the Public Relations and Recruitment Committee is planning on another successful Silent Auction with the help of donors, bidders, and volunteers during the OHCE State Meeting on Monday, July 8th! Ambassadors and supporters are encouraged to share in the excitement. We know that everyone looks forward to browsing and some competitive bidding!

Detailed information on the auction as well as forms to pre-register your auction items are available in this newsletter. The forms and information will also be emailed to county educators through District FCS Program Specialists.

Consider Ambassadors in 2019!

Please consider this reminder that it is the time of year to show your support! As Ambassadors, we need to continue to support Extension Family & Consumer Sciences programs for both youth and adults through any size of donation, starting at only $10.00!

Visit http://www.fcs.okstate.edu under “Quick Links” click on CE-FCS Ambassador/Fitch Fellowship Donation and Pledge Form. You can print off the pledge form and send in your donation to Ambassadors Fund, 135 HES, Oklahoma State University, Stillwater, OK 74078-6111. We hope to receive your membership soon! Your friends, family, Extension Supporters, OSU Alumni and any other interested persons are also welcome and encouraged to support and be a part of this organization.

Thank you to those that presented Ambassadors promotional information at district OHCE meetings as well as continued support of the Silent Auction to be held during the OHCE State Meeting.

Amanda Ford, President, FCS Ambassadors

“Privacy Covers” OHCE makes a difference thru this Special Project.

Stephens County OHCE members began this project in 2011 at the request of a family member. Oklahoma Highway Patrol Trooper Winton spoke with his aunt, Vicki Malone, about the experience of working a fatality traffic accident where the deceased lay on the ground in view of passing traffic. He shared how awful the experience was and that he had nothing to cover the bodies. In response the “Privacy Cover” project began.

Members gathered used bed sheets that were cleaned, pressed and packaged for OHP troopers to carry in the trunk of their patrol units. The privacy cover is used to preserve the dignity and show respect for the deceased.

Recently we were made aware that OHP Troops are interested in making the project available statewide. We want to encourage local and county OHCE groups to contact the OHP Lieutenant in your area and offer to provide this valued service. Stephens County OHCE has just completed 221 covers for 48 units of Troop G. Troop G covers a 5 county area in Southwest Oklahoma.

Interested members or groups are invited to contact Stephens County OHCE, “Privacy Cover” Project Chair, Vicki Malone at 580-470-5547 or email to vickijm@cableone.net for detailed project information.

CRUISE

We will be sailing in six months!!! Hope you are getting excited. If you have not completed your $150.00 deposit it is due in JUNE. After your $150.00 deposit is made you will be assigned a cabin number. We have 17 that still need to complete their deposit to get their cabin assigned. We have 63 that have their cabin number!! That means we have a total of 80 in our group. That is so exciting!! Please - Please - Please be checking your e-mails. I have sent out e-mails about the bus and still waiting to hear back from 22 of you. The closer we get the more e-mails you are going to start receiving. Several have joined in that I do not have e-mails for. So if you joined us after November please send me your e-mail address so that I can add you to the group e-mail. E-mail me at ddmote@hotmail.com. I look forward to seeing those of you that will be at our State Meeting. Perhaps we can meet somewhere for a short discussion and also get some handouts.

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” – Maya Angelou
Congratulations Masters Family & Consumer Sciences Volunteers. You are a vital resource to Extension Services and provide invaluable services. Through your role, you educate and motivate community members to increase their knowledge, skills, and informed decision making tools.

The Masters FCS Volunteers Program is designed to train you. Program materials will be delivered electronically, self-paced or in a classroom setting depending on your area. This training is structured into three interactive modules to provide training in Family & Consumer Sciences. Completion of this program is required to be eligible for training in content specific FCS volunteer programs.

For more information, contact your County Educator or Kimberly Williams – (405) 744-9921. kimberly.williams@okstate.edu.

Marie Jones, Leadership Development Chair

The Family Issues Committee

The Family Issues Committee enjoyed presenting workshops at the district meetings. Everyone that attended was helpful and shared ideas with others. It was a great learning experience. Hope you take some ideas and use them in your communities. Hope to see everyone soon. Thank you.

Darline Ruyle, Family Issues Chair

I want to thank everyone for the great district meetings. We had good sales and ideas for some new items. We will be at the state meeting and are looking forward to a great time. I have purchased lint removal sheets in a small packet that will fit in your pocket or purse. Stop by our tables at state and check out our new Christmas ornaments.

Phyllis Tunender, Promotional Sales Chair.

MEMBERSHIP COMMITTEE

The Membership Committee will hold a Recruitment Plan workshop at July 2019 State Conference. We will discuss ideas for recruiting, renewing and rejoining. We encourage counties and groups to send someone to this workshop. Recruitment, renewal and rejoining are vital to the growth of OHCE. Hope to see you there.

Dee Porter
State Membership Chairman

I hope you will attend the Lessons at the State meeting 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 or surgery depts. And outpatient clinics or friends.

Let’s have another pillow contest: soft fabric, same pattern, since it is heart shaped, but without the elastic. Donations should be made and totals turned into me by June 1st. Recognition will be given at the State meeting to the 1st, 2nd and 3rd place counties with the most pillows.

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
MEMBERSHIP DUES

The cut-off date for OHCE membership dues and member information for your official 2019 county membership numbers is July 1.

The state treasurer sends the count of paid OHCE members to the state office on July 1 each year and that is the number of your county’s paid members for the year.

Each county should use this date as the official cut-off date. The number of members that have paid dues by July 1 should be the number referred to as the official count for 2019 to determine your county’s membership gains or losses. If you have any questions or need to verify your county numbers, contact Karen Pospisil, State Treasurer, at crpospisil@sbcglobal.net

Welcome to the Embassy Suites Oklahoma City Downtown

Sunday, July 7 – Tuesday, July 9, 2019

Hotel Reservations

Telephone Number: 1-405-239-3900 or 1-800-445-8667

Group Name: OHC

Room Rates: Single $95.00; Double $100.00 Triple $110.00 Quad $120.00

Rate includes complimentary Breakfast Buffet and evening Manager’s Reception

Reservation Deadline: 5:00pm on Friday, June 7, 2019.

Driving Directions to 741 N Phillips Avenue

USE OF GPS DIRECTIONS NOT RECOMMENDED

From the South: I-35 North, merge onto I-235 N, Exit 1D for Lincoln Blvd toward Oklahoma Health Center/State Capital, N Lincoln Blvd to 8th, Right turn on 8th, Embassy Suites is on the right

From the North: I-35 South, merges with I-40 West, Exit 126 toward Oklahoma Health Center/State Capital/Edmond, Merge onto I-235 N, Exit 1D for Lincoln Blvd toward Oklahoma Health Center/State Capital, N Lincoln Blvd to 8th, Right turn on 8th, Embassy Suites is on the right

From the West: I-40 East to I-235 N, Exit 1D for Lincoln Blvd toward Oklahoma Health Center/State Capital, N Lincoln Blvd to 8th, Right turn on 8th, Embassy Suites is on the right
84th Annual State Conference News

July 7, 8 & 9, 2019
Embassy Suites, Downtown, Oklahoma City

“OHCE — Your Passport to the Journey of a Lifetime”

Greetings from Kathy Fentress, Vice President for Programs

It’s time to pack those bags because the plans for this year’s annual conference are in the final stages. You are invited to join the journey of OHCE members from all across the state to Oklahoma City for this special time together. During this journey together, we will celebrate accomplishments, attend interesting and fun workshops, and reconnect with friends. Your ticket to all the fun and fellowship is the conference registration of $120.00 which includes Monday and Tuesday luncheons and the Friendship Banquet on Monday evening. **Deadline for registration is June 14, 2019.** After this date the registration increases to $140.00. Register early!!

All conference activities will take place at the Embassy Suites, Downtown, Oklahoma City where we have met for several years. Reservations can be made by calling (405-239-3900) and telling the hotel you are with the group **OHC** to get the discounted rates of: Single $95.00; Double Queen $100.00; Triple $110.00; and Quad $120.00. **Deadline for these discounted rates is Friday, June 7th at 5:00 p.m.**

Registration and Hotel reservations can both be made online at [ohce.okstate.edu](http://ohce.okstate.edu). Click on Calendar and then click on State Meeting and follow the prompts. Registration may also be done by mail with a check.

On Sunday afternoon, let’s kick off our journey in style at 4:00 p.m. as we create a “stylish” necklace! Teo Hair and Javonna Earsom will teach us how to turn washers into jewelry that’s fun to wear. The cost for the kit is $5.00 payable at the door.

Monday morning enjoy complimentary made-to-order omelets and a full breakfast buffet. Then, activities begin at 8:00 a.m. with the First-Timers’ session and the Voting Delegate Orientation. Voting delegates, please be in your assigned county seat up front by 8:55 a.m. The Business meeting begins promptly at 9:00 a.m.

There will be five learning session opportunities with 15 workshops on Monday and 12 on Tuesday. One or two hands-on workshops will repeat allowing greater flexibility to attend workshops of your choice.

During the Monday luncheon, the winning Life Stories will be read! At the Friendship Banquet, the OHCE Member Awards will be presented followed by the evening’s entertainment by a group of 8 ladies from the Oklahoma City Chorus. The banquet concludes with Vespers as we remember fellow OHCE members who have passed during the last year.

Tuesday will be our time to celebrate our Outstanding Award and Report Winners beginning at 8:45 a.m. Sandy Pogue will share the winning reports with us, and our 50+ year members and groups will also be recognized. During lunch, the Ambassadors will have a special slide show presentation featuring recipients of Ambassador Grants. Also, State Project Pillow winners will be announced, door prizes will be given, and two lucky winners will go home with $50.00 bills! **You must be present to win.**

Register. Reserve your room. Pack those bags and join this exciting OHCE journey!

See you in July!
OHCE 2019 State Conference
Embassy Suites and Conference Center
Oklahoma City, Oklahoma
Tentative Schedule of Events

Sunday, July 7, 2019
Hotel Shuttle available to Bricktown or Oklahoma City Memorial – contact front desk for information

2:00 p.m.-3:30 p.m.  State Pre-Conference Board Meeting  Young DE
2:30 p.m.-5:00 p.m.  Registration  Hall by Everest A
4:00 p.m.-5:00 p.m.  Washer Necklace Craft  Young DE

Dinner is on your own

Monday, July 8, 2019

7:00 a.m. -8:00 a.m.  Silent Auction Items Accepted  Great Hall
7:00 a.m.-5:30 p.m.  Registration  Hall by Everest A
7:00 a.m.-5:30 p.m.  Hostess Desk  Hall by McGee Bdrm.
8:00 a.m.-8:30 a.m.  Promotional Sales  Hall by Young DE
8:00 a.m.-8:30 a.m.  First Timers’ Welcome Orientation  Everest AB
8:00 a.m.-8:30 a.m.  Voting Delegates  Young ABC
8:00 a.m.-8:30 a.m.  LDCE Board Meeting  Young E
8:00 a.m. – 4:45 p.m.  Silent Auction  Great Hall
8:30 a.m.-8:50 a.m.  Hostess Orientation  Young D
9:00 a.m.-11:00 a.m.  Business Meeting  Young ABC
11:15 a.m.-12:15 p.m.  Learning Session I
12:30 p.m.-1:45 p.m.  Luncheon  Young ABC
2:00 p.m.-3:00 p.m.  Learning Session II
3:15 p.m.-4:15 p.m.  Learning Session III
3:30 p.m. – 4:45 p.m.  Last Call for Bidding on Auction Items  Great Hall
6:00 p.m.-8:30 p.m.  Friendship Banquet and Vespers  Young ABC
After Vespers for 30 min.  Release of Auction Items  Great Hall

Tuesday, July 9, 2019

7:00 a.m.-8:15 a.m.  Past Presidents’ Breakfast  Everest A
7:00 a.m.  Registration  Hall by Everest A
7:00 a.m.-2:30 p.m.  Hostess Desk  Hall by McGee Bdrm.
8:00 a.m.  State Board Group Photo  Lobby
8:00 a.m.  Outstanding Award Member Photos  Lobby
8:00 a.m.-8:45 a.m.  FCS Educators’ Session  Young DE
8:45 a.m.-10:45 a.m.  Reports & Awards Ceremonies  Young ABC
11:00 a.m.-12:00 noon  Learning Session IV
12:15 p.m.-1:15 p.m.  Luncheon  Young ABC
1:30 p.m.-2:30 p.m.  Learning Session V
2:45 p.m.-3:45 p.m.  Post-Conference State Board Meeting  Young DE
What is the Silent Auction? Glad You Asked!
Each county OHCE group is being asked to bring one gift basket/item for the CE-FCS Ambassadors Silent Auction. Or, in lieu of a basket/item, the county OHCE can make a donation and bring it that day. A donation basket will be available.

Please write down the value of the basket/item as well as other requested information on the following form. The starting bid for baskets/items will be 30% of the value (i.e. $40 = $12 [30%]).

Proceeds are donated to the CE-FCS Ambassadors grant program for OHCE and FCS/4-H related projects. Please complete the printed form below and send to Amanda Ford by July 1. In addition, also attach a copy of the form to your item stating the $ value for the item. Baskets/Items will be accepted in the Silent Auction from 7 a.m.-8 a.m. on Monday, July 8.

Schedule for Silent Auction:
- Monday, July 8, 2019
  - 7:00 to 8:00 a.m. Items for Silent Auction accepted
  - 8:30 a.m.--4:45 p.m. Silent Auction bidding
  - At conclusion of Friendship Banquet & Vespers (for 30 minutes) - Silent Auction items released/paid for

Donations are requested for the 2019 Silent Auction at the OHCE State Meeting, Monday, July 8th at the Embassy Suites, Oklahoma City—a fundraiser supporting grants for OHCE and FCS/4-H projects. If you are unable to attend but would like to donate, contact your county FCS Extension Educator.

Complete the form below to provide information on each donated item. Please PRINT or TYPE. Also, please securely attach a copy of this form to each item prior to arrival at meeting.

Item for Auction: _________________________________________________________

Value of Basket/Item: $ ____________________________________________________

Donor’s Name: __________________________________________________________

Donor’s County/OHCE Group: _____________________________________________

Address: __________________________________________________________________

________________________________________________________________________

Before Monday, July 1st: Mail the completed form(s) to:

Amanda Ford, President, FCS Ambassadors
P.O. Box 244
Piedmont, Oklahoma 73078
Phone (405) 574-6997
Email amandahomrd@gmail.com
Sunday Workshop 4:00 – 5:00 p.m.

Teo Hair and Javonna Earsom will teach us to create a stylish necklace using washers. Come join the fun and kick off your conference journey in style with a new piece of jewelry! Kits are $5.00 payable at the door.

Monday, July 8, 2019

Leading Through Changing Times — State Leader Lesson
Where in the World is Barbara Brown?
Steps to a Healthy Immune System
ABCs of Dining Etiquette
Tune into the Times
Free Things for Seniors to do in Oklahoma — State Leader Lesson
Digital Detoxing and Your Health
Are You Really Prepared for the Golden Years?
Recruiting for Keeps! Recruit, Retain, & Rejoin
Protecting Infants & Toddlers from Positional Asphyxia
Utilize Mindfulness to be an Effective OHCE Member
Urban Farming
You Spoke – Where Do We Go from Here?
Women’s Health Issues — Cardiovascular
Get Scrappy Using Quilt Scraps — Make & Take

Michael Stout
Barbara Brown
Janice Hermann
Martha Aughe
Cindy Clampet, Gina Peek & Jessica Riggin
Stacy Tomas & Steve Ruby
Michelle Bonicelli
Penny Pricer
Dee Porter
Laura Hubbs-Tait & Gina Peek
Jessica Riggin
Julia Laughlin
Lesa Rauh
Marilyn Gibson
Stacy Payne & Kayla Kelley

Tuesday, July 9, 2019

Leadership Lessons from Santa Claus
Around the World with CWC/ACWW
Journey Back in Time with Oklahoma Code Talkers
Recycle & Repurpose Your Way to a Home-made Christmas — REPEAT
Wine Cork Reindeer — Make & Take
Paper Craft – TBA — Make & Take — REPEAT
What Can I Cook in My . . .
Quilting – Disappearing Pin Wheel
We’ve Got the Money!!
Hemp Wrapping Crystal Jewelry — Make & Take

Arleen James
Javonna Earsom & Debbie Mote
Choctaw Code Talkers Assn.
Teo Hair
Marilyn Gibson $2 LIMIT 30
Connie Johnson $5 LIMIT 20
Arleen James
Pat Taylor
Sue Rendel, Jan Maples, & Sonya McDaniel
Kelsey Ratcliff $ Fee TBA LIMIT 20

Please Note: There will be 15 workshops on Monday. Please note ***Tuesday sessions will have 6 workshops each session. Two workshops on Tuesday will repeat for a total of 12 workshops on Tuesday.

The final workshop schedule, descriptions, and presenters will be listed in your OHCE Conference Program.

Please help as a hostess! Check the box “willing to serve as a hostess” on the registration form.

An Orientation for Hostesses will be held at 8:30 a.m. on Monday. We have everything you need to do a great job! Thanks, and I look forward to working with you!

Kathy Fentress
84th OHCE ANNUAL CONFERENCE  
July 7-9, 2019  
Embassy Suites Oklahoma City Downtown

Registration Form  (Please Print)

Name______________________________________________ County_________________________

Check One  _____OHCE Member  _____Guest  _____Extension

Address ___________________________________________________________________________

City _______________________State _______Zip_________ Daytime Phone ___________________

E-Mail Address

FIRST TIMER ___ YES  ____NO  I would be willing to serve as a Hostess ____YES  ____NO

Conference Registration - $120.00 (Through June 14)  
Or $140.00  Late Registration (Starting June 15)  
(Includes Monday Luncheon, Monday Friendship Banquet and Tuesday Luncheon)

Sunday Workshop - Do you plan to attend   ___ YES  ____NO  (Fee collected at the door)

Please list any Food Allergies:_____________________________________________________________

Make check payable to: OSU
Mail to: Agriculture Conferences, 430 OSU Student Union, Stillwater, OK 74078

Register Online with Visa, MasterCard, Discover or American Express
ohce.okstate.edu
Calendar heading - Click on State Meeting on the drop down menu and follow prompts
(OSU Personnel - Personal cards only – OSU P-cards are not permitted)

REFUND POLICY:  No refunds after June 26, 2019  
Contact Ag Conferences 405-744-6489

Refund of registration fee paid by credit card will be refunded back to the credit card.
Refund of registration fee paid by personal check will be made after the conference by OHCE.

For more conference registration information call Agriculture Conferences at 405-744-6489.

Call and make your hotel reservation today.  Deadline for discounted rate is June 7
at 5:00pm

Conference code is OHC
Toll Free Reservation Line 1-800-445-8667 or
On Property Reservations 1-405-239-3900

Or you can make your reservation on-line – ohce.okstate.edu – calendar – state meeting

Embassy Suites Oklahoma City Downtown, 741 North Phillips Avenue, Oklahoma City, OK  73104

Ask for the OHC Discounted Rate!  Limited Number of Discounted Rooms Available
$95 + tax Single – King Suite  $100 + tax Double – Queen Suite

Includes Full Breakfast Buffet for Each Registered Hotel Guest and complimentary self parking.