

PERSPECTIVE

July 14, 2023

OKFB to host live webinar series to shed light on mental wellbeing in agriculture

 **OKLAHOMA
FARM BUREAU**

CULTIVATING HEALTHY MINDS

Oklahoma Farm Bureau is proud to launch the Cultivating Healthy Minds program webinar series to bring awareness to mental health in Oklahoma's agriculture community.

The program includes three live webinars, each featuring a speaker with expertise in promoting positive mental wellbeing in Oklahomans and the agriculture industry.

The webinars will be held at noon on the Friday following the first full week of the months of August, September and October. Each webinar will be hosted on the Zoom webinar platform, and registration is free and open to the public. Webinar participants will be able to anonymously pose questions to the guest speakers.

"It is so important for the Farm Bureau family to come together in times of need, especially in regard to mental

health," said Alisen Anderson, OKFB Young Farmers and Ranchers chair. "I want all our Farm Bureau family to know it is important to ask for help when it comes to mental health, and we are stronger when we overcome challenges together."

The first webinar, focusing on how to have difficult conversations around mental health, will kick off Friday, August 11, with speaker Adrienne DeSutter. DeSutter is an Illinois corn and soybean farmer and counselor who partners with agriculture businesses and organizations to promote healthy minds and prevent farmer suicide.

The second webinar will feature Dr. Christopher Graham on Friday, September 8, discussing stress management. Graham is a licensed clinical social worker with over 20 years of experience in the mental health field.

He has his own practice and also works for the Oklahoma Department of Mental Health and Substance Abuse.

The final webinar will focus on resilience in agriculture featuring Dr. Shannon Ferrell, a professor of Agricultural Economics at Oklahoma State University. The third webinar will cover how agriculturalists can progress through their own mental wellbeing journey to build a more vibrant and supportive agriculture community.

"In the agriculture industry, there is often a stigma around mental wellbeing," said Mignon Bolay, the OKFB Women's Leadership committee chair. "We are looking forward to breaking down the barrier and helping our friends and neighbors throughout this series."

The program will culminate at the OKFB annual meeting in Oklahoma City in November, with a keynote speaker discussing the impacts of mental health on the agriculture community and how Farm Bureau members can be mental health advocates for themselves and fellow farmers and ranchers.

Details and links to register for the three webinars can be found on the OKFB website at okfb.news/CHM23.

In addition to the webinar series, OKFB will be sharing Farm Bureau member testimonials and mental health resources to bring awareness to the need to discuss mental wellbeing in the agriculture community.

Cultivating Healthy Minds is a collaborative, member-led program hosted by the Oklahoma Farm Bureau Women's Leadership Committee and the Oklahoma Farm Bureau Young Farmers and Ranchers committee.

OKFB YF&R to host shotgun shoot fundraiser Aug. 26

The Oklahoma Farm Bureau Young Farmers and Ranchers committee invites Farm Bureau members and supporters to participate in the fifth-annual shotgun shoot Aug. 26 at Silverleaf Shotgun Sports in Guthrie.

The fundraising event will benefit the OKFB Foundation for Agriculture, which strives to connect consumers of all ages with farmers and ranchers to further their understanding of where food, fuel and fiber comes from.

The shotgun shoot is a sporting clay style tournament featuring a variety of shooting stations for teams of four shooters.

Check-in will begin at 8 a.m. with the competition beginning at 9 a.m. Lunch will be provided to all event participants and will be served at 11:30 a.m. Lunch tickets for spectators will be available for purchase for \$5 the day of the event. Tournament prizes and door prizes will be awarded at the conclusion of the event. The top two teams and top individual will be awarded a cash prize.

Space will be limited to 40 teams. The cost to enter a team of four is \$375, and an individual entry is \$100. Online registration must be submitted by Aug. 9, and payments can be made prior to the event by mail or on Aug. 26.

Ammunition will be provided for all competitors. A limited number of golf carts will be available to rent for \$80 per golf cart.

Interested sponsors must submit their logo and payment no later than Aug. 9. Invoices can be provided upon request.

Participants and sponsors must complete the online form on the OKFB website.

For more information about registration and sponsorships, contact Zac Swartz at (405) 523-2300.

Register for the shoot on our website at okfb.news/YFRShoot23.

Join OKFB for 2023 August Area Meetings

Oklahoma Farm Bureau members are invited to attend one of the 11 August Area Meetings held across the state, signifying the beginning of the grassroots organization's policy process.

Members will have an opportunity to consider some of the leading issues facing agriculture and rural Oklahoma as they prepare to develop organizational policy for 2023. Members also will receive various organizational updates.

District 1 — West

Aug. 14 at 6 p.m.
Hunny's BBQ
103 N. Main
Guymon, OK 73942

District 3

Aug. 28 at 6 p.m.
Redlands Community
College, 1300 S.
Country Club Rd., El
Reno, OK 73036

District 5

Aug. 14 at 6 p.m.
South East Expo Center
4500 West US-270
McAlester, OK 74501

District 8

Aug. 15 at 6 p.m.
Odell Farms
17261 US Hwy 177
Byars, OK 74826

District 1 — East

Aug. 15 at 6 p.m.
Rockin' 9 Grill & Deli
Woodward Sale Barn
900 Lakeview Drive
Woodward, OK 73801

District 4 — West

Aug. 29 at 6 p.m.
Comanche County
Farm Bureau
502 SW 11th St.
Lawton, OK 73501

District 6

Aug. 17 at 6 p.m.
Moore's Farm
Event Barn
9353 W. 500 Rd.
Pryor, OK 74361

District 9

Aug. 24 at 6 p.m.
Creek County
Fairgrounds
17808 OK-66
Kellyville, OK 74039

District 2

Aug. 24 at 6 p.m.
Sentinel Activity Center
21450 State Hwy 55
Sentinel, OK 73664

District 4 — East

Aug. 28 at 6 p.m.
Casa Romo
120 W. Main St.
Ardmore, OK 73401

District 7

Aug. 17 at 6 p.m.
Crosspoint Church
2500 N. Van Buren St.
Enid, OK 73703

Don't miss out on the 2023 Generation Bridge summer series

Farmers, ranchers and agriculturists — do not miss out on the Oklahoma Farm Bureau Generation Bridge Summer Series event for Farm Bureau members ages 35-55.

Sign up for the three summer Generation Bridge events — July 18 in Morrison, July 25 in Elk City, and August 3 in Oklahoma City — on our website at okfb.news/BridgeSS23. For more information, contact Holly Carroll at holly.carroll@okfb.org or at (405) 523-2300.



OKFB selects 12 Oklahoma businesses for rural, ag business accelerator program



**Cultivate
Oklahoma**
Agricultural Innovation Pipeline

Powered by AgLaunch



**Activate
Oklahoma**
Rural Innovation Pipeline

Oklahoma Farm Bureau recently selected 12 rural Oklahoma businesses for the organization's new Oklahoma Grassroots Rural and Ag Business Accelerators program.

The accelerators program is a collaborative rural development initiative from Oklahoma Farm Bureau along with national and state-level partners that develops Oklahoma-based innovators creating ideas, technologies and products creating economic opportunities in rural Oklahoma.

The 12 startups, all based in Oklahoma communities with populations of 50,000 or less, were selected from a robust pool of applicants in early June and recently completed a multi-day business bootcamp at the OKFB home office in Oklahoma City as well as their local CareerTechs, where they learned business basics and best practices from national and statewide partners.

Each company was assigned to one of two program track cohorts based on their business innovation.

Cultivate Oklahoma

The Cultivate Oklahoma pipeline, powered by OKFB's national partner AgLaunch – working with Ag Ventures Alliance, a farmer cooperative that invests in ag tech startups – focuses on

innovations and technologies that have an on-farm or production agriculture application to diversify opportunities for farmers with a farmer-focused and farmer-led development program. The Cultivate Oklahoma track prepares businesses to apply for the AgLaunch365 national accelerator program, which offers assistance with on-farm innovation testing and more.

The six members chosen for the 2023 Cultivate Oklahoma cohort include Michael Mouser, Mousey Consulting LLC, Stigler; Barbara Bonner-Stephens, Hog Shield, Coalgate; Bill Seitter, Black Coyote Manufacturing LLC, Watonga; Conrad Young, Ouachita Getaways LLC, Hochatown; Jorge Celis, American Prime Sustainable Solutions, Noble; and Tammy James, Solar Interchangeable Panels Inc., Broken Bow.

Activate Oklahoma

The Activate Oklahoma pipeline connects innovative rural Oklahoma businesses with numerous resources and assistance with curriculum provided by Oklahoma Small Business Development Centers. The Activate Oklahoma track is designed for any rural-based business with an innovation or product that will bring economic opportunities to Oklahoma's rural communities.

The six members of the 2023 Activate Oklahoma cohort are Joe Buchanan, Fast Foam Suppression, Altus; Wilma Schilling and Christopher Middleton, ElectromagnetiX LLC, Shawnee; Troy Ormonde, TrailerButler.com LLC, Ponca City; Jeffrey Cole, Okie Malt, Guthrie; and Nathan Kuykendall, Eyedeal Innovations, Claremore.

With the bootcamps complete, these individuals and their companies will move on to the next phase of their respective track. The Cultivate Oklahoma cohort will begin their applications to the AgLaunch365 national accelerator while the Activate Oklahoma cohort will complete Oklahoma i2E's E3 program and prepare to attend a trade show or industry gathering with their products.

The Oklahoma Grassroots Rural and Ag Business Accelerators program partners include Oklahoma Farm Bureau, AgLaunch, Oklahoma CareerTech, Oklahoma SBDC, Oklahoma i2E, Oklahoma State University's Food and Agricultural Products Center, Noble Research Institute, the Oklahoma Center for the Advancement of Science and Technology and Cortado Ventures.

For more information on the accelerators program, visit okfb.news/Accelerator.



Nathan Moreton with Eyedeal Innovations makes his pitch during the Activate Oklahoma bootcamp.



Barbara Bonner-Stephens explains the purpose of Hog Shield on the final day of the Cultivate Oklahoma bootcamp.



Jeffrey Cole presents his innovation, Okie Malt, on the final day of the Activate Oklahoma pipeline bootcamp.

**PUBLISHED BY
OKLAHOMA FARM BUREAU**

Postmaster:

Send address corrections to:

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P.O. Box 53332,
Oklahoma City, OK 73152-3332

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OKFB hosts second-annual Capitol Camp

More than 70 4-H and FFA students gathered at the Oklahoma State Capitol June 27-28 for Oklahoma Farm Bureau's second-annual Capitol Camp.

Formerly known as the Youth Legislative Experience, Capitol Camp is an immersive two-day experience for high school juniors and seniors to learn about Oklahoma's legislative process and how bills become law through a mock legislature held on the floor of the Oklahoma House of Representatives.

"I decided to do this to broaden my horizons about the entire legislative process – just to be able to sit in their seats and to actually do what they do

on a daily basis," said Davin Budy of Cherokee FFA. "I can definitely see myself being a legislator."

Throughout the event, students in attendance had the opportunity to present and lobby a piece of legislation they wrote about an issue important to them. Bills were first heard in committees, and those that advanced were heard on the House floor.

Capitol Camp delegates elected a governor, speaker of the House and floor leader to run floor sessions in the House.

"I have been involved in agriculture policy a lot because it is something that I find extremely important because

nothing happens without it," said Capitol Camp House Speaker Courtney Blagg of Nowata FFA. "This has been one of the best legislative experiences."

The group enjoyed dinner Tuesday night in the Phillips Pavilion at the Oklahoma Governor's Mansion where they heard from Oklahoma House Speaker Pro Tempore Kyle Hilbert. Students heard from a number of other guests during the two days, including Lt. Gov. Matt Pinnell, OKFB President Rodd Moesel, Oklahoma Institute of Child Advocacy CEO Joe Dorman and several members of the Oklahoma House of Representatives.



Nowata FFA member Courtney Blagg was elected as the Capitol Camp Speaker of the House.



Attendees heard from Oklahoma House Speaker Pro Tempore Kyle Hilbert about his legislative experience.



Thomas-Fay-Custer FFA member Ashlee Purvine asks questions about a student-authored bill during session on day one.