

PERSPECTIVE

November 1, 2024



Jennifer Meyer



Keli Groves



Joyce Langford



Amanda Beshear



Audrey Harmon



Kaitlyn James

Eighteen teachers receive agriculture books through OKFB's Bushels for Books

Eighteen Oklahoma teachers were recently selected to receive a bushel basket of accurate agriculture books as part of Oklahoma Farm Bureau's Bushels for Books program.

A collaboration between the OKFB Foundation for Agriculture and the OKFB Women's Leadership Committee, Bushels for Books is designed to spread agriculture literacy to children around the state through providing a selection of books that accurately portray the agriculture industry.

"The Women's Leadership Committee is proud to support this year's selection of teachers for our Bushels for Books program," said Mignon Bolay, OKFB WLC chair. "We hope the students can use these books to learn the importance of agriculture and how food gets from the

farm to their fork."

Teachers who received bushel baskets this year include:

- Kaitlyn James, Woodward
- Amber Rinehart, Fargo-Gage
- Rachel Crume, Granite
- Amy Conkling, Weatherford
- Jo Anna Perdue, Harrah
- Darla Hendricks, Fort Cobb-Broxtton
- Robin Burns, Walters
- Joyce Langford, Cache
- Amanda Beshear, Wister
- Sherry Shadwick, Fanshawe
- Crystal Pritchett, Salina
- Susie Murphy, Peavine

- Audrey Harmon, Morrison
- Jackie McGolden, Fairview
- Aimee Arnold, Purcell
- Jennifer Meyer, Grove
- Keli Groves, Bristow
- Abby Jeffrey, Stillwater

The program is open to Pre-K through eighth-grade teachers and librarians in Oklahoma.

"It is vitally important that students understand where their food comes from," said David VonTungeln, OKFB Foundation for Agriculture president. "We hope these accurate agriculture books provide an insight into the everyday life of production agriculture."

Justiss joins OKFB staff as assistant director of research and regulatory affairs

Oklahoma Farm Bureau has named Trace Justiss to serve as the organization's assistant director of research and regulatory affairs.

In his new position, Justiss will work in the organization's public policy department to support the advocacy efforts of Farm Bureau and the OKFB Legal Foundation. Justiss will conduct legal research and monitor regulatory activity that affects Oklahoma farmers, ranchers and rural residents.

"I am proud to be part of an organization that stands up for the rights of Oklahoma's agricultural community," Justiss said. "Agriculture is an industry that everyone relies on, whether or not they realize it, and as someone who grew up in agriculture, I am committed to standing up for our

rural way of life. Every day when I walk into Farm Bureau, my goal is to fight for the future of agriculture."

Justiss earned his law degree from Oklahoma City University in May and is a licensed attorney. He completed his undergraduate studies at West Texas A&M with a degree in agricultural business and economics with a minor in plant and soil science.

He spent the last year as the OKFB Legal Foundation intern where he researched legal and regulatory issues while providing information and resources to Farm Bureau leaders and members.

Justiss grew up on a ranch near San Angelo, Texas, and was an active 4-H and FFA member.



OKFB members tackle trauma in final Cultivating Healthy Minds webinar

Oklahoma Farm Bureau members and guests continued learning about mental health with the third session of Cultivating Healthy Minds featuring Dr. Shannon Ferrell of Oklahoma State University.

Session three focused on trauma, what trauma is and how it affects people in different ways.

To kick off the session, Jaclyn Darling, District 8 YF&R representative, spoke about a farming incident that happened to her at 13 years old.

Darling has tackled her trauma over the years by sharing her story with others. Since overcoming her trauma she has continued to work on her family's farm and ranch.

She also serves as a resource for others who have experienced traumatic on-farm incidents.

As the keynote speaker, Ferrell defined trauma specifically in the agriculture industry and how it impacts

our livelihood. He shared a concept known as "toxic grit," something much of the agriculture industry embodies. Ferrell defined toxic grit as a tough-as-nails, fierce independence.

Ferrell also explained the differences in trauma and disaster, noting disaster can have different traumatic effects on everyone.

He defined trauma as a psychological injury that can be caused by an experience or injury. The types of traumas he discussed were shock trauma, developmental or relational trauma and other trauma like chronic stress.

Ferrell also discussed stress overload and the effects of what can happen when people are stuck in a stressful state for a long period of time.

He also spoke about what steps to take when talking to someone who has recently gone through a traumatic experience. He provided a list of steps-

including safeguard, sustain, comfort, connect, educate and empower-to follow when helping a person in crisis.

Ferrell explained the anxiety disorder known as post-traumatic stress disorder. PTSD can cause a person to have a strong response to a paired association event. The symptoms of someone with PTSD are painful thoughts, intense emotions and physiological reactions.

He provided an outlet for resources and ways to heal trauma and PTSD. Ferrell suggested therapy, facing paired associations and self-compassion as ways to overcome trauma. He provided a link to the OSU extension website that has multiple mental health resources available.

Be sure to join OKFB for the conclusion of Cultivating Healthy Minds during the OKFB Annual Meeting Nov. 8-10 in Oklahoma City.

To watch the recorded webinar visit, okfb.news/CHM3.

For more information regarding the 2024 OKFB Annual Meeting please visit, okfb.news/AnnualMeeting24



OKFB state resolutions committee considers grassroots policy proposals for 2025

More than 40 Oklahoma Farm Bureau members gathered for the annual state resolutions committee meeting Oct. 22-23 in Oklahoma City.

The committee comprised of Farm Bureau members representing the 27 counties selected for the 2024 resolutions committee as well as representatives from the OKFB state board of directors, Young Farmers and Ranchers, and the Women's Leadership Committee.

The committee met over the course

of two days to consider, discuss and vote upon hundreds of county-submitted policy resolutions on major agricultural topics, including water usage, wind and solar energy, livestock and more.

Members began the process in four subcommittees, where they passed, deleted or amended each individual resolution in their subject area. The resolutions that passed out of subcommittees were then considered in a full group setting Tuesday evening and Wednesday morning.

The state resolutions committee serves as a stepping stone in OKFB's grassroots policymaking process that begins at the county level. The resolutions that advanced through the process will be presented to the full delegate body for consideration at the 2024 OKFB Annual Meeting Nov. 8-10 in Oklahoma City. Those that pass the final step will be adopted into OKFB's policy book, which guides the work of the organization at the state Capitol and beyond.



OKFB held 2024 High School Discussion Meet at Redlands Community College Tuesday, Oct. 8

Oklahoma Farm Bureau hosted the organization's 2024 High School Discussion Meet at Redlands Community College in El Reno Tuesday, Oct. 8.

Nine students competed in two initial rounds of competition with the top four students competing in the final discussion meet round.

The winners of the High School Discussion Meet were: first place, Heath Laubauch of Woodward FFA; second

place, Coy Davidson of Elgin FFA; third place, Leandre Delonia of Okmulgee FFA; and fourth place, Kalen Groves of Beggs FFA.

The High School Discussion Meet is a roundtable discussion format where participants discussed agricultural issues and possible solutions.

The questions for the first two rounds centered on, how to get more young people involved with their county Farm

Bureaus, and how young farmers and ranchers can obtain agricultural land with increased prices. The question posed to contestants in the final round was, "How can Farm Bureau members diversify their farm and ranch portfolio?"

Winners of the competition will be recognized on stage at the 2024 OKFB Annual Meeting on Friday, Nov. 8, to receive their cash prize.

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OKFB Ag PAC issues additional endorsements as November election nears

The Oklahoma Farm Bureau Ag PAC has issued five additional endorsements to state candidates ahead of the Nov. 5 general election.

The state Ag PAC board – a group of Farm Bureau members selected by their respective OKFB districts – met in late September to discuss the endorsement of additional candidates.

New endorsees include:

Oklahoma Senate

- Dave Rader – Senate District 39
- Kelly Hines – Senate District 47

Oklahoma House of Representatives

- Scott Fetgatter – House District 16

- Clay Staires – House District 66
- Marilyn Stark – House District 100

The Oklahoma Farm Bureau Ag PAC is OKFB's political action committee that supports candidates seeking public office in Oklahoma who understand agriculture and the importance of rural Oklahoma.

The Ag PAC is a grassroots committee formed of OKFB members from around the state. Input is gathered from county Farm Bureau representatives, and the OKFB Ag PAC board decides support based on this local, grassroots input.



YF&R Moesel Award application

The YF&R Moesel Award recognizes the top Collegiate Farm Bureau chapter that works to improve their local committees while strengthening the Farm Bureau organization.

**Applications are due
Tuesday, Nov. 5.**

Contact Burton Harmon for more information at
(405) 523-2300.

Don't forget to vote Tuesday, Nov. 5. Preview your official ballot on the OK Voter Portal at
okfb.news/VoterInfo