

PERSPECTIVE

September 22, 2023



Plan to join OKFB for 82nd annual meeting Nov. 10-12 in OKC

Oklahoma Farm Bureau members will gather November 10-12 in Oklahoma City for the organization's 82nd annual meeting.

The meeting serves as the largest yearly gathering of Farm Bureau members in the state with general sessions, policy discussions, breakout sessions, awards, and more.

New venue for convention

OKFB's annual meeting returns to Oklahoma City for the first time since 2019 with a brand-new venue.

The Omni Oklahoma City hotel will be the site for the 2023 annual meeting, offering Farm Bureau members a modern, convenient space to gather.

The Omni's meeting space is located on a single floor, meaning OKFB members are a quick elevator ride away from their guest rooms to the event area. The Omni offers a variety of in-house dining options, and is located in Downtown Oklahoma City with numerous dining and entertainment options nearby.

Grassroots business sessions

Farm Bureau members will vote on

the organization's grassroots policy positions during the Saturday business sessions as they consider and vote on resolutions submitted by county Farm Bureaus from around the state.

OKFB members will also elect fellow Farm Bureau members to lead the organization, including the election of the OKFB president. Districts 1, 4, and 7 will caucus to elect district directors, and both Women's Leadership Committee and Young Farmers & Ranchers members will caucus to select their leaders for the upcoming year.

Educational opportunities

Farm Bureau members will have numerous opportunities to learn about OKFB's programs and activities while connecting with fellow Farm Bureau leaders from across the state.

Breakout sessions on Saturday will feature updates from Farm Bureau members, staff and a session focusing on mental health as part of OKFB's Cultivating Healthy Minds program.

County Farm Bureau board members and county staff will have the opportunity to attend training sessions on Friday, and receptions and coffee talk

sessions will allow members to visit with fellow Farm Bureau leaders and connect with Farm Bureau staff to learn what the organization can do to support the OKFB mission, the future of agriculture and rural Oklahoma.

Fellowship and awards

Friday night will feature a game night for Farm Bureau members in an informal setting as they enjoy the evening and try for a chance to win prizes.

The Saturday night awards banquet will recognize the efforts and achievements of Farm Bureau members, county Farm Bureaus and members of Oklahoma's agriculture community.

Plan to gather together

OKFB's 2023 annual meeting will of course feature daily general sessions with speakers and updates, a trade show with vendors from across the state, a Sunday morning breakfast and worship service, YF&R competitive events, a WLC business meeting, the OKFB Ag PAC reception and more.

The latest convention schedule will be published in the next issue of the *Perspective* newsletter.

Oklahoma Broadband Office to kick off second listening tour in October

The Oklahoma Broadband Office is ready to hit the road once again for another round of listening stops around the state of Oklahoma.

Coming on the heels of OBO's Let's Get Digital tour earlier this year, the Oklahoma's Digital Promise tour will visit 10 Oklahoma towns in October and November to gather more information and collect public input as they continue their work to expand high-speed broadband internet access to Oklahomans in every corner of the state.

Oklahoma Farm Bureau members are encouraged to attend a meeting to amplify the voice of rural Oklahoma and the need for rural broadband access.

October 3 — 1 p.m.

Hobart

October 5 — 1 p.m.

Muskogee

October 11 — 6 p.m.

Krebs

October 12 — 11 a.m.

Burns Flat

October 17 — 1 p.m.

Atoka

October 19 — 6 p.m.

Oklahoma City

October 24 — 11 a.m.

Okarche

October 25 — 1 p.m.

Duncan

October 26 — 12 p.m.

Watonga

November 9 — 10 a.m.

Ponca City

Register for a meeting near you at okfb.news/OKDigitalPromise

OKFB Foundation for agriculture selling tickets for a chance to win Weatherby rifle

The Oklahoma Farm Bureau Foundation for Agriculture is selling raffle tickets for a chance to win a Weatherby Vanguard S2 Sporter rifle chambered in 6.5 Creedmoor, valued at \$929 MSRP.

Tickets are available for a donation of \$20 each, and can be purchased from OKFB field representatives or by contacting foundation Director Holly Carroll at (405) 523-2300.

The drawing for the rifle will take place at the OKFB annual meeting in Oklahoma City in early November. Ticket holders do not have to be present to win. By purchasing a ticket, the ticket holder is bound to the terms and conditions of the drawing, which are available on the reverse side of each ticket stub. The ticket purchase price is not tax deductible.

Funds raised from the raffle will support the foundation's ongoing educational and philanthropic efforts to support the agriculture community and rural Oklahoma.

County Farm Bureau convention committee assignments

The counties listed below will serve on one of three member-led committees at the 2023 Oklahoma Farm Bureau convention Nov. 10-12 in Oklahoma City. The OKFB state resolutions committee will also serve at OKFB's state resolutions committee meeting, which prepares policy for presentation at the OKFB annual meeting. The OKFB state resolutions committee meeting will be held Tuesday, Oct. 24 and Wednesday, Oct. 25 at the Oklahoma City Embassy Suites Downtown Medical Center.

For questions about the state resolutions meeting, please contact the OKFB public policy department at (405) 523-2300. For questions about the financials or credentials committee, contact Melisa Neal at (405) 523-2300.

Resolutions

Adair	Haskell	Payne
Atoka	Johnston	Roger Mills
Beaver	Kiowa	Rogers
Craig	Love	Seminole
Creek	McClain	Stephens
Garfield	McCurtain	Washington
Grady	McIntosh	Woodward
Grant	Muskogee	
Harmon	Oklahoma	

Credentials

Canadian
Greer
Jefferson
Kay
Okmulgee
Ottawa
Pittsburg
Pottawatomie
Texas

Financials

Cimarron
Hughes
Jackson
LeFlore
Logan
Major
Marshall
Tulsa
Wagoner

Second Cultivating Healthy Minds mental wellbeing webinar focuses on stress management



Dr. Christopher Graham



More than 40 Oklahoma Farm Bureau members and guests continued their deep dive into mental wellbeing with the second Cultivating Healthy Minds webinar Friday, Sept. 8.

Focused on stress management, the second webinar featured Dr. Christopher Graham of the Carl Albert Mental Health Center in McAlester.

With a diverse background in social work and counseling, Graham is no stranger to helping others deal with stress, and he knows first-hand the stigma that often surrounds mental health and wellbeing.

Graham acknowledged the stress and challenges that come with work and daily life, and he knows these are often magnified in agricultural occupations where uncontrollable variables like weather patterns and market prices have a significant impact on an operation's success or failure.

He explained there are both biological and environmental factors that influence a person's stress, and those factors begin at birth.

Graham highlighted a study on the effects of adverse childhood experiences, noting that if children experience or witness abuse, neglect, substance abuse or household dysfunction, they are more likely to die at a younger age than the national average.

He also touched on the way mental health impacts physical health and explained to members how depression has become the leading cause of disability worldwide.

Graham knows the presence of mental illness is high in the agricultural community as the suicide rate for

farmers and agricultural workers is nearly five times higher than the national average.

He attributes a large part of the problem to the stigma that often surrounds mental health struggles and said the stigma is often so prevalent that people do not know how to respond when someone opens up to them.

Graham said the key to managing stress is to recognize the signs and symptoms as early as possible.

He described some of the physical signs of stress, including tension headaches, back pain, heart palpitations and indigestion. The effects of stress also often produce cognitive symptoms, including forgetfulness, irritability, indecisiveness and trouble concentrating.

Graham offered a number of stress-management techniques, including meditation, deep breathing and exercise.

While these and other strategies can be effective, he acknowledged some

circumstances require a more formal treatment plan.

Graham strongly encouraged Farm Bureau members struggling with more complex mental health issues to seek professional support. He recommended a number of statewide resources, including links to certified behavioral health clinics around the state that provide free services to Oklahomans.

He also recommended the 988 suicide hotline as another resource for Oklahomans struggling with mental health. Individuals can call or text the hotline, and they will be connected with someone to help.

Watch the webinar online

View the full webinar recording with Dr. Graham, featuring a testimonial from OKFB member Trista Milliman, on YouTube at okfb.news/CHMSession2.

A link to Dr. Graham's presentation slides are available on the main CHM webpage at okfb.news/CHM23.

Register for our third CHM webinar featuring OSU's Dr. Shannon Ferrell

Cultivating Healthy Minds
Session Three:

Resilience in Agriculture

Friday, October 13 • Noon

Register online today:
okfb.news/CHMSession3



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AFBF 2024 convention set for Salt Lake City Jan. 19-24



Farm Bureau members from around the nation will gather in Salt Lake City, Utah, Jan. 19-24, 2024, for the 105th annual American Farm Bureau Convention.

The 2024 meeting serves as an opportunity for the nation's farmers and ranchers to gather and explore some of agriculture's new frontiers and hear from experts who are helping blaze the trail for the future of our industry.

The Farm Bureau family — from the grassroots to leadership — is involved in every facet of agriculture, and that is the source of our organization's strength. That is also the inspiration behind the 2024 convention theme: New Frontiers.

The convention will include a mix of leadership training, policy and industry insights, YF&R competitive events and national policy development.

Information on travel packages and convention registration for Oklahoma Farm Bureau members will be provided to county Farm Bureaus as soon as travel packages are set.

For more information on the 2024 AFBF convention, visit AFBF's event website at annualconvention.fb.org.

Trade show booth space available for OKFB convention

Booth space is available for the 2023 Oklahoma Farm Bureau Expo trade show at the upcoming OKFB Annual Meeting Nov. 10-12 in Oklahoma City.

The OKFB Expo is an opportunity for Oklahoma businesses and organizations to meet and network with the largest yearly gathering of OKFB members. Agricultural businesses, organizations and vendors are just a few of the expo participants who will have a chance to visit with farmers and ranchers from around Oklahoma.

A standard booth space is free for Farm Bureau members and is priced at \$100 for non-members.

The OKFB Expo runs 9 a.m. – 4 p.m. on Friday, Nov. 10, and 9 a.m. – 1:30 p.m. on Saturday, Nov. 11. Vendors can set up Thursday, Nov. 9, from noon to 5 p.m. and Friday, Nov. 10 beginning at 8 a.m.

The OKFB expo registration deadline is **October 15**. To secure a booth space, email Kelli Beall in OKFB's membership department at kelli.beall@okfb.org.