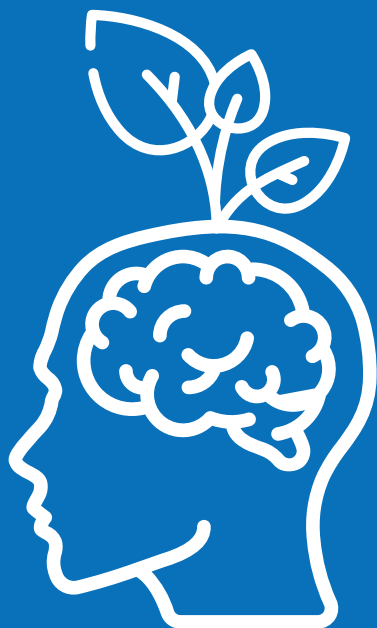


PERSPECTIVE

July 26, 2024

OKFB's Cultivating Healthy Minds series for 2024 set to begin August 2

 **OKLAHOMA
FARM BUREAU**

CULTIVATING HEALTHY MINDS

Oklahoma Farm Bureau is set to host the 2024 Cultivating Healthy Minds mental wellbeing series with the first of three webinars Friday, Aug. 2, at noon.

Back again for 2024, Cultivating Healthy Minds is a multi-part webinar series to bring awareness to mental health in Oklahoma's agriculture community. The series will feature three webinars in the months of August, September and October, and the program will cap off with an in-person mental wellbeing session at OKFB's annual meeting in November.

Each webinar will feature a keynote presentation from a speaker with experience providing mental wellbeing resources and programs for rural

residents and agriculturalists. Each session will also feature a personal testimonial from an OKFB member who has had their own mental health journey.

The first webinar session is Promoting Farmer Wellness which features Jessica Cabrera, the second session is Managing Relationships featuring Monica McConkey, the third session is Tackling Trauma featuring Dr. Shannon Ferrell. Read more about each session and their speakers on the next page.

The first webinar for 2024 will feature Jessica Cabrera, American Farm Bureau Federation managing director of member engagement. The webinar will focus on promoting farmer wellness.

During the session, Cabrera will share

resources and information on reducing the stigma around mental health and the importance of promoting the wellbeing of farmers and ranchers.

The webinar will be hosted on the Zoom webinar platform, and it is free and open to the public. Attendees may participate anonymously if they choose.

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 members and the public can register for the August 2 webinar on the OKFB website at

okfb.news/chm24

Meet our 2024 Cultivating Healthy Minds webinar speakers



Session one:
**Promoting Farmer Wellness
by Jessica Cabrera**

Friday, August 2

Jessica Cabrera, managing director of member engagement for American Farm Bureau, will share resources and information on reducing the stigma around mental health and the importance of promoting the wellbeing of farmers and ranchers.

Jessica Cabrera serves as managing director of member engagement for the American Farm Bureau Federation. In her role, she manages the development and implementation of individual member engagement programs including the Young Farmers & Ranchers, Women's Leadership and Promotion & Education committees and programs, as well as other projects and initiatives like AFBF's Farm State of Mind campaign.



Session two:
**Managing Relationships by
Monica McConkey**

Friday, September 6

Monica McConkey, founder of Eyes on the Horizon Consulting, will share strategies for effectively managing relationships to help Oklahoma agriculturalists foster healthy connections with family members, employees and community members.

Monica McConkey was raised on farm and has spent the past 25 years working in the rural behavioral health field providing both direct service and supervising behavior programs. She created Eyes on the Horizon Consulting in 2016 with the goal of increasing access to mental health services in underserved, rural areas while decreasing the stigma that is often attached to mental health treatment.



Session three:
**Tackling Trauma by
Dr. Shannon Ferrell**

Friday, October 4

Dr. Shannon Ferrell of Oklahoma State University will share ways that Oklahomans can recognize and deal with traumatic experiences to create a better state of wellbeing for themselves and their loved ones.

Dr. Shannon Ferrell is a professor of agricultural economics at Oklahoma State University, where he specializes in agricultural law. As an educator and speaker, he has helped audiences across North America understand the fundamental legal elements of farm business management and farm transition planning. Dr. Ferrell's work in transition planning has shown him the importance of mental wellbeing of farm families.



Oklahoma Country magazine arriving in mailboxes across the state

The Summer 2024 issue of *Oklahoma Country* features Canadian County Farm Bureau member Whitney Lawson as she shares how mental health has affected her family and their operation. Also included in this issue is, Noble County member Marty Williams, who was recognized for his continued conservation efforts as the 2023 Sand County Foundation Leopold Award winner. Also featured are the results of the 2022 Census of Agriculture.

Read the magazine online at
okfb.news/Summer24OklahomaCountry.

AFBF launches Veteran Farmer Award; applications due Aug. 30

The Veteran Farmer Award of Excellence is a new recognition program launched by the American Farm Bureau Federation with support from Farm Credit. The award will recognize one individual who has served in or is currently serving in the U.S. military and is actively involved in agriculture and their community. Applicants will be evaluated based on excellence in farming and community impact.

The award winner will receive \$10,000 plus reimbursement of up to \$5,000 in travel and other expenses incurred for the recipient and a guest to attend the American Farm Bureau Convention in San Antonio, Jan. 25-27.

“This award elevates and celebrates those who have served our country and continue to be involved in agriculture and local communities,” said AFBF President Zippy Duvall. “Their sacrifices make it possible for us to enjoy the freedoms we have in our country, and they should all know how much we value and appreciate them.”

Veterans or service members may apply for the award online through Aug. 30. The application consists of both short-answer and essay questions covering two main focus areas: how the applicant has exhibited excellence in farming or agriculture, and how the applicant has impacted their community in a positive way.

Applications for the award submitted on behalf of worthy recipients also will be considered; if chosen, however, the recipient must be willing to be acknowledged publicly. Farm Bureau membership is not required to apply for the award.

The national award recipient will be recognized by AFBF in a variety of ways and should be willing to share his or her story and represent the veteran farmer community.

The recipient of the 2024 AFBF Veteran Farmer Award of Excellence will be notified in mid-September.

The award winner will be announced on Veterans Day, Nov. 11.

Schedule for August Area Meetings

Please note: The location for the **District Six** August Area Meeting has changed. Its new and updated location is listed below.

District 1 West - Guymon

Tuesday, August 6 • 6 p.m.

Hunny's
103 N. Main, Guymon

District 1 East - Woodward

Thursday, August 8 • 6 p.m.

Red Prairie Steakhouse
3113 Williams, Woodward

District 2 - Hobart

Thursday, August 15 • 6 p.m.

Western Tech Center
1000 S. Bailey St., Hobart

District 3 - El Reno

Monday, August 12 • 6 p.m.

Redlands Community College
1300 S. Country Club Rd., El Reno

District 4 East - Ardmore

Monday, August 26 • 6 p.m.

Murray Event Center
106 E. Main St., Ardmore

District 4 West - Lawton

Tuesday, August 27 • 6 p.m.

Comanche County Farm Bureau
502 SW 11th St., Lawton

District 5 - McAlester

Monday, August 19 • 6 p.m.

Southeast Expo Center
4500 West US - 270, McAlester

District 6 - Pryor

Tuesday, August 13 • 6 p.m.

Mayes County Event Center
2200 NE 1st St., Pryor

District 7 - Enid

Thursday, August 1 • 6 p.m.

Crosspoint Church
2500 N. Van Buren St., Enid

District 8 - Byars

Thursday, August 29 • 6 p.m.

Odell Farms
17261 US Hwy. 177, Byars

District 9 - Kellyville

Thursday, August 22 • 6 p.m.

Creek County Fairgrounds
17808 OK-66, Kellyville

Applications open for the Fall 2024 Activate Oklahoma cohort

Applications are open for the Activate Oklahoma Fall 2024 cohort. The rural development pipeline helps rural Oklahoma innovators bring their ideas to life with Oklahoma-based business resources, a founder bootcamp and local resources.

To learn more about Activate Oklahoma, visit:
okfb.news/ActivateOK



**APPLICATION DEADLINE:
AUGUST 2**

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OKFB reflects on legacy, accomplishments following passing of Sen. Jim Inhofe

Oklahoma Farm Bureau President Rodd Moesel issued the following statement Tuesday after learning of the passing of Oklahoma Senator Jim Inhofe:

“Oklahoma Farm Bureau members were deeply saddened to hear of the passing of Sen. Jim Inhofe. Sen. Inhofe was a remarkable leader and wonderful friend to agriculture and rural Oklahoma since his time in the state legislature more than 50 years ago.

“During his tenure in the U.S. Senate, Sen. Inhofe was awarded the American Farm Bureau Golden Plow Award, AFBF’s Distinguished Service to Agriculture Award, and OKFB’s Distinguished Service Award – the highest honors from both organizations. His commitment to serving his fellow Oklahomans through his time in both the U.S. House and Senate leaves a lasting legacy for years to come, and we are forever grateful for his service to Oklahoma agriculture.

“Sen. Inhofe will be greatly missed, and our thoughts and prayers are with his wife, Kay, and his family.”

