

AUXILIARY NOTES

by Julie Conover, president, American Angus Auxiliary

Balance

I used to think as a young teacher, balance would just come. I was new, and curriculum doesn't just write itself. Late nights after coaching and working on my master's, I believed it was normal, you just have to have a little more patience and balance in life will happen.

As I transitioned to working for Extension and then the Missouri Angus Association, I convinced myself balance is not achievable when starting a new job, but with patience, down the road it would happen. Add in marriage and then a farm, I believed the right routine for life would happen one day.

In a seminar some time ago, I remember the speaker asking if anyone had intentionally not answered a phone call before. As a twenty-something, if I was working, I always answered the phone. Sure, there were plenty of times I wished I hadn't, but I always took the call. Think of it as programming or just my own version of etiquette, it was how I had opted to do business. Only now do I realize it meant I was always working or trying to brainstorm for the next project — there was no “off work” time.


In our household, I actually found balance after having our second child. Not only do the kids now outnumber me, but they have needs that require adjustments to my daily routine. The first time I realized things were going to be different was late January 2022, shortly after the birth of our second child. While you can hold a phone and change a diaper at the same time, little people have their own way of telling you it's time to better regulate your day.

Like many of you, I had continually

pushed to be able to do everything I could in a day. Schedules and deadlines drove me forward and still do.

Now, I make sure the most important items are completed and am no longer afraid of leaving something on my to-do list for the next day. While I did eventually find balance with time and patience, a family forced the hand, and I couldn't be more grateful.

As a third-generation Auxiliary member, I know balance and volunteering are often challenging to have in the same conversation. I applaud the many women before me who have served as an officer and/or committee chairwoman of the American Angus Auxiliary. Whether or not they had balance, they said yes to the commitment and have helped generations of young men and women across the nation to succeed on numerous different platforms.

If you are looking for a change in your routine or are ready to get engaged with a great group of women, please reach out to myself or any of the executive board if you have questions or need assistance. Best of luck in your endeavors to find balance. 

Sincerely,

Julie T. Conover

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American Angus Auxiliary Scholarship DEADLINE MAY 1

Annually the Auxiliary awards scholarships to five graduating senior males and five females. In 2022, we awarded \$20,000. Apply through your state scholarship program.

Questions?
Rules, applications and score sheets are available on the Auxiliary website, or contact the scholarship chair Karla Knapp (641) 777-9887 knappangus@gmail.com

For complete details and to apply, visit angusauxiliary.com

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