



National Volunteer Outreach Network. INC.

State Lessons

Revised List February 2009

* Denotes No credits for programs.

The following is a list of programs, along with the cost, that are available for order. If you are interested in obtaining a copy of any of the following programs please contact Barbara Cathey, NVON Vice President at bcathey299@comcast.net. You may also mail your request to Barbara Cathey at: 4508 Pine Lake Dr., Terry, MS 39170. A Program request form is needed with each order, and can be found at: NVON.org

Community Development:

___ Vote for Me: ABSENTEE – SC 2007 (\$3.00)

Environment:

___ Attracting Butterflies – Lesson by Master Gardner - WI 2000 (\$2.00)

___ Indoor Air Quality – Information on air quality in schools SC – 2000 (\$3.00) *

___ Make a Splash - Information on Spring Water and how to appreciate it - SC (\$3.00) *

___ Water Quality ___ Mapping Your Home Site - SC 2006 – (\$2.00)

Family:

___ Challenges of Parenting Grandchildren – SC 2006 (\$2.00)

___ Helping Families Coping with Terrorism – SC 2003 (\$3.00)

___ Make a Family Tree – SC 2007 (\$4.00)

___ Planning a Family Reunion – 2003 (\$2.00)

___ Talk is Cheap, But NOT Easy - SC 2007 – (\$2.00)

Finance:

___ Cosigning can be Costly – Learn responsibilities of cosigning a loan – SC 2006 - (\$2.00) *

___ How Secure is Your Future – SC 2006 – (\$3.00)

___ Is a Reverse Mortgage Right for You? – SC 2007 – (\$3.00)

___ Protecting Your Assets and Your Good Name – SC 2006 - (\$2.00)

___ Save Money at the Pharmacy – Benefits of using Generic Drugs – SC 2004 – (\$2.00)

Health:

___ Allergies and Cross Reaction – 2006 – (\$4.00) *

___ Brain Blitz – SC 2007 – (\$4.00)

___ Breath – Exercises That are Beneficial – IL 2006 – (\$2.00) *

___ Do You Know Who You Are Sleeping With? _ SC 2007 – (\$3.00)

___ Let's Have a Heart to Heart Talk – SC 2006 – (\$3.00)

___ Organ Donors Save Lives: Pass it On – SC 2007 – (\$3.00)

___ Privacy and Your Medical Records – Privacy Rules – SC 2006 – (\$2.00)

___ See the Future! Your Vision as you Age – SC 2007 – (\$3.00)

___ The Silent Killer - Cardiovascular Disease – SC 2006 – (\$3.00)

___ Understanding Medical Plant Use, Case Study – The Cherokee – SC 2006 – (. \$2.00)

___ Weaving Healthy Spirits – How Important Health is to Balance Life – SC 2006 – (\$2.00)

Horticulture:

- ___ FCL Yards and Neighborhoods – SC 2007 – (\$4.00)
- ___ Heirloom Plants – Preserving Family History – SC 2006 – (\$3.00)
- ___ South Carolina Edible Wild Plants – SC 2006 (\$2.00)

Membership:

- ___ Bloom & Grow Membership Campaign – NC 2007 – (\$2.00)
- ___ Quick Answers to Help You Recruit New Members – NC 2007 – (\$2.00)

Nutrition and Food Safety:

- ___ Basic English Muffins – 2006 (\$2.00) *
- ___ Fresh Ideas for Salads – SC, IL 2006 – (\$2.00)
- ___ Fruits and Vegetable Lesson – 2006 (\$2.00) *
- ___ Herbs and Spices – 2006 – (\$2.00)
- ___ Is It Done Yet? – SC 2007 – (\$4.00)
- ___ Nuts & Seeds – 2001 (\$2.00) *
- ___ Rhubarb – History & Recipes - 2003 – (\$2.00) *
- ___ Safe Eats – SC 2006 – (\$2.00)
- ___ Sensational Fruits & Vegetables – SC 2007 – (\$4.00)
- ___ This Spuds for You “Potatoes” – History, buying tips & recipes – 2002 – (\$2.00)
- ___ Washing Fruits & Vegetables for Safety & Quality – SC 2006 – (\$4.00)
- ___ You Can Have Your Cake, & Eat it Too – Converting Desserts – SC 2006 – (\$4.00)

Volunteer/Motivation:

- ___ Character Counts (Series of 6) – WV 2006 - (\$6.00)
- ___ Volunteer Outreach to Victims of Violence – SC 2006 – (\$3.00)
- ___ Zest and New Life for Your FCL Group – SC 2006 – (\$3.00)

Youth:

- ___ School Bags for Children in Need – NC s007 – (\$2.00)

Miscellaneous Topics:

- ___ Intergenerational Service Learning - SC 2006 – (\$3.00)
- ___ Peacemaking – The art of reducing violence & scattering kindness – KY – (\$2.00)
- ___ Reduce Violence in Television and Movies – 2006 – (\$2.00) *
- ___ Safe Food, Beautiful Garden – SC 2006 – (\$2.00)
- ___ Shoes to Fit Your Feet – Tips on how to fit your feet – 2006 – (\$2.00)*
- ___ The Blues - Bibliography/style and forms of the Blues - 2006 – (42.00) *
- ___ The Internet for Non-Computer Owner & non-Typist – WEB SITES – WI 2006 – (\$2.00)
- ___ Who Gets Grandma’s Yellow Pie Plate - - Transferring nonn-titled property – WI 2000 – (\$2.00)

You may request a DC for \$5.00 with the following 2005-2006 Lessons from WI

1. Baking Soda Magic
2. Children and Weight
3. Citizenship Challenge
4. Container Gardening
5. Creating My Hometown
6. Create & Package Holiday Foods

7. Dry Beans Lessons
8. Fighting the Winter Blahs
9. Healthy and Quick Snacks
10. Lite Meals for 1 or 2
11. Skits: - Leadership and Teams

Additional lessons can be found at the following member state web sites.

Kentucky Extension Homemakers Association – <http://www.ca.uky.edu/hes/index.php?p=292>

South Carolina Family and Community Leaders – <http://www.scfcl.com/lessons.html>

West Virginia Community Educational Outreach Service, Inc. –

<http://www.wvu.edu/-exten/infores/pubs/ceospub.htm>