



# National Volunteer Outreach Network

- Annual Conference -

United for a Better World - "Together Everyone Accomplishes More"

July 11 – 13, 2008

Marriott Charleston Town Center - Charleston, WV 25301

Hosted by: West Virginia Community Educational Outreach Service, Inc.

## New River Country

Friday, July 11, 2008, 8:00 AM – 5:00 PM

Cost \$65.00

Depart Charleston via The Midland Trail scenic highway to the picturesque **Kanawha Falls**. You will stop to view the Falls, which are the birthplace of the Kanawha River formed from the ending of The New River that had been joined by the Gauley River. You will then travel up Gauley Mountain seeing a Hydropower plant and hear a story about one of the worst industrial disasters in the history of this country. You will stop at **Hawk's Nest State Park "Old"** to view the deepest canyon east of the Mississippi, the Hawk's Nest Dam and Tunnel. The next stop will be at the **Canyon Rim Visitor's Center** for the **New River Gorge Bridge** where you will view the bridge and see an 11-minute film.

From the Bridge you will travel to the Beckley Exhibition Coal Mine where you will see how "old time" coal mining was done. While there you can also visit a restored Coal Miner's House, a Superintendent's house, a church, a schoolhouse and museum. A gift shop is also available.

From there you travel to **Tamarack** for lunch on your own and shopping. Tamarack is a unique facility offering year round festivals, workshops, performing arts, demonstrations, actual craft production and retail areas. The food court where you will have lunch is operated by The Greenbrier Hotel. Your return to Charleston will be via The West Virginia Turnpike (I-64/I-77). Information and stories will be told along the way.

## Do The Charleston

Friday, July 11, 2008, 1:00 PM – 4:30 PM

Cost \$45.00

You will tour beautiful, historical **Charleston**, capital city of West Virginia. See historical architectural houses and buildings dating from early 19<sup>th</sup> Century to present, featuring "Victorian Village" of old downtown and new downtown hub. Visit **The Capitol Complex**, one of the most beautiful Capitol buildings in our nation and the **Cultural Center** with a display of handmade quilts. On the grounds you will see statues and an optional visit to the inspiring **Veterans Memorial Monument** and moat. A visit to the **Governor's Mansion** (if available). Your return will include a panoramic view of Charleston from across the Kanawha River.

## Heritage Farm Museum

Saturday, July 12, 2008, 8:00 AM – 12:00 PM

Cost \$48.00

You will travel to Huntington West Virginia, home of Marshall University and where the movie "We Are Marshall" was filmed to visit the Heritage Farm Museum. You will have a 2 hour tour which includes the Museum of Progress, one section is devoted to the dramatic changes made in the home from 1850, 1900, to 1925, the Museum of Transportation, the Transportation Building shows the progression of this revolution, from covered wagons to carriages, early autos and an electric truck, and the Country Store Museum, sometimes known as the General Store or the Mercantile; the country store was the hub of day to day life in town.

This walk down memory lane is a tour that you will not soon forget.

## NVON Featured Speakers and Entertainers

### West Virginia Night - Mack Samples - Educator, Musician, Author



West Virginia Night will be fun and entertaining with our own Native son, Mack Samples, a retired West Virginia Extension Agent. His career started with four years in the United States Navy, then a public school teacher, worked for University of South Carolina and Glenville State College. He plays numerous musical instruments including first place in the old time banjo contest and fifth in the fiddle contest. He won the Vandalia Award for preserving traditional life in WV. He is also an Author of seven books. He is an enthusiastic square dancer, caller and flatfoot dancer.

### Saturday Lunch - “Appalachia: The Story Must Be Told” by Karen Morgan



Karen taught in public schools in West Virginia for thirty-six years, retiring at 56 continued to be an adjunct instructor of English for Fairmont State University. Today she is the Director of Teacher Preparation and Undergraduate Education at Salem International University. She is known for her love and storytelling of Appalachia. She will share that interest and folk art in her talk

### Saturday Evening - Appalachian Celtic - Traditional and Scottish Music



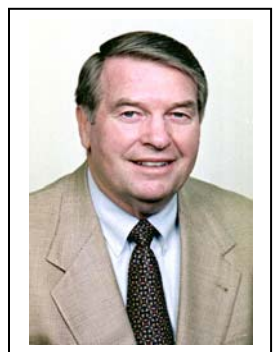
Our hills and mountains were settled by Scotch-Irish immigrants, and the music they brought with them has picked up a bit of local flavor. You will hear a wee bit o’ the Celtics Isles in the hills of West Virginia

### Sunday Morning Meditation - Youth Choir from Kings Way Church, Nitro, WV

Director, Sandy Murriner, WVCEOS Member

### Sunday Morning - General Session -

### COACH NEHLEN, THE WINNINGEST FOOTBALL COACH IN WVU HISTORY



Coach Don Nehlen, the winningest football coach in WVU history, served as Mountaineer coach from 1980-2000, posting a 149-93-4 record in Morgantown. One of the five winningest coaches in the nation at the time of his retirement, Nehlen’s career record of 202-138-8 (including nine seasons as head coach at Bowling Green OH from 1968-76) made him one of only 17 coaches in NCAA history to record 200 wins. During his term at WVU, he took his teams to 13 bowl games and 17 winning seasons.

Coach Nehlen has a bachelor’s degree from Bowling Green, where he played as quarterback, and a master’s degree from Kent state. A native of Canton, Ohio, he and his wife Merry Ann have two children and five grandchildren.

Don Nehlen measures his success by the amount of people he's reached, and the lives he's affected, through Mountaineer football. That includes his players and their families, his coaches and support staff, the fans throughout the state, and alumni around the world-even the opposition. Coaches respect Don Nehlen, not because he has beaten just about all of those he's faced during more than four decades of competition, but because of what he stands for. He's a down-to-earth guy who thinks the best things in life are his wife, his grandkids, and hot fudge sundaes. He believes in honesty, he believes in preparation, and he believes that the discipline and lessons learned through playing football will make you a better player in the game of life. He believes in **teamwork**, he believes that patience is a virtue; he believes that everyone who is a part of his football program is "family" and thus somebody special. **He believes that persistence pays and that hard work and earnest commitment get you everywhere.**

#### **Sunday Lunch - Almost Heaven Chorus - Sweet Adalines Quartet**



The Almost Heaven Chapter of Sweet Adalines International is a caring group of women dedicated to achievement and enjoyment of singing and performing four-part harmony in the barbershop style.

#### **Sunday Evening - 4-H Appalachian Lads and Lassies**



The 4-H Mountain Dancers began in the 60's. An extension agent used her vast knowledge of music and dance heritage to begin training the Appalachian Lads and Lassies 4-H Dance group, traveling across West Virginia in the 60's, 70's, 80's. In the 90's, an after school program blossomed into a troupe of 80+.

### **Craft Workshops: Friday, July 11, 2008**

9:00 a.m. to 10:15 a.m.

**Tisket, Tasket Make your own Basket - ( Continues through 11:45) by Delores Stutler, WVCEOS Member**

Weave a small round basket from reed. Basket will have some color on sides with a match-stick border. This basket is suitable for beginners and advanced weavers. Maximum: 20. Cost \$15.00

**"Greetings" Cards and Pen by Pat Gruber, Director Families and Health Programs, WVU Extension and Kathy Hamrick, WVCEOS Member**

A session for pure enjoyment as you make two greeting cards and a writing pen that takes on a whole new look! Maximum: 20 Cost \$5.00

**Scherenschnitte (Paper Cutting) by Melanie Thomas, WVCEOS Member**

Cutting from paper using an x-acto knife, you will make a design suitable for framing. Maximum: 15 Cost \$3.00

**Baa Baa Black Sheep by Julia S. Bragg, WVCEOS Member**

Construct a colored sheep ornament using natural colored wool and pipe cleaners. Maximum: 20 Cost \$5.00

10:30 a.m. - 11:45 a.m.

**Tisket, Tasket Make your own Basket - ( Continues )**

**Lighted Glass Packages by Mary Frances Marple, WVCEOS Member**

This is a hollow glass block, with a strand of 35 Christmas lights inside of it and tied with 2” ribbon when completed, It looks like a wrapped package. Maximum: 10 Cost \$10.00

**Wired Angels by Peggy Tanzey, WVCEOS Member**

Small wire angels with a bead head will be created by wrapping light weight wire around a cylinder (probably a flashlight). Maximum: 12 Cost \$3.00

**Super Easy “Needlework” by Mary Lantz, WVCEOS Member**

Make a small tablecloth using Mink’s cloth and embroidery thread. Good project to do with your children, someone else’s children or 4-H ers. Maximum: 20 Cost \$8.00

Seminars: Saturday, July 12, 2:00 p.m. to 3:00 p.m.

**Leadership as Team Work by Pat Gruber, Director, Families and Health Programs, WVU Extension**

Our clubs, groups and organizations run so much more effectively and with much more enjoyment when we combine our leadership roles with a “team work” attitude. A session designed to share knowledge, ideas, samples and techniques. Maximum: 50

**Why Women’s Health Matters by Elaine Bowen, WVU Extension Specialist, Health Programs and Robin Maille, WVU Extension Agent, Monongalia County**

Women take care of their family’s health and make health care decisions. Women are different from men in the types of illnesses they have. They interact differently with their doctor. And women live longer than men. This topic reveals fascinating differences as well as tips for preventing health problems. Maximum 100

**“Feed Sacks and Other Commodity Cotton Bags from 1920-1970” by Dr. Beth A. Newcome, Fairmont State University.**

The resourceful homemaker of the early 20<sup>th</sup> century soon caught on to the marketing techniques of the major commodity bag producers, and with the price of cotton at rock-bottom prices in the 1920’s the cotton bag made its debut as a valuable recycled textile. Feed sacks and other grain and food bags provided a much need cotton cloth that got a second use as anything from baby cloths to tablecloths. The early muslin and later, colorful printed bags became the mainstay fabric, meeting the needs of the rural family for home management and decoration.

**Leadership Garden by Terrill Smith , WVU Extension Agent, Raleigh and Summers Counties**

We will discuss the skills and attributes necessary to being a good leader, using a garden analogy.

**Cooking and Baking with Artificial Sweeteners by Deborah S. Shriver, WVU Extension Agent, Marion County**

Learn the basics of using artificial sweeteners for weight control and for use with diabetics.

Seminars: Saturday, July 12, 3:30 – 4:30 p.m.

**“Academic Use of a Vintage Apparel Collection to study History of Fashion” by Dr. Beth A. Newcome, Fairmont State University**

A collaborative project at Fairmont State University between the Theater department and the Fashion program was to retire the many antique clothes and accessories, donated to the college’s theater troupe, The Masquers in 1924. Many

of the oldest items had become too fragile for the active costume collection, so nearly 10,000 items dating back to 1840 and many through 1970 were retired to create the Masquers Historic Apparel Collection. The purpose of this project is to preserve this unique collection of vintage apparel and accessories that represent contributions made to the college from the communities in and around Marion County and North Central West Virginia. The Collection is available to FSU students, faculty and the public at large for research and historical record, pattern drafting, material culture exploration and investigation, visual history study and costume reproduction.

**What You Always Wanted to Know About Birth Order But Were Afraid to Ask by Sue Flanagan, WVU Extension Agent, Berkeley County, Lisa Mitchell, WVU Extension Agent, Mercer County and Patty Morrison, WVU Extension Agent, Wirt County**

“Birth Order” refers to the chronological positions in the family. Does your place in the family affect your personality? Are there similarities among first born, middle, youngest or only children? It is interesting to explore the possibilities.

Maximum: 40

**A New You: Health for Everybody by Brenda Porter, WVU Extension Agent, Cabell County and Kerri Wade, WVU Extension Agent, Kanawha County**

Learn how to shift your focus from weight to health, honor your hunger with gentle nutrition, and enjoy physical activity every day. We will also explore ways to respect body size - yours as well as others. Maximum: 30

**How Food Has Changed by Lauren S. Weatherford, WVU Extension Specialist, Food and Nutrition Program**

A historical perspective of how food has changed from the 1970’s to present. It will include activities looking back at how we cooked, what things cost, and how we thought of food. Games, food demonstrations and give away recipes will be part of the program. Maximum: 30

**Pep Up Your Rolls by Melanie Thomas, WVCEOS Member and Becky Mowbray, WVU Extension Agent, Harrison County**

Create a heritage tradition with a simple roll, a pepperoni roll that is! Maximum: 25

## **Sunday, July 13, 2:00 – 3:00 p.m.**

**Fun with Music and Games by Mida Peterson, WVCEOS Member**

Put some spice into your club meetings by adding some recreation. Maximum: 50

**Food For Thought by Ellen M Simpson and Ruth Blenkhorn, WINS member, Nova Scotia, Canada**

How Women’s Institute of Nova Scotia brought to attention of the public need to support the local producer. Through visual and verbal means the presenters will encourage the audience to support and buy local regardless of where they live in the world. Maximum: 50

**Beauty at any Age by Joyce Hall, Arkansas Extension Homemakers Council**

Facts about skin care and ways to make your own. Maximum: 35

**Alzheimer’s Disease: Know the Facts by Rita Spence, Kentucky Extension Homemakers Association**

Alzheimer’s disease was diagnosed 101 years ago. Explore the truths and myths about the most severe and common form of dementia and learn how much progress has been made. It affects over 4.5 million Americans and is not a “normal” part of aging and much research has been made.

**Fun with Garnishing by Cheryl Kaczor, WVU Extension Agent, Marshall County and Paula Strawder, WVU Extension Agent, Wood County**

Sight is the first sense that is aroused when a meal is produced. It is followed by smell and taste. A dish is beautifully garnished shows that care has gone into its preparation. In this class we will learn how to make our foods look more appealing and have the opportunity to try out a simple garnish. Maximum: 20 Cost \$5.00

## **Seminars: Sunday, July 13, 3:30 – 4:30 p.m.**

### **See the Future by Barbara Cathey, South Carolina Family & Community Leaders**

Your vision as you age - changes in eyes and vision during aging - How to live with low vision, warning signs of possible eye disorders and the importance of regular vision examinations. Maximum: 25

### **Why People Volunteer??? by Patrick Nestor, WVU Extension Specialist, Volunteerism**

This workshop will provide participants who are volunteering to serve and why people volunteer to serve. The workshop participants will develop a better way to motivate and recruit people to serve in their organization. Maximum: 35

### **Moving Beyond the Legacy - Strategic Planning for a Relevant Future by Robi Roper, NCECA Advisor and Alma Fields 2008 State President**

Faced with declining membership and questioning its relevancy, North Carolina Extension and Community Association became proactive. Through strategic planning, NCECA looked at its past and considered a future of relevancy where the organization is tied to its roots of partnering with Cooperative Extension. Participants in this workshop will hear about the process and will explore how their organization can duplicate our process. Everyone is welcome! Maximum: 40

### **Shared Leadership by Shirley Nix, Indiana Extension Homemakers Association**

This workshop will increase awareness and understanding of shared leadership. We will explore new ideas, answer questions and practice shared leadership. Maximum: 30

### **Spice it up! Using Spices for Full Flavor by Brooke Baker, WVU Extension Specialist, Family Nutrition Program and Dana Cook, WVU Extension Agent, McDowell and Wyoming Counties**

This session will describe the benefits of using a variety of spices for flavorful, healthy dishes. Food demonstrations will allow audience hands on experience with unique delicious items. Maximum: 30