



National Volunteer Outreach Network

VISION

VOLUME 5 ISSUE 9

OCTOBER 2016

Special points of Interest!

- *President's Message*
- *Eat Local, Eat Healthy*

www.nvon.org



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This is my last letter as your president, but NVON will be in great hands as Linda Kaletch takes over. How fast those three years have gone. I did find the position both an opportunity and a challenge. The opportunities were many. Meeting and getting to know so many of you is certainly a blessing in my life and I hope that will continue in the next three years as I serve as Linda's advisor.

I attended the ACWW Triennial at Warwick University in Coventry, England in August as your NVON delegate. Jo Almond from Indiana was elected as USA Area President. We worked on many resolutions, and I will be reporting on those, one at a time in the next issues of the VISION. I will also give a full report at the conference in North Carolina next July. There is an article on "Food Sovereignty" in this issue.

One of our connections to Resolution 2, "Food Sovereignty" is the project that CWC has adopted, Project #1007, "Production of Indigenous Rice and Vegetable Cultivation" among Marginal Women Farmers and Prevention of their Migration to towns. ACWW has included food sovereignty in its agriculture policy and

this project is one that works toward their goal of improving lives of women and communities worldwide. I have challenged our Wisconsin members to each donate 25 cents toward this project sometime in the coming year and in doing that be part of and learn more about the United Nations Zero Hunger goal.

The corrected financial reports for 2014, 2015, and then the report for 2016 have been sent to the NVON Board and the appointees. If you would like to see any of those reports, contact your State President or me and we will get them to you.

Remember that the "Water Around the World" project is now a continuing project and needs money. As of this time, the fund is in the black, but we do have requests and will start filling some of those as we get money in. At the Triennial, Pat Breznay and I talked to the DMI Sisters that have transferred from India to Tanzania, Africa and they are in dire need of clean, safe water. We will try to help them out as soon as we can.

I have been visiting my farmers market each week and keeping the good locally grown vegetables on my table. I have canned a bushel

of apples, and also have my crisper in the fridge full of eating apples. The cabbages, carrots, and squash are really plentiful now and I have bags of bell peppers chopped and frozen to use all winter in my soups and hot dishes. I love throwing a handful into my scrambled eggs in the morning. I am working on a form for the Wisconsin folks to use to report to our president so she will have good numbers for Wanda when it is time for the report for "Eat Local, Eat Healthy". I have all three of my children either growing their own, or hauling home from the farmers market. I even shared a few of my good strong conference bags with one of my sons because their bags just did not hold up as they walked home with their fresh produce.

So, as my term as your president comes to an end, I want to thank all of the officers, past and present, I have worked with. It has been a great experience and I really enjoyed getting to know so many of you. I hope to see you in North Carolina in July, 2017.

Until then, eat healthy, keep active, and keep warm.



Lylene Scholz
NVON President



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NVON SECRETARY 2016 CONFERENCE REPORT, Marcelline Protheroe

The 18th NVON Annual Conference was held July 19 - 21, 2016 at the Marriott Hotel and Conference Center in Bloomington/Normal, Illinois hosted by Illinois Association for Home and Community Education. On Monday, July 18th Registration began, Silent Auction Items were received, the Finance Committee met and at 6:00 PM the NVON Board Meeting was held.

Tuesday, July 19th members spent the day on the Abraham Lincoln Museum Tour. Those not going on the tour were able to take part in Conference Craft Classes.

Wednesday, July 20th the Official Opening Session of the Conference began with the Flag Presentation by the State Presidents followed by the Pledge of Allegiance. Linda Kaletch led the singing of God Bless America. Jane Chapman, President of IAHCCE greeted the group. Reflections were given by Mabel Harned, Parliamentarian. Beverly Earnhart, ACWW USA Area President also extended greetings to the attendees and thanked them for supporting her during her terms as Area President.

The Annual Business meeting was presided over by President, Lylene Scholz. During the noon session a

Celebration of Successes was held with reports on Water Around the World by Wanda Denning, VP and Pat Breznay, Chair. A toast to clean, safe, water was given by Pat and Wanda with everyone raising their glass of water. Balloons decorated the room to help the celebration. Luncheon speaker was Deanna Daughhete, daughter of Conference Chair, Marilyn Daughhete. Wednesday afternoon was filled with educational seminars. State Displays and the Trade Show could be visited all during the day. President Abraham Lincoln paid a visit to Wednesday evening's session.

On Thursday, July 21st a tour "Cruisin' with Lincoln on Route 66" was well attended. The Annual Business meeting resumed in the morning. An election was held with two candidates nominated for the position of Secretary. Rita Bloom, Kentucky will resume the duties of Secretary on January 1, 2017. Updates were given by NVON Board members. "Sharing of Successes" reports were given by State Presidents.

Preliminary details of the 2018 Conference in Wisconsin and the 2019 Conference in Arkansas were given by Chairs, Donna Zarovy and Mary Fisher respectively.

Luncheon speaker was Melissa Gouty. Her presentation was titled "Threads of Time". Once again, educational seminars were held after lunch.

At the closing banquet Thursday evening, entertainment was provided by "The Singing Men". Results of the Silent Auction and Pennies for Friendship Collection were announced.

An impressive invitation to the 2017 Annual NVON Conference was presented by Joyce Klutz, Conference Chair. The conference will be held in Raleigh, NC.

Installation of newly elected Secretary, Rita Bloom was performed by Wanda Denning, Vice President. Linda Kaletch, 2017 - 2019 NVON President shared a message with us. President Lylene Scholz presented closing comments and officially closed the 18th Annual NVON Conference. The flags were retired by the Conference Committee.

Thank you to Conference Chair, Marilyn Daughhete, Co-Chair, Sharon Middleton and all of IAHCCE for hosting an outstanding conference.

Marcelline Protheroe, Secretary



Marcelline Protheroe
Secretary



Attending Past NVON Presidents
Front: L-R - Joan McEachern, Louise Nichols
Back: L-R - Ruth Ann Anderson, Linda Gause,
Pam Hanfland



NVON Board & Appointed Officers: Front Row: L-R - Wanda Denning,
Marcelline Protheroe, Lylene Scholz, Linda Laletch, Rita Bloom
Middle Row: L-R - Jane Chapman, Joyce Klutz, Faye Lanier, Judy Bender
Back Row: L-R - Pam Hanfland, Cathy Cook, Sharon Middleton, Joan Staffon
Several of the members were unavailable.

VICE PRESIDENT, WANDA DENNING

PROJECT in COMMON - Eat Local, Eat Healthy



Project in Common: *Eat Local, Eat Healthy*

As the first year of this PIC draws to a close, I encourage you to take pictures and report your state's activity. At Conference this year, only 2 states had submitted reports. Understandably, the reports were due before many of you thawed for the season! Now that we've all had a growing season, you should inundate me with activity!!

I encourage you to visit your state's Extension website as well as other states to keep updated on the local foods initiative in your area. Visit cefs.ncsu.edu/wp-content/uploads/Circles_of_10_Volunteer_One-pager.pdf?3106e7 to find more information regarding the Circles of 10 . . . it's EASY to be a Circles of 10 volunteer!! Use this to promote local foods in your state!

ACWW's Agriculture Committee has campaigns geared toward ACWW members, such as 'Grow Locally, Benefit Globally'. As part of this campaign, vegetable gardening is encouraged and you'll find a guide on how to grow a container garden on the ACWW website!

fruitsandveggiesmorematters.org offers expert advice, nutrition, and storage information, shopping tips, healthy menus and recipes, kid-friendly recipes and healthy tips, as well as ways to save money using fruits and veggies!

Two other websites with interesting information are:

- www.epa.gov/smartgrowth/local-foods-local-places
- www.treehugger.com/green-food/10-reasons-eat-much-local-food-you-can.html

Happy *Eating Locally, Eating Healthy!*



Newly elected - ACWW/USA Area President, JO ALMOND



Jo Ellen Almond

Hi,
I have the pleasure of introducing myself to you as your new ACWW/ USA Area President.

My Name is Jo Almond. I live in Indiana with part of the winter in Florida. My husband (Bob) and I have 2 married sons and 5 grandchildren. Our oldest son lives about 15 minutes from us in Indiana and our youngest son lives in Arizona.

I am very excited to be your ACWW/ USA Area President. Holding this position is an honor along with a huge responsibility. Throughout the next 3 years I would like to visit and get to know as many societies as I can that are members of ACWW. Please let me know the dates of your state and national meetings so I can put them on my calendar. If it is possible to attend, I will be there.

During my term I will be sending emails

and /or letters with updates of what is going on with ACWW and our USA area. Please feel free to email, post or call me at anytime with questions and/or information about your society.

You will find my personal information at the bottom of this letter for your convenience.

Again, please do not hesitate to contact me for information or questions.

Have a great day.

JO

ACWW NEWS

This is a brief account of what happened at the 28th Triennial Conference that was held at the University of Warwick, UK, August 17 - 23, 2016.

There were 43 USA delegates representing 20 societies.

More than 600 plus attendees from 63 countries attended.

The ACWW World Chorus was 50 strong and sang at the Thanksgiving Service on Friday, August 19.

10 resolutions' and 3 recommendations were passed.

All three of the CWC proposals were passed, "Protecting the Supply of Water", "Vaccination Against Potentially Eradicable Diseases" and "Illegal Immigrant Border Children".

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REFLECTIONS by Mabel Harned

‘Threads of Hope’, ‘Clothe a Child’, ‘Dare to be Healthy’, ‘Stitches for Survival’, ‘MAD, Making a Difference’, ‘NVON Let’s Take Off’, ‘Water Around the World’, ‘Eat Local, Eat Healthy’. Do these sound familiar to you? Yes, and to me also. All of these are NVON Projects in Common and are special in their own way. What a great and wonderful way to show others what NVON is all about. We are an outreach organization made up of volunteers helping others and ourselves through our Projects in Common. The Projects in Common are three year projects and rotate themes from International, National and Membership.

The first project was ‘Threads for Hope’. Over 766,820 skeins of embroidery floss were collected and delivered to women in South Africa. The women learned how to embroider and made over \$15,000 worth of items which were sold. These women were paid for the items and this was the first time many of them had ever earned money to buy for their families.

The ‘Clothe a Child’ project was to help Native Americans. Each member state adopted a different Indian Reservation. I was especially proud of my state for the great job they did during this three year project. The first year we collected over 17,000 infant to size 2 items which were to be delivered to an Indian reservation in Montana. The next year our emphasis was on “Keeping a Family Warm”. Each of the 1,189 clubs in Kentucky was asked to donate one blanket for the project. They did much more. That summer KEHA delivered 4,006 blankets and 7,191 pairs of socks to the reservation. Socks were collected after it was learned that there was a great need for socks for all ages when a

Native American wanted to buy a pair of wet and soiled socks hanging on a line to dry. The socks belonged to the school director. The last year of the project, KEHA collected school supplies, personal items and money for the school located on the reservation. Two buses of members and spouses delivered supplies and presented a token bag of supplies and a check to the director. I realize that KEHA was not the only state that “Delivered the Goods” but it is the one I really know more about. I have read the other states reports and I can say “Great Job NVON” on our first national project.

The first Membership ‘Project in Common’ was the ‘Dare to be Healthy’ project. The objective of this project was to **D**evelop **A**wareness and **R**esponsibility through **E**ducation on Women’s Health issues. Each state had a variety of methods to develop awareness and responsibility. Emphasis on the benefits of walking, increasing awareness of heart related health issues, diet, breast cancer, ovarian cancer screenings were reported.

The next ‘Project in Common’ was again an International theme. The ‘Stitches for Survival’ project had two phases. The first phase was the Tarahumara Indians in Mexico. Members collected beads, lace, hand needles, scissors, thread bias tape, pins and colorful cotton or blended cotton material for the Tarahumara Indian women to make useful articles for their families and/or for sale to supplement the family income. This phase was put on hold halfway through the first year due to the overwhelming response of members in collecting sewing items to send to Mexico. The next phase was to support International Disaster areas through the United Methodist Church. This

project accepted sewing kits to be sent to any area that has suffered disaster. A total of 162 kits were sent.

‘MAD’, **M**aking **A** **D**ifference for Children in Foster Care was our next National project. The object of this project was to help children who are being placed in foster care through no fault of their own. Member states developed a plan of action to accomplish this objective tailored to their own state. Numerous items were donated children’s homes, backpacks and tote bags were filled with items for children who were taken from their homes for varied reasons. Money was collected to buy \$5 gift cards to McDonalds, school supplies and for foster care.

‘NVON Let’s Take Off’ was the next membership ‘Project in Common’. Take off what, why, where and when? Take off weight to avoid the problems associated with obesity. Each state was to develop programs to raise awareness of obesity and recognize ways to help combat the effects of obesity on the overall health of individuals.

Suggestions for states: Have each state develop mini lessons/activities that can be used at club meetings, encourage each member to have a yearly checkup and keep a weekly/monthly journal of weight lost or gained.

NVON states are still working on Projects in Common. We have just finished another successful International Project, ‘Water Around the World’.

The next National Project in Common, ‘Eat Local, Eat Healthy’ has now started and I urge each of you to learn all you can about this project and make it as successful in your state as all of the other projects have been.



Mabel Harned
Parliamentarian



‘Water Around the World’ Project



‘Eat Local, Eat Healthy’
Current Project



ARKANSAS EXTENSION HOMEMAKERS COUNCIL



Johnette Joahnson
AEHC President



The Arkansas Extension Homemakers report 4,412 members (up from last year) with 341 clubs. We had 705,275 volunteer hours for the year July 1, 2015 - July 1, 2016.

Our AEHC State Meeting at the Hot Springs Convention Center was great this year with 484 members, guests, class presenters and speakers attending. The University of Arkansas System President, Dr. Donald R. Bobbitt, attended and helped present awards to our Service Award recipients: 50 years - 8, 60 years - 3 and 70 and plus years - 4. Scholarships were presented in the amount of \$5,000.

Dr. Tony Windham, Associate Vice President for Agriculture-Extension, University of Arkansas System Division of Agriculture, and Dr. Rosemary Rodibaugh, Interim FCS Unit Leader, University of Arkansas System Division of Agriculture also attended to assist us and help us remember our treasured former leader with a wonderful video memorial. Betty Oliver, who passed away about a month before our meeting, was a 59 year employee of the University of Arkansas working in the Extension System for all 59 years. Starting out as a FCS Agent in a small county and

ending as the Arkansas Extension Homemakers Council Coordinator, she was the longest tenured employee of the University of Arkansas. She will be greatly missed.

For the second year straight, we had a record number of Project Books (115) submitted to be judged. Each project book represents a community project or educational event by one of our 341 clubs or county councils such as tote bags for children's shelter, knitted caps for Knitting for Noggins, caps for preemies, Quilts of Valor, after school backpacks, food pantries, Meals on Wheels, Operation Santa Claus gifts for underprivileged children, classes for sewing, cooking and canning, lap robes for Nursing Homes, teaching dolls, pillowcase dresses for Africa, turbans for the Cancer Institute, Women's Crisis Center, food drives, pop tops for the Ronald McDonald House, to name just a few.

Our Cultural Arts Project at our State Meeting this year was wonderfully successful. Each county made and brought small, soft flannel, pastel-colored blankets to be given to the University of Arkansas Medical Center for parents of still

born babies. The parents hold the babies in one of these little blankets for just a few minutes before giving them up. Our project produced 770 blankets to be donated along with several hundred preemie caps and preemie blankets to be given to the Arkansas Children's Hospital.

The theme for our District Meetings for this year was "It's Tool Time, AEHC Style." Our state is divided into three district and the attendance for all three District Meetings was up this year. The meetings were planned and coordinated by our Vice President and Education Committee which includes our three District Directors and Associates. Our members learned more about Extension Homemakers and how to use tools provided for longevity and growth of our clubs and councils. Some members like to attend the District Meeting more than the State Meeting as it is a one-day meeting as opposed to the three-day state meeting.

We now have a new slate of officers and new members of our Planning Committee for the next two years. We are excited to begin a new and progressive new year of helping those in our communities, counties, state and even the world.



ILLINOIS ASSOCIATION FOR HOME & COMMUNITY EDUCATION

To have every home....

Economically sound, mechanically convenient, physically healthful, morally wholesome, mentally stimulating, artistically satisfying, socially responsible, spiritually inspiring, founded upon mutual affection and respect!

The "Aim of the Homemaker" was written in 1918 by Miss Juliet Lita Bane, an Illinois State Extension leader, and recited at most HCE meetings in the state of Illinois by HCE members. I have learned through my travels throughout the state this last year and through reading the service reports that the county president's sent to me that Illinois HCE members are truly living "The Aim of the Homemaker".

This is evident thru the \$14,220.93 collected for the Pennies for Friendship project, \$634 donated to the CWC Mongolia Greenhouse project, the over \$11,000 donated over the last three years for the NVON water filter project, plus the over \$15,000 donated to other charitable organizations in many of the counties. These organizations ranged from 4-H programs, to Veterans, to food pantries, abused children, and the box top program that many schools participate in. We are an **economically sound** and a generous organization!

The many scarves, hats, lap blankets, mittens, wheel chair caddies, clothing protectors, pillowcases, and Christmas stockings show that our group is very **mechanically convenient** and can find their way around machines!

Counties participated in the

Women Walk the World program, held informational programs on "bullying", collected food for food pantries, helped with blood drives, mentored at schools, held programs about service dogs, and held county wide walking challenges to encourage more activity showing that we are very tuned into being **physically healthful** to ourselves and fellow man. We are not couch potatoes!

Morally wholesome is shown by the many activities that help the needy, the elderly, the schools, the 4-H program, and the military. All of the Illinois HCE membership, I am sure, sleep very well at night knowing that they have been morally doing the right thing for their selves, their communities, and their country.

They are keeping their selves and others **mentally stimulated** through all the programs they sponsor teaching others how to make pie crust, how to use a sewing machine, how to create crafts, how to "dump ingredients" to make a delicious meal. In other words, sharing all those "simple bits of knowledge" items that everyone needs to know for everyday living! "Simple bits of knowledge" was a program presented by the IAHCE District directors and presented at the three District meetings held throughout the state.

Our members do craft projects, quilting for fund raising, sewing quilts for Ronald McDonald House, making fidget blankets for the babies and the nursing homes, and making neck coolers for the military. The list will never end when it comes to this organization's **artistically satisfying** effort for

others in need. They have also blended in trips to enjoy the artistic beauty that surrounds them. They have taken the time to smell the roses and enjoy the moment!

Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in. You have shown this by the 563,593 hours of volunteering hours reported in 2015 that exemplify the **social responsibility** that our organization and its members have to the their communities and HCE!

I think anyone would be **spiritually inspired** when they recite the Colic by Mary Stewart. It summarizes and enforces the Aim of the Homemaker by asking God to keep us from the pettiness that could break down our efforts to live the Aim. The Colic encourages us to remain large in thought, in word, in deeds, and to be generous and kind! We must do all of this with **mutual affection and respect**.



Jane Chapman
IAHCE President



INDIANA EXTENSION HOMEMAKERS ASSOCIATION



Cathy Cook
IEHA President



The Indiana Extension Homemakers Association President Jeanine Arnett's theme "Making Friends Worldwide" was embraced throughout the 2015 - 2016 year. In Jeanine's word, she chose "Making Friends Worldwide" as her theme this year because we live in a world where we can have friends from many different countries thanks to technological advances. If you look at all of our affiliations, from NVON (National Volunteer Outreach Network), to CWC (Country Women's Council), to ACWW (Associated Country Women of the World), we have the opportunity to meet and make friends from around the world. If not literally, then by reading about the strides and accomplishments women are making around the world for themselves and their families, especially in third world countries where women are considered second class citizens.

This year began with Jeanine and myself attending the NVON Conference in Martinsburg, WV. Followed by a very busy fall with 10 fall District Meetings. During each meeting, Jeanine requested members make a one-time donation to the Mongolian Greenhouse Project. Indiana Extension Homemakers collected

over \$1700.00 donations for the ACWW/CWC project. The guest speakers at each fall District Meeting spoke on domestic violence prevention. Jeanine also put a challenge to the membership to make and donate shawls of compassion to the Indiana donor network. She challenged each county to make 15 shawls. Shawls were collected at all 10 fall Districts Meetings and delivered to the Indiana Donor network. Members were told as well, that Indiana Donor Network does have yarn to make the shawls with and members were encouraged to ask for the yarn. After the fall District Meetings over 300 shawls were donated, and by June 14th our membership has donated over 850 shawls.

Our membership continues to participate in many Volunteer Community Support projects. We have members in 89 of the 92 counties. They reported over 75,000 items donated, approximately 145,000 volunteer hours, and over \$160,000.00 donated to worthy causes. They also reported they sponsor over 175 scholarships totaling \$65,000.00. Recipients of time and money include Riley Children's Hospital, Ronald

McDonald House, backpack program, local food banks, nursing homes, local schools, museums, 4-H programs, and other worthwhile charities and organizations.

Six years ago, the state officers set up the Purdue Cancer Research Endowment Fund. This is totally funded through donations. The membership has embraced this endeavor by having fund raisers such as dinners, golf outings and a 5K fun run and walk. In just three years, the 5K has raised over \$16,000.00. We have also had two state sponsored fund raisers: a decorated jar and a decorated tissue box contest. To date, after just six years, we have raised \$160,000.00. We will continue to embrace and contribute to this endowment fund. The "First Books for Kids" program has just finished its 16th year. The volunteers read to children who are in the Head Start Program throughout the state. We have given out over one-million books to children. This program continues to remain strong due to the volunteers who are committed to reading every month during the school year. We have had an exciting year, and look forward to next year "To Pass onto Others..."



KENTUCKY EXTENSION HOMEMAKERS ASSOCIATION

In 2009, as a means of promoting Kentucky's agricultural products and to encourage consumption of local produce, the state's agricultural industry adopted the slogan "Kentucky Proud". However, I am convinced "Kentucky Extension Homemaker Proud" would also be the best way to describe Kentucky Extension Homemakers and their activities. For more than 90 years, our homemakers have provided services which have benefitted their families, their communities, their state and their world.

Although this past year our membership may have edged below 15,000 people, dedicated KEHA members have logged more than 622,000 hours of volunteer service. We have provided Community Baby Showers, Expectant Mother's Nights Out and parenting classes for first time parents. To encourage Kentucky youth, almost every county supports the "Backpack Project", "Angel Tree", "Toys for Tots", 4-H Camp Scholarships and "Project Graduation". Other counties have organized Preschool Literacy Programs, taught Recycling Projects to Grades K-6, hosted "Manners are Cool" for 4th graders, sponsored Teen Clubs in Schools and initiated a Babysitting Club which resulted in a Safe Sitter Certification for participants. We have served as 4-H Sewing Club instructors, made "Project Linus" blankets, organized a Holiday Store (for kids) and collected Coats for Kids.

Homemakers across the state have served their community by raising funds for Food Banks, Shelters for Mothers and Children, and offered assistance programs for Grandparents Raising Grandchildren. Our seniors have not been overlooked; we have worked Meals on Wheels, made holiday gifts for assisted living and

nursing home residents and made lap throws for Hospitarus patients. Some clubs cleaned roadways in the "Adopt a Highway" program, planted trees with 4-Hers for Arbor Day, raised funds for local Fire Departments and Humane Societies. To show our gratitude to those who have served, some of our counties sent Holiday Cards to Active Duty Military men and women, provided activities for military families, prepared Necessity Shoe Boxes for VA patients and held an annual Veterans Day Reception for all who had served.

We have reached out internationally, raising funds to build a library for the Kentucky school in Ghana and supporting "Coins for Change" and the "Water Step" program to fund fresh water programs with the resale of unwanted shoes. We have made pillowcase "Love Dresses" for Haitians girls, and supported the clean water filter projects originated by our affiliated international organizations.

In response to the health concerns of a state plagued by pockets of poverty, KEHA has been very active in raising money and community awareness for "Relay for Life", Diabetes Education and "Pocketful of Hope" for assistance to cancer caregivers. Many have participated in the Women's Health Registry to compile data on pressing health issues.

One of the programs, of which I am personally most proud, is one that benefits Extension Homemakers plus many of their neighbors and friends. This year marks the fortieth year of the support and cooperative effort between KEHA and the UK Markey Clinic's trial Ovarian Cancer Screening Program. Initially, the campaign to involve Homemakers was spear-headed by Virginia McCandless, a Mason County

homemaker who, although a strong supporter of the screening program, was personally diagnosed too late to save her from the disease. Following her lead, during the ensuing forty years, Extension Homemakers have contributed more than one million dollars to support the program's expansion to add seven satellite screening stations to the less accessible areas across the state. Even though the program has not yet earned the same general acceptance in the fight against female cancers as mammograms, it has definitely made inroads into earlier detection of one of the deadliest. Since its inception, the program has given more than 280,000 screenings to more than 45,000 women. During the past 12 months, 14,638 have been screened and 103 malignancies have been detected. That means there are 103 mothers, sisters and daughters who, like me, have a far better chance to fight the "silent killer" and enjoy a longer, more productive life. The long term survival rate of those discovered through the UK screening is 85% as compared with a 39% survival rate of patients diagnosed through traditional examinations.

Yes, I am indeed "Kentucky Extension Homemaker Proud" and will be so as long as I live.



Mary Margaret
Krahulec
KEHA President



NORTH CAROLINA EXTENSION & COMMUNITY ASSOCIATION, INC.



Faye Lanier
President



The North Carolina Extension & Community Association has 216 clubs with 2,214 members as of June 30, 2016. With only 1,411 members reporting, we gave well over 6 million dollars in volunteer time to fellow North Carolinians during the past year. We have provided well over \$25,000.00 in scholarships to high school graduates as well as adults wanting to continue their education. This year our Foundation also awarded \$10,000.00 in grants to 13 counties across our State to provide projects that would help our communities in various ways. We have also raised money for the Water Around the World project as well as Pennies for Friendship.

This year we have promoted our project in common around our State

and our members are promoting this cause thru out our State.

North Carolina ECA saw a need to take on another project this year that we are currently working on. We have joined with PATH (Partners Against Trafficking Humans), which is a program to make youth and parents aware of the problem of Human Trafficking. We also have signed off on a grant application with North Carolina Department of Administration that would enable us to have funds to train our ECA members to go out into the communities and give programs to help make the public aware of this problem in our State. As this project progresses we will share with the other NVON states the need for them to do the same.

For the past few years, North Carolina

ECA has been presenting programs to its members to help them certify as a "Master Volunteer". This year we distributed "Passports" for them to receive stickers for each class they have taken and when their Passport is filled they will be certified to present programs across the State.

North Carolina is very excited to be hosting the NVON meeting next year and we are working hard to make it a great meeting.



SOUTH CAROLINA FAMILY & COMMUNITY LEADERS

Debbie Calcutt
President SCFCL



2015 brought changes to SCFCL. Declining membership led to some that were inevitable. One example is our new one day, yearly Business Meeting that replaced our former 2 to 3 day Conference. When attendance became less because of rising costs for food, lodging and travel, the decision was made to try the 1 day meeting in a central location. The result was a 65% increase in members attending. A special activity, a fashion show featuring examples of clothing and what members would have been involved in during each decade of the almost 100 years we have been an organization was a surprise treat for members. A luncheon speaker from Clemson University's Sandhill Research Center followed the business meeting. This change turned out to be a positive one.

Our District Meetings have also been revamped. The emphasis is now more on the counties than on reports from state board members. Counties are encouraged to bring examples of projects they are working on, whether it is lap robes for nursing homes, pillowcase dresses for girls in Africa,

gifts for children's hospitals, or personal hygiene items for homeless shelters. We've heard about many project ideas that become inspiration for other counties and clubs. Sharing ideas for membership drives is also encouraged. Clubs and individual members are now recognized for their work at their own district meeting, another positive change.

We now have a smaller membership base, which can mean not only fewer active clubs but also fewer active members and county and club officers. To alleviate the stress on these members, we reduced the number of reports and award competitions required and replaced them with an easily completed county participation form that all counties could take part in even if they have small memberships. The comments from members have been very much in support, another positive change.

The changes that are not as positive are, of course, a result of the lower membership role. This causes clubs, counties and the state board, to have problems finding people to be officers and committee members. It causes a

decrease in funds to be spent on state projects and other items. It leads to a decrease in the number of clubs and active counties with clubs. It also can lead to a lack of enthusiasm in clubs. To this end, we will begin concentrating on ways to encourage new membership.

Members continue to support the Water Around the World project. They have many community programs they contribute to. They support various 4H projects and continue to raise funds for two 4H scholarships presented by SCFCL each year. Some counties also present individual scholarships to students.

SCFCL has a long, rich history beginning with the original tomato and homemaker clubs. It continues to be a great force for good in our communities and a wonderful source of expertise to educate both youth and adults in our state in matters of home and community development. We will continue to strive to keep our organization active and vital.



WEST VIRGINIA COMMUNITY EDUCATIONAL OUTREACH SERVICE

On behalf of our state president, Jean Wilburn, I bring you greetings from West Virginia and our 3,400 CEOS members in forty-five counties across the state.

As it was in its' beginning in 1914, the mission of West Virginia CEOS is to strengthen individuals and families through Continuing Education, Leadership Development and Community Involvement for the betterment of all. The primary purpose of CEOS is education. We are proud of the many programs and projects carried out by CEOS members throughout our state.

Celebrate Volunteer Hours (CVH) are documented each year and in 2015 there were 589,877 hours of volunteer work reported by CEOS members in thirty-three counties. This represents \$13,301,726.35 of volunteer service given to our communities. Certificates with seals are awarded to each club or individual who reports their volunteer service.

In partnership with WVU Extension and several other organizations, West Virginia CEOS received funding from a grant to support the "Love Your Heart" program. Several counties have held events that emphasized healthy eating, exercising, blood pressure screenings, and in general, health fairs. This has been very well received by our membership.

West Virginia CEOS is very supportive of the NVON Project in Common - "Eat Local, Eat Healthy". Counties went to work

right away promoting farmer's markets and restaurants that use local products. Our members and their families are gardening with some utilizing improved methods recommended by the WVU Extension Service. Articles regarding our "Project in Common" have been in two issues of our state newsletter – The Openline. Two of our state's four educational committees have incorporated "Eat Local-Eat Healthy" into their plans of work for 2017.

West Virginia CEOS has six areas comprised of seven to nine counties within the organization. Each area has a spring meeting where they have a business meeting and sharing session of worthwhile projects along with a meal and entertainment. Reports are then made to the state organization on what transpired at these meetings. In addition, some areas have fall meetings and mini-workshops with educational lesson training taking place. The area meetings, as well as the other projects that our members are involved in, give more of our members an opportunity to step into leadership roles within the organization.

Since the 1940's, West Virginia CEOS has provided an educational scholarship for an international student studying at West Virginia University. The scholarship student, currently from Libya, over a period of two years, travels throughout our state presenting programs in host counties. In addition, the student also writes a

lesson on their country of origin which is studied in community clubs throughout the state. West Virginia CEOS also provides scholarships to three students who are in the Family and Consumer Science program of study, or a related field, and one scholarship to a student in a nursing program. County CEOS Councils and community clubs provide scholarships for the 4-H program throughout our state.

Our state president chose "Domestic Violence Awareness" as her state-wide project for 2015 and 2016. Her goal is to educate the public about domestic violence and the support of victims affected by domestic violence through local agencies. Our membership has done a marvelous job in support of her project starting at the club level, and continuing through the county, area and state levels. On the state level, in October 2015, we had a speaker and related event at our State Fall Leadership and Enrichment Conference to raise funds for our president's project. Plans are to do the same at our state conference this fall.

In summary, I would like to share with you the slogan designed by the West Virginia CEOS Marketing and Membership Committee and adopted by our state organization in 2015 seen below.

*Helen McClain,
WVCEOS
Vice President*



"WVCEOS - FUN, FRIENDSHIP, FELLOWSHIP Though Learning, Serving and Caring"
WV Community Education Outreach Service

WISCONSIN ASSOCIATION FOR HOME & COMMUNITY EDUCATION



Joan Staffon,
WAHCE President



This year I am serving my 1st year as President of the WAHCE. The theme I selected for my 3-year term is “HCE Working Together Can Create Positive Change. Let’s Make It Happen.” It is extremely important that we do work to find stimulating interests to draw in newer members. We here in Wisconsin, find our membership is aging and the original intent of the quote “Homemaker Clubs” was for learning to sew, can, mend etc.; that need no longer exists. So we need to find change that will stimulate younger lady’s interests and make it happen. This year, we had 32 counties that did show an increase in membership. Although statewide, we did show a slight decrease of about 200 members from 2015.

This year we had 39 counties participating in our program “On the Move and In The Groove”. These 39 counties recorded 33,000 hours of Moving and Grooving. We wish we could get all clubs in the state to send back this information, it would then really be impressive as to how ladies are trying to change their habits toward a healthier lifestyle.

We again are asking our State members to participate in the “Impact of HCE”. It is a way in which we want to recognize the contributions of our HCE members. We feel it is extremely important this year with all the budget cuts that our Governor has made to the Extension service. For 2015, our 36 counties reported donating 86,280 community outreach hours which when converted to a monetary sum using the figure of \$15.00 per hour - would equal a value of \$1,294,200.00. Here are a few of the projects listed for this program:

Emergency pillows for women and children at the Women’s shelters were made and packed with the essentials needed for a 1 or 2 day stay, donating food to food pantries, quilts were made for the needy such as a home burning or a

family in crisis, we have knit and crocheted volumes of care shawls for the hospitals and care centers of the area. I wish we could list all the wonderful projects being carried out by our ladies. This information when provided to County and State leaders, we hope will have an impact as to how our organization does make a difference in our communities.

WAHCE continues to work with Wisconsin Nicaragua Partners by collecting medical supplies such as sheets and various items for the medical centers plus we have made Quiltlets for medical centers in Nicaragua; we collected supplies for their learning center such as books, book bags filled with supplies, etc.; we collected fabric, sewing machines, threads, lace and whatever other supplies are needed for their sewing centers; items for their beauty schools; a variety of baking supplies needed for their baking and cooking centers; ambulances and firetrucks for their emergency centers; many areas made pillows for cancer patients; pillow case dresses for Nicaragua and Mexico were sewn and sent. Each year the Wisconsin Nicaragua Partners Warehouse storage area sends many semi loads of supplies to Nicaragua. This past year WAHCE donated \$893.00 for the Cinderblock Stove Project in Nicaragua.

Our ladies also participated in ACWW’s Women Walk the World program by raising approximately \$300.00. The Pennies for Friendship donation this year was \$4,439.00. Undesignated pennies were sent to Heifer International and the Mongolian Greenhouse Project. We have a check to present to NVON for \$1,848.00 for the Water Filter Project, which was presented during the 2016 NVON Conference in Illinois.

Our State Program gives out awards for the many services carried on by clubs in the state. The Services of

Love program is one that encourages members to get involved with their local area by volunteering and providing services to various agencies in the county. Many projects such as: knitting or crocheting mittens for schools, knitting or crocheting the skull caps for soldiers, fixing shoe boxes to go to poor regions of our state or an adjoining state, giving gas cards to the people in need, making and taking memory books to the nursing homes with people with memory problems. The list seems endless as to all the wonderful projects written about for this program or the projects listed for the Impact of HCE. The Home and Community Education is such an important part of the community; we are so fortunate to have so many wonderful ladies in our clubs carrying out these volunteer projects.

We continue to support education by giving out Scholarships. Many counties throughout our state as well as the WAHCE offer scholarships to graduating Seniors.

We are in our 18th year with Wisconsin Bookworms™. It is an important program for HCE. It encourages young people to love reading and a way to provide them with 8 books to begin their collection over the course of the school year. This year we provided 4,941 sets of books for a total of 39,528 books. The value of this program is \$118,584.00. This year the week of May 2nd - 6th, we celebrated our 750,000 book being read in Wisconsin. We are very proud of all the volunteerism that occurs to complete all the wonderful projects going on statewide.



ACWW USA Area President - Beverly Earnhart

Greetings from ACWW, the board members and staff. Thank you for the support of ACWW and the work they do – through your generous donation to Projects and Pennies.

Mongolia Greenhouse, Project #0973 adopted by Country Women's Council USA in October 2014 – was the first ever project to be adopted by CWC USA members as a group.

30 families were impacted by the project – 1st ACWW Project to become part of the United Nations Secretary General's – "2015 Zero Hunger Challenge"

Final Report States: Participants have improved farm record keeping and networking skills, produced publicity materials for trade exhibitions and connected with other small businesses. Health educations was also included in monthly training sessions that covered topics such as hand hygiene, oral hygiene, nutrition and healthy diets, physical exercise for all, anti- smoking, alcohol abuse, stress reduction and mental illness awareness.

Concluded the project achieved its goal of increasing overall income for the beneficiaries by 25% and improved their production capacity, diet and health awareness considerably. The Greenhouses were 20' by 65' heated and with irrigation systems installed, extended their growing season by two months. Thus enabling them to grow a larger variety of vegetables.

Completed in March 2016 – A copy of the ACWW completion Certificate we received was emailed to all society Presidents. Please share with the local members.

I have given copies of newly designed brochures to the state Presidents to take back to members.

Money donated for greenhouses exceeded our goal by \$1,032.19. Since CWC does not meet the year of World Conference, the CWC Board made the decision to adopt another project instead of waiting until 2017.

Project #1007 from India was chosen from several we looked at. It is for the "Promotion of Indigenous Rice and Vegetables Cultivation" among Marginal Women Farmers and prevent their migration to towns.

The project cost is \$5760.76 less the \$1,032 = Balance of \$4,728. For 25 cents per member, it could be funded in a short time. (NVON alone has 46,237 members x .25 = \$11,581.75, if this were to happen.)

Located in Tamil Nadu province – southeastern part of India. Chennai is located in this province, site of the last triennial world conference.

The group "Success Society" is located in Pudulottai district Tamil Nadu.

The goal is to promote sustainable farm methods to marginalized women. It will involve 6 villages and impact 20 women for 12 weeks of awareness training of agriculture methods and techniques on soil and water conservation and sustainable farming methods.

Seeds will be purchased, distributed and some saved for a second crop. Vegetables will include brinjal (eggplant), lady's finger (Okra) snake gourd (tropical vine with fruit similar to summer squash), cluster beans (Guar, a legume that is source of guar gum), avarai (broad beans), tomatoes, chillies, cucumber and bitter gourd (goya, looks like a wrinkled green banana pepper).

Meetings will be held to share

benefits, collect seeds to run a seed bank and to form a Federation of Farmers consisting of the 6 villages and 120 women.

Common goals and guidelines will be shared.

The ACWW website had to be totally rebuilt starting in April. Nick Newland the new Media and Communications Editor has been doing a great job to get it all back together. ACWW.ORG.UK

The ACWW monthly e-newsletter is becoming quite popular. It gives the latest updates with photos that you can share and download for easier reading. On bottom of the home page is a spot to put your email address and select language that you wish to receive it in. Please check it out. (They do not share your e-mail address.)

Last but not least....

Thank you to all who have supported me the past 6 years as your ACWW USA Area President.

I recently attended the Arkansas State meeting in Hot Springs where my journey began and it was great to get to see the gals we worked with to put the ACWW Triennial meeting on there in 2010.

This has been an experience of a life time for me and I will cherish the memory of all the people I have gotten the opportunity to meet and work with from all over the world.

I want to extend my best wishes to Jo Almond as the new ACWW USA Area President elected in August. Thank you so much.

Beverly Earnhart, ACWW USA Area President 2010-2016



Beverly Earnhart

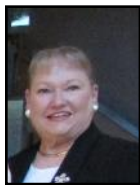


NVON MISSION STATEMENT

"Member organizations working together to promote communication, education, and volunteerism for all people."

Be sure to check out our website at: www.nvon.org

WATER AROUND THE WORLD - Pat Breznay, Chair



Pat Breznay



In January information about the Water Around The World, NVON Project in Common for the website was updated. It was decided to collect monetary donations only in May and November to save our treasurer time in making deposits to the checking account.

In March, NVON Webmaster, added the changes to the Water Around The World website. In addition, the new Report Form, Common Information Sheet and updates from Business Connect which is our contact for the Sawyer Filter Company, were added. Letters were sent to all State Presidents about the changes and updated information on the website. (nvon.org)

Letter from Lou Haveman of Business Connect follows:

I have it arranged with Rose and Jimmy Rakwach, our experienced Business Connect Representatives on the ground in Kenya, to identify needy and vulnerable families and kids with reliable and responsible agencies to complete a distribution and document the impact. We are getting more results for the dollars in this case because we already have the filters in Kenya. There is also the possibility to leverage the impact so that more

people will desire and be willing to pay for these products in the future...in other words, creating a business solution for long term results.

WATER FILTERS' DISTRIBUTION

REPORT:

Through our partners' Business Connect, we received a donation of 250 sawyer water filters. These water filters were donated to the neediest areas/persons.

Dates of Distribution:

Distribution of the filters took place on the dates of 10th - 18th September, 2016.

Conclusion:

The joy we got when distributing the filters underscores any challenge met during this time. The kind of appreciation we received from the people makes our social mission statement true in value. We pray that chances can come up so more of such like donations are made possible.

People want the filter but affordability is a big issue to them as most, actually almost all of them live below a dollar per day. Their show of commitment is them purchasing the 2 water buckets.

In total, about 13,000 - 15,000 lives would be impacted by the 250 water

filters donated.

This makes lots of economic sense as hospital visits would be reduced, money will be saved by not buying medication, and there would be more time spent in school by both teachers and pupils. The Impact is huge!



The distribution went well and we give thanks to God Almighty.

We also give thanks to the donors who made this possible, and our partners, Business Connect for enabling all the dots of the project to be joined.

Lou Haveman

Since July 2012 when this project was introduced, this most generous organization has raised over \$120,000 toward supplying 2,017 water filters to needed families in villages helping them get clean drinking water one filter at a time around the world.

Pat

ACWW Resolution #2 Food Sovereignty

Be it resolved that the ACWW accept Food Sovereignty as part of ACWW agriculture policy and that the ACWW begin a campaign to bring awareness and understanding of Food Sovereignty to the organization and its members during the triennium.

Proposer is the National Farmers Union of Canada

Supplemental statement. Food Sovereignty is the right of people to healthy and culturally appropriate food production through ecologically sound and sustainable methods and their right to define their own food and agriculture systems. It advocates for equality and full access to resources to

women on farms and in rural communities. Food Sovereignty aims to reduce rural poverty, food insecurity and environmental degradation.

Food Security exists when people at all times, have physical, social and economic access to sufficient, safe and nutritious food which meets their dietary needs and food preferences for an active and healthy life.

Food Security is a goal. Food Sovereignty describes how to get there.

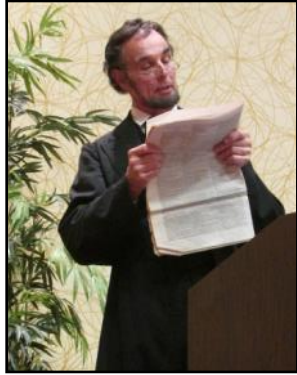
A couple of simple things you can do to personally work on this resolution.

1. Make a small donation to the CWC Project #1007. Just a coin from each of us is all it will take.
2. Make a goal to cut down on waste in your household this year. Maybe one bag of garbage less each week.

Lylene Scholtz



CRAFT CLASSES

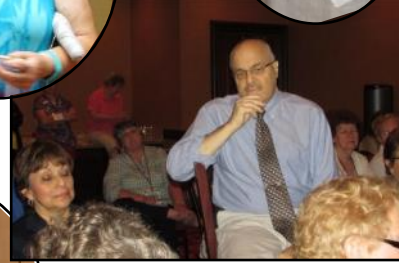


SILENT AUCTION

QUILT RAFFLE



INSTRUCTORS



Welcome to incoming 2017 President, Linda Kaletch

Thank you to Lylene Scholz for three great years!



THANK YOU TO ALL OF THE INSTRUCTORS!

TO SEE MORE PHOTOS, CHECK THE WEBSITE..

www.nvon.org





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Member Organizations working together to promote Communication, Education, & Volunteerism

NVON Member State Conferences/Meetings

Arkansas EHC

June 6 - 8, 2017
Hot Springs Convention
Hot Springs, AR

Illinois IAHCE

March 14 - 16, 2017
Embassy Suites
East Peoria, IL

Indiana EHA

June 5 - 7, 2017
Sheraton at
Keystone Crossing
Indianapolis, IN

Kentucky EHA

May 1 - 4, 2017
Owensboro Convention
Center
Owensboro, KY

North Carolina ECA

July 17, 2017
Sheraton Raleigh Hotel
Raleigh, NC

South Carolina FCL

October 28, 2017
Phillips Market Center,
Columbia, SC

West Virginia CEOS

October 3 - 5, 2017
Jackson's Mill
Weston, WV

Wisconsin AHCE

September 10 - 13, 2017
Glacier Canyon Lodge
Lake Delton, WI

DATES OF INTEREST

19th Annual Conference

NVON - 2017

July 17 - 21, 2017
Sheraton Raleigh Hotel
Downtown
Raleigh, NC
North Carolina

NVON - 2018

July 16 - 18, 2018
Country Springs Hotel
Waukesha, Wisconsin

NVON - 2019

July 22 - 25, 2019
Holiday Inn
Springdale, Arkansas

ACWW TRIENNIAL

April 3-10, 2019
29th ACWW Triennial
World Conference
Melbourne, Australia

30th ACWW Triennial
World Conference

Kuantan, Pahang, Malaysia

CWC/USA

76th General Meeting
Country Women's Council
USA and ACWW USA
October 2-4, 2017
Huntsville AL

Check your label for renewal date. Subscription \$18 for three (3) years. Send to NVON Editor listed inside front cover - Sharon Middleton. Make checks payable to: National Volunteer Outreach Network, Inc.

