



National Volunteer Outreach Network

VISION

VOLUME 7 ISSUE 1

JANUARY 2018

Thoughts from President Linda Kaletch

Lifelong Learning: New Ideas and Knowledge for a Newer You!

Strong-United-Visionary:
NVON
Learning, Leading, Serving
2017
Support Lifelong Learning
2018
Enhance Leadership Skills
2019
Strengthen Community
Outreach

www.nvon.org



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From the Kentucky Extension Homemakers Association

The Kentucky Extension Homemakers Association (KEHA) mourns the passing of past president Mabel Harned. An accomplished leader, Mabel served KEHA as president from July 1, 2001 to June 30, 2004. She was a member of the Humphrey Homemakers Club in Nelson County and held various leadership positions at the club, county, area and state levels. Mabel was passionate about KEHA and shared her talent and skills freely. She was engaged beyond her local community and the state, serving as Vice President of the National Volunteer Outreach Network (NVON) from 2006 through 2008. She frequently attended the NVON annual conference and twice represented KEHA at the Associated

Country Women of the World Triennial Conference. Her bright smile, thoughtful perspective and quick wit will be truly missed. Linda Kaletch, KEHA Past President and current NVON President, shared the following tribute:

Web address: keha.org

I miss you
Mabel.....

December 11, 2017

Mabel loved her family deeply, she loved KEHA and more than our homemaker association, she loved Kentucky homemakers. I'm so glad to say she was my friend; however, she was so much more.....a mentor, a true encourager, a strong leader. Mabel Harned taught me to trust in patience and the importance of helping others to develop their talents. She loved her

community in Boston and her church family. Always giving of herself, her skills and abilities, she invited everyone to share in her love and joy of community—to be included.

We spent wonderful hours together traveling, working on projects, sharing stories of struggles and successes, always gaining knowledge. From the Grand Canyon in Arizona, the Baltic Sea in Europe and on to Tasmania "Down Under", Mabel shared her life with me and others. I cherish those years and will remember her quick wit and loving heart forever.



Linda Kaletch
NVON President



NATIONAL VOLUNTEER OUTREACH NETWORK BOARD

Executive Committee

President

Jan. 1, 2017 - Dec. 31, 2019

Linda Kaletch

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Jan. 1, 2018 - Dec. 31, 2020

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Jan. 1, 2017 - Dec. 31, 2019

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Treasurer

Jan. 1, 2018 - Dec. 31, 2020

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State Presidents

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July 1, 2016 - June 30, 2018

Johnette Johnson

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Illinois Association for Home and Community Education

March 2015 - March 2018

Jane Chapman

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Indiana Extension Homemakers Association

July 1, 2017 - June 30, 2018

Stephanie Jerabek

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Kentucky Extension Homemakers Association

July 1, 2016 - June 30, 2019

Marlene McComas

1251 Lynnwood
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North Carolina Extension and Community Association, Inc.

Jan. 1, 2017 - Dec. 31, 2018

Judy Blythe

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South Carolina Family and Community Leaders

Jan. 1, 2018 - Dec. 31, 2020

Pat Breznay

6 Valhalla Court
Columbia, SC 29229
Phone: 803-736-6535
e-mail: pbreznay@sc.rr.com

West Virginia Community Educational Outreach Service, Inc.

Jan. 1, 2017 - Dec. 31, 2018

Helen McClain

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Wisconsin Association for Home and Community Education

Jan. 1, 2016 - Dec. 31, 2018

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Appointed-Water Around the World Project in Common Chairman

Jan. 1, 2017 - Dec. 31, 2019

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Appointed

Appointed - Advisor

Jan. 1, 2017 - Dec. 31, 2019

Lylene Scholz

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Appointed - Parliamentarian

Jan. 1, 2018 - Dec. 31, 2019

Appointed - Editor

Jan. 1, 2013 - Dec. 31, 2019

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Appointed - Webmaster

Jan. 1, 2006 - Dec. 31, 2019

Pamela Hanfland

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The Country Springs Hotel (Soon to be The Ingleside Hotel)

2810 Golf Road, Pewaukee WI 53072

Reservations: 262-547-0201

ROOM RATE: \$99.00 (1-2 occupants)

\$10 for each additional occupant

Choose your own description for the Country Springs Hotel. You might see us as an exceptional hotel in Waukesha, Wisconsin, with beautifully appointed accommodations and a gracious staff skilled in the art of Midwestern hospitality. For others, they're home to The Springs Water Park, a splash-a-minute adventure land beloved by families and kids of all ages. Party planners and corporate travelers consider the Country Springs Hotel to be one of the premier event destinations in Waukesha County, with sophisticated venues for meetings, weddings and social gatherings.

Double check the bed size if you plan to have more than two in the room. There are executive suites available, too. When making your reservation, they are requesting a credit card and processing a payment for the first night's stay.

You are invited to experience the vibrant destination for yourself and discover why the Country Springs Hotel is the perfect place to Stay, Play, Meet and Celebrate.

Flying into Milwaukee



General Mitchell Airport is located on the southeast side of Milwaukee. Most major airlines fly into GMA. After you obtain your luggage, you can either rent a car or Google taxi companies that serve General Mitchell Airport. Uber rides are also available.

TOURS - Monday, July 16, 2018

Old World Wisconsin Tour

Eagle, WI

9:00 am - 4:00 pm

Cost: \$40 - Limited to 40 people

Bus leaves at 9:00 am

Enjoy a comprehensive overview of the historic site from a skilled guide and learn about the museum's houses, outbuildings, heirloom gardens, heritage breed animals, immigrant life and more. Tour includes brief stops where you can experience the German Settlement area and the 1880's Crossroads Village. There will be an 80 minute guided tram tour and then ample time to explore the village. Trams run around the grounds all day long. Lunch is available.

(Lunch is on your own.)



tour the repurposed 1850s farmstead. After the tour, explore the many shops of downtown Cedarburg. There are several places for lunch.

Wisconsin Quilt Museum

Downtown Cedarburg

11:30 - 5:00 pm

Cost: \$25

Bus leaves at 11:30 am

The Wisconsin Museum of Quilts & Fiber Arts, located just east of historic downtown Cedarburg, Wisconsin, is dedicated to educating the public about the artistic, cultural, historic and social importance of quilts and fiber arts. The museum seeks to increase the awareness of historic structure preservation. Also



Monday, July 16, 2018 thru Wednesday, July 18, 2018 - Heritage Skills

All craft workshops (unless noted otherwise) have a material fee of \$5.00 paid to the instructor when you enter the classroom.

Monday, July 16, 2018 Heritage Skills



Chicken Scratch - 9:00 - 10:00 am

by Veronica Sustar & Shirley Schweiger

Chicken scratch is a fun and simple type of embroidery done on gingham fabric. Also known as depression lace, it was popularized again in the 1980's. Learn some basic stitches with lots of room for creativity. It's not just for aprons anymore.

Hexie Needle Keeper - 9:00 - 10:00 am

by Eileen Gottbeheat

Enjoy this workshop where you will make a Hexie needle keeper for your sewing needles.

Sun Catcher - 9:00 - 10:00 am

by Jean Morton & Darlene Schumacher

Sun catchers reflect the light of the sun. Make your own using glass beads and bobbles to make sunlight dance.

Art on Sea Glass - 10:30 - 11:30 am

by Sandy Pohl

Learn to make Stamped Tumbled glass pieces for Jewelry or Small Ornaments. You will be able to make several pieces using the instructor's stamps and stamp pads. And then your instructor will teach you how to do a simple wire wrap to create jewelry and/or a simple hook for hanging your ornament.



Educational Seminar

Monday, July 16, 2018

Aprons, Tie One On - 10:00 - 11:00 am

By Wilma Rehbein

Early aprons being very functional to the later years, quite a work of art and other uses.

Sashiko - 10:30 - 11:30 am

by Kathy Metzenbauer

A hand-sewing technique that originated in ancient Japan, Sashiko means 'little stabs' which is the running stitch with a Sashiko needle and heavier thread that make geometric patterns on fabric. This creative technique is very therapeutic and can be used in a variety of ways from clothing to quilting.



Wool Heart Scissors Keeper

10:30 - 11:30 am

by Sandy Kahler & Jean Morton

Keep your scissors wrapped up in their own little case so they stay safe and sharp.

Friendship Necklace - 2:00 - 3:15 pm

by Sandy Pohl

Learn how to create your unique one of a kind with your new friends and everyone's bead choices.



Small Dried Flower Wreath - 2:00 - 3:00 pm

by Jean Morton & Sandy Kahler

Make your own small wreath out of dried flowers.

Sun Bonnet Sue Needle Keeper

2:00 - 3:00 pm

by Jean Brew

You will make a Sun Bonnet Sue needle keeper that you will trim with your own creativity.

Educational Seminar

Monday, July 16, 2018

From Tobacco to Grapes - 2:00 - 3:00 am

by Tim Rehbein

Tobacco was a core financial foundation on many farms in Wisconsin. Learn how the transition from tobacco to grapes worked and today's results.

2018 SEMINARS - 2:00 - 3:00 pm**Tuesday, July 17, 2018****The Current Opiate Epidemic in Wisconsin**by Julie Kobach
APSW, Aurora Health Care

Over the last decade, the rate of opioid overdoses has almost doubled in the state of Wisconsin. This presentation discusses how it all began, where are we now, and what is currently being done to reverse the alarming trend.

Life Long Gardeningby Marilyn Cech
UW-Extension Master Gardener
Learn tools and techniques that enable individuals to garden with any ability.**Popping Up Popcorn**by Mary Ann Schilling
UW-Extension Family Living Educator

When it comes to choosing a tasty snack, popcorn can be at the top of your list! Learn about the history of popcorn, the nutritional benefits, and the many flavorings you can add that make it more than just a snack food. Whether you're eating it while watching a movie, having a party with friends, or giving it as a gift, flavored popcorn is a versatile snack. Instructions for preparation and samples will be given in class.

**Ventures in People – Helping Haitians to Help Themselves**by Barb Seefeldt & Ann Neumann
Co-Chairs - Education Committee
Ventures in People

Bringing to life, with stories and pictures, the work of Ventures in People, a non-profit organization helping Haitians to help themselves in Mirebalais, Haiti.

Button Necklaceby Sandy Kahler & Jean Morton
Make a necklace out of colorful buttons. Materials supplied, but if you have some favorite ones, please bring them along to make your necklace.*No Fee. Class limit - 25.***2018 SEMINARS - 3:30 - 4:30 pm****Tuesday, July 17, 2018****Fermentation Feast**by Mary Ann Schilling
UW-Extension Family Living Educator

Do you think of food preservation as only canning, freezing, or dehydrating? Fermentation is a food preservation method that has a long history, and is becoming popular again. Learn about the health benefits of foods such as sauerkraut, kombucha, and yogurts and how to make some of these fermented products safely at home. Samples of kefir and kombucha will be offered. This class aligns well with the 2016-2018 NVON Project in Common: *Eat Healthy, Eat Local.*

Look! My Feet are Straightby Priscilla Kopczynski
Kenosha County HCE Member,
Mom and Elementary School Teacher

What people and events - both expected and surprise - are put in our lives? Do we see the blessings and instruction each one brings? Do we only see the challenges and effort that these very people and moments can present? Storyteller Priscilla Kopczynski shares anecdotes from her years in front of a classroom and as a mother of six children to show the contentment we can find in every day, ordinary life.

Finding Your Passion While Still Balancing Your Responsibilitiesby Jessie Garcia
Author, Journalism Instructor, Sportscaster

"Finding Your Passion While Still Balancing Your Responsibilities" will help attendees identify if any area has been lacking in their life and give them strategies for putting things back into balance. Jessie will share her own personal story too.

American Sign Language Today

by Kara Thomas, Sign Interpreter

History of American Sign Language from past to present. Learning useful information about deafness, deaf culture and myths surrounding deaf/hard of hearing people. Learning useful emergency signs to help in everyday life.

2018 SEMINARS - 2:00 - 3:00 pm

Wednesday, July 18, 2018

Be Food Wise To Reduce Food Waste

by Sarah Weier
Interim UW-Extension
Family Living Educator

Did you know that we waste about 40% of the food we buy? Can that be true? Learn about food waste – where it comes from, who is responsible, why it's a problem and what can be done to reduce it in your home and communities.



Rock County Barn Quilts

by Jeanette Beard
Rock County HCE Member

The original Rock County Barn Quilt Group was formed out of a need to help Walworth County fill orders from Rock County. Rock County

HCE members, the Evansville Chamber of Commerce, UW-Extension and interested community members came together to plan and learn about painting barn quilts. From 2009 until 2017 over 200 barn quilts have been completed and hung in Rock County, Wisconsin. Attendees will learn this history, how to's and see some of the beautiful quilts with their stories from around this south central Wisconsin County.

Taking Care of You, Mind, Body & Spirit

by Jen Whitty
UW-Extension Family Living
Educator

In this program, we will discuss the various dimensions of health (physical, mental, social, and

spiritual), and how they are interrelated. We will be doing activities that reinforce the importance of being mindful and intentional in our daily lives for maximum health.

Birthday Blooms and Blessings

by Marilyn Herman
Central District HCE Program Chair

The giving of flowers as gifts to celebrate birthdays is believed to have started during the Roman Empire. During the Victorian era, a language of flowers was developed. In 1845 the first list of flowers dedicated to each day of the year was published. Find out what your birthday flower means and the blessings you offer to those around you.

2018 SEMINARS - 3:30 - 4:30 pm

Wednesday, July 18, 2018

Let's Eat, Grandma!

by Rita Bloom
NVON Secretary

A light hearted look at our English language and some of the mistakes we make trying to use it correctly. NOT a boring grammar lesson! A variety of activities and participation by attendees. A bit of learning and a lot of laughs!

First Ladies Quilts

by Jean Morton & Sandy Kahler
WAHCE Members

See the quilt and hear about the White House and the ladies that occupied it. The quilt tells the story.

Fraud, Trends and Behavior

by Jeanie Tucker
AARP Senior Program Specialist

AARP launched the Fraud Watch Network, to arm Americans with the tools they need to spot and avoid fraud and scams. In this workshop, you'll learn about Fraud Trends and Behavior, The Con Artist's Play Book, the most effective prevention strategies to avoid becoming a victim. Also, resources about fraud ID and prevention and where to turn if you or someone you know has been a victim. How can you outsmart scammers before they strike? This workshop will teach you how to beat con artists at their own game.

Listen, Your Weeds are Talking to You, Are you Listening

by Jane Chapman
Illinois Master Gardener

"A Plant Out of Place" – could that plant you call a weed be beneficial to you, the environment or your yard or garden? This session will make you think twice about that so-called weed that constantly grows where you don't want it!

Swedish Weaving Table Mat

by Darlene Schumacher
Class fee: \$5.00

Using Swedish weaving technique, yarn, fabric and needles, embroider a Monk's table mat.



TOUR - Tuesday, July 17, 2018 - 9:00 am - 2:45 pm

Harley-Davidson Museum® & Lakefront Brewery - Cost \$30.00



Bus leaves hotel at 9:00 am Tour of Museum and lunch on your own, then go to Lakefront Brewery at 1:00pm. Return to hotel by 2:45 pm

A walk through the Harley-Davidson Museum® is a walk through the history of America. With an unrivaled collection of Harley-Davidson® motorcycles and memorabilia, a 20-acre, park-like campus and a calendar full of activities, the H-D Museum™ is one of Milwaukee's top tourist destinations for visitors from around the globe. A visit to the H-D Museum™ is an experience that will stay with you for a lifetime. Eat your lunch in the Motor® Bar & Restaurant before heading for the Lakefront Brewery.



Enjoy a private tour of the Lakefront Brewery which includes four 6 oz. samples of beer, a souvenir pint glass to take home, as well as a beer coupon for a Lakefront pint elsewhere. The tours last approximately 45 minutes.

***The cost of the Harley Museum Tour and the Milwaukee Art Museum has been reduced to reflect a credit for purchasing your lunch.*

TOUR - Wednesday, July 18, 2018 - 9:15 am - 1:45 pm

Milwaukee Art Museum - Cost: \$25.00

Bus leaves hotel at 9:15 am and returns to hotel at 1:45 pm



The "wings" open at 10:00 and "flap" at noon. Participate in a tour led by one of the Museum's expert docents which includes highlights of the collection. The tour is approximately one hour. There will then be time to explore the museum on your own. The Museum's signature wings, the Burke Brise Soleil, form a moveable sunscreen with a 217-foot wingspan. There are two cafes for lunch.

***The cost of the Harley Museum Tour and the Milwaukee Art Museum has been reduced to reflect a credit for purchasing your lunch.*

ACWW Resolutions for 2016-2018 - Lylene Scholz

I have had so many of you tell me that you do not work on supporting the ACWW resolutions, but most of you do and just do not think about it as such. Here is a list of some of the things to think about that should be included in your reports..

- ◆ Every time you are visiting your local farmer's market, cheese factory, meat market, or fruit orchard, you are doing something for Food Sovereignty. If you have contributed to either of the CWC projects for growing food in India, you have done that.
- ◆ If you have supported a project for sun ovens or cinder block stoves to help women children somewhere in the world; you are doing something to help make energy more available in places it is either unreliable or nonexistent.
- ◆ If you have contributed to the NVON Water around the World project, you are making safe water available to more people and contributed to the continuing resolution which says that everyone has the right to the availability of clean safe water.

Talk about all of these things at your meetings; and make sure you include them in your reports for NVON and ACWW.

ACWW/CWC Area Meeting September 10 - 12, 2018

You are all invited to attend the 77th ACWW/CWC Area meeting in Dubuque Iowa.

Hosted by Iowa Master Farm Homemaker Guild

Dates are September 10-12, 2018

Location: **GRAND HARBOR RESORT**

Located on the banks of the Mississippi River, with a scenic river walk.

Luncheon and cruise on the river boat *Celebration Belle*. - Sept 12th

Mississippi Museum and Aquarium

Ride the trolley and shop the Dubuque Stores



Business of ACWW & CWC will be conducted on 10th & 11. Guests and speakers to be announced soon. Check out www.cwcusa.org for more information and watch mail for CWC News Sheet coming in March.

Beverly Earnhart CWC Editor

Pat Breznay - South Carolina President

Welcome to 2018. Like most of the country, South Carolina is experiencing some snow, rain, frigid cold and even some warm short sleeve weather. Looking out my window, my neighbors crab apple is bursting with pink blooms.



According to the Almanac, we should have our second snow the first week in February. Spring will

be here soon. I know SCFCL is rearing to go and so am I. I was elected at the Annual Meeting in October to serve a 3-year term. I've been trying to catch people at home during these cold spells to fill all the position needed to run a state organization. Yep, got that project done, now on to the next one. We have had a one-day annual meeting for several years but this year we are going for a 2-day meeting. It's shaping up for October 26 and 27. If you want to get a little "sun and fun", we'll save some space for you to join us in Columbia for our meeting "Working Together Creating a

Stronger FCL". It's only 800 miles from Arkansas, 550 miles from Kentucky, 215 from North Carolina, 387 miles from West Virginia, 650 miles from Indiana, 1084 miles from Wisconsin and 800 miles from Illinois. Come on down and sit a spell!

SCFCL President

Pat Breznay

Speakers - 2018 NVON Conference



Wisconsin Night Speaker: Rochelle Pennington

Rochelle is an award-winning newspaper columnist and author of ten books including *Highlighted in Yellow* (available in four languages), *The Christmas Tree Ship*, *The Historic Christmas Tree Ship* (as featured on national television), *An Old-Fashioned Christmas* (2009 Midwest Booksellers Choice Award nomination for outstanding non-fiction), and more.

Her work has been included in several bestselling series including *Chicken Soup for the Soul* and *Don't Sweat the Small Stuff*. Pennington resides in Wisconsin with her husband of thirty-four years. They have two grown children and three grandchildren "so far."



Tuesday Luncheon Speaker: Karen Dickrell

Karen began her work with UW-Extension in 1985 as the Extension Home Economist in Kewaunee County. She then moved to Outagamie County UW-Extension in 1990 to become the Family Living Educator and has now achieved the rank of Professor of Family Development. She received her bachelor's degree in Home Economics Education with certification in Special Needs and Family and Child Development and her master's degree in Home Economics/Family and Consumer Sciences from UW-Stout. Karen teaches a wide range of topics including, food preservation and safety, family resiliency, financial management, strategic planning, works with the Caregiver Coalition, Hortonville Aging Task Force and other outreach programs. She is an advisor to the Outagamie County Home and Community Education Association. Annually she has led the Joy Conference

planning committee. Karen is an educator with the monthly *Children Caught in the Middle* classes taught with the Family Court Mediators.



Tuesday Night Speaker: Michelle (Shelley) Tidemann

Shelley has been an Extension Educator for 34 years, 4 years with the South Dakota Cooperative Extension Service and 30 years with University of Wisconsin-Extension. Shelley serves Fond du Lac County and holds the following positions: Family Living Educator and State WAHCE Liaison. Major programming focus includes: financial literacy education, tenant/landlord housing education, family strengthening education and leadership education. Shelley holds a BS in Home Economics Education and a MS in Curriculum and Supervision: emphasis on Adult Education/ Supervision. She and her husband Fred have 2 sons: Krieg 27 and Cole 23. Shelley enjoys watching NCAA basketball, quilting and walking.



Wednesday Night Entertainment: Jessica Michna

Mrs. Michna, recipient of the Presidential Service Center's Distinguished Service Award, is widely known for her riveting portrayals of First Ladies, notable women of history and fictitious characters. She has entertained groups throughout America including guests from as far away as New Zealand, Japan and Brazil. Audiences ranging from young children to senior citizens have been equally enthralled. She has appeared before historical societies, schools, libraries, living history museums, senior centers, churches and has been guest hostess at parties and weddings. Mrs. Michna's performances are compelling and emotionally enthralling. Audiences laugh along with her humorous anecdotes. They share in her tears as she relates how the horrors of war have impacted families. She has a powerful effect on an audience.

WORLD WATER DAY / WATER AROUND THE WORLD - Pat Brezney



WORLD WATER DAY March 22, 2018

2018 World Water Day theme:
**“Nature-based Solutions
for Water”**

World Water Day was established to be celebrated as an annual event starting in the 1993 by the United Nations General Assembly. This campaign was declared as a World Day for Water to be celebrated on 22nd of March to increase the awareness among people about the importance, need and conservation of water.

The United Nation, including member nations, celebrate this campaign by implementing the UN recommendations as well as promoting the global water conservation through real activities. Since the beginning of this celebration, the UN-Water has been responsible for the selection of World Water Day theme, distribution of global messages as well as leading the

UN agencies for celebrating the World Day for Water.

Including the UN member states and agencies, various NGOs and non-government organizations also became involved in the promotion of clean water conservation focusing the public attention over all the critical issues of water. During this event celebration, all the water issues are highlighted to the public such as how people are inaccessible to safe and clean drinking water.

NVON and its member states are always on the cutting edge of important issues that affect our members, our states, our nation and the world.

After 2017 WATW donations from member states were collected, the WATW Committee made a decision to send 250 water filters



to Puerto Rico hurricane victims by Business Connect who offered a special discount for the SP180 Point One Filter Kits. This was an incredible deal and we appreciate Business Connect offering this to us and for the people of Puerto Rico. We are

awaiting pictures and a report to see where these filters were sent and who received them. When this report comes, it will be placed on nvon.org so you and your generous members can keep track of our progress.

Remember WATW donations can be sent to NVON Treasurer:

Nancy Jo Prue
4604 W 1200 S, Kentland IN
47951

Phone: 219-474-5378

E-mail: nancyjo59@hughes.net
in May and November.

There is still money left from last year and will be making a decision when and where to send water filters. Thank you for your support of this project and making a difference in the lives of people around the world.

If you have questions about this project, contact Pat Brezney at pbrezney@sc.rr.com or (803) 736-6535.



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

ACWW / USA Area President - Jo Almond

The ACWW/USA Area Meeting held in Huntsville, Alabama was a huge success. Society leaders and ACWW individual members came away with new ideas, updates of ACWW international activities, New Campaigns and enthusiasm. The following paragraphs will explain and highlight what was accomplished at this meeting.

After much discussion on the projects presented, Country Women's Council, USA, selected three possible projects. ACWW Projects secretary, Juliet Childs, was contacted for conformation on the proposed projects and the first choice selection, **"Enhancement of Nutritional Health Security through Home Gardens for Dalit Women #1023"** was granted for CWC sponsorship. The amount CWC societies need to raise is \$4,475.00. General information on the project can be found on cwcusa.org website.

I also talked about the **Projects Anniversary Appeal**. The projects committee is wanting to raise £150,000 to mark the 40th Anniversary of the Projects Committee, if an individual, group or society would like to do a onetime donation please do. If you chose to donate, please make a note on your check so that it will be added to the Appeal fund. Let's help the projects committee reach their goal.

As you may all recall, the CWC societies put forth two resolutions and one recommendation at the last triennial in Wales with all being approved. It was discussed

and decided to work on topics for the triennial in Melbourne, Australia. Linda Gause will be chairing this committee along with Annette Lanham (Florida) and Jane Chapman (Illinois) as committee members. Three topics were selected for research. These will be submitted to the resolutions and recommendations committee in London for review. If selected they will be presented at the triennial conference in 2019. If you have any suggestions for research please contact Linda Gause. Her email address is lindag0607@sbcglobal.net

ZERO HUNGER is my chosen Campaign for this triennium. At the Area Meeting, those in attendance received a small water bottle with a logo on it and a cloth pocket to fill with funds. Attached to the bottle was a poem that stated "Check your pockets every day for any dimes if you may. To help bring hunger to an end, Fill this little bottle to the Brim". These are to be used as examples to promote and support this campaign.

Zero Hunger

Z – Zoo's feed their animals, why can't we feed our people

E – Everyone is needed to solve world hunger

R – Raising money through DIMES and DOLLARS will greatly assist feeding the hungry
O – Optimism that world hunger can be conquered

H – Hunger pains are for no one

U – Understand what the less fortunate need..... FOOD

N – No child should go to bed hungry

G – Great ACWW Members

want no one to go hungry
E – Everyone deserves to eat, not starve

R – Remember how fortunate we all are not to experience HUNGER or Famine

The proceeds from this campaign will be split between a United States hunger program and ACWW. Let's see what kind of a dent we can put into eliminating hunger throughout the world. (The poem, logo's and pocket directions for ZERO HUNGER can be found on the CWC website, cwcusa.org.) If you have any questions about this campaign please contact me at acwwusajo.com. Funds should be sent to the CWC Treasurer.

The Peace Gardens were reintroduced to the members and societies. This is a joint venture between the USA and Canada, please visit the website and find out more information on how you and/or your society can support this venture. (www.peacegardens.com)



ACWW's office has moved !!!!

All mailed correspondence should be sent to the **NEW** address:

ACWW
A04 Parkhall
40 Martell Road
London, SE21 8EN,
United Kingdom
 The phone, website and email have stayed the same.



Wanda Denning

Project in Common - *EAT LOCAL, EAT HEALTHY*



Eat Local . . .

Eat Healthy

Eat Local, Eat Healthy













Happy New Year! As we embark on the last year of this Project in Common, I'd like to thank all who have participated and reported your activity. I have thoroughly enjoyed working with each of you! It is NOT TOO Late to report . . . please submit your state's report by May 1st!

Just because this will no longer be a Project in Common after 2018, I trust that you will continue to be cognizant of eating healthier by eating more local foods.

Here is an interesting calendar. . . instead of making New Year's Resolutions, why not make monthly ones relative to your health!

RESOLUTION CALENDAR

Take a systematic approach to improving your diet and lifestyle with a year-long resolution calendar. Instead of resolving to "eat better and lose weight," set one resolution for each month throughout the year. This can improve the chance that your resolutions are kept and that they actually turn into new and healthy habits.

 <p>January Start with a plan that is gradual, high in fiber, and high in nutrients.</p>	 <p>July Try to exercise for at least 2.5 hours every week; start slowly, and gradually increase your distance or intensity.</p>
 <p>February Reduce your intake of saturated fat. Choose low-fat or nonfat dairy options.</p>	 <p>August Pack a brown-bag lunch, making sure your lunch is healthful and balanced. For tips, check out www.choosemyplate.gov</p>
 <p>March Celebrate Nutrition Month! Choose fruits and veggies over candies, cakes, and fried foods.</p>	 <p>September Eat less saturated fat, cholesterol, and trans fat. Instead, work on increasing your fiber intake.</p>
 <p>April Fill half your plate with fruits and vegetables at each meal.</p>	 <p>October Eat at least one meatless meal each week. Plan menus that include pasta dishes, bean dishes, whole grain breads, and a variety of fruits and vegetables.</p>
 <p>May Limit your intake of sodium. Choose "low salt" or "no salt added" versions of foods such as crackers, nuts, canned vegetables, soups, and soy sauce.</p>	 <p>November As the holiday season approaches, begin practicing low-fat cooking techniques. Modify your favorite recipes in order to lower the fat and calorie content.</p>
 <p>June Celebrate Fruit and Vegetable Month with extra fruits and vegetables.</p>	 <p>December The holiday season is upon you. Try to maintain your weight by sticking to a consistent exercise schedule and limiting high calorie foods.</p>

As you look back over this year, you will have now developed at least 12 new habits to improve your health for many years to come.

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Judith Blythe, North Carolina ECA President

Happy New Year to everyone from North Carolina. We are planning for our five district meetings which all take place across our state in April. We celebrate our cultural arts, volunteer hours, educational programs and friendship. We have met over the years with other members in other counties in our district. Each meeting has a great speaker and an educational program. We look forward to these meetings.

These ladies of North Carolina continue to work on many projects that serve those in our communities. We have a few new clubs in our state. These are special interest clubs...travel, cooking and quilting. Some have men in their clubs which is the ways clubs need to do. These clubs are growing.

We have some new programs starting that will be very good for our ladies to take into the communities. We are partnering with the State Employee's Credit Union to be volunteers in helping to get their finance program into the school. To do this, we are trained and then do their program in schools, teaching students what life is like on

their own. This takes about an hour and a half to go through. They are given an age, income and other items to figure out how they will pay for all that is needed to live as a young family on the assigned income. It is a real eye opener for them.

We are also planning to put in an educational program in on Human Trafficking with training to be able to educate our communities. The other big project we are part of is putting in four test kitchens at NC State University to teach and train people in the proper, healthy ways of food preparation.

We continue to emphasize the Eat Local, Eat Healthy Program with visits to farmers markets, roadside produce stands, gardening, eating where local foods are served and teaching others the best way to do this. Some foods travel so far before we get them. We need to buy local where items are harvested a few days before being available to consume, therefore much fresher. It may take us getting use to planning meals more closely to do this. We also will not consume so many preservatives this way.

The Boys and Girls Home of North Carolina is our other on-going project. We will be collecting food, clothing, cleaning supplies, school supplies fun things, baby items and other everyday necessities at our district and state meetings for them. There will be a representative at each of our meetings to collect these items.

We have awarded scholarships totaling \$8,000 this year to college students from the state monies and some counties have given out scholarships also.

We are starting to train agents and members to promote and teach the Master Foods Volunteer Program. This allows the members to learn the skills and help the agents to do the program in the community. One must be screened, take 30 hours of core curriculum, do 30 hours of shadowing an agent, 10 hours of continuing education and 20 hours of volunteering.

Judith Blythe
NCECA President

NVON now has a **Facebook** presence. "Click" on the "Find us on Facebook" button at <http://www.nvon.org>.

Be sure to **"LIKE"** us and follow National Volunteer Outreach Network to keep up with the latest NVON news.

CONFERENCE AGENDA - July 16 - 19, 2018

NVON...Learning, Leading, Serving

2018 NVON Conference

July 16 - 19, 2018

Sunday, July 15

3:00 - 7:00 pm	Registration
3:00 - 7:00 pm	Receive Silent Auction Items
5:00 pm	Board Dinner (optional) in Hotel Restaurant
6:00 pm	NVON Board Meeting

Location

Lobby
Somerset

Monday, July 16

Breakfast and lunch on your own - two Restaurants in Hotel

8:00 am - 5:00 pm	Registration	Lobby
8:00 am - 5:00 pm	Receive Silent Auction Items (Closed during Lunch)	Somerset
	Set-Up State Displays	Foyer Grand Salon
9:30 am - 4:00 pm	All Day Tour to Old World Wisconsin & Cedarburg Shops	
11:30 am - 5 pm.	Tour to Wisconsin Museum of Quilts	

Heritage Skills Workshops and Educational Seminars

9:00 - 10:00 am	Chicken Scratch	
	Hexie Needle Keeper	
	Suncatcher	
	<i>Educational Program, Aprons, Tie One On</i>	
10:30 - 11:30 am	Art on Sea Glass	
	Sashiko - Japanese Needle Art	
	Wool Heart Scissor Keeper	
2:00 - 3:15 pm	Friendship Necklace	
	Small Dried Flower Wreath	
	Sun Bonnet Sue Needle Keeper	
	<i>Educational Program, Tobacco to Grapes</i>	
5:30 pm	Wisconsin Night, Monday Evening Event	Grand Salon

Tuesday, July 17

7:00 - 9:00 am	Set-Up Vendor Fair	Grand Ballroom North
8:00 - 10:00 am	Registration	Hotel Lobby
8:00am - 5:00 pm	Silent Auction Open	Somerset
	State Displays Open	Foyer Outside Grand Salon
9:00 am - 5:00 pm	Vendor Fair Open	Grand Ballroom North
9:00 am	NVON General Session/Business Meeting	Grand Salon
9:00 am - 2:45 pm	Tour to Harley Museum and Lakefront Brewery	
12:00 Noon	Luncheon Speaker/Entertainment - The Joy of Conferences by Karen Dickrell	
	Afternoon Seminars	
2:00 - 3:00 pm	Life Long Gardening	
	Popping Up Popcorn	
	The Current Opiate Epidemic in Wisconsin	
	Ventures in People, Helping Haitians to Help Themselves	
	Heritage Skill - Make Your Own Button Necklace	
3:30 - 4:30 pm	American Sign Language Today	
	Fermentation Feast	
	Finding Your Passion While Still Balancing Your Responsibilities	
	Look! My Feet Are Straight!	

Conference Agenda

CONFERENCE AGENDA, JULY 16 - 19, 2018

Tuesday, July 17, con't

6:00 pm. -----	Dinner - Speaker, Shelley Tidemann	Grand Salon
9:00 - 10:00 pm. -----	Silent Auction Open	Somerset

Wednesday, July 18

Light Continental Breakfast or Breakfast on your own in Hotel Restaurants

8:00 - Noon -----	Silent Auction Open	Somerset
-----	State Displays Open	Foyer Grand Salon
8:00 - 8:30 am -----	Registration	Lobby
9:00 am -----	NVON General Session, Business Meeting Continued	Grand Salon
9:00 am - 5:00 pm -----	Vendor Fair Open	Grand Ballroom North
9:15 am - 1:45 pm -----	Tour to Milwaukee Art Museum	
12:00 Noon -----	Luncheon with Speaker/Entertainment, Wisconsin Friendship Chorus	Grand Salon
1:30 - 3:00 pm -----	Silent Auction Open (last chance to bid)	Somerset

Afternoon Seminars

2:00 - 3:00 pm -----	Be Food Wise - Reduce Food Waste
-----	Birthday Blooms and Blessings
-----	Rock County Barn Quilts
-----	Taking Care of You, Mind, Body & Spirit
3:30 - 4:30 pm -----	First Ladies Quilts
-----	Fraud Trends and Behavior
-----	Let's Eat, Grandma
-----	Listen, Your Weeds Are Talking to You, Are You Listening?
-----	Heritage Skill - Swedish Weaving Table Mat
4:30 - 5:30 pm -----	Silent Auction, Pick Up Items
6:00 pm -----	Dinner, Speaker/Entertainment - Jessica Minchna portrays Eleanor Roosevelt

→ See you in Arkansas in 2019! ←





VISION

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

NVON Member State Conferences/Meetings

Arkansas EHC

June 5 - 7, 2018
Hot Springs Convention
Hot Springs, AR

Illinois IAHC

March 13 - 15, 2018
Thelma Keller Conference
Center
Effingham, IL

Indiana EHA

June 4 - 6, 2018
Sheraton Crossing
Indianapolis, IN

Kentucky EHA

May 7 - 9, 2018
Louisville Crown Plaza
Louisville, KY

North Carolina ECA

July 28 - 31, 2018
Nags Head, NC

South Carolina FCI

October 26 - 27, 2018
Phillips Market Center
Columbia, SC

West Virginia CEOS

October 2-4, 2018
Jackson's Mill
Weston, WV

Wisconsin AHCE

September 17 - 19, 2018
Country Inn Conference
Center
Pewaukee, WI

DATES OF INTEREST

NVON - 2018

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

NVON - 2019

July 23 - 25, 2019
Springdale Holiday Inn
Springdale, Arkansas

NVON - 2020

South Carolina

NVON - 2021

Kentucky

ACWW TRIENNIAL

Conference

April 3 - 10, 2019
2019 Triennial Conference
World Conference
Melbourne, Australia

30th ACWW Triennial
World Conference
Kuantan Pahang, Malaysia

CWC/USA Area Meeting

77th General Meeting
Country Women's Council
USA and ACWW USA
September 10-12, 2018
Dubuque Iowa



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.

