

# National Volunteer Outreach Network

# VISION

#### VOLUME 7 ISSUE 2

MAY 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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### 2018

Enhance Leadership Skills

WOW!!! The calendar says it's Spring Time! I'm not sure! How about you? In the Western Kentucky area, we have had Spring storms with at least 7 confirmed tornados and 3-4 inches of accumulation of snow! I'm CONFUSED and a bit frustrated by the weather.

However, I am not confused about our NVON organization nor the strength of our leadership team. New Vice President Joyce Kluttz (NC) and Treasurer Nancy Jo Prue (IN) joined Secretary Rita Bloom (KY) and myself this year on the Executive Committee. I am looking forward to their resourceful and well developed skills being a great addition to our team and the NVON organization.

We are expecting our members to also be an important part of growing our membership. By increasing our knowledge and actions to have a positive influence on the lives of women and children in our communities, we can enrich our own family situations.

One of the best ways to accomplish our goals is taking care of ourselves. So here is a list of 11 things (from my resource file) to consider:

- Thank God every day for what you have.
- Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That IS why you pay them!
- Keep only cheerful friends, the grouches pull you down. (Keep this in mind if you are a grouch.)
- Keep Learning! Learn more about the computer, crafts, gardening... whatever. Never let the brain get idle. No cobwebs allowed.
- 5. Enjoy the simple things.
- Laugh often, long and loud, Laugh until you gasp for breath. And if you have a friend who makes you laugh, spend lots and lots of time with him or her.

- The tears happen... Endure, Grieve and Move On. The only person who is with us, on the earth, our entire life.....is our self. Live while you are alive.
- Surround yourself with what you love. It may be family, pets, keepsakes, music, plants, hobbies....whatever. Make your home your refuge and place of peace.
- Cherish your health. If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- Don't take guilt trips. Take a trip to the mall, to the next county, even to a foreign country, but NOT to where guilt resides.
- Tell people you love that you love them, at every opportunity. Pray for those who frustrate you.



*Línda Kaletch* NVON President



### NATIONAL VOLUNTEEER OUTREACH NETWORK BOARD

### **Executive Committee**

President Jan. 1, 2017 - Dec. 31, 2019 Linda Kaletch 9512 Wickliffe Road Wickliffe, KY 42087 Phone: 270-876-7509 e-mail: lkaletch@brtc.net

#### <u>Secretary</u>

Jan. 1, 2017 - Dec. 31, 2019 Rita Bloom 549 E. Walnut Street Danville, KY Phone: 859-209-4089 e-mail: rrbloom@roadrunner.com

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Kentucky Extension Homemakers Association July 1, 2016 - June 30, 2019 Marlene McComas 1251 Lynnwood Williamstown, KY 41097 Phone: 859-743-7783 e-mail: marlene7@prodigy.net

West Virginia Community Educational Outreach Service, Inc. Jan. 1, 2017 - Dec. 31, 2018 Helen McClain 7455 Georgetown Road Roanoke, WV 26447 Phone: 304-452-8587 e-mail: bhmcclain@frontiernet.net

#### <u>Appointed - Advisor</u> Jan. 1, 2017 - Dec. 31, 2019

Lylene Scholz 2207 Virginia Drive Manitowoc, WI 54220 Phone: 920-769-0576 e-mail: lylene@comcast.net

### **State Presidents**

Illinois Association for Home and Community Education March 2015 - March 2018 Jane Chapman 936 Hollyhock Rd. Coulterville, IL 62237 Phone: 618-317-2727 e-mail: ejanec50@gmail.com

North Carolina Extension and Community Association, Inc. Jan. 1, 2017 - Dec. 31, 2018 Judy Blythe 5114 Springwood Drive New Bern, NC 28562-6724 Phone: 252-638-4142 e-mail: cbblythe2002@yahoo.com

Wisconsin Association for Home and Community Education Jan. 1, 2016 - Dec. 31, 2018 Joan Staffon E9537 City. Hwy. E Merrillan, WI 54754 Phone: 715-333-7732 e-mail: joanstaff@centurytel.net

#### Vice President

Jan. 1, 2018 - Dec. 31, 2020 Joyce Kluttz 3201 Old Salisbury/Concord Rd. Concord, NC 28025 Phone: 704-786-5324 e-mail: jwkluttz12@gmail.com

#### **Treasurer**

Jan. 1, 2018 - Dec. 31, 2020 Nancy Jo Prue 4604 W. 1200 S. Kentland, IN 47951 Phone: 219-474-5378 e-mail: nancyjo59@hughes.net

> Indiana Extension Homemakers Association July 1, 2017 - June 30, 2018 Stephanie Jerabek 4944 N. Rangeline Road Huntington, IN 46750 Phone: 260-356-6513 e-mail: jcjerabek@onlyinternet.net

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

Appointed-Water Around the World

Project in Common Chairman Jan. 1, 2017 - Dec. 31, 2019 Pat Breznay 6 Vahalla Court Columbia, SC 29229 Phone: 803-736-6535 e-mail: pbreznay@sc.rr.com

#### Appointed

Appointed - Parliamentarian Jan. 1, 2018 - Dec. 31, 2019

Appointed - Editor Jan. 1, 2013 - Dec. 31, 2019 Sharon Middleton 1190 Chelsea Way Decatur, IL 62526 Phone: 217-877-7229 e-mail: tolepainter2@gmail.com Appointed - Webmaster Jan. 1, 2006 - Dec. 31, 2019 Pamela Hanfland 105 Woodcock Trail West Columbia, SC 29169 Phone: 803-348-2820 e-mail: phanfland@gmail.com

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# Joyce Kluttz - NVON Vice President Introduction - Project in Common

NVON Project in Common 2019-2021 <u>MEMBERSHIP</u> <u>"Double Your Influence</u> <u>Add To/2"</u>

With the approval of the Executive Board, our national Project in Common will emphasis MEMBERSHIP. Our theme is "Double Your Influence......Add To/2". I believe everyone will agree, that we need to concentrate on gaining new members, if we are to continue being a viable organization. The campaign is very simple. Just add "To/2" new members to your club or start "To/2" new clubs. Think outside the box and form a special interest group, such as sewing, cooking, craft, gardening, etc. You are adding "To" your organization. As long as researchedbased information is used, you are following your state's mission statement. Do you know those words by heart? You should in order to tell others what great projects and programs the organization offers.

As Vice President, one of my duties is to remind STATE PRESIDENTS to submit the last years educational lessons presented in your clubs and/ or counties, then placed on the website. These materials are used by various states for education in their organizations and need to be kept current. On a personal note, each January our county reviews this list and we use many of the programs listed for club resources.

I look forward to meeting new friends and visiting with others from past conferences. Brochures on "Double Your Influence...Add To/2" will be available to state presidents and others attending in Wisconsin.

Joyce W. Kluttz Vice President

# **Executive Board Committee**

The Executive Committee has agreed that there is an abundance of waste of paper. As we see during Conference, many people dispose of paper that was placed in their registration packets. So, beginning with the 2018 NVON Conference, papers that usually come in your packets, will not be printed. You may register at the registration desk for certain paperwork that will be printed and available soon after the conference begins. But we need all to know that it is a waste for items that cost us money to end up in the trash cans.

There were many changes to the Conference State Rotation of the NVON, Inc

This is the old hostess rotation: KY, WV, IL, NC, WI, SC, IN, AR, and this is the new rotation:

2018 - WI 2019 - AR 2020 - SC 2021 - KY 2022 - IN 2023 - WV 2024 - IL 2025 - NC Indiana was celebrating 100 years in 2013, so asked to switch with Kentucky and that is how we got out of rotation.

Linda Kaletch NVON President 2017-2019

# Jo Almond - ACWW USA AREA PRESIDENT

#### Greetings.

This last March I attended the ACWW Board Meeting in London and the United Nations CSW62 in New York. What a great experience it was attending CSW62. While I was in attendance, ACWW launched the Global Survey that I spoke about at CWC last year. Now we must do our part and participate in this survey. Information and instructions can be found on ACWW's website (acww.org.uk) and

www.ifrw.org.uk@ruralwome nforum. The survey will take around 15-20 minutes. ACWW is calling this a base line survey. It is felt that this is a good starting point for a more in-depth survey in the future. Encourage all your members, friends, and families to raise the voices of women worldwide and participate in this global research survey.

How is your <u>"ZERO HUNGER"</u> campaign going? Don't forget to send your donations to the CWC Treasurer. I have already received notices from a couple societies that have raised wonderful amounts. As I mentioned at our 2017 October meeting,  $\frac{1}{2}$  of the funds raised will be donated to ACWW and the other  $\frac{1}{2}$  will remain in the states and sent to "Feeding America". Keep those dimes dropping into your bottles. If you need additional instructions for the water bottles or poem, please look at CWC's website or at the last News Sheet. As always, you can

contact me, by email, post or phone and I will be happy to give you the information.

#### **IMPORTANT INFORMATION**

All ACWW member societies and ACWW members have received an email announcing the First ACWW Summit being held June 24-26 this year in Indianapolis Indiana at the Crowne Plaza Hotel. Check your in box and read about the summit. If you have any questions email or call me. Please feel to share this information with other members of your society. Nonmembers of ACWW are also welcome. The more information learned about ACWW the better.

**Society Presidents** should have received a copy of <u>Circular 3</u>, this Circular is requesting <u>Triennial</u> <u>Reports</u> from Member Societies. These reports need to be received at Central Office by August 1, 2018. Please follow instructions listed on the circular. If you have questions contact me.

ACWW has just posted on the website lots and lots of information regarding the <u>Triennial</u> <u>Conference</u>. It lists available hotels, the conference center site, registration forms for members, spouses, etc. and much, much more. Take a look at <u>acww.org.uk</u>

website..... register early. We have been advised to book hotel reservations early in lieu of a holiday in Australia at that time. It is very exciting knowing that Triennial Conference is just around the corner.

ACWW has suggested each area within ACWW have a **postal vote** to elect the **<u>Area President</u>** this triennium. (There was a discussion and all 9 ACWW areas of the world agreed to have postal voting.) What this means is, each paid in full ACWW society in the USA, will have a chance to elect the Area President. As you know, not all societies are able to financially send a representative to the World Conference, so in doing a postal vote, each would have a voice and enable each society within the USA, the opportunity to vote for the position of **AREA PRESIDENT**. All other positions within ACWW will be voted on and elected at the Triennial World Conference. (ex: World President, Deputy World President, etc.) Information and instructions on how the postal vote will be handled will follow in due time.

Remember if you would like for me to visit your society please let me know. If at all possible I will be there.

Have a great Spring, until later..... JO

NVON 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.



Pat Breznay wants to remind you that donations can be made from each NVON state treasurer to the WATW project in in May.

# **ACWW PHOTOS**



ACWW Board Meeting at the new headquarters.

GLOBAL SURVEY OF THE LIVING CONDITIONS OF RURAL WOMEN

We know that the voices of rural women are the hardest to hear

www.ifrw.org.uk to t, and ensure that amunity is heard amonglobal stage



World President presenting the Global Survey.

ACWW Triennial in Melbourne, Australia - April 4 - 10, 2019

Some things to look forward too.....

- Venue is the very modern & centrally located Melbourne Convention and Exhibition Centre
- Guests of Country Women's Association of Victoria
- Tours before, during and after the meeting.
- Tea Time every afternoon.
- Making people who become friends from around the world who you will remember and see at the next Triennial!
- Check the ACWW website at: www.acww.org.uk for more information.

#### 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

# North Carolina State President, Judy Blythe

Spring has sprung in the eastern part of North Carolina, but still is wintery in the mountains in western North Carolina.

We have just had our five district days across the state,. We had themes of "Eat Local, Eat Healthy" for Healthier Living", "Dance Your Way to ECA", "Bounties From the Sea", "Using Different Methods to Grow ECA", and "Educating the Future". These were all very interesting with speakers, cultural arts, 50/50's and silent auctions. The cultural arts were beautiful. We gave four grants to different clubs this year to further their work. We also gave scholarships in each district. We are busy with our on-going projects in each area or community. Some of us are looking forward to NVON in Pewaukee, WI in July. We have our state meeting in October on the Outer Banks at Nags Head, NC. We are working on teaching the programs mentioned in the last newsletter. We are very busy volunteering locally in many ways. We are exploring ways to get more members. We need to consider change if that is what it takes to gain membership.

We have a new program leader, Dr. Sarah Kirby, at North Carolina State University. She is a delight to work with and has some great ideas for us. We welcome her to our Extension and Community Association leadership.

Judy Blythe NCECA

### VISION NEEDS YOUR SUPPORT - RENEW NOW



National Volunteer Outreach Network, INC. VISION SUBSCRIPTION FORM

NAME		
ADDRES	S	
CITY		
STATE	ZIP CODE	
PHONE _	E-MAIL ADDRESS	
NEW	RENEWAL DATE	
	VISION Subscription is \$18.00 for three Nine NVON VISION's & the NVON Han	5
	Make checks payable to: <i>NationalVolunteer Outrea</i>	<u>ch Network. Inc.</u>
Mail to:	Sharon Middleton, NVON Editor 1190 Chelsea Way Decatur, Ill 62526	

PAGE 6 Phone: 217-877-7229 - e-mail: tolepainter2@gmail.com

# Zero Hunger Challenge - ACWW Area President - Jo Almond



The Zero Hunger Challenge was launched by United Nations Secretary-General Ban Kimoon in 2012. The Zero Hunger vision reflects five elements from within the Sustainable Development Goals, which taken together, can end hunger, eliminate all forms of malnutrition, and build inclusive and sustainable food systems.

Jo Almond, USA Area President, has chosen ZERO HUNGER as her Campaign for this triennium. At the Area Meeting, those in attendance, received a small water bottle with a logo on it and cloth pocket to fill with funds. Attached to the bottle was a poem that stated "<u>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</u>". These are to be used as examples to

promote and support this campaign. 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.

Zero Hunger Campaign Items needed: Small Water Bottle Logo strips (found on website) Poem (found on website).

Collect dimes or small coins that can be inserted into the bottle.

This fundraiser is very simple but can help so many.



If you have any questions about this campaign please contact Jo Almond at <u>acwwusajo.com</u>. Funds should be sent to the CWC Treasurer.

# ACWW USA Area Summit - June 24 - 26, 2018 in Indianapolis, IN

Calling all ACWW Members and Societies YOU are invited to the

#### 1st USA Area ACWW Summit

The USA Area President, Jo Ellen Almond, and ACWW World President Ruth Shanks, invite you to the first USA/ACWW Area Summit.

This will be held June 24-26, 2018 in Indianapolis for representatives of all ACWW societies, and individual members, in the USA. Special Guest Mrs. Ruth Shanks AM, the World President of ACWW. This will be your chance to enjoy, relax, learn and participate in many things ACWW. The application form and general information is enclosed for your convenience. We hope to see you at this informative and educational summit conference.

Jo Ellen Almond USA Area President President Ruth Shanks ACWW World President

For more information: www.cwcusa.org under "conferences and events".

# REMINDER USA ACWW SUMMIT

JUNE 24-26 2018

Crown Plaza & Conference Centre Indianapolis, IN

**Great Speakers** 

ACWW Workshops

Great Company & Food

# ACWW/CWC Area Meeting September 10 - 12, 2018

You are all invited to attend the 77<sup>th</sup> 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 10<sup>th</sup> & 11<sup>th</sup>. Speaker/entertainment will be DeAnne Bloomberg and the Music Men (a Barbershop Chorus). Check out www.cwcusa.org for more information and your CWC News Sheet that came was mailed in April.



Beverly Earnhart CWC Editor



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

You can choose your own description after visiting 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 Mitchel 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.

# Monday, July 16, 2018 - Heritage Skills & Educational Seminars

All Heritage Skill classes have a material fee of <u>\$5.00</u> paid to the instructor when you enter the classroom.

# <u>Monday, July 16, 2018</u> <u>Heritage Skills</u>



### Chicken Scratch - <u>9:00 - 10:00 am</u>

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 - <u>9:00 - 10:00 am</u> by Eileen Gottbeheat

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

#### Sun Catcher - <u>9:00 - 10:00 am</u>

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 - <u>10:30 - 11:30 am</u>

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 - <u>9:00 - 10:00 am</u>

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

Sorry for being so confused, Aprons, Tie One On time was incorrect in the January VISION and has been corrected in this issue and on the website.

Donna Zarovy, Conference Chair

# Sashiko - <u>10:30 - 11:30 am</u>

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 <u>10:30 - 11:30 am</u>

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

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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 <u>2:00 - 3:00 pm</u>

by Jean Brew

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

### <u>Educational Seminar</u> <u>Monday, July 16, 2018</u> From Tobacco to Grapes - <u>2:00 - 3:00 am</u>

#### 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 Gardening

by 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 Necklace**

by 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 Straight!

by 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 Responsibilities

by 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 quilt design

# 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. 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.

orders from Rock County. Rock

Evansville Chamber of Commerce,

community members came together

County HCE members, the

UW-Extension and interested

### 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.

#### 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.



# 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.

# TOURS - Monday, July 16, 2018

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.)



Wisconsin Quilt Museum Downtown Cedarburg 11:30 - 5:00 pm Cost: \$25 (Lunch is on your own.) 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 tour the repurposed 1850s farmstead. After the tour, explore the many shops of downtown Cedarburg. There are several places for lunch.



# TOUR - Tuesday, July 17, 2018 - 9:00 am - 2:45 pm Harley-Davidson Museum® & Lakefront Brewery - <u>Cost \$30.00</u>

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



the Motor<sup>®</sup> 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 - <u>Cost: \$25.00</u>

#### 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.

# CONFERENCE AGENDA - July 16 - 19, 2018

# NVON...Learning, Leading, Serving **2018 NVON Conference** July 16 - 19, 2018

### Sunday, July 15

ay, July 15		Location
3:00 - 7:00 pm	Registration	Lobby
3:00 - 7:00 pm	Receive Silent Auction Items	Somerset
5:00 pm	Board Dinner (optional) in Hotel Restaurant	
6:00 pm	NVON Board Meeting	Executive Suit

### Monday, July 16

Breakfast and lunch on your own - two Res	staurants in Hotel	
8:00 am - 5:00 pm	Registration	Lobby
8:00 am - Noon	Receive Silent Auction Items	Somerset
	Set-Up State Displays	Foyer Grand Salon
9:00 am - 4:00 pm	All Day Tour to Old World Wisconsin	n
11:30 am - 5 pm	Tour to Wisconsin Museum of Quilts	Fiber Arts & Cedarburg Shops
Heritage Skills Workshops	and Educational Seminars	
9:00 - 10:00 am	Chicken Scratch	
	Hexie Needle Keeper	
	Suncatcher	
	Educational Program, Aprons, Tie One On	(This is the correct time for this class.)
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	
	Educational Program, Tobacco to Grapes	
5:30 pm	Wisconsin Night, Monday Eveni	ng 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
8:00 am - 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 I	Brewery
12:00 Noon	Luncheon Speaker/Entertainment - The Joy of	Conferences by Karen Dickrell

#### **Afternoon Educational 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

Suite1

Grand Salon

Somerset

# CONFERENCE AGENDA, JULY 16 - 19, 2018

### Tuesday, July 17, con't

6:00 pmDinner - Speaker, Shelley Tidemann	Grand Salon
"What if the spark to change the world lived within each o	of us?"
9:00 - 10:00 pmSilent Auction Open	Somerset
Wednesday, July 18	
Light Continental Breakfast or Breakfast on your own in Hotel Restaurants	
8:00 - NoonSilent Auction Open	Somerset
State Displays Open	Foyer Grand Salon
8:00 - 8:30 amRegistration	Lobby
9:00 amNVON General Session, Business Meeting Continued	Grand Salon
9:00 am - 5:00 pmVendor Fair Open	Grand Ballroom North

9:15 am - 1:45 pm-----Tour to Milwaukee Art Museum

#### Afternoon Educational Seminars

0 - 3:00 pmBe Food Wise - Reduce Food Waste
Birthday Blooms and Blessings
Rock County Barn Quilts
Taking Care of You, Mind, Body & Spirit
30 - 4:30 pmFirst 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
30 - 5:30 pmSilent Auction, Pick Up Items
00 pmDinner, Speaker/Entertainment - Jessica Minchna portrays Eleanor Roosevelt

# →See you in Arkansas in 2019!←

# <u>NOTICE - NOTICE - NOTICE</u> <u>Waste Paper!</u>

### From the Executive Committee:

The Executive Committee has agreed that we have an abundance of waste of paper as many people throw away things that are in their registration packets. We want to ask if anyone wants a copy of the minutes from last year's meeting, to sign up at the registration table to receive a copy. We will have someone to print those copies if Wisconsin does not have the equipment. We need everyone to know that it is a waste of money to throw away the papers from your packet that end up in the trash cans. <u>Please</u>, if you want this information, sign up at the conference registration area for a copy. <u>Let's not waste NVON's money!</u>

Thanks, Linda Kaletch NVON President 2017-2019





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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 IAHCE March 12 - 14, 2019 Thelma Keller Conference Center Effingham, IL

> Indiana EHA June 4 - 6, 2018 Indianapolis, IN

Kentucky EHA May 7 - 9, 2018 Louisville Crown Plaza Louisville, KY North Carolina ECA October 29 - 31, 2018 Nags Head, NC

South Carolina FCL October 26 - 27, 2018 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

<u>NVON - 2018</u> 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

### <u>ACWWTRIENNIAL</u> <u>Conference</u>

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



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