



JANUARY 2023

National Volunteer Outlook Network

VISION

NVON Newsletter

VOLUME 8 ISSUE 1

Jane's Jargon...



"Judge not your
harvests, but by the
seeds you planted"
PLANT MANY SEEDS

~ Jane Chapman ~
NVON President

Robert Louis Stevenson once said, "Don't judge each day by the harvest you reap but by the seeds that you plant." After reading this I thought that will be my theme for the next three years, but a little different. "Judge not by your harvest, but by the seeds you planted" or shortened to "Plant Many Seeds".

I am sure after reading my theme you are all thinking what kind of nut case do we have as our president now! Perhaps for all of you to understand my theme and myself a little better I need to share some of my background with you.

I grew up on a farm, the youngest of three by thirteen years! I grew up loving the outdoors, animals, sports, and farming. I was in 4-H for ten years, then lead and still am a mentor leader for over thirty years now. My favorite projects in all those years of 4-H were livestock and horticulture! I worked on the farm alongside my dad for many years and had a herd of Angus cattle by the time I graduated from high school.

After I married, my husband and I moved to Arkansas but soon moved back to help my dad on the farm. I worked for eighteen years in an ag related business starting out as the accountant then progressing to assistant manager by the time I retired. I have sold many a seed in my lifetime and sowed just as many not only in the soil but in the minds of many people.

When you farm, in order to have a good harvest, you must sow many seeds out in those fields. If you sow only a few you get very little yield as some may not come up then others die before harvesting due to disease, insect or acts of nature. And a farmer does this sowing of seeds year after year after year because he is an optimist and knows in order to survive in the farming industry you must sow many a seed. He keeps this continuous sowing of seeds up year after year even after a crop failure because he is a believer in himself and knows that sometimes one will have a failure.

We are seeing a slow death in our organizations and others. Do you ever think why these organizations are dwindling? I feel it is because so many are afraid of change. We must have change in order to survive, even in real life we need change, or we stagnate. We have stopped sowing the seeds of enthusiasm, fun, and the social and educational values of our organizations such as NVON and the member organizations of NVON. We are still looking at the harvest of the past when these organizations were thriving instead of sowing new seeds. Sure, some of the invites or, "seeds", you extend to people get turned

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www.nvon.org

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NATIONAL VOLUNTEER OUTREACH NETWORK BOARD

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State Presidents

Arkansas Extension

Homemakers Council

July 1, 2022 - June 30, 2024

Debbie Thompson

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And Community Education

March 2021 - March 2024

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Homemakers Association

July 1, 2022 - June 30, 2023

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Homemakers Association

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North Carolina Extension and

Community Association, Inc.

Jan. 1, 2023 - Dec. 31, 2024

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West Virginia Community

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Jan. 1, 2023 - Dec. 31, 2024

Clinedda Austin

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Wisconsin Association for Home

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Jan. 1, 2022 - Dec. 31, 2024

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Appointed—Advisor

Jan. 1, 2020 - Dec. 31, 2025

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Appointed—Webmaster

Jan. 1, 2006 - Dec. 31, 2025

Parliamentarian

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down, but do as the farmers do and plant more seeds! The farmer that does not plant a huge number of seeds does not survive and guess what is happening to our organizations?

As I close this out, please feel free to contact me at any time, I am here for you all. I encourage all of you as we start a new chapter of life, chapter 2023, to plant many seeds so that your state organizations will prosper and NVON will, too! Our organizations have a wealth of opportunities to offer people, so let's share our wealth! I challenge each of you in this new year to sow a plethora of seeds! Happy New Year!

Later, Jane

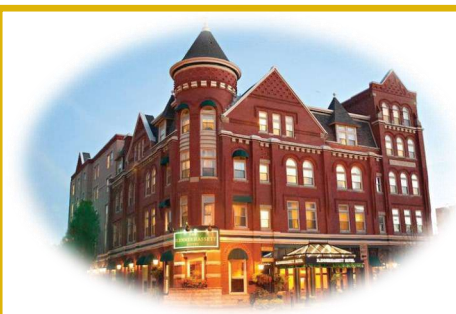
NVON CONFERENCE 2023

Planting Many Seed—Brighten Your Future

July 18-20, 2023

Blennerhassett Hotel

Parkersburg, West Virginia



THE BLENNERHASSETT HOTEL

320 Market St

Parkersburg, WV 26101

304-422-3131

<> Use code **NVON ONLINE**

<> Registration code **22825**

<> Traditional Double \$109.00

<> Standard King \$119.00

<> Deluxe King \$129.00

Hotel amenities

<> Free parking

<> Free Wi-Fi

<> Free breakfast

<> Baggage storage

<> Fitness Center

<> Conference Facility

<> Hotel Restaurant

<> Library & Books

<> Garden on property

<> Terrace on property

<> Bellhop & Porter service

<> Valet parking - Free

<> Smoke free property

<> Wheelchair accessible - may have limitations

Getting There:

<> Mid-Ohio Valley Regional Airport 12.5 mi

<> Yeager Airport 61.8 miles

FYI: Blennerhassett Hotel Does Not offer a shuttle service to or from Airports

Taxi Cabs and Uber are available

TOUR, SPEAKERS AND ENTERTAINMENT AT THE 2023 NVON CONFERENCE

July 18, 2023

Tour of Blennerhassett Island



Come join us in touring this enchanting Island located in the Ohio River and owned by Harnan Blennerhassett, a wealthy Irish aristocrat, and his wife Margaret. They settled on the Island in 1798 and built their magnificent Mansion there. Because of Harman's illegal dealings with Aaron Burr in 1806, he fled from the Island, only to be captured and imprisoned.

Cost \$28.00 which includes Museum visit to watch 10-minute film, Sternwheeler boat ride to and from Island, tour of the Mansion, and a horse and wagon ride.

Tour 1: Leaving Hotel at 9 am, returning at 2pm

Tour 2: Leaving Hotel at 12 noon, returning at 5pm

Lunch on your own. There are concessions on the Island.



July 18, 2023 Dinner Entertainment

Sounds of the Mountains

Tuesday's evening entertainment, the eight members play a variety of stringed instruments that include hammered dulcimers, guitars, fiddles, upright bass, banjo, ukulele, penny whistle and spoons. The band plays a selection of music that includes old-time, gospel, Irish, waltzes, and rags.



July 19, 2023, Luncheon Speaker



Marty Walker-Owen

Former Mrs. West Virginia America 2017 and former 2022 WV Miss United States Agriculture

An avid volunteer for community outreach education of youth and adults. She will share her interests, knowledge and service applied to the platform of the Mrs. America organization & Miss United States Agriculture Organization

July 19, 2023 Dinner Entertainment

Logan M. Soho

Storyteller:

Mr. Cassius Monroe

Historical fictional character expressing the life and times of the late Victorian Era to Boot Legging Era in Appalachia.



July 20, 2023, Luncheon Speaker



Pat Gruber

Retired WVU Extension

And CEOS member

Luncheon Speaker

“The Small Things Count “

July 20, 2023, Dinner Entertainment

Jim Forshat

TRIBUTE TO ELVIS PRESLEY

Being an Elvis fan since he was 4 years old and performing since 2004, he will astound you with an outstanding impersonation of Elvis.



Planting Many Seeds — Brightens Your Future

2023 NVON Conference

July 18-20, 2023

Monday, July 17

3:00 p.m.— 7:00 p.m.	Registration
3:00 p.m.— 7:00 p.m.	Receive Silent Auction Items
3:00 p.m.— 7:00 p.m.	Setup State Displays
3:00 p.m.	Financial Review
6:30 p.m.	NVON Board Meeting

Tuesday, July 18

8:00 a.m.— 6:00 p.m.	Registration
8:00a.m. — 6:00 p.m.	State Displays
8:00 a.m.— 6:00 p.m.	ACWW Silent Auction
9:00 a.m.— 2:00 p.m.	Blennerhassett Island Tour #1
9:00 a.m.— 10:15 a.m.	Craft Workshops.... Photography.... Folded Fabric Ornament
10:30 a.m. — 11:45 a.m.	Craft Workshops.... Photography.... Folded Fabric Ornament... Tour of the Hotel
<i>LUNCH ON YOUR OWN</i>	
12:00 p.m.— 5:00 p.m.	Blennerhassett Island Tour #2
2:00 p.m.— 3:15 p.m.	Craft Workshops Greeting Cards String Art
2:00 p.m.— 4:00 p.m.	BUNCO
3:30 p.m.— 4:45 p.m.	Craft Workshops Greeting Cards String Art.... Tour of the Hotel
6:00 p.m.	West Virginia Night Dinner Sounds of the Mountains

Wednesday, July 19

8:00 a.m.— 6:00 p.m.	Registration
9:00 a.m.—11:00 a.m.	NVON Conference Opening Session & Business Meeting
12:00 p.m.	Luncheon Marty Walker-Owen
1:30 p.m. — 6:00 p.m.	ACWW Silent Auction
2:00 p.m. — 3:00 p.m.	Educational Seminars...
	My Hometown is Cool... Railroads that Carved WV... Paired Wine & Food
3:30 p.m. — 4:30 p.m.	Educational Seminars...
	Understanding You ... Basic Genealogy ... Tai Chi for Arthritis
6:00 p.m.	Dinner.... Logan M. Soho

Thursday, July 20

8:00 a.m. — 12:00 p.m.	Registration
8:00 a.m. — 12:00 p.m.	ACWW Silent Auction
8:00 a.m. — 6:00 p.m.	State Displays
9:00 a.m. — 11:00 a.m.	NVON Business Meeting
12:00 p.m.	Luncheon Pat Gruber
1:30 p.m. —3:30 p.m.	ACWW Silent Auction
2:00 p.m. — 3:00 p.m.	Educational Seminars
	Health Motivators... Appalachian Heritage Cooking... Crazy Quilts
3:30 p.m.—4:30 p.m.	Educational Seminars
	Discrimination Simulation.... Self Defense for Seniors ... Financial Literacy
3:30 p.m.	ACWW Silent Auction Closes
6:00 p.m.	Banquet... Jim Forshat a Tribute to Elvis Presley

2023 NVON Conference Workshops & Games

Tuesday, July 18

9:00—10:15a.m.

<> Photography by John Wickline

A former journalist will give a slideshow presentation to provide information about how you can get quality pictures. Free.

<>Folded fabric ornaments by Terri Lee Hackney

A Styrofoam ball with triangular pieces of material pinned to ball. Ribbon around the middle to complete ball. Final touch is a bow and ribbon hanger. Can be for any occasion, season, or holiday. Class limit 20. Cost \$8.00.

10:30– 11:45a.m.

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A Styrofoam ball with triangular pieces of material pinned to ball. Ribbon around the middle to complete ball. Final touch is a bow and ribbon hanger. Can be for any occasion, season, or holiday. Class limit 20. Cost \$8.00.



<> Blennerhassett Hotel Tour by Logan Soho

The Blennerhassett Hotel concierge will give a guided tour of this historical tour. Free.

2:00 —3:15p.m.

<> Variety of Greeting Cards by Kathy Hamrick

Participants will make three 3D greeting cards with envelopes. Class size 10 -15 participants. Cost \$10.00.

<> String Art by Carol Ours

You will use 2 or more colors of paint. Squirt/dab a small amount of paint on a canvas frame. Take a string and pull it thru the paint to achieve your design. Class limit 20. Cost \$5.00



2:00 —4:00p.m.

<> Bunco with Debbie Blehschmidt

Bunco is a dice game that is very fun once you get the hang of it. Instructions will be given and help will be available if there are questions. Requesting 12 – 20 participants for a class. Free.

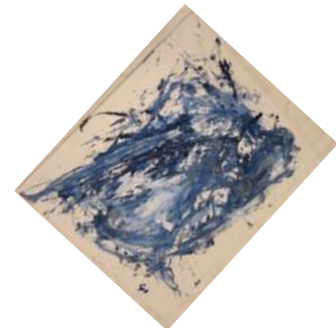
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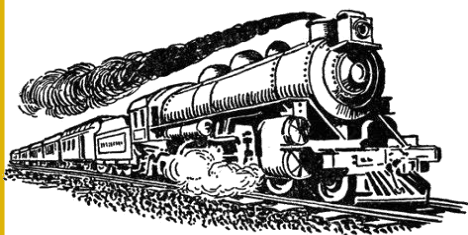
Wednesday, July 19

2:00 p.m. — 3:00 p.m.

Railroads That Carved West Virginia

John Wickline

When people think of West Virginia industries, thoughts turn to coal, timber, and steel. Included in this discussion will be the history of railroads in West Virginia, the role they played in the state's development, and how that role has changed in today's landscape.



My Hometown Is Cool! Partner with Youth to Build Your Community

Lauren Prinzo and Dana Wright

"The My Hometown is Cool!" project is a fun way to engage youth in building their home communities. Students in West Virginia have worked to implement a variety of projects including public. Attend this workshop to learn more about how this project has been implemented in West Virginia and how you can replicate it in your community!

Perfectly Paired Wine and Food

Andi Hoover

Participants will learn about different wines, wine tasting and how to pair food with wine to enhance the flavors. Sample 6-7 wines with food during class

ALL THIS FOR \$5



3:30 p.m.— 4:30 p.m.

Understanding YOU to understand OTHERS: Personal perceptions on communities and culture

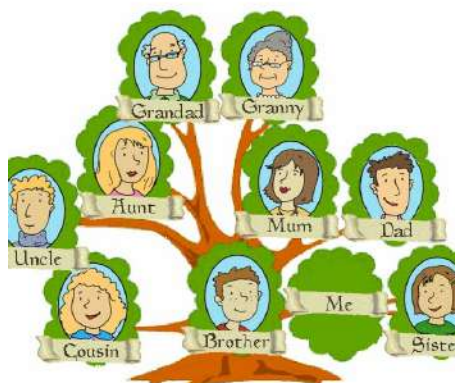
Denis Scott & Tony Michael

Have you ever wondered why similar people can see the world so differently? Come learn how our perceptions shape the world around us. Discern fact from fiction while discovering surprising clues about communities and cultures during this fun and engaging session.

Basic Genealogy

Lorrie Wright

Learn the basics of genealogy and find the value of preserving your family history.



Tai Chi for Arthritis and Fall Prevention

Stephanie Lusk

Tai Chi is an art and an exercise from ancient China. Tai Chi movements are slow and mindful, which gently stretch the joints and muscles of the entire body, strengthening them from inside out. In this workshop we will learn about the history of tai chi, participate in warm-up activities, and learn some basic movements to perform tai chi at home.

Thursday, July 20**2:00 p.m.— 3:00 p.m.****Teaching Appalachian Heritage Cooking to Children***Margaret Miltenberger & Kelly Hicks*

Workshop participants will increase understanding of Appalachian culture, its cooking and its recipes. Participants will increase in confidence in teaching Appalachian cooking to children.

**Health Motivators***Gwen Crum & Cheryl Kaczor*

Learn how to incorporate a healthy mindset into any meeting. Health Motivators are a quick, 10-minutes break that can help bring some variety and healthy moments to your meetings. Materials include a brief lesson, quick activity, and calendar with challenges to help incorporate those healthy habits at home.

Crazy Quilts*Zona Hutson & Eva Beto*

Crazy quilts are one-of-a-kind treasures representing a historically significant quilt-making style. Learn the history of these quilts and some of the stitches used to embellish them.

**3:30 p.m.— 4:30 p.m.****Discrimination Simulation***Tim Sayre & Gina Taylor*

Participants will take part in a simulation to learn about the ways we inadvertently show discrimination towards others who are unlike ourselves through our body language.

**Financial Literacy
Key Things to Know
for the Second Half of
Life***Lauren Weatherford*

In this session we will discuss key elements of retirement and the end of life planning after age 50. What type of options are available and the basics of planning for your family? The session will include information, open discussion and resources.

**Self Defense
for Seniors***Dave Roberts*

This presentation is designed to discuss a good tactics that older adults can learn in order to protect themselves.





Project in Common

THANK YOU all for making “BEE-CAUSE Pollinators Feed the World” a great success.

Our focus 2023 is to collect “\$1 for Every Member”. By donating we can help purchase bee hives and educational material to be sent to the Third World Counties who need this support to help provide an income for their families. There is a reporting form on the NVON website.

Opportunities to present educational programs are endless, exhibits are always welcome at any meeting and especially the county, district and state fairs.

Please share your activities, pictures and any suggestions (Karenbellfoxaehc@yahoo.com)

Pollinators need you. You need pollinators.

Birds, bats, bees, butterflies, beetles, and other small mammals that pollinate plants are responsible for bringing us one out of every three bites of food. They also sustain our ecosystems and produce our natural resources by helping plants reproduce.

Without the actions of pollinators agricultural economies, our food supply, and surrounding landscapes would collapse.

Pollinating animals travel from plant to plant carrying pollen on their bodies in a vital interaction that allows the transfer of genetic material critical to the reproductive system of most flowering plants – the very plants that

- bring us countless fruits, vegetables, and nuts,
- ½ of the world’s oils, fibers and raw materials;
- prevent soil erosion,
- and increase carbon sequestration

This nearly invisible ecosystem service is a precious resource that requires attention and support— and in disturbing evidence found around the globe, is increasingly in jeopardy.



National Volunteer Outreach Network, INC.

VISION SUBSCRIPTION FORM

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

PHONE _____ E-MAIL ADDRESS _____

NEW _____ RENEWAL _____ DATE _____

VISION Subscription is \$18.00 for three years, Nine Newsletters, January 1 — December 31.

Make checks payable to: **National Volunteer Outreach Network, Inc.**

Mail to: Patty Coonrod, NVON Editor
6640 North 1100 East
Idaville, Indiana 47950

National Volunteer Outreach Network, INC.

HANDBOOK ORDER FORM

Mail **NVON Handbook(s)** to:

NAME _____

ADDRESS _____

CITY _____

STATE _____ PHONE _____

ZIP CODE _____ E-MAIL ADDRESS _____

NVON Handbook (s) Requested _____ @ \$3 each _____

Postage and handling per book @ \$1 each _____

Total enclosed _____

Mail order form with check to NVON President

Jane Chapman
936 Hollyhock Road
Coulterville, IL 62237
Phone: 618.317.2727
E-Mail: ejanec50@gmail.com

The NVON Handbook is printed every three years during the year of the President-Elect by the President. The Handbook is updated annually and placed on the website. The Handbook contains the history of NVON and its historical documents. It contains its Bylaws, mission statement, official colors, and the meaning of the NVON logo. The NVON Board's contact info is included along with a list of NVON Past Executive Committee Members and Appointed Positions, NVON Meetings held at CWC, NVON Conferences and their themes, NVON Projects in Common, NVON Voting Delegates at Triennial Conferences, NVON Members elected to the ACWW Board and NVON Members that have served as CWC Officers.



VISION

Patty Coonrod, Editor
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Idaville, Indiana 47950

We are on the web

NVON.org

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

NVON Member State Conferences/Meetings

Arkansas EHC

June 6—8, 2023
Riverfront Wyndham
North Little Rock, AR

Illinois IAHC

99th Annual Conference
March 14 —16, 2023
Thelma Keller Convention Center
Effingham, Illinois

Indiana IEHA

June 5—7, 2023
Embassy Suites
Noblesville, IN

Kentucky EHA

May 9—11, 2023
Crown Plaza
Louisville, KY 40209

Michigan CEO

October 3—6, 2023
Comstock Inn & Conference Center
Owasso, MI

North Carolina ECA

October 23—25, 2023
Raleigh, NC

South Carolina FCL

October 26, 2023
Concord Presbyterian Church
Sumter, SC

West Virginia CEOS

October 3—5, 2023
Jackson's Mill
Weston, WV

Wisconsin AHCE

September 18—20, 2023
Wintergreen Conference Center
Lake Delton, WI
(Wisconsin Dells)

2023 NVON CONFERENCE

July 18—20, 2023
Blennerhassett Hotel
Parkersburg, WV

2024 NVON CONFERENCE

TBD
NORTH CAROLINA

2025 NVON CONFERENCE

TBD
ILLINOIS

30th ACWW

Triennial
World Conference
May 17—25, 2023
Kuala Lumpur,
Malaysia

CWC Meeting **Country Women's Council, USA**

2024
TBD
Florida

ACWW **Area Meeting**

2025
TBD