

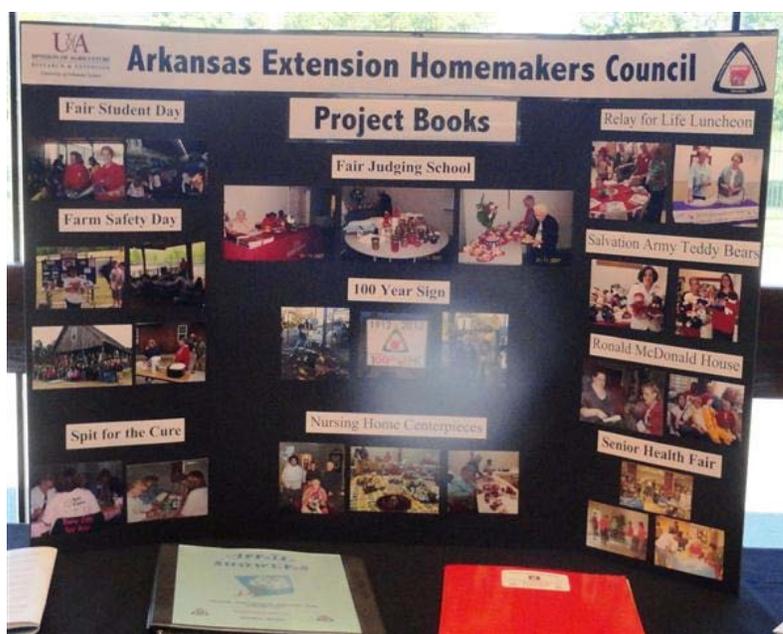
National Volunteer Outreach Network, Inc.

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2013 State Displays

Arkansas Extension Homemakers Council



As the Arkansas Extension Homemakers have gone into 2013 the excitement and celebration of our “100 Years” in 2012 is still quite evident in our minds.

Our membership as of May 1, 2012 was 4,517. Since July 1, 2012 we have added 334 new members and 8 clubs. In 2012 AEHC accumulated 600,000 volunteer hours at an estimated value of \$21.79 per hour that gave us almost \$13 Million dollars in value of our community service and education programs! We also gave \$5,000.00 for Scholarships and Grants and donated \$1,524.00 to Pennies for Friendship.

Each year many of our county councils and clubs turn in a Project Book. At our 2013

Community Service and Education Programs such as AARP, ATV and Food Safety, Nutrition, Food Baskets, Basic Sewing, Bone Marrow Registry, How to Judge County Fairs, Spaying & Neutering Clinics, The Children’s Backpack program and of course the timeless making quilts, throws, caps, turbans and pillows for the area hospitals and nursing homes. Volunteer hours are included in these books. Having them on display lets other EHC members view them and get new service ideas for their county councils and clubs.

In March of this year the Arkansas Extension Homemakers met at the C.A. Vines 4-H Center for their Education Workshop. The major and minor focus of work for 2013-2015 was chosen. Each

registered member had a vote. The major focus chosen was Living Well and the minor will be Leadership Development.

The Living Well program is an umbrella program covering Healthy Living, Family Resource Management, Health and Aging, Nutrition & Food Safety and Family Life. This will give our members a large choice of subjects for our county Family & Consumer Science Agents to present at Leader Training. We will then take this information to our club members and 'hopefully and totally expected' they will convey this information to their communities.

The Leadership Development will touch on being an effective leader in your group as well as Parliamentary procedure.

The theme for this workshop was "Membership Matters". As volunteers we all realize, but need reminding "we need additional & younger volunteers in our organizations. We tend to forget that others may not know about our community service and education projects. Emphasis was put on the need to use the media such as newspapers, flyers, brochures, newsletters, Facebook, Twitter, webpages, word of mouth etc. to let people know about all the wonderful and vast programs we offer.

We were encouraged to show our passion and be positive about our goals, projects and programs.

When others see the motivating education and community service programs we are presenting we know they will want to be part of the Arkansas Extension Homemakers and share their talents and ideas!

Illinois Association for Home and Community Education



During the Illinois Association for Home and Community Education's Annual Conference held in March, 2013, the theme "The Many Hats of IAHCE" indicated the many different hats a woman wears each day. If there had been one hat for volunteering, all IAHCE members would certainly have been wearing it. It was announced that the members of IAHCE reported a total of 574,336 volunteer hours for 2012. This is approximately 80,000 more hours than the previous year. If volunteers were paid, the estimated value per hour is \$21.79 making 2012's total dollar value at \$12,514,781.44. I am so proud of IAHCE for being such a caring and

committed group of volunteers.

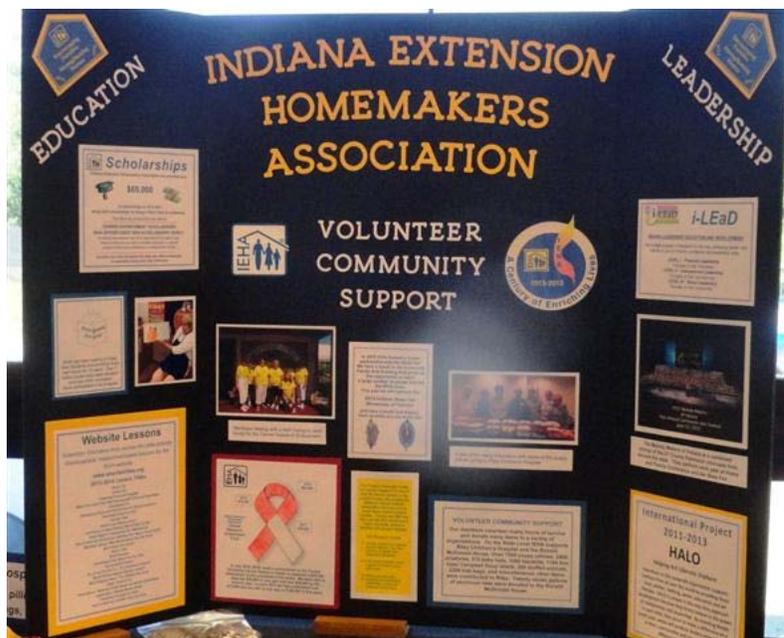
This year many counties conducted "Women Walk the World" event. They advertised the event in local newspapers, used the sign boards to tell of the event, and encouraged their members in their

county newsletters. Many are already talking of next year's event.

Disaster Preparedness was a big topic during this past year. At the IAHCE Annual Conference, we had a speaker, Eddy Weiss of Chaseing4Life. He was a former storm chaser and now is the leader of the Chasing4Life Response team. He taught us that we needed to be prepared for the aftermath of a storm. One needs to have a container filled with food and items you and your family will need for at least 3 days after a storm. What would you do if the power was out 3 or more days? You would need water, non-perishable food and perhaps a can opener, tissue paper, paper towels, flashlights, (not candles) and any other items based on the size and age of your family and pets. Many counties throughout Illinois took this program back to their county and presented it to their members and community. This program has helped informed our communities how to save lives.

We are preparing for next year as IAHCE will celebrate our 90th anniversary. The conference chairs are busy trying to secure old photos to share our history with the conference attendees. We are also going to publish a new cookbook from recipes from our members. You are all invited on March 18-20, 2014 to attend our conference in Decatur, IL.

Indiana Extension Homemakers Association



The Indiana Extension Homemakers Association (IEHA) celebrated its 100th birthday this past year with a memorable Home and Family Conference and a Gala Celebration dinner with 600 in attendance. Over 400 full time attendees at the conference enjoyed a special history room with each of the 10 districts in the state showcasing homemaking in the past 100 years. The cultural arts committee also had a special doll contest featuring dolls with costumes from the past century. Raffle tickets for a 100th anniversary quilt were sold throughout the year and the winner was announced at the conference. Counties and individual clubs throughout the state have been having special “100” celebrations, projects and challenges.

IEHA continued their partnership with the Indiana State Fair this year. We sponsored the “Showcase of Fashion” and sold raffle tickets for the 100th Anniversary quilt. We continued to provide books for a reading room in the Home and Family Arts Building and read to children several times during the fair.

Fall and Spring District Meetings throughout the state were well attended and Master Gardeners presented topics in the fall on “What is in Your Backyard” and “Wakeup Indiana” in the spring.

Indiana continues to raise funds for the Cancer Research Endowment Fund. Three years ago we

set the goal at \$25,000 to be met in 5 years. After 3 years we have already raised over \$72,000 and we've now set the goal to \$100,000.

On the IEHA website (ieha-families.org) 27 educational lessons are offered free for everyone to use. The lessons are researched and developed by the Extension Educators. The lessons currently on the site include a wide variety of interests from foods and nutrition, health and human development and family resource management. There are also 3 Leadership Focus Group lessons and 4 Educational Focus Group programs.

The International Project supported by IEHA this year was “Halo Foundation” (Helping art liberate orphans). Funds of \$1,600 were raised to help provide food, water, clothing, education and art therapy to the Orphans in Mexico, India, Uganda, Kenya and Nicaragua.

In November IEHA co-sponsored the Family Impact Seminar for Indiana legislators. The seminar this year provided expert nonpartisan information on “The New Age of Healthcare: Implications for Hoosier Families. The seminar encouraged legislators to consider the effect of new laws on Hoosier families. Two experts in the field spoke to the Indiana attendees.

IEHA’s outstanding project “First Books for Kids” continued in its 12th year to provide age appropriate books for 2 to 5 year olds. The books are read to students in the “Head Start” programs then each student receives a copy of the book to keep. In the 12 years of the program, over 1 million books have been donated and distributed to the students with approximately 3,000 volunteers reading to the children. A number of counties also make book bags to give to the children.

Our members continue to volunteer in their communities and counties providing time and items for hospitals, homeless shelters, food pantries, crisis centers, local schools, and other organizations. Statewide, IEHA supports Riley Children’s Hospital and the Ronald McDonald House. This year over 7,000 puppy pillows, 2000 pinafores, 1000 blankets, 2000 tote bags, 300 baby hats, and many other miscellaneous items were donated. Twenty seven gallons of aluminum tabs were donated to the Ronald McDonald House.

Scholarships continued to be offered by clubs, counties, and the state, supporting students as they continue their education. Over \$65,000 was given to Indiana students.

IEHA continues to be a vibrant organization with 877 clubs and over 11,000 members. A membership campaign was held this year with the “Three Musketeers” challenging our members to invite others to become members. Over 600 new members were recruited.

IEHA continues to encourage families and strengthen homes as we move into our 2nd century of educating, developing leaders, and volunteering.

Kentucky Extension Homemakers Association

As one year ends and another begins, it is a time for reflection on all of the



accomplishments of Kentucky

Extension Homemakers. KEHA has a membership of 15,509 and although membership is less this year, we realize that much can still be accomplished.

With Area Presidents and State Chairman reporting, KEHA has been very busy! Our members have continued to serve as leaders in

their communities on church boards, art guilds, hospital auxiliaries, and some have served as government officials. Homemakers continue to teach life skills across the state. These include canning, sewing, meal planning and healthy life styles. Heritage skills still being taught are needlework, tatting and quilting. Families have reduced family food costs through the use of coupons. 4,267 members used coupons with a savings of \$17,540 per week.

Education support is tremendous in KEHA. Educational scholarships were given totaling more than \$59,000. 4~H scholarships were given so that 237 campers attended 4-H camps. Not only were monetary contributions given but homemakers provided more than 45,000 volunteer hours toward support of 4-H programs.

Unfortunately, Kentucky ranks high in some very critical areas concerning our health. We, as members of KEHA, are working towards improving our quality of physical health. These steps include: exercising daily, having diabetes screenings, ovarian cancer screenings, mammograms, and annual physicals. 1,585 members changed their diet promoting healthy eating. KEHA members continue to support the Ovarian Cancer Research program at the University of Kentucky Hospital. This year members contributed over \$47,000 to this program.

Many of our members have helped promote our international involvement. Members gave \$1200 for scholarships for children in Ghana at Kentucky Academy. Over 1400 homemakers participated in a state international project, 883 had special club programs and 1955 members had area international projects. The Homemaker Letter Exchange program has 44 members participating from KEHA.

Someone once said "so much to do, so little time." As we become aware of the many needs facing us in Kentucky, KEHA continues to strive to reach out to meet the needs of our members, families and our communities.

**North Carolina Extension
and Community Association, Inc.**

The North Carolina Extension & Community Association is made up of 245 clubs, 2,620 members, 19 lifetime members, and 24 emeritus members. Members range in age



from teen-agers to members in their nineties, and have spanned 3 or more generations in some families.

Centennial

This past year has been unusually exciting in the journey of NCECA as we prepare to celebrate our centennial in 2013. A statewide planning committee has been meeting monthly to plan the celebration. The event will be held at Jane S McKimmon Center on the campus of North Carolina State University on October 27, 2013. The theme is *ECA: A Living Legacy of Leadership*.

At the 2012 State Conference each county was given a Centennial Tool Kit and a white piggy bank. The Tool Kit contained a sample county ECA history, an event planning guide, membership brochures, a dvd of interviews with members from across the state talking about 1) What ECA means to you and 2) What are you most proud of regarding ECA, a press release, a FCS Hall of Fame Nomination Form and a brochure, “100 Ways to Celebrate 100 Years.” Most counties have opted to observe the centennial with a monthly event, i.e. collecting 100 cans of food, donating 100 pints of blood, making a quilt from 100 fabrics, etc.

Each county will decorate the piggy bank and “feed” it throughout the year at various county events. At State Conference 2013, we will have a Pig Pageant. There are prizes for the best dressed pig and for the county that collects the most money for our ECA Foundation. One county has painted their pig and had Richard Petty sign it. Pigs will be auctioned at State Conference.



We have partnered with the NCECA Foundation to secure funding for the event. Commemorative bricks have been sold. They will be engraved and placed in the garden courtyard at McKimmon Center.

Each of our districts has been asked to create a display depicting the past, present and future of ECA in five focus areas: Education, Economic Development, Food & Health, Leadership and Volunteerism and Service.

Education

Many NCECA members are taking the opportunity to advance skills in the areas of leadership, education, and volunteering by enrolling in the Master “FCS” Volunteer certification program. Many are partnering with FCS agents to teach Cook Smart, Eat Smart classes and other programs. ECA Clubs are supporting their local schools by offering enrichment summer classes, sponsoring Chef and Child series, donating books and school supplies, participating in the back pack buddy

program, etc.

Economic Development

Counties continue to operate curb markets, support community gardens, the “10% Campaign” and other local foods efforts. NCECA awards scholarships totaling \$8000 to two students from each of our five districts. Counties and local clubs support many more students with scholarships.

Food & Health

Clubs and members partner with agents to teach Cook Smart, Eat Smart, Fast Food & Families, food safety and food preservation. NCECA has joined Eat Smart, Move More North Carolina - A statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

Living Healthy

Living Healthy is an Evidence-Based Health Promotion program designed to empower older adults, individuals with disabilities, and caregivers to take control of their health and become positive self-managers of their chronic health conditions. It is designed for older adults with multiple chronic health conditions. Leaders will help participants learn different tools to help with self-management such as dealing with difficult emotions, exercise, eating healthy, communicating with physicians, and relaxation techniques.

Leadership

NCECA continues to offer leadership development at our State Conference, and at the district and county levels. Members may opt to advance their knowledge and skills by participating in the Master “FCS” Volunteer certification program. Our members give leadership in their local communities through their churches, civic clubs, CES Advisory Leadership System, etc.

Center for Creative Leadership

The most exciting opportunity to be offered to NCECA in a long while is the partnership with The Center for Creative Leadership, an international nonprofit, educational institution with an exclusive focus of leadership education and research. CCL and NCECA are co-creating a Women’s Leadership Initiative curriculum that will be delivered by ECA/FCS. Representatives from CCL have attended our District Days, “listened” to representatives from counties at a roundtable discussion. Later this summer a Leadership Team for this effort will attend a three-day training and debriefing. At our 2013 State Conference, the closing day will have a “Women in Leadership” (WIL) focus where CCL will offer workshops and “unveil” WIL at the closing luncheon. The curriculum will be launched in early 2014.

Volunteerism and Service

NCECA members continue to provide assistance to many organizations such as stuffed bears for Victory Junction, law enforcement agencies and hospitals; donations to Lake Waccamaw Home for Girls; cooling wraps for the military; protective coverings to rest homes; and turbans/heart pillows to hospitals, Ronald McDonald House, coupons for military families, etc. One county for 14 years has hosted “Soup for Habitat” where local potters donate pottery bowls and ECA fills them with

soup and makes sandwiches. They have raised enough money to build a Habitat House that will be dedicated this summer! Members continue to report individual volunteer hours with 533 members reporting 294,653 hours served. ECA clubs reported over 50,000 hours of volunteer work in communities all across North Carolina. NCECA continues to be a vital resource for dedicated community volunteers.

NVON Project in Common

Our state organization purchased a filter kit for each of our five districts to use in promoting the project. A “promotional minute” has been given at each of the district’s spring day. Several counties have purchased filters.

South Carolina Family and Community Leaders



It is a privilege to work with the wonderful women and men in SCFCL as we try to carry out our mission to improve the quality of life for individuals, families and communities through fellowship, education and service. The Executive and State Board have served in a great capacity to move South Carolina SCFCL forward. There are 32 counties with SCFCL membership 1,171 members. Beginning in 2010 our state project was to increase membership. We have added 159 members but we lost some also. Our goal was to add men to the membership. There are 125 men who have joined SCFCL. Many of them are officers and writing lessons for 2014. Our oldest male is 100 years old in Beaufort County, South Carolina.

The NVON Project in Common for three years “Let’s Take Off” helped SCFCL members lose 509 pounds. NVON Project in Common for 2013-2015 “Water Around the World” is becoming a successful project. We are fortunate to have a Water Engineer lead the State in this project. He has the South Carolina Exhibit at this NVON Conference.

Our future looks bright. The SCFCL members are partnering with the State 4-H members to teach Heritage Skills. Since these young people are our future SCFCL members we think this will be a worthy undertaking.

SCFCL is looking to the future from our beginning in June 1921 and the continued Partnership with Clemson University Cooperative Extension Service.

**West Virginia Community
Educational Outreach Service, Inc.**

2013 is the 150th anniversary of West Virginia’s statehood. This birthday celebration



has been used as the theme for many of our state's CEOS functions. 2014 will be the 100th anniversary of the first formation of a Farm Women's Club in WV. The name has changed. Memberships have changed. Club dynamics have changed. Our goals have not; we continue to try to enhance life for our fellow West Virginians through community involvement, educational sponsorships, and reaching out to those in need. By strengthening our state we strengthen our nation.

WV is a state comprised of 55 counties. Forty-five have active CEOS organizations; we are hopeful of reactivating the other 10. Those 45 counties are divided into 6 areas. The activities they have chosen to sponsor are as eclectic as

their membership and as diverse as their geographical locations. Like most states, populations vary from large industrial cities to small family-owned farmlands and every type of municipality in between. CEOS representation is dispersed throughout. All have contributed time, energy, and resources to literacy programs, food banks, homeless shelters, county fairs, 4-H and the usual array of civic projects one would expect from a volunteer organization. Rather than give a repetitive review of their good works, I have chosen to highlight a couple of our successful, well-established projects and share a few of our new ones that hold promise.

Oldies, but Goodies

Scholarships

Annually, we offer three educational scholarships in the amount of \$500 each to students enrolled in our state's colleges or universities. They must have completed their freshman year and be pursuing a career in nursing or family-life services.

International Foreign Exchange Student (IFES)

We sponsor an IFES who is enrolled at West Virginia University. This year's student is from Viet Nam. Her family aided our soldiers during the Viet Nam War. She will travel our beautiful state when school is not in session and provide a cultural exchange through involvement with CEOS and 4-H clubs. She will be housed in CEOS members' homes during her journeys.

Project in Common

To date, WV has collected \$6,718 for the Clean Water Project. This endeavor has allowed the purchase of 111 water filters. A PowerPoint presentation and video has been developed to explain the purpose and the process of the project.

New to Us

Adult Clothing Protectors

Patterns were distributed at state conference, and the finished products were donated to HOSPICE

facilities throughout the state. They are in great demand again for 2014.

Shaken Baby Syndrome Awareness

Baby hats were crocheted and knitted in varied shades of purple and distributed to hospital nurseries throughout the state. They don't have to be worn. They are kept in view as a reminder of what to do when the baby is crying and parents feel unable to cope any longer: walk away, take deep breaths, and count slowly to 100 before returning to your child. **DO NOT SHAKE!**

Premature Burial Outfits

Unfortunately our state still experiences a higher preemie death rate than the national average. Appropriate burial clothing is almost impossible to find. To show these babies the respect they deserve and to honor their short-lived lives, CEOS members knit and crochet the outfits and distribute them to hospitals and birthing centers throughout the state.

Veteran Appreciation Tree

An imitation Christmas tree was decorated in a patriotic theme and displayed at one of our state Veteran's Administration hospitals. It included pictures of the patients at that facility and made such a positive impact that we decided to adopt it as one of our 2013-14 projects.

Wisconsin Association for Home and Community Education



The WAHCE membership has been very busy since we all met in South Carolina working on the NVON project, "Water Around the World". After we heard the presentation by Wade Nelson Robinson regarding water filters and how they easily provide clean water to those in need we were inspired to help. As 2012 WAHCE International Chair I contacted Wade to see if he had any pictures we could use to illustrate how, where and who would benefit from this program. He sent me some photos and we set up a water filter display at our 2012 conference. Our membership was impressed

with the proficiency of the operation and was more than willing to help. We decided to take the proceeds (\$2585.00) from our 2012 conference silent auction and donate it to NVON for water filters. I had informed Wade of the decision. Wade contacted me in November 2012 informing me that he had a friend visiting from Nigeria who was in great need of water filters and was leaving for Nigeria shortly and could take the filters home in his suitcase. After some frantic emails back and forth with our board, Wade and Pat Brezney we got the funds to NVON so 40 filters could be bought and on the way to Nigeria. We reported this back to our membership and everyone was pleased how fast we were able to help. Money collected in September was already doing well in November. So far in 2013, 24 counties collected \$4,337.32 for the NVON project in Common "Water Around the World" which at this time brings the total WAHCE donation to \$6,922.32. Wade reported back to us regarding the water filters in Nigeria with pictures and emails from Raphael Ogbole, Wade's friend in Nigeria. WAHCE put together a power point presentation for our membership to see just where our donations went and we shared this power point with NVON.

Our membership also participated in the ACWW program Women Walk the World. At this time I do not have a complete report to share with you. We continue collecting funds for Pennies for Friendship. We are very happy to have two members, Lylene Scholz and Marcelline Protheroe attending the ACWW triennial.

We are very sad to report to you that one of our most cherished members Lynda Pracht has passed. Her devotion to ACWW, its members, the Promotions and Projects committee, WAHCE International committee, and Wisconsin Nicaragua Partners was remarkable. She will be sadly missed by all. WAHCE continues her work with Wisconsin Nicaragua Partners by collecting fabric, sewing notions, sewing machines, sheets, and baking supplies. Semi loads of supplies are sent down each year and the people of Nicaragua are very grateful. We will also see that her Chica Nica doll dress project will continue.

We are proud that in 2013 Wisconsin Bookworms™ marks 15 years of our young child literacy program. The program provides 8 free books per year to children who otherwise might not be able to own books. Volunteers from 41 counties attend preschool classrooms reading books and providing classroom activities for the students. Each book comes with an activity sheet filled with suggestions and ideas related to the story that families can do together. Parents whose children participate in Wisconsin Bookworms™ report they talk more often with their children about books, spending time together and visiting the public library. In addition to reading to children many volunteers provide free book bags and other items for children such as mittens, crayons, and bookmarks. When the literacy program began in 1998, 16,500 books were distributed to Wisconsin children. That number has grown to over 78,254 children and 662,028 books over the past 15 years costing \$1,906,640.60 with untold volunteer hours.

Our members are still working on moving and grooving with our “On the Move and In the Groove” program. Each year we have more members participate. Some counties have adopted the Strong Bones, Healthy Hearts program which encourages healthy eating along with exercise. Around the state one hears, “How many steps did you walk today”? At this time we have 31 counties reporting. They moved a total of 53,226 points (20 minutes of exercise equals 1 point) in 17,742 hours, 1,064,520 minutes or approximately 45,000 miles or almost walking 2 times around the world.

Many of our counties participate in our Stitches of Love program, knitting, crocheting, and sewing hats for cancer patients, walker bags for those who are in need, caps for our troops in combat to wear under their helmets, quilting quilts and sewing teddy bears for children in difficult situations, sewing pillow case dresses for girls and shorts for the boys in Haiti so they can attend school all in all many volunteer hours are donated for all these worthwhile programs.

Our Services of Love program encourages counties to get involved in and with their local community by volunteering and providing services to agencies and organizations. I will give a few examples of the involvement of some counties. One county held a kitchen shower for a Habitat for Humanity recipient. Additional counties made greeting cards for cancer patients, veterans, deployed troops and the elderly. They also made and distributed picture books for children and people suffering from dementia. Further counties presented health topics to the community. One county helped families in need through their school system. They filled laundry baskets with fleece blankets, quilts, mittens, hats, school supplies, books, games, dental supplies, personal care products and gas cards. We do not ask the counties to report on how many volunteer hours or how

much the project costs.

Our Membership Chair, Christine Larson and her membership committee introduced a membership program that we think will help increase membership. The plan is the 2013 WAHCE Membership Outreach Challenge. Each county is being asked to create and participate in an “Outreach Challenge”, outreaching to a group or groups in the county whose goals are similar to WAHCE and encourage them to join HCE or start a new group or club within the county. The outreach program or project could be something a county is already doing or a completely new idea. The goal of the outreach is to increase our membership and knowledge of WAHCE within our communities. The counties have until August 1 to report to the membership committee on their progress. Hopefully we will be able to report to you next year of a successful program and a big increase in our membership. It is the intention of the membership committee to have this ongoing membership program.

We did redistrict our organization from eight to six Districts. We are finding this is making our organization more efficient and economical. We are also using conference calling which is making it easier for our members to attend meetings.

We are working on the 2014 CWC conference to be held in Manitowoc. Our 2013 conference is in Manitowoc, September 9 – 11. You are all invited. Information is on our web site www.wahceinc.org

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