

National Volunteer Outreach Network

VISION

VOLUME 6 ISSUE 7

FEBRUARY 2019

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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"TODAY'S WOMEN STRIVING TO STRENGTHEN OUR COMMUNITY"

Do not wait for extraordinary circumstances to do good; try to use ordinary situations. ~Henri Richter(1685-1748) French poet~

This year begins the third and last year of my term as NVON President. It has been a wonderful and enriching time in my life! The experiences I've enjoyed in leadership with the NVON organization have provided lifetime friendships to cherish.

Planning for the 2019 conference in Arkansas is coming together. Conference chair, Mary Fisher and members of the Arkansas Extension Homemakers Council (AEHC), are working to make our conference in July a memorable time for all! Get your reservations turned in as soon as you can.

In April of this year, The Associated Country Women of the World will convene in Melbourne, Australia for it's 29th Triennial World Conference. There will be lots going on down under. Heading our delegation and carrying our vote will be Stephanie Jerabek, NVON President-Elect. I am confident that she will represent NVON very well. We look forward to hearing from her at our conference in Springdale, Arkansas in July, 2019 as we will learn what we can do to work on the Resolutions and Recommendations that will be passed at that meeting. I am so sorry to have to miss the triennial, but with necessary NVON budget cuts and (having to replace a bathroom in our home), it was unavoidable.

I want to encourage you to emphasize the 3^{rd} year of my President's Theme:

<u>Strong-United-Visionary:</u> 2019----Strengthen Community Outreach

as we continue to prepare for strong NVON leadership. What we do and how we do it needs to be a priority in teaching the generations to come to build better communities and strong families.

Life is so unpredictable! Some life events are more than heartbreaking. In the last few years I have lost 3 dear friends who traveled with me to NVON conferences....a couple of friends have health issues and are no longer able to travel very far and I am dealing with my own health issues. Some family events have taken time away from doing what I love to do. Age creates it's own set of obstacles!!!!

My resolve has been challenged on several occasions...we all have fears of some sort and at times, we move backward, not forward; with an inward struggle going on we often just stand still. But the prophet Isaiah says in chapter 41:10 "....do not fear, for I am with you...I will strengthen you and hold you....." I believe that to be true, so.....

LET'S HAVE A GREAT YEAR!!!





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

Secretary

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

Arkansas Extension Homemakers Council July 1, 2018 - June 30, 2020 Karen Bell Fox 5120 Hwy. 212 Rison, AR 71665 Phone: 870-325-7238 e-mail: karenbellfoxaehc@yahoo.com

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

West Virginia Community Educational Outreach Service, Inc. Jan. 1, 2019 - Dec. 31, 2020 Connie Wolfinger 1515 Sycamore Road Clarksburg, WV 26301 Phone: 304-623-0615 e-mail: wolfsinwv@yahoo.com

Appointed - Advisor

Jan. 1, 2017 - Dec. 31, 2019 Lylene Scholz 2207 Virginia Drive Manitowoc, WI 54220 Phone: 920-769-0576 e-mail: lylene@comcast.net President-Elect Jan. 1, 2019 - Dec. 31, 2019 Stephanie Jerabek 4944 N. Rangeline Road Huntington, IN 46750 Phone: 260-344-0012 e-mail: jcjerabek@onlyinternet.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

State Presidents

Illinois Association for Home and Community Education March 2018 - March 2021 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, 2019 - Dec. 31, 2020 Shelby Ford P. O. Box 1828 Indian Trail, NC 28079 Phone: 704-882-7640 e-mail: srford@att.net

Wisconsin Association for Home and Community Education Jan. 1, 2019 - Dec. 31, 2021 Donna Zarovy 6207 203rd Ave Bristol, WI 53104 Phone: 262-857-7502 e-mail: zarovy@frontier.com

Appointed

<u>Appointed - Parliamentarian</u> 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

Indiana Extension Homemakers Association July 1, 2018 - June 30, 2019 Cindy Saferight 8215 Woodlawn Drive Martinsville, IN 46151 Phone: 317-682-7062 e-mail: jsaferight2@gmail.com

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

<u>Appointed - Webmaster</u>

Jan. 1, 2006 - Dec. 31, 2019 Pamela Hanfland 105 Woodcock Trail West Columbia, SC 29169 Phone: 803-348-2820 e-mail: phanfland@gmail.com



JOYCE KLUTTZ - NVON Vice President Project in Common

What Makes a Legacy?

Something of value transferred/ transmitted from one generation to another. A type of heritage...value shared by those who know with those who do not yet know. Legacy, a **"leg up"** over the challenges of life. A legacy is TIMELESS, VIGOROUS, VIBRANT, VITAL. The repository knowledge within each state organization could be considered a living national treasure. What is the legacy of NVON – empower individuals and families to improve their quality of living.

Why is it an **URGENT** and **CRITICAL** issue to **GROW**

membership? Service membership is not self-perpetuating. It requires active, continual maintenance. The demise of a service club of any kind is simple to identify and fix. #1 - Unaware of the importance of growing the legacy. #2 - Oblivious to shifting demographics, need to adapt. #3 - Inflexibility in trying new processes. Evaluate new ways of managing meetings and communications. #4 - Not getting all members involved in member growth. #5 - Not getting newest members involved.

The importance of FAMILY has never changed. Prepare to become open to change.

Try these Be-attitudes: Be self-promoting, Be inviting, Be welcoming, Be interesting, Be of value, Be inclusive, Be interactive, Be flexible and adaptive. (above content-Cheryl L. Kane)

We are the keepers of an important legacy. Keep the legacy alive and plan, plan, plan to grow.

Joyce W. Kluttz, Vice President

PAT BREZNAY - Water Around the World Project in Common

Water Around The World

Since the Water Around the World Project started in 2013, over \$137,000 have purchased water filters in countries around the world helping get clean drinking water to those in need.

- 748 million people around the world lack access to a clean water source.
- The average African woman walks 3.75 miles to find water to carry home to her family.
- The average American uses upwards to 100 gallons of water each day.
- The average African FAMILY uses 5 gallons a day (5 gallons carried home in a bucket on

one's head which weighs more than 40 lbs.).

 780 million people lack access to clean water, that's more than 2 1/2 times the population of the USA.

In 2018, 284 filters were purchased through donations from NVON Member States and sent to villages in developing countries by way of Connect for Water. Our friends and founders, Lou and Jan Haveman from Business Connect work in over 50 counties addressing the critical need for greater access to vital natural resources with affordable and easy access to water and light through the creation of a sustainable local business model.

Business Connect (https://www.facebook.com/ Bizconnectworld/) and Connect for Water (https://www.facebook.com/ connectforwater/) have great and informative Facebook pages and Lou has his own blog.... (https://louhaveman.com/a-2019-challenge/).

Visit and see where some of our water filters have gone and how they're making a difference to get clean drinking water around the world.

Pat

21st ANNUAL NVON CONFERENCE

Lifelong Learning "Today's Women Striving to Strengthen Our Community" July 23-25, 2019

NVON Conference Lodging:

Special room rates are \$119.00 not including tax for up to 4 people. Conference room block available until June 23, 2019.

Reservations: call 1-800-439-4745

Booking code: NVO

Booking link: National Volunteer Outreach Network

Parking at the Holiday Inn Springdale, AR

- Car Parking Available, No parking fees
- Accessible Hotel, Public Entrance
- Elevators
- Exercise Facility
- Business Center
- Pool

Free High-Speed Internet Standard Wireless Internet service is included for all guests.

Airlines-XNA

- Allegiant
- American
- Delta
- United

XNA is served by American Airlines, Delta Airlines, United Airlines, and Allegiant Airlines, with non-stop services to 14 destinations.

Buses, Shuttles & Taxis - Contact 479-205-0011 or 866-535-0127



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Springdale, Arkansas - Fabulous Tours Available

Tuesday July 23 - 8:30 AM to Noon - \$20.00 with lunch on your own.

Walmart Museum and Compton Garden

The Walmart Museum is self-guided and features Walton's 5 & 10, a world-class exhibit gallery and The Spark Café Soda Fountain. Location: 105 N Main Street, Bentonville, 72712, AR

Phone: (479) 273-1329

<u>Compton Garden</u>

The Garden, once the home of Dr. Neil Compton, Savior of the Buffalo River, Compton Gardens has been developed into a native woodland which is quickly becoming a regional destination garden. The garden is dedicated to the advancement and appreciation of gardening, horticulture and conservation with aesthetic landscaping.

Tuesday July 23 - 3:00 PM to 8:00 PM - \$75.00 per person

to include dinner and transportation.

Springdale AR/MO Railroad Dinner Tour

<u> Home - Arkansas & Missouri Railroad</u>

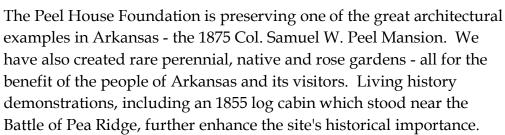
Arkansas & Missouri Railroad's special passenger train services offer you 'A Window Seat to History' - an opportunity to travel in the style of a bygone era. You can still enjoy the leisurely elegance of real train travel through the mountains and valleys of Northwest Arkansas.

3:00 PM - 4:00 PM - Discover the Springdale area. (Transportation will be provided) There are several little shops around the train station that would be worthwhile to visit before boarding the train.

4:00 PM - 8:00 - PM Board Train - Dinner will be served board the train. We will return from Dinner and the Train around 8:00 p.m. and there will be Transportation back to the Hotel.

See more next page! -

Wednesday July 24 - 9:00 AM to 2:00 PM - Cost of tour \$10.00 with lunch on your



own. The P exam





Springdale, Arkansas - Tours Continued

<u>Thursday July 25 - 8:30 AM to 11:30 AM</u> - Cost \$23.00 which will include a snack.

Crystal Bridges Museum of American Art

Crystal Bridges Museum of American Art welcomes all to celebrate the American spirit in a setting that unites the power of art with the beauty of nature. Location: 600 Museum Way, Bentonville, 72712-4947, Arkansas

Thursday July 25 - 1:30 PM to 4:30 PM - \$23.00 which will include a snack. *Museum of Native American History*

Non-Profit Handicapped-Accessible Museum

The Museum of Native American History is a non-profit, handicapped-

accessible museum of Native American history, art and culture located in Bentonville, Arkansas.

HERITAGE ARTS - Tuesday 9:00 AM to 10:00 AM

\$5.00 per class (Choose 1st, 2nd and 3rd choice)



WOOL DRYER BALLS

The purpose of a dryer ball is to dry your clothes faster, safer and they last for years.

They shorten drying time, have no chemicals and end the expense of softener or dryer sheets. Making your own felted wool dryer balls is a way to save money, help the environment, learn a new skill and have fun. You will make one dryer ball and have it ready to take back home with you with instructions to make more.

BEADED SERVING PIECE

You will learn how to make a decorative serving spoon or fork.

Wire and glass beads are twisted around the handle of a fork or spoon. If you have small pliers used in jewelry making, please bring. If not we have some to share. You will take home a serving piece. Beads and wire provided.



INSTA POT

In this class, you will observe demonstrations on using your Insta Pot such as how to make cheese cake, meatloaf with potatoes, dry beans, taco soup with frozen chicken breast ready to shred in minutes. Limit to 25 people to taste. Others may just observe.



FLOWER GARDEN-GRAM-MA'S English Paper Piecing

English paper piecing is a method of attaching and stabilizing pieces of fabric together, based on foundation piecing. The technique used to paper piece involves

wrapping paper shapes in fabric, then hand stitching the fabric shapes together. Once a shape, block or finished piece is completed, the paper is removed leaving the shaped fabric as the remaining item.



HERITAGE ARTS - Tuesday 10:30 AM to 11:30 AM \$5.00 per class (Choose 1st, 2nd and 3rd choice)

UPCYCLED SCARF NECKLACE

This craft is a fantastic way to hang on to your much-loved old silk scarves or silky blouses by turning them into a unique necklace. Please bring an old silk scarf or blouse you would like to upcycle.

MAKE YOUR STATE NAME TAG

This class is an opportunity to make a plastic canvas state magnetic backed pin with your organization initials. Great idea to use for membership pins, convention pins, etc..



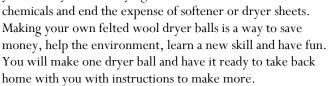




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What is "Heritage Arts"?

Cultural **Heritage** is an expression of the ways of living developed by a community and passed on from generation to generation, including customs, practices, places, objects, artistic expressions and values.

HERITAGE ARTS - Tuesday 2:00 PM to 3:15 PM

\$5.00 per class (Choose 1st, 2nd and 3rd choice)

MAKE YOUR STATE NAME TAG

This class is an opportunity to make a plastic canvas state magnetic backed pin with your organization initials. Great idea to use for membership pins, convention pins, etc.



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pieces of fabric together, based on foundation piecing. The technique used to paper pieces involves wrapping paper shapes in fabric, then hand stitching the fabric shapes together. Once a shape, block or finished piece is completed, the paper is removed leaving the shaped fabric as the remaining item.

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.

EDUCATIONAL CLASSES - WEDNESDAY, 2:00 PM - 3:00 PM

ESSENTIAL OILS

Find out the do's and don'ts of essential oils and aromatherapy. Essential oils to help you sleep? Essential oils recommended for beginners?



ACCESSORIZE

THE ART OF ORGANIZINGAND TIDYING UP

You will learn to face the daunting task of handling years of accumulated possessions and family memories; where to start and what to do with it all.



CHAIR YOGA

The trends for fashion today; learn to be trendy but also economical.

Accessorize so you will have confidence with style and grace wearing todays fashions.



Curious about yoga as a form of exercise? This class addresses three key components; breathing, movement and guided relaxation. This class involves low or non-impact exercises that will help improve flexibility and movement. Perfect for older

individuals that want to stay active but avoid injury.



EDUCATIONAL CLASSES - WEDNESDAY, 3:30 PM - 4:30 PM

SPICE UP YOUR LIFE

Learn to use everyday spices in cooking and how to mix for flavors, using fresh and dried spices.



SALT, SODIUM AND POTASSIUM

Learn the facts regarding the differences in salts, how much sodium a person needs and why potassium is needed in our diet.

SELF DEFENSE AWARENESS OF SURROUNDINGS

EFFECTIVE COMMUNICATION

Become aware of your surroundings to avoid danger and protect yourself from being assaulted. Learn tips to effectively communicate with members, friends, and family. Improve relationships. Gain understanding. Improve meeting efficiency.



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.

EDUCATIONAL CLASSES - THURSDAY - 2:00 PM - 3:00 PM

ACHES AND PAINS	KEEPING YOUR BRAIN HEALTHY
FINDING RELIEF USING A	
NON-DRUG METHOD	Stay mentally fit by socializing, mental stimulation,
	neurotics, diet and exercise.
Do you suffer from chronic pain? Learn ways to	
manage your aches and pains using research proven	
strategies; deep breathing, guided relaxation and easy	
yoga stretches. Find relief with these alternative	
method's recommended by the CDC.	
EFFECTIVE COMMUNICATION	LIVING IN A DIGITAL WORLD
Learn tips to effectively communicate with members,	Tips, etiquette and best practices for using social

EDUCATIONAL CLASSES - THURSDAY - 3:30 PM - 4:30 PM

GRACE UNDER PRESSURE	APPETIZERS FOR ALL
Do you have difficult people in your club and in your life? Learn ways to address difficult situations such as angry or nitpicky people as well as how to identify and address sexual harassment and ways to engage in self-care to manage stress.	Examples of the Mediterranean Diet lifestyle which is linked to lowering chronic disease risk and longer lives.
KEEPING YOUR BRAIN HEALTHY Stay mentally fit by socializing, mental stimulation, neurotics, diet and exercise.	ACHES AND PAINS FINDING RELIEF USING A NON-DRUG METHOD
	Do you suffer from chronic pain? Learn ways to manage your aches and pains using research proven strategies; deep breathing, guided relaxation and easy yoga stretches. Find relief with these alternative method's recommended by the CDC.

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

CONFERENCE AGENDA - July 22 - 25, 2019

NATIONAL VOLUNTEER OUTREACH NETWORK

21st Annual Conference

July 23-25, 2019

Monday, July 22, 2019

3:00 PM - 7:00 PM	Registration
4:30 PM - 6:00 PM	Receive Silent Auction Items
4:00 PM - 5:00 PM	Audit Committee Meeting
5:30 PM - 10:00 PM	NVON Catered Meal/Board Meeting
	Off site-Transportation Arranged

Tuesday, July 23, 2019

Breakfast on your own.

8:00 AM - 5:00 PM	Registration
7:00 AM - 2:00 PM	Receive Silent Auction Items
	Set-Up State Displays
	Trade Show Set-Up
8:30 AM - 12:00 Noon	WalMart/Compton Tour (Lunch on your own.)
3:00 PM - 8:00 PM	Springdale AR/MO Railroad Tour (Includes Dinner and
	Transportation)

Heritage Skills Workshops

9:00 AM - 10:00 AM Wool Dryer Balls
Insta Pot
Beading Serving Pieces
Paper Piece Flower Garden

10:30 AM - 11:30 AM ------ Make Your State Name Tag ------ Scarf Necklace ------ Wool Dryer Balls

Lunch on your own.

2:00 PM - 3:15 PM------ Make Your State Name Tag ------ Beading Serving Pieces ----- Paper Piece Flower Garden ----- Scarf Necklace

Wednesday, July 24, 2019

Breakfast on your own.

7:00 AM - 5:00 PM	- Registration
	- Trade Show Open
	- View State Displays
8:00 AM - 5:00 PM	- Silent Auction Open
9:00 AM - 2:00 PM	- Peel Mansion and Garden (Lunch on your own.)
9:00 AM - 11:00 AM	- NVON General Session/Business Meeting
10:15 AM - 10:35 AM	- Break
11:30 AM	- Lunch

Afternoon Educational Seminars

2:00 PM - 3:00 PM ------ Essential Oils
------ The Art of Organizing and Tidying Up
------ Accessorize
------ Chair Yoga
3:30 PM - 4:30 PM ------ Spice it Up

Thursday, July 25

Breakfast on your own

7:30 AM - 8:30 AM	Registration
7:30 AM - 11:30 AM	Silent Auction Open
8:00 AM - 5:00 PM	View State Displays and Trade Show
8:30 AM - 11:30AM	Crystal Bridges Tour (Includes snack.)
9:00 AM - 11:00 PM	NVON General Session, Business Meeting Continued
11:30 AM	Lunch
1:30 PM - 3:00 PM	Silent Auction Open (last chance to bid)
1:30 PM - 4:30PM	Native American History Museum Tour (Includes snack.)

Afternoon Educational Seminars

2:00 PM - 3:00 PM Aches and Pains
Keeping Your Brain Healthy
Effective Communication
Living in a Digital World
6 6

3:30 PM - 4:30 PM	Grace Under Pressure
	Appetizer for All
	Keeping Your Brain Healthy
	Aches and Pains
Before Banquet	Pick Up State Displays
6:00 PM	Banquet
After Banquet	Pick Up Silent Auction Items

\longrightarrow SEE YOU IN SOUTH CAROLINA \longleftarrow

IN 2020



Sharon Middleton - Editor 1190 Chelsea Way Decatur, IL 62526 tolepainter2@gmail.net



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

NVON Member State Conferences/Meetings

<u>Arkansas EHC</u> June 4 - 6, 2019 Hot Springs Convention Hot Springs, AR

Illinois IAHCE

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

Indiana EHA

June 4-5, 2019 Indianapolis, IN

Kentucky EHA

May 14-16, 2019 Louisville Crown Plaza @Louisville Airport Louisville, KY North Carolina ECA October 27-30, 2019 Lake Junaluska, NC

South Carolina FCL October 21 & 22, 2019 Inn on the Square Greenwood, SC

West Virginia CEOS October 8-10, 2019 Jackson's Mill Weston, WV

<u>Wisconsin AHCE</u> September 16 - 18, 2019 Holiday Inn Manitowoc, WI

DATES OF INTEREST

<u>NVON - 2019</u> July 23 - 25, 2019 Springdale Holiday Inn Springdale, Arkansas

> <u>NVON - 2020</u> July, 20 - 22, 2020 Spartanburg Marriott Spartanburg, SC

<u>NVON - 2021</u> July 20-22, 2021 Owensboro Convention Center Hampton Inn and Holiday Inn Owensboro, Kentucky

ACWW TRIENNIAL

Conference April 4 - 10, 2019

2019 Triennial Conference World Conference Melbourne, Australia

30th ACWW Triennial World Conference Kuantan Pahang, Malaysia

CWC/USA Area Meeting

Country Women's Council USA ACWW Area Meeting September 12 - 16, 2020 Crown Plaza Hotel Indianapolis, Indiana 46241

