



National Volunteer Outreach Network

VISION

VOLUME 6 ISSUE 8

MAY 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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2019---Strengthen Community Outreach

ARKANSAS, Here We Come!!!! I am looking forward to being with you in Springdale, Arkansas in July! The Arkansas Extension Homemakers have been and are continuing to work diligently to prepare for our visit. The tours look as exciting as when “some of you” found “DIAMONDS” on a previous trip to “*The Natural State*”! The Heritage Skills/Crafts will be fun and I’m sure there will be knowledge to gain as you attend the Educational Classes. There will be many opportunities to meet some new people, as well, to greet some friends from our past NVON conferences. Make plans to come: Share, Enjoy and Have Fun in Arkansas!

I am in the home stretch of my term as your NVON President. It has been a wonderful journey! I am anticipating a little more free time to sew, garden and volunteer in mission work with the United Methodist Women’s unit where I attend church.

I Believe In You! I strongly want to encourage each and every one of you to step up and respond positively to a leadership position in your local communities... Homemakers, Extension leadership in your clubs, districts, regions, your state and beyond...your local government and other non-profit organizations. Volunteers are in high demand. (**PLEASE**, keep NVON somewhere near the top of your list!) When you are presented with wonderful opportunities to share your skills and talents, stand up and place your name to help others. Your individual experiences are needed. The challenge, to expand awareness to meet the

needs of our communities through our membership, is of the utmost importance. The willingness to participate is sometimes all it takes to grow a vision. The rewards are GREAT!

“Thank You” is not sufficient to show my gratitude as I tried to do my best as your lead officer. It is not possible without the support of the NVON Board and all of the membership!

You Are The BEST!!!!!!
 “....Be Not Weary in Well-doing.”
 II Thessalonians 3:13

TAKE NOTE

We will be electing and installing a new Secretary at conference and we will be installing a new President as well. The new officer’s terms will begin January 2020.

I am sorry to report that Sharon Middleton, *VISION* Editor, will be resigning effective July/2019. If you or someone you know would be interested in filling this appointed position, please let me know immediately or contact NVON President-elect Stephanie Jerabek, as it is her responsibility to appoint this position for her term of office. We are hoping that someone would be available 6 months early and could meet with Sharon while at conference in Arkansas.



Linda Kaletch
NVON President



NATIONAL VOLUNTEER OUTREACH NETWORK BOARD

Executive Committee

President

Jan. 1, 2017 - Dec. 31, 2019

Linda Kaletch

9512 Wickliffe Road

Wickliffe, KY 42087

Phone: 270-876-7509

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President-Elect

Jan. 1, 2019 - Dec. 31, 2019

Stephanie Jerabek

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Vice President

Jan. 1, 2018 - Dec. 31, 2020

Joyce Kluttz

3201 Old Salisbury/Concord Rd.

Concord, NC 28025

Phone: 704-786-5324

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Secretary

Jan. 1, 2017 - Dec. 31, 2019

Rita Bloom

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Danville, KY

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Treasurer

Jan. 1, 2018 - Dec. 31, 2020

Nancy Jo Prue

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Kentland, IN 47951

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State Presidents

Arkansas Extension Homemakers Council

July 1, 2018 - June 30, 2020

Karen Bell Fox

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Illinois Association for Home and Community Education

March 2018 - March 2021

Jane Chapman

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Coulterville, IL 62237

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Indiana Extension Homemakers Association

July 1, 2018 - June 30, 2019

Cindy Saferight

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Martinsville, IN 46151

Phone: 317-682-7062

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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: marlenesflowers@fuse.net

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

South Carolina Family and Community Leaders

Jan. 1, 2018 - Dec. 31, 2020

Pat Breznay

6 Valhalla Court

Columbia, SC 29229

Phone: 803-736-6535

e-mail: pbreznay@sc.rr.com

West Virginia Community Educational Outreach Service, Inc.

Jan. 1, 2019 - Dec. 31, 2020

Connie Wolfinger

1515 Sycamore Road

Clarksburg, WV 26301

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e-mail: wolfsinwv@yahoo.com

Wisconsin Association for Home and Community Education

Jan. 1, 2019 - Dec. 31, 2021

Donna Zarovy

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Bristol, WI 53104

Phone: 262-857-7502

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Appointed-Water Around the World Project in Common Chairman

Jan. 1, 2017 - Dec. 31, 2019

Pat Breznay

6 Valhalla Court

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Phone: 803-736-6535

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Appointed - Advisor

Jan. 1, 2017 - Dec. 31, 2019

Lylene Scholz

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Manitowoc, WI 54220

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Appointed

Appointed - Parliamentarian

Jan. 1, 2018 - Dec. 31, 2019

Appointed - Editor

Jan. 1, 2013 - Dec. 31, 2019

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Appointed - Webmaster

Jan. 1, 2006 - Dec. 31, 2019

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JOYCE KLUTTZ - NVON Vice President

Project in Common - "Double Your Influence...Add To" Membership Project in Common

"The way to get started is to quit talking and begin doing."

Walt Disney

I have been talking to you through "The Vision" about membership in your local organizations since May of last year. What have you done so far? We can all talk about how much we need to keep the members we have and ADD TO our totals. However, the quote above says it all. It's time to start

doing and what have you done? Hopefully, I will be receiving reports from each state on developing plans for a real push to implement our Project in Common. The way you think and feel about your organization and the expectations about what is possible, determines everything that happens or does not happen in this three-year emphasis. Your thoughts and feelings determine your actions and determines the results you get. Are you leading

your members to see the need to increase or is it the opposite?

This is our project – not mine but all eight states' effort to see our legacy continue to benefit our communities. What are you doing? What are you planning? Share this with the membership in July. I look forward to hearing from you by June 1st.

Joyce Kluttz
Vice President

WISCONSIN - WAHCE President, Donna Zarovy

This is April 28th. We woke up to another 4" of new snow! It was 70 the day before! That's typical of Wisconsin -- something new is happening all the time. The same is true for our organization.

The members of WAHCE are going to embark on a new international project led by Eileen Gottbeheat, our Chair. We are going to make Days for Girls kits. These kits are for young ladies so that they can attend school when they have their periods. The kits contain panties, a liner made with PLU fabric, cloth pads,

and other items. We are excited to begin this journey. Information about Days for Girls and these kits can be found on their website www.daysforgirls.org

The 79th Annual WAHCE conference will be held September 16-18 in Manitowoc, WI. There are tours planned on Monday and a plethora of workshops the next two days along with our annual meeting. Information is now available at: <http://www.wahceinc.org> if anyone is interested in attending. Next year will be our 80th conference!

The six districts are in the midst of holding their spring meetings and events. Our counties are doing sewing projects, collecting items for local shelters and centers, and also purchasing books for NICU units at local hospitals.

Several members are planning to attend the NVON Conference in Arkansas in July. We are looking forward to meeting all of you.

Donna Zarovy

STEPHANIE JERABEK - PRESIDENT-ELECT

Associated Country Women of the World



The Associated Country Women of the World Triennial Conference was held April 4-10 in Melbourne, Australia. The United States delegation consisted of 49 persons from 17 societies representing 12 states.

The Opening Ceremony included the presentation of over 72 flags from member countries representing the 9 million members worldwide. Introduction of the board members of ACWW followed before the business of the organization began. Adoption of the Standing Orders and Rules of Procedure followed by Committee Reports commenced. Election of Officers followed at the conclusion of the first day, with results not announced until the final day of the Conference.

During the Conference business session, 18 Resolutions were acted upon. Resolutions are moved by a society and seconded by another society. A statement explaining and one supporting the resolution are given. An opportunity for discussion

supporting or denying support for the action is allowed before the vote is taken.

Resolutions included topics such as elimination of diseases and maladies such as dog rabies, query fever and iron deficiency, environmental protection of coral reefs and fish stocks and pollinator protection, climate change, use of plastics, fair wages in the textile industry, registration of landfills, domestic violence, health care and sanitation and health and nutrition for women. The resolutions on Iron Deficiency and Pollinator Protection were presented and seconded by societies from the United States, both passing with unanimous support. Thank you to Linda Gause (Indiana), Jane Chapman (Illinois) and Annette Lanham (Florida) for your hard work on the topic and the presentation and to others who may have helped in the process.

Mrs. Magdie de Kock was named ACWW World President, with Mrs. Bonnie Teeples, Oregon Association of Family and Community Education, being named as USA Area President. We wish all whom were elected the best of luck as they lead this organization over the next three years.

Also included in the Conference

were opportunities to learn more about our host country. Conference Observers (non-voting attendees) enjoyed tours informing them of the Aboriginal landscape of Melbourne, visiting Australia's largest brewery and to the hallowed turf of their beloved cricket sports stadium. Post-Conference tours, open to all attendees, included a visit to a wildlife sanctuary, local specialty farms, a penguin sanctuary and a day tour of the Australian coastline.

The most important part of the Triennial Conference is the opportunity to meet and converse with members from all over the world. Although we differ in dress, language, customs and circumstances, we represent women, whom all have the same concerns about their families, homes and communities. United, we have a voice to make this world a better place and to strive for all people to live without fear and want and in peace.

Stephanie Jerabek
NVON President Elect



Convention Center, Melbourne

MRS. MAGDIE DE KOCK - NEW ACWW WORLD PRESIDENT



Magdie is a member of the Women's Agricultural Union Mpumalanga, Die Dameskring and an Individual member of ACWW. She held National positions as Deputy President and CEO of Die Dameskring, Trustee of the SA National Education Fund, Deputy President of SAWAU, Founder President of WAU Mpumalanga and Trustee of various South African organizations. Member of ACWW Publications & Promotion Committee from 2010-2013 and currently in her second term as Chairman of the Communications & Marketing Committee. She is also

a member of the Executive Committee of ACWW. Attended five ACWW Triennial Conferences and six Southern Africa Area Conferences where she often presented workshops on leadership. As an invited speaker, she attended the European Area Conference in Norway in 2015 and the South Pacific Area Conference in New Zealand in 2017. She has qualifications in public relations, project managing, leadership and International meeting procedures. Magdie was previously a school principal and is now a housewife and volunteer worker.

MRS. BONNIE TEEPLES - NEW USA AREA PRESIDENT

Oregon Association for Family and Community Education UNITED STATES OF AMERICA

Bonnie joined National Association for Family and Community Education because their values and those of ACWW 'closely align with my personal values. I am first and foremost a wife and mother to six grown children and grandmother to eleven. I am very concerned about the issues that face families around the world. The work each organization does reflects what I think is important in life. I know that the family is under attack on all sides and it is important that those of us who have the ability to do so should be doing all we can to influence officials to make policy that can help families meet basic needs.'

Bonnie served in various leadership and organizational capacities in several organizations and has attended

2 ACWW Triennial Conferences. She runs her own business with 140 vendors and oversees 9 employees. She is the study group Chairman and Secretary; County Council President, Secretary, Vice-President. Oregon FCE Membership Chairman, District Director 5, Vice President Public Policy, President. National FEC Public Policy Co-Ordinator, Vice President Public Policy, President. National FCE Conference Chairman (4 years), Oregon FCE Conference Chair (3 conferences). Served on bylaws and hand book revision committees; written several educational pieces for National and Oregon FCE.



CONGRATULATIONS!

NORTH CAROLINA ECA - Shelby Ford, President

So far, this has been a busy time for North Carolina Extension and Community Association. Our five districts in the state have been holding their district meetings. The meeting themes have been as varied as our state is. Our district themes this year were ECA to the Max; West District Worker Bees... Mountains of Opportunities for our Members; ECA, Everyone can Achieve; Community Service Grows Membership; and Safari. Everyone has enjoyed the district meetings and the cultural arts judged at each district meeting. I know

I have really enjoyed being a part of the meetings.

Our counties and districts are all engaged in so many community service projects, educational projects and other learning experiences. These help each of us to grow as individuals and clubs.

Last October our State meeting was held on the outer banks of North Carolina. This year in October we will go across the state to Lake Junaluska Convention Center which is in the mountains of North

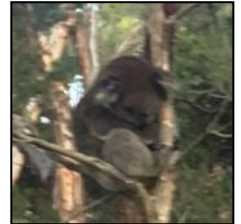
Carolina. We are very fortunate to have both ocean and mountains in our state.

Some of us will be seeing you in July during NVON at Springdale, Arkansas. In the meantime, I trust that NVON members have a great and productive year

Shelby Ford, President
North Carolina Extension and
Community Association



Traveling Australia
before the
ACWW Conference!



Photos by
Jane Chapman
(Center)

ILLINOIS IAHCE - Jane Chapman, President

Amazing, inspiring, memorable, eye-opening, educational are just a few of the adjectives I would use to describe my first time at an ACWW Triennial! From the opening ceremony, when Australia, the host country, led the flag parade of member nations to the end when the reverse was done with Malaysia, the next Triennial host, removing their flag first was incredible. All of this left the small-town girl from Southern Illinois in awe!

There were seven sessions over the six-day period as well as area meetings. Each session included voting on some of the 18 resolutions and other resolutions pertaining to the bylaws and rules. I had the honor of providing the support material for the Iron Deficiency resolution, one of the two resolutions that CWC/USA proposed the other resolution was on pollinators, I am happy to announce that both resolutions were approved. The resolutions, after being approved, will now be the focus of the ACWW over the next three years and will be presented to the United Nations for consideration. Most sessions had keynote speakers who spoke on topics like eradicating rabies, to human trafficking, and a young women's story of

becoming CEO of a huge sheep farm that raises sheep and makes the wool into fabric that is sold worldwide. I must include the final keynote speaker, Kelly Nash, who spoke on the importance of loving your body in a humorous and musical manner.

Monday evening of the conference was the "gala" and it was quite a gala! You either received lamb or stuffed chicken wrapped in cheese served with a potato shaped like a deck of cards, heirloom carrots, wine, and dessert of poached pear, ginger cream and soft white chocolate sponge. A country western band played during the entire Gala. The Aussie's do like their music, everyone danced and sang along! I must say that all the foods served to me anywhere in Australia and at the conference were presented in a very beautiful manner, sometimes with real flowers or greens such as rocket which is a type of lettuce to us! Morning and afternoon breaks were given and hot tea, coffee, and cookies were offered to the attendees. There were many vendors for your shopping pleasure during the breaks and your free time. Lunches were a variety of foods from different countries of the world.

I can't end this without mentioning the Sunday Thanksgiving Ceremony with a theme of "hope". This was very emotional, and inspiring, and really showed the true "sisterhood" that the members of the ACWW have no matter your race, religion, or color! There was a Muslim, an Anglican minister, and one from the Shepparton Uniting church that did readings and prayers about hope. There was music as well as memorializing the deceased ACWW members by showing their name and country on the big screen.

I, also, can't end without sharing something that amazed me and I wondered why our political leaders can't do the same. There was no hate, accusations, prejudices but just a group of people from all over the world enjoying one another and making decisions in a very civil and professional manner. Even though there was much discussion, sometimes intense, on many of the resolutions we all left the session still friends, not speaking badly of one another or stabbing each other in the back. The world leaders and our country's politicians needed to have been there to see it and take notes!

Jane Chapman, President

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

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



Compton Garden

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

Home - Arkansas & Missouri Railroad

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.

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



The Peel House

The Peel House Foundation is preserving one of the great architectural examples in Arkansas - the 1875 Col. Samuel W. Peel Mansion. We have also created rare perennial, native and rose gardens - all for the benefit of the people of Arkansas and its visitors. Living history demonstrations, including an 1855 log cabin which stood near the Battle of Pea Ridge, further enhance the site's historical importance.

Springdale, Arkansas - Tours Continued

Thursday July 25 - 8:30 AM to 11:30 AM - 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, Arkansas 72712-4947



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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\$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.



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)

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.



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UPCYCLED SCARF NECKLACE

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English Paper Piecing**

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For additional information on NVON, check our website.
www.nvon.org



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

<p style="text-align: center;">ESSENTIAL OILS</p> <p>Find out the do's and don'ts of essential oils and aromatherapy. Essential oils to help you sleep? Essential oils recommended for beginners?</p> 	<p style="text-align: center;">THE ART OF ORGANIZING AND TIDYING UP</p> <p>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.</p> 
<p style="text-align: center;">ACCESSORIZE</p> <p>The trends for fashion today; learn to be trendy but also economical. Accessorize so you will have confidence with style and grace wearing today's fashions.</p> 	<p style="text-align: center;">CHAIR YOGA</p> <p>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.</p> 

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


<p style="text-align: center;">SPICE UP YOUR LIFE</p> <p>Learn to use everyday spices in cooking and how to mix for flavors, using fresh and dried spices.</p> 	<p style="text-align: center;">SALT, SODIUM AND POTASSIUM</p> <p>Learn the facts regarding the differences in salts, how much sodium a person needs and why potassium is needed in our diet.</p>
<p style="text-align: center;">SELF DEFENSE AWARENESS OF SURROUNDINGS</p> <p>Become aware of your surroundings to avoid danger and protect yourself from being assaulted.</p>	<p style="text-align: center;">EFFECTIVE COMMUNICATION</p> <p>Learn tips to effectively communicate with members, friends, and family. Improve relationships. Gain understanding. Improve meeting efficiency.</p> 


***Check your label for renewal date. Subscription \$18 for three (3) years. Send to NVON Editor listed inside front cover - Make checks payable to:
National Volunteer Outreach Network, Inc.***

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

<p style="text-align: center;">ACHES AND PAINS FINDING RELIEF USING A NON-DRUG METHOD</p> <p>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.</p>	<p style="text-align: center;">KEEPING YOUR BRAIN HEALTHY</p> <p>Stay mentally fit by socializing, mental stimulation, neurotics, diet and exercise.</p>
<p style="text-align: center;">EFFECTIVE COMMUNICATION</p> <p>Learn tips to effectively communicate with members, friends, and family. Improve relationships. Gain understanding. Improve meeting efficiency.</p> 	<p style="text-align: center;">LIVING IN A DIGITAL WORLD</p> <p>Tips, etiquette and best practices for using social media. Smart use of social media is an important personal, communication and leadership skill.</p> 

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

<p style="text-align: center;">GRACE UNDER PRESSURE</p> <p>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.</p>	<p style="text-align: center;">APPETIZERS FOR ALL</p> <p>Examples of the Mediterranean Diet lifestyle which is linked to lowering chronic disease risk and longer lives.</p> 
<p style="text-align: center;">KEEPING YOUR BRAIN HEALTHY</p> <p>Stay mentally fit by socializing, mental stimulation, neurotics, diet and exercise.</p>	<p style="text-align: center;">ACHES AND PAINS FINDING RELIEF USING A NON-DRUG METHOD</p> <p>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.</p>

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

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

**21st Annual Conference
July 23-25, 2019**

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 Bentonville
- Insta Pot Springdale
- Beading Serving Pieces Fayetteville
- Paper Piece Flower Garden Rogers

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

Lunch on your own.

- 2:00 PM - 3:15 PM ----- Scarf Necklace Rogers
- Beading Serving Pieces Fayetteville
- Paper Piece Flower Garden Bentonville
- Insta Pot Springdale

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

Conference Agenda

Afternoon Educational Seminars

2:00 PM - 3:00 PM -----	Essential Oils	Rogers Room
-----	The Art of Organizing and Tidying Up	Bentonville
-----	Accessorize	Fayetteville
-----	Chair Yoga	Springdale
3:30 PM - 4:30 PM -----	Spice it Up	Rogers
-----	Salt, Sodium and Potassium	Bentonville
-----	Self Defense Awareness of Surrounding	Fayetteville
-----	Effective Communication	Springdale
6:00 -----	Dinner - Arkansas Night	

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	Rogers
-----	Keeping Your Brain Healthy	Bentonville
-----	Effective Communication	Springdale
-----	Living in a Digital World	Fayetteville
3:30 PM - 4:30 PM -----	Grace Under Pressure	Fayetteville
-----	Appetizer for All	Springdale
-----	Keeping Your Brain Healthy	Bentonville
-----	Aches and Pains	Rogers

Before Banquet -----	Pick Up State Displays
6:00 PM -----	Banquet
After Banquet -----	Pick Up Silent Auction Items


SEE YOU IN SOUTH CAROLINA

IN 2020



VISION

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

NVON Member State Conferences/Meetings

Arkansas EHC

June 4 - 6, 2019
Hot Springs Convention
Hot Springs, AR

Illinois IAHC

March 10 - 12, 2020
Thelma Keller
Conference Center
Effingham, IL

Indiana EHA

June 3-5, 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

Wisconsin AHCE

September 16 - 18, 2019
Holiday Inn
Manitowoc, WI

DATES OF INTEREST

NVON - 2019

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

NVON - 2020

July, 20 - 22, 2020
Spartanburg Marriott
Spartanburg, SC

NVON - 2021

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



