

National Volunteer Outlook Network



May 2023

VISION

NVON Newsletter

VOLUME 8 ISSUE 2

Jane's Seeds for Thought!



“Judge not by your harvest, but by the seeds you planted”

PLANT MANY SEEDS

~ Jane Chapman ~
NVON President

I just returned from my every other day combination walk and jog! While doing my walk/jog I realized spring has really emerged. Even though the temp in the morn is suppose to be 32 degrees, the meadowlarks were calling, the grass in the yard is almost all green (even the zoysia), trees have all budded out or started to form leaves, and those optimistic farmers are hauling out the last of last year's crops in preparation for a new crop that will soon be planted!

Persistence is everything! I don't know how many of you garden but I do and love the therapy that it provides. But gardening doesn't go as planned all the time and an example would be last year with my sweet corn. I planted four rows! One row came up and the other three did not, which I thought rather strange as you sometimes get a plant here and there. Upon closer observation I realized the three rows that did not come up looked a little higher than they should have been, So, I proceeded to dig down into one of the rows to find the seed but instead of a seed I found a tunnel running under that row of corn. Yes, I had a vole tunneling under my rows and enjoying those kernels of corn. I really hope he got a serious belly ache as my rows are really long and that seed was treated with a fungicide! That definitely was an obstacle that I was not expecting and did not foresee but I stayed persistent and replanted those rows! Every kernel came up in the replant but was about a week behind the row from the first planting. I am glad I stayed persistent and tried again! How many of you give up after one try, such as when asking a friend to join you at one of your meetings?

The ACWW Triennial is coming up in May and I was wondering how many of you knew that you could view it virtually. If not too late when you receive this newsletter, go to the ACWW website, and check out how to view it virtually. It is quite an event.

I must share with you an interesting fact that my ten-year-old grandson shared with me. I also shared this with my HCE board at our monthly meeting for their thoughts for the day! My grandson's fact was, did you know that 75% of sloths die while pooping? Now I will not share the details of how this happens but will leave that up to you to check out! I read somewhere that you should never stop learning and if you do then you are most likely dead! Well, I hope this little fact has prolonged your life a little! It most certainly did mine and the ladies at my board meeting!

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www.nvon.org

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NATIONAL VOLUNTEER OUTREACH NETWORK BOARD

Executive Committee



www.nvon.org

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Jan. 1, 2023 - Dec. 31, 2025

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Arkansas Extension

Homemakers Council

July 1, 2022 - June 30, 2024

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July 1, 2022 - June 30, 2023

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July 1, 2022 - June 30, 2025

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Education Outreach

Apr 30, 2021 - Dec. 31, 2024

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North Carolina Extension and Community Association, Inc.

Jan. 1, 2023 - Dec. 31, 2024

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Jan. 1, 2018 - Dec. 31, 2023

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West Virginia Community

Educational Outreach Service

Jan. 1, 2023 - Dec. 31, 2024

Clinedda Austin

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Jan. 1, 2022 - Dec. 31, 2024

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After that last seed for thought I suppose I best close. I would like to close with an inspiring quote that Magdie, ACWW World President, had in her newsletter that I really liked. It is a quote from Alan Cohen: *“Do not wait until conditions are perfect to begin. Beginning makes the conditions perfect.”* So begin now to plant those seeds about NVON and your own states organization, no better time than now! ~ Later, Jane



Just wanted to share this great news.

Thanks to states donating money to the BEE-CAUSE Pollinators Feed the World Project in Common we were able to send \$3150 to Heifer International.

Heifer International will match the funds we sent and it is dedicated to bee's. It will include bee package, hive, box and training material in beekeeping techniques. Your matched donations will provide 210 new bee hives!

A **BIG SHOUT OUT** to all the states that are participating in this Project in Common, we couldn't do it without you!

Each of you and your state members are invaluable in making this a successful Project in Common. Please keep up the good work and keep me posted by sending pictures, forms and of course money. ~ Karen



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
- <> 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



Project in Common

By donating \$1 per member, you are helping others. If all NVON members donate \$1 it would mean there would be \$32,000 sent to Heifer International WHICH Heifer International will double for the purchase of a honeybee gift. Your donations should be sent to NVON Treasurer, Nancy Jo Prue, 4604 W 1200 S., Kentland, IN 47951. Thank you for participating in the \$1 per member for Bees Program. A reporting form can be found on the NVON website. www/nvon.org

Honey bees sweeten a family's financial future

A Heifer honeybee gift donation includes a bee package, hive, box, and training in beekeeping techniques. When you buy bees for a family in need, your gift:

- Increases the global honeybee population to support the environment
- Boosts income through sales of honey, wax, and pollen

Stimulates growth of the family's crops through pollination

Sometimes it is the smallest gifts that make the largest impact. Healthy beehives can double fruit and vegetable yields of small farms.

When women have control over their assets and incomes, they reinvest in their families.

Everyone eats more nutritious food. Kids go to school. Families get better access to health care.

That is why we invest in women farmers and business owners, equipping them with the tools and expertise they need to make their businesses thrive and grow.

TOUR, SPEAKERS AND ENTERTAINMENT 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 Harman 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.



The National Volunteer Outreach Network, Inc.

brings together organizations who are members of or are willing:

- ◆ To work with the Associated Country Women of the World (ACWW), to promote friendship and understanding in the world
- ◆ To promote sharing between member states
- ◆ To promote well-being of individuals and families
- ◆ To bring about a better understanding of the relationship of home, community, state, nation and the world
- ◆ To speak for and further interests of member organizations engaged in service to families and communities
- ◆ To coordinate activities and disseminate information relevant to the Associated Country Women of the World (ACWW) and Country Women's Council USA (CWC)
- ◆ To distribute Land Grant College and University research-based educational information

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 how 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
8:00 a.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
LUNCH ON YOUR OWN
12:00 p.m. — 5:00 p.m. Blennerhassett Island Tour #2
2:00 p.m. — 4:00 p.m. BUNCO
2:00 p.m. — 3:15 p.m. Craft Workshops Greeting Cards String Art
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

Pick up Silent Auction Items after Banquet

Wednesday, July 19

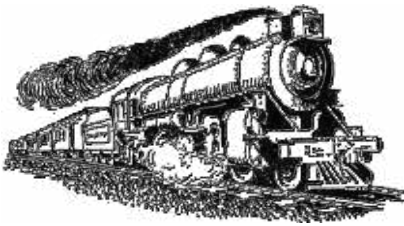
2:00 p.m. — 3:00 p.m.

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. There is a \$5 fee to help cover cost.



3:30 p.m.– 4:30 p.m.

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

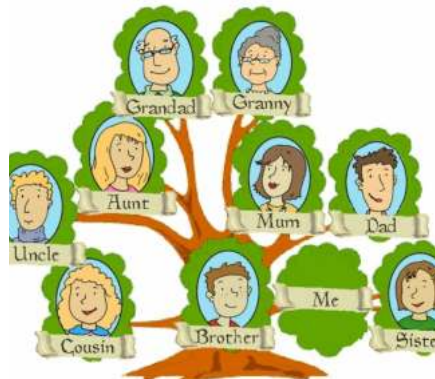
Denis Scott & Tony Michael

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-minute 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 good tactics that older adults can learn in order to protect themselves.



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.

<> 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.



<> 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



3:30 — 4:45 p.m.

<> Variety of Greeting Cards by Kathy Hamrick — see above

<> String Art by Carol Ours — see above

<> Blennerhassett Hotel Tour by Logan Soho

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

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.

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**

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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,



VISION

NVON Newsletter

Patty Coonrod, VISION 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 IAHCE

100th Annual Conference
March 12-14, 2024
Thelma Keller Convention Center
Effingham, IL

Indiana IEHA

June 5-7, 2023
Embassy Suites
Noblesville, IN

Kentucky EHA

May 9-11, 2023
Crowne 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

July 16-18, 2024
Hilton-Biltmore
Ashville, NC

2025 NVON CONFERENCE

July 8-10, 2025
Northfield Inn Suites, & Conference Center
Springfield, IL

30th ACWW

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

2024 CWC Meeting Country Women's Council, USA

TBD
Florida

2025 ACWW Area Meeting

TBD