



“Judge not by your harvest,
but by the seeds you planted”
PLANT MANY SEEDS
~ Jane Chapman ~
NVON President

JANE’S SEEDS FOR THOUGHT!

“Just remember in the winter, far beneath the bitter snow lies a seed, that with the sun’s love, in the spring becomes a rose!” Do any of you recognize the previous line? It is a verse from the song “The Rose” and let me tell you that the sun’s love is warming those seeds today! It is really great to see the sun after about two weeks of gloomy weather!

This being the first newsletter for the New Year (by the way – HAPPY NEW YEAR!) I want share a tidbit from Neil Gaiman. I will leave it up to you to figure out who he is but I like his thoughts on the new year! I have shared this with the board at our January Zoom meeting.

“I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, learning, living, pushing yourself, changing yourself, changing your world. You’re doing things you’ve never done before, and more

importantly, you’re Doing Something.

So that’s my wish for you, and all of us, and my wish for myself. Make New Mistakes. Make glorious, amazing mistakes. Make mistakes nobody’s ever made before. Don’t freeze, don’t stop, don’t worry that it isn’t good enough, or it isn’t perfect, whatever it is: art, or love, or work or family or life.

Whatever it is you’re scared of doing. Do it.

Make your mistakes, next year, and forever.”

This is so true because if you aren’t making some mistakes, you are absolutely doing nothing! And, when you do absolutely nothing you cease to exist! No one wants the results of doing nothing! You know there are many organizations that are becoming non-existent due to the fact they are not willing to make a few mistakes, such as changing from the norm or “well, that is how it is always done” syndrome! I honestly feel that until we are willing to accept change and help with the change that is needed, our organizations will cease to exist.

One of the biggest pluses for organizations such as ours is the social side of it. I recently read an article by Allison Schrage, a Bloomberg Opinions columnist covering economics. Her article was entitled “The Introverts Have Taken over the US Economy”. Since the pandemic Americans are less fun. They are staying home more, if they go out it is early in the evening, and drinking less (which is good). Ms. Schrage continues on to say that the younger generation may be healthier due to less drinking. But if they continue to socialize less, they end up less connected. The result could be in a decline in mental health and social cohesion. Which she says is the best argument against today’s introvert economy.



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(Continued from page 1)

Nikki Greenberg, a Global Keynote Speaker, states that the average American 18-year-old spends only 1.8 hours socializing on weekends. We have become a nation of introverts.

Socialization is so important for a healthy life. Not only does Ms. Schrage state that in her article but I recently attended a U of I Extension series on brain health and that basically said the same thing. Research has shown that the less you socialize the more rapid your cognitive skills decline.

So, folks, that is why we must continue to plant those seeds about our organizations, to obtain new membership, to sustain our organizations growth because they are all great social venues. Not only are we an educational, volunteer, and leaders of the community group, we are helping to cut down the decline of our members cognitive skills.

So, please go out and make a few mistakes this year and continue to plant those seeds of interest about our organization.

Later, Jane

**2024 NVON Conference
Planting Many Seeds . . . Embrace Change
July 16-18, 2024**



**Doubletree by Hilton Biltmore
115 Hendersonville Road
Asheville, NC 28803
[+1 828-274-1800](tel:+18282741800)**

Room Rate \$169 Book by June 15

Hotel Amenities:

- | | | |
|-----------------|-------------------|-----------------------|
| <> Free Parking | <> Free Wi-Fi | <> On-Site Restaurant |
| <> Indoor Pool | <> Fitness Center | <> Connecting Rooms |

Booking link:

<https://www.hilton.com/en/attend-my-event/avlmdt-913-8c47d91f-241f-4c30-a723-3d9b49b782a9/>

TOURS JULY 16, 2024

Biltmore House & Grounds via Trolley \$105



Completed in 1895, George Vanderbilt's 250-room chateau is as impressive today as it was more than a century ago. Biltmore House is truly a wonder of architecture and hospitality. Nestled amid 8,000 acres of Blue Ridge Mountain beauty, Biltmore is a one-of-a-kind destination. From the magnificent house, a spectacular art exhibition, and award-winning Winery to myriad dining and shopping venues, 20+ miles of nature trails, Biltmore offers an unforgettable escape from the everyday.

**Add Chihuly at Biltmore \$30
with ticket to Biltmore**



Hop-on Hop-Off Asheville \$35 /2 day pass

There is no better way to DISCOVER and EXPLORE Asheville! Hop-on board one of Gray Line's nostalgic trolleys for a fully narrated day tour, highlighting the history, homes, hang-outs and hot spots of this "city of surprises."

Tour Highlights include . . . Downtown Asheville | Montford Historic District | The Grove Park Inn and Grove Park Historic District | Thomas Wolfe District | Pack Square and Asheville Art Museum | Grove Arcade | River Arts District | Biltmore Village

CRAFT WORKSHOPS

Tuesday, July 16

9 - 12 Noon,

Breadbasket by Brenda Long

Learn the traditional art of basket weaving and make a breadbasket. Measurements 9 x 9. All tools provided.

Class maximum is 12. Cost \$18



10:30 -11:45

Pumpkin Set (3)

Limit class size 12-15, Cost \$8



2:00 – 3:15

Scented Fire Starters

Limit class size 10 Cost \$8



3:30 - 4:45

Paper music rose (3)

Limit class size 12-15. Cost \$8



ENTERTAINMENT

North Carolina Night - The Band of Oz

The Band of Oz was formed in 1967 as a part-time band playing fraternity parties and high school proms all over the South. In 1977 the band went on the road full time. Since that time the band has made an exceptional name for itself throughout the Southeast by playing the top clubs and corporate parties, and getting excellent reviews along the way. For several years the group has been a guest on most of the major beach concerts in the Carolinas, Virginia, and Georgia.



The Band of Oz is one of the most successful groups in the Southeast, and continues to get the very best reviews from the top people in the entertainment business. The band now features a full horn section to total a dynamic eight-member group. They still perform well over two-hundred shows per year for corporate events, festivals, concerts, wedding receptions, and many other public and private events.

Thursday Night - Paige King Johnson



After stepping into the spotlight with her debut single, “Water down the Whiskey,” climbing to the #29 spot on Music Row charts, four-time Carolina Country Music Award winner and Angier, NC native Paige King Johnson moved on to her next projects working alongside country legend Pam Tillis. Together they created multiple video projects. Among other projects, Paige was named the first musical ambassador for the NC Department of Agriculture and worked to promote agriculture through her music and travels.



Conference Information available at
<https://www.nvon.org/nvon-conference>

25th Annual NVON Conference
July 16-18, 2024
Plant Many Seeds – Embrace Change!
Doubletree by Hilton Biltmore
Asheville, NC

SPEAKERS

Lunch - Wednesday, July 17

Marga Fripp is a Romanian-American humanitarian, trauma-informed expressive art therapist, certified Qigong teacher, artist and mental health advocate.

During her 30 years of experience as a nonprofit founder and executive director, she empowered thousands of women and families from domestic violence to immigrants, refugees, and trauma survivors. Marga is the founder of Empowered Women International and a TEDx speaker.

In 2022, together with her daughter, Geanina Fripp Emerson, she co-founded The Pollinators Foundation to promote mental wellness, compassionate connection and social healing through the arts, movement and mind-body practices.

Marga will share lessons and wisdom from her lifelong journey of *embracing challenges* and working with them to build a rich soil that nourishes and sustains a beautiful garden of life. Each great challenge she experienced at various points in life allowed her to create something new and generative that benefited not just her and the people she loves, but also the community as a whole.



Dinner – Wednesday, July 17



Georgann Eubanks is a writer, consultant, and documentary filmmaker. After many years of service to the humanities and literary arts in North Carolina, she has been named literary executor and director of the Paul Green Foundation, charged with preserving the progressive legacy of North Carolina's Pulitzer Prize winning playwright and human rights advocate. Georgann's books include the *North Carolina Literary Trails* series of guidebooks commissioned by the North Carolina Arts Council, *The Month of Their Ripening: North Carolina Heritage Foods Through the Year*, and the forthcoming *Saving the Wild South: The Fight for Native Plants on the Brink of Extinction*, all from the University of North Carolina Press. She also directs the Table Rock Writers Workshop, held annually in the Blue Ridge Mountains.

Lunch - Thursday, July 18

Michelle Estrada is the Family and Consumer Sciences Agent specializing in the areas of food and nutrition and volunteer development through NC State University at the Wayne County Cooperative Extension. Michelle's role is to design, implement, and evaluate educational programs in the areas of foods, nutrition and wellness, and food preservation. Michelle has worked as a lead teacher in a variety of preschool classrooms including rural areas in Mexico, Reggio Emilia Approach, and Head Start. Michelle was also a certified parent educator with the Parents as Teachers Program for more than 8 years. Her experience and understanding of Latino and American culture has helped her to develop handouts, newsletters and other educational materials for Spanish speaking audiences. Michelle Estrada holds a Bachelor's Degree in Early Childhood Education from Mexico (Escuela Normal de Educación Preescolar) and a Master of Youth, Family, and Community Sciences from NC State University.



Wednesday, July 17

2:00—3:00 pm

Pollinators, Mental Health and Gardening

*Karen Bell Fox NVON VP – 2021-23
Dot Hart, NVON VP – 2024-26*

Be a steward of our pollinators *BEE CAUSE Pollinators Feed the World*, take care of yourself mentally and physically by gardening. You will learn all is doable by being active participators in this fun filled and educational workshop.



Dancing for the Health of It



*WVU Extension Agents
Andi Hoover, Greenbrier Co.
David Roberts, Lincoln Co.*

Dancing generally makes people feel better, mind, body, and spirit!

This class explains how dance can make you stronger physically and mentally.

Participants will learn 4-5 different dances and have a great time!

Health by Design: Watermelons

Michelle Estrada, NC State Extension Agents – Wayne County

Join us for a fun and educational session! In this class, you'll have the opportunity to paint a watermelon canvas while learning about local foods. We'll provide all the necessary supplies and even give you educational resources to replicate this class in your county.

Limited 24 Cost \$8



3:30—4:30 PM

Mindful Movement Qigong for Longevity and Aging with Grace

Marga Fripp

Developed in China thousands of years ago as a form of medicine, Qigong combines gentle movements, breathwork, and intention to cultivate life-force energy within the body, mind, and spirit, improve and sustain health, and promote healing and longevity.

Anyone, at any age, can practice QiGong and the benefits are visible from the beginning. All skill levels are welcome! No mat is needed

Come as you are and leave relaxed, energized and connected.

Pollinators, Mental Health and Gardening

*Karen Bell Fox NVON VP – 2021-23
Dot Hart, NVON VP – 2024-276*

Be a steward of our pollinators *BEE CAUSE Pollinators Feed the World*, take care of yourself mentally and physically by gardening. You will learn all is doable by being active participators in this fun filled and educational workshop.



Learning Companionships; An Intergenerational Adventure

*Gina Garcia-somuk – NC State Extension Volunteer Coordinator
Carlos Moses – NC State Extension Program Specialist*

Crosby, Stills, Nash and Young had it right! “Teach Your Children Well” was the song - and learning from one another was the message. Travel with us through time to remember what we loved to learn as youth, how we loved to learn it - and who we loved to learn it with. What makes us the same – and what kind of spice does each generation add to the gingerbread? Experiential in nature – be prepared to be creative.

Thursday, July 18

2:00—3:00 pm

Photography

John Wickline,

WVU Extension Program Assistant

Tips offered on how to improve the class participants' photo skills, answering questions they have about their phone cameras or other cameras. Learn specifics in taking pictures of landscapes, flowers, and action. You could also do some hands-on work taking photos around the grounds as time allows.



Salads, Salads, Salads!

Margie Mansure,

NC STATE Extension Agent

Even though most of us have been eating salads our entire lives, hopefully, you will learn or at least taste something to enrich your day.

Come learn different salad types and what dressing goes with what salads.

Perfectly Paired Food and Wine

Andi Hoover

WVU Extension Agent

David Roberts

WVU Extension Agent

Kerri Carte

WVU Extension Assistant Director

Learn basic wine tasting techniques, different wines from red to white/ sweet to dry, and how varieties pair with different foods. A small sample of wine and food will be available.

Limit 25 - \$8



3:30—4:30 PM

Perfectly Paired Food and Wine

Andi Hoover

WVU Extension Agent

David Roberts

WVU Extension Agent

Kerri Carte

WVU Extension Assistant Director

Learn basic wine tasting techniques, different wines from red to white/ sweet to dry, and how varieties pair with different foods. A small sample of wine and food will be available.

Limit 25 - \$8



Communicating and Leading with Vision

Peggie Garner, NCECA State Advisor

A vision is your big picture of the way things ought to be. It is your billboard image of what you are working towards. The more a vision reflects what you really think and care about, the more powerful it will be. People will be more likely to respond to your message if they see you care about an issue.

Rice Life 101

Deb Teague

Arkansas Extension Homemakers

President

Learn about how and where rice is grown and its many uses.

Rice



Agenda

Tuesday, July 16

8:00 – 6:00	Registration
8:00 – 10:00	State Display Set up Receive Silent Auction Items
8:30	NVON Board Meeting
9:00 – 12:00	Craft Workshop - Breadbaskets
10:00 – 6:00	State Displays ACWW Silent Auction
10:30 – 11:45	Craft Workshop – Pumpkin Set

Lunch on Your Own

12:00	Tour
2:00 – 3:15	Craft Workshop – Scented Fire Starter
3:30 – 4:45	Craft Workshop – Paper Roses
6:00	North Carolina Night – <i>The Band of Oz</i>

Wednesday, July 17

8:00 – 6:00	Registration
9:00 – 11:00	NVON Conference Opening Session and Business Meeting
12:00	Luncheon – Marga Fripp, <i>Embrace Change : Turn Challenges to Compost for a Meaningful Garden of Life</i>
1:30 – 6:00	ACWW Silent Auction State Displays
2:00 – 3:00	Educational Seminars <> Pollinators and Mental Health <> Dancing for the Health of It <> <>Health & Design <>
3:30 – 4:30	Educational Seminars <> Pollinators and Mental Health <> Mindful Movement <> <> Learning Companionships <>
6:00	Dinner – Georgann Eubanks - <i>The Month of Their Ripening</i>

Thursday, July 18

8:00 – 6:00	Registration State Displays
8:00 – 12:00	ACWW Silent Auction
9:00 – 11:00	NVON Business Meeting
12:00	Luncheon – Michelle Estrada, <i>Empowering Girls Through Life Skills</i>
1:30 – 6:00	ACWW Silent Auction State Displays
2:00 – 3:00	Educational Seminars <> Photography <> Salads, salads, salads <> <> Perfectly Paired Food and Wine <>
3:30 – 4:30	Educational Seminars <> Rice Farming <> Communicating & Leading with Vision <> <> Perfectly Paired Food and Wine <>
3:30	ACWW Silent Auction Closes (Pick up after Banquet)
6:00	Banquet – Paige King Johnson

National Volunteer Outreach Network, INC.

VISION SUBSCRIPTION FORM

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ADDRESS _____

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PHONE _____ E-MAIL ADDRESS _____

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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

National Volunteer Outreach Network, INC.

HANDBOOK ORDER FORM

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

NAME _____

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ZIP CODE _____ E-MAIL ADDRESS _____

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

Postage and handling per book @ \$1 each _____

Total enclosed _____

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Jane Chapman

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Coulterville, IL 62237

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



National Volunteer Outlook Network

VISION
NVON Newsletter

Patty Coonrod, VISION Editor
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Idaville, Indiana 47950

WE'RE ON THE WEB!

NVON.ORG



**MEMBER ORGANIZATIONS WORKING TOGETHER TO PROMOTE
COMMUNICATION, EDUCATION, & VOLUNTEERISM FOR ALL PEOPLE.**

NVON Member State Conferences/Meetings

Arkansas EHC

June 4-6, 2024
Riverfront Wyndham
North Little Rock, AR

Illinois IAHC

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

Indiana IEHA

June 10-12, 2024
Embassy Suites
Noblesville, IN

Kentucky EHA

May 7-9, 2024
Bowling Green, Kentucky

Michigan CEO

October 2024
TBD

North Carolina ECA

July 15, 2024
Hilton-Biltmore
Asheville, NC

South Carolina FCL

October 25, 2024
Central United Methodist Church
Newberry, SC

West Virginia CEOS

October 8 -10, 2024
Jackson's Mill
Weston, WV

Wisconsin AHCE

September 18-20, 2024
Appleton, WI

2024 NVON

CONFERENCE
July 16-18, 2024
Asheville, North Carolina
Hilton– Biltmore

2025 NVON

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

2026 NVON

CONFERENCE
July 14-16, 2026
Wintergreen in the Dells
Wisconsin

31th ACWW

**Triennial
World Conference**
April 24-May 5, 2026
Ottawa, Canada

CWC Meeting

**Country Women's
Council, USA**
80th General Meeting
September 24-26, 2024
Miramar Beach
Destin, Florida

ACWW

Area Meeting
July 21-24, 2025
Holiday Inn,
Cincinnati Airport
Erlanger, Kentucky