

# VISION

NVON Newsletter



MAY 2024

VOLUME 8, ISSUE 5

## JANE'S SEEDS FOR THOUGHT!



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

If you have not realized by now that I love good quotes, then I am not sure you will ever figure me out! I have found there can be a powerful message in a few words arranged just right! I saw the one on the left the first time on Facebook and was inspired by it. While looking for who actually quoted it, I came upon this from LinkedIn and it really says it all! Leaders must always be planting seeds! Guess what? I think I can safely say that most readers of this newsletter are leaders in their state or county. I think I can also safely say that after the last Zoom meeting the board had and hearing the words "gaining new members" you leaders are planting seeds!

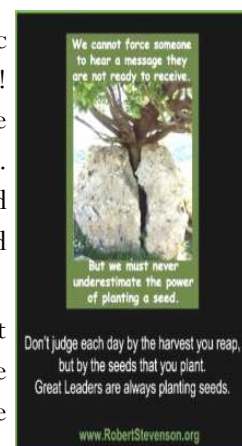
I know that because of the "BEE-CAUSE" project with my bee costume and my "waggle dance" presentations I have planted many seeds about the seriousness of saving the pollinators! When you talk about taking away one's chocolates, people listen! BEE-CAUSE has also created a lot of opportunities for me to make people aware of the HCE and NVON organizations!

I recently saw a little illustration that shows a person pulling a zipper up and it said, "A true leader doesn't create separation. A true leader brings people together." I can't say I have ever thought of myself as a zipper but it definitely brings things together as leaders do! The NVON organization has a lot of great "zippers" amongst their ranks, currently and in the past! Consider the states that have or are celebrating their 100<sup>th</sup> year, there has to have been many good "zippers" in those states! Good "zippers" are crucial in the success of an organization. They must be able to join many different personalities together to accomplish the goals of an organization.

Having attended the Florida HCE 100<sup>th</sup> year anniversary a few weeks ago and learning about "tomato clubs" I have become fascinated with this early type club. For those of you that do not know what a "tomato club" is, it was the beginning of 4-H and organizations like the HCE's, ECA's, EHA's and FCL's! "Corn clubs" were formed by young boys in the early 1900's to enable them to earn some kind of income and gain more knowledge on improving yield. Jane McKimmon Simpson, an early true "zipper", started these "tomato clubs" in North Carolina under the prompting of the USDA and the North Carolina Department of Ag to enable young women to learn more about growing tomatoes, provide extra income for the family, and a way to socialize with other young ladies. Some of the similar reasons people join our groups, education to help better our families, our communities, and to socialize.

Mrs. Simpson is considered a pioneer of home economics. She was an author, ag educator and civic leader. Keep in mind that this was in the early 1900's when women were to be seen and not heard! Mrs. Simpson truly was a leader. Although the "tomato clubs" had a brief history, it led the way for the formation of what is now 4-H for youth and organizations like the member states of NVON have today. Tomatoes were chosen for the girls rather than corn because tomatoes required less strenuous work and you only needed one-tenth of an acre to grow a crop. The motto the young ladies put on their canned tomatoes they sold is a very familiar one if you know anything about 4-H, "To make the best better."

In closing, I hope all the "zippers" out there keep on planting those seeds! Harvest will come and it can be very bountiful if you plant enough seeds! As John Quincy Adams said, "If your actions inspire others to dream more, learn more, do more and become more, you are a leader." I feel that anyone that is reading this, are true leaders but many don't realize that they are! Have a great summer! ~ Jane





## NATIONAL VOLUNTEER OUTREACH NETWORK BOARD Executive Committee

### President

**Jan. 1, 2023 - Dec. 31, 2025**

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**Arkansas Extension  
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July 1, 2022 - June 30, 2024

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**Illinois Association for  
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March 2021 - March 2027

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July 1, 2023 - June 30, 2024

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**Brenda Hammons**

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## Appointed Board Members

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With all 9 states participating we were able to raise \$9,305.00. After matches by Heifer International, the total raised was \$32,220.00. This allowed 1074 bee hives at \$30.00 each, to be purchased for underprivileged women in Central America.

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, Harlene Welch, 207 59 Street, Cynthiana, KY 41031. Thank you for participating in the \$1 per member for Bees Program. A reporting form can be

found on the NVON website. <https://www.nvon.org/bee-cause-pollinators-feed-the-world/>

### Pollination Fast Facts

What is pollination?

Pollination is a vital stage in the life cycle of all flowering plants. When pollen is moved within a flower or carried from one flower to another of the same species it leads to fertilization. This transfer of pollen is necessary for healthy and productive native & agricultural ecosystems.

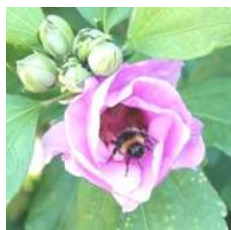


- Approximately 75% of all flowering plant species need the help of animals to move their heavy pollen grains from plant to plant for fertilization.
- About 1,000 of all pollinators are vertebrates such as birds, bats, and small mammals.
- Most pollinators (around 200,000 species) are beneficial insects such as flies, beetles, wasps, ants, butterflies, moths, and bees.

Why are pollinators important? Pollinators are often keystone species, meaning that they are critical to an ecosystem. The work of pollinators ensures full harvests of crops and contributes to healthy plants everywhere.

- An estimated 1/3 of all foods and beverages are delivered by pollinators.
- In the U.S., pollination produces nearly \$20 billion worth of products annually.

How you can help.



- Reduce your impact. Reduce or eliminate your pesticide use, increase green spaces, and minimize urbanization. Pollution and climate change affect pollinators, too.
- Plant for pollinators. Create pollinator-friendly habitat with native flowering plants that supply pollinators with nectar, pollen, and room for nesting. For information on what to plant in your area, download a free eco-regional guide online at [pollinator.org/guides](http://pollinator.org/guides)

I look forward to seeing you all at the NVON 2024 Conference in Asheville, North Carolina. We will be teaching a class "Pollinators, Mental Health and Gardening", as we segue into the next Project in Common: Mental Health Awareness and Mental Health Well-Being.

Dot Hart  
NVON Vice President 2024-2026



## **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  
9 x 9 breadbasket.  
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**

**Welcome**

# FLORIDA ASSOCIATION FOR HOME & COMMUNITY EDUCATION

We are excited to announce Florida Association for Home & Community Education  
has joined NVON as we work together to promote  
Communication, Education, & Volunteerism for all people

## 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.

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## 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:+1828-274-1800)

Room Rate \$169 Book by June 15

Hotel link on NVON.org website

## 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 participants 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 participants 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.**

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ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ PHONE \_\_\_\_\_

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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

Idaville, Indiana 47950

**National Volunteer Outreach Network, INC.**

**HANDBOOK ORDER FORM**

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

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

Postage and handling per book @ \$1 each \_\_\_\_\_

Total enclosed \_\_\_\_\_

Mail order form with check to NVON President

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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.



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

### Florida FAHCE

TBD

### Illinois IAHCE

March 11-13, 2025  
*Thelma Keller Convention Center*  
Effingham, IL

### Indiana IEHA

June 10-12, 2024  
*Embassy Suites*  
Noblesville, IN

### Kentucky EHA

May 5-8, 2025

### Michigan CEO

October 1-4, 2024  
*Courtyard by Marriott*  
Albion, MI

### 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  
*Hilton-Biltmore*  
Asheville, North Carolina

### 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