



Volume 8 Issue 8

VISION

NVON Newsletter



May 2025



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

Jane's Seeds for Thought... "I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country and my world". How many of you recognize that pledge? If you were not in or associated with 4-H you probably don't know what this pledge is. It is the 4-H pledge that is said before the beginning of 4-H meetings or at least we did when I led a club back in the day! I share this with all of you now because I am now helping to lead a "bee" 4-H club as of last night and I realized this morning that I failed to begin the meeting with the pledge!

The pledge got me thinking, did I really live up to that pledge as I grew older? It was definitely instilled in my mind as I was in 4-H for ten years, served as an active leader for twenty years and later as a mentor leader for a total of forty years as a leader and the pledge was said at most of the meetings I attended. I feel that it probably played a big part in my youth years as well as now as an adult.

When we pledge our heads to clearer thinking, back then and now, we are with clear minds exploring various subject areas, thinking of ways to implement solutions and possible changes for issues that face our families, our communities, our country and our world. Sometimes my head is too clear and I forget what I was going to do!

We pledge our hearts to greater loyalty to our families, our community, our country and our world. Needless to say, that part of the pledge has definitely stayed with me. I feel an immense loyalty to my family, my community, my country and my world. I think this shows in all of us due to our loyalty to the organizations, such as NVON, that we are members of and belong to with much dedication.

Our hands are used for larger service by implementing the many service projects that we undertake, the helping hand we give to the others in need, and the skilled hands showing that beginning cook, quilter or gardener how to accomplish their project. By using our hands to do these small acts of kindness, no matter how large or small, makes an impact on all involved.

Our health to better living allows us to improve upon ourselves so that we can lead happy, healthy lives while learning ways to help improve the lives of those around us. We have learned how healthy mindsets, relationships, bodies, and diets fuel us as individuals allowing us to be our best selves.

I believe my 4-H years of reciting the pledge did unknowingly help me develop into the person I am today. I challenge any old 4-H member that reads this to think about how the pledge may have influenced your life and developed you into the person you are today.

I encourage all of you, old 4-H member or not to, "make time" to use the lessons learned in the 4-H pledge by incorporating these values into your daily life. "Sow the seeds" to others using the values you gained from the 4-H pledge to improve our communities, our country and our world.

Later, Jane



NATIONAL VOLUNTEER OUTREACH NETWORK BOARD

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Homemakers Council

July 1, 2024- June 30, 2026

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March 2021 - March 2027

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July 1, 2022 - June 30, 2025

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Jan. 1, 2018 - Dec. 31, 2026

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West Virginia Community Educational Outreach Service

Jan. 1, 2025 - Dec. 31, 2026

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Jan. 1, 2025 - Dec. 31, 2028

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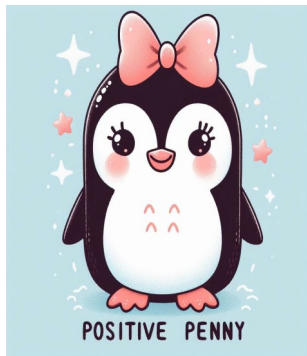
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January 2025

May is Mental Health Awareness Month



Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For more than 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized **Mental Health Awareness Month (MHAM)** every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.

Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. People struggling with their mental health may be in your family, live next door, teach your children, work in the next cubicle or sit in the same church pew.

However, only half of those affected receive treatment, often because of the stigma attached to mental health. Untreated, mental illness can contribute to higher medical expenses, poorer performance at school and work, fewer employment opportunities and increased risk of suicide.

Read full article <https://www.pinterest.org/newsroom/articles/mental-health-awareness-blog/>

Resources

Great sources for mental health news and information include:

[National Institute of Mental Health](https://www.nimh.nih.gov/) <https://www.nimh.nih.gov/>

[Mental Health America](https://mhanational.org/) <https://mhanational.org/>

[National Alliance on Mental Illness \(NAMI\)](https://www.nami.org/about-mental-illness/) <https://www.nami.org/about-mental-illness/>

NVON PROJECT IN COMMON

The new Project in Common for NVON kicked off January 1, 2025, and will run through December 31, 2027. This Project's focus will be Mental Health Awareness and Wellbeing. The Theme is

Break the Stigma, Ignite Hope. Mental Health Matters.

The goal is to increase awareness in our communities through:

- * Education and programs
- * Mental health first aid trainings
- * Sponsoring community events
- * Fundraising for local and national mental health groups
- * Partnering with other organization and businesses to promote mental health awareness.

There are 8 Dimensions of Wellness:

- * Physical Wellness
- * Emotional Wellness
- * Social Wellness
- * Intellectual Wellness
- * Environmental Wellness
- * Spiritual Wellness
- * Occupational Wellness
- * Financial Wellness



All dimensions interconnect with one another and are equally important in obtaining holistic well-being. We can reach ultimate wellness by fully understanding and working towards optimizing each dimension.

Learning about the various dimensions can help you choose how to make wellness a part of your everyday life.

2025 NVON Conference

Planting Many Seeds . . . Expect Growth

July 8 – 10, 2025

Northfield Inn, Suites & Conference Center
3280 Northfield Drive
Springfield, IL 62702
217-523-7900

Book by June 7, 2025 Room Rate \$109 + taxes King or 2 Queen Beds

Hotel Amenities: * Free Parking * Free Wi-Fi * Extended Continental Breakfast
* Indoor Pool * Fitness Center * Compact refrigerator & microwave
* Restaurants within walking Distance

Experience the charm of Northfield Inn, Suites & Conference Center nestled in a quiet setting 8 minutes away from downtown Springfield, IL. Located right off of I-55 at exit 100B (Sangamon Avenue), you are minutes away from the Illinois State Fairgrounds, Abraham Lincoln Capitol Airport and all other points of interest in Springfield. Complimentary Shuttle Service to the Abraham Lincoln Capital Airport and Train Station accessible by contacting the hotel.

Booking link: You can find this information on the NVON website use code: IAHCE070725

Getting to Springfield, Illinois:

- * By Plane – Abraham Lincoln Capital Airport, 1200 Capital Airport Dr., 217-788-1060, flyspi.com
 - * American Airlines – aa.com
 - * Allegiant Airlines – alllegiantair.com
 - * Breeze Airlines – flybreeze.com
- * By Train – AMTRAK, 100 N. 3rd St., amtrak.com
- * By Car – Follow your GPS to

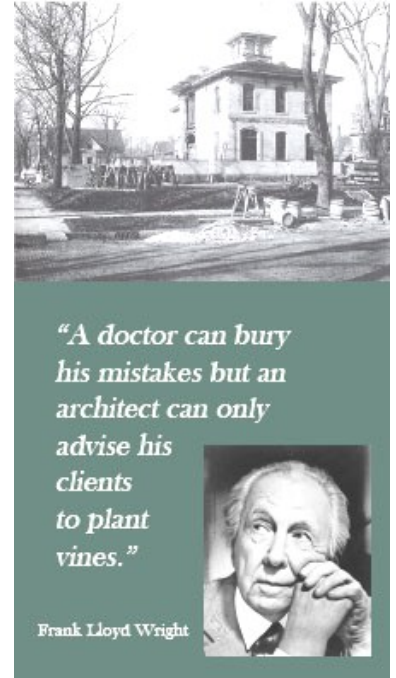
Northfield Inn, Suites & Conference Center
3280 Northfield Drive
Springfield, IL 62702
217-523-7900



TOURS

TUESDAY, JULY 8, 2025

1. The Dana-Thomas House - The **Dana-Thomas House (DTH)** was designed by Frank Lloyd Wright in 1902 for Susan Lawrence Dana, a forward-thinking socialite living in Springfield, Illinois. Tour the home. Limit of 15 per tour. Tour and transportation \$20 per person. Lunch will be at the Conference Center.



2. **Lincoln Library/Museum, Old State Capitol, Lincoln Law Offices, Old Train Station** – You will be transported to the downtown Springfield area to enjoy a walking tour of Springfield. See as much as you wish! Limit of 30. Transportation \$10 per person. Lunch will be at the Conference Center.

WEDNESDAY, JULY 9, 2025

Spouse Tour

“Get Your Kicks on Rt. 66” continues for a nostalgic trip to **Motor Heads, Rt. 66 Display at the Fairgrounds, Ace Signs**. Transportation \$10 per person. Lunch will be at Conference Center.



ENTERTAINMENT/SPEAKERS

Illinois Day Tuesday, July 8, 2025

Luncheon Entertainment — After lunch join us in the hotel parking lot for a “Get Your Kicks on Rt. 66” Show and Shine Car Show. Step back in time to view the vintage cars of yesteryear! Dress up if you like or come as you are! Enjoy a cool and refreshing Kona Ice which is nutritious and delicious as you walk around viewing the vintage cars!



Dinner Entertainment — **Mary Todd Lincoln** played by Ms. Pam Brown of Springfield, IL . “Taking Leave” May 22, 1865, Mary is preparing to leave the White House for the last time. Her heart is heavy, and her memories are great.

Wednesday, July 9

Luncheon Speaker —Cheri Burcham, University of Illinois Extension Educator and IAHCE Liaison – Weathering the Storm



Cheri Burcham is responsible for family life programming in the counties of Coles, Cumberland, Douglas, Moultrie, Shelby and other parts of east central Illinois as needed. Cheri’s emphasis is on healthy lifestyles throughout the life span which include family relationships, communication, caregiving, stress management and human development including early childhood and healthy aging. Her passion is to help people to be their best selves and to promote a healthier, independent older population.

Evening Speaker —Dawn Morris, Red Cross Executive Director – The Heart of Volunteering: Planting Seeds of Hope



Dawn Morris is the Executive Director of the South and West-Central Illinois Red Cross Chapter, serving 33 counties in both Illinois and Missouri.

Before coming to the Red Cross almost 6 years ago, Dawn was the Executive Director of a much smaller organization. Her focus was on serving poverty-stricken women and children in crisis. Dawn was a domestic violence professional, trainer and facilitator for Getting Ahead in a Just Getting by World. Gaining substantial experience working with the houseless population.

Nothing has been more fulfilling in her life than the role of being a mother. She is the proud mother of three young men and the Jamma of 10 beautiful grandbabies. However, this motherly love goes beyond her immediate family- she continues to lead the Red Cross Organization just as she has led her children- with love, empathy, and an open mind. Dawn is nothing more than an ordinary person, who believes our world is a better place when compassion can travel where it is needed the most. Which is why Dawn is always one of the first to raise her hand and deploy. She has deployed to the Oregon Wildfires, Hurricane IDA, Kentucky Tornadoes, Hurricane IAN, with her most recent being the Lahaina Wildfires.

Dawn has completed three full marathons, several half marathons, a triathlon and a 9/11 memorial run which included 110 flights of stairs.

Thursday, July 10

Luncheon Speaker — Sue Busler, Pastor and Retired USAFR Colonel

Pearls of Wisdom

Sue typically uses humor to convey her message to the audience in such a way that each of you will walk away with a smile and feeling positive!

Mrs. Busler is a Distinguished Military Graduate of the United States Air Force Academy, Class of 1980, the first class with women. In addition to a Bachelor of Science Degree in Humanities from USAFA, Sue also holds a Master of Science Degree in Aeronautical Science from Embry-Riddle Aeronautical University. She is a former Colonel at USAFR Retired.



Sue works at Certified Lay Speaker United Methodist Church and served as a volunteer with various organizations. Most importantly, she is a wife, mother, and grandmother who instills humor into everyday life sometimes with the help of her family!

Evening Speaker — Lauren Gleason, Volunteer Coordinator IDNR – OLM

State Historic Sites at Springfield – Lincoln's Legends and Lore

Lauren is the volunteer coordinator for the State Historic Sites of Springfield. She has been with the sites in various roles for 7 years. Lauren began as an historical interpreter, giving tours of our sites to visitors. Then was on the building and grounds team helping with site beautification, maintenance, and restoration projects. Currently, she oversees volunteer recruitment, training, and scheduling for the various sites and coordinates with the support organizations to implement special event and holiday programming.



She is originally from Taylorville, IL and went to college at LLCC, ISU and UIS studying Anthropology and Sociology with a minor in Philosophy. Lauren is aiming to go back to UIS next fall to pursue a master's degree in public administration. She lives in Jerome with her husband Ryan, who also is a State of Illinois employee.

SAVE THE DATE

31st Triennial World Conference
26 April – 1 May 2026
Ottawa, Canada



EDUCATION SEMINARS CRAFTS WORKSHOPS WEDNESDAY, JULY 9, 2025

2:00 – 3:00pm

Wits Workout Seminar — Chelsey Byers and Molly Hofer, University of Illinois Extension Family Life Educators. Come and learn about *Wits Workout*, an interactive brain health curriculum. *Wits Workout* is designed to be led by volunteers or other community leaders. *Wits* is designed in a “workout” format consisting of four interactive pen-and-paper activities and a short educational topic that addresses cognitive health. *Wits Workout* helps bring older adults together to increase their socialization and intellectual engagement, which are both lifestyle contributors to brain health.

Oscar Mayer Weiner Mobile Seminar — Amber Johnson — FRANKtastic lesson on the history of this WIENERific icon. Amber will RELISH sharing her extensive collection of memorabilia. Come MEAT the “Wienermobile Queen” herself! FRANKs a BUNS.

Mason Jar w/ Lights — Paint a mason jar and add solar lights to finish off project. You can use stencils if you can’t draw, or you can free hand your own design.

Taught by Dorothy Holt, Massac County HCE, Illinois. Limit 30 people. Cost \$6.00.



3:30 – 4:30pm

Chocolate Seminar — Stephanie Jerabek, CWC USA Vice-Chairman
CHOCOLATE: Do I have your attention now? Learn about the exciting history of chocolate, how it is made and why we love it. Samples available. \$5 fee

Natives as Pollinators Seminar — Robbin Nickelson, Happy Trails Garden & Design

This program will encourage incorporating native plants to the landscape supporting local fauna and other environmental causes. We’ll discuss some differences in Nativars vs. true Natives and review some of the best pollinators for your area. The steps landowners should take to be successful in transforming their current landscapes to more eco-friendly habitats, will also be shared.

Stitched Christmas Cards — Crafters will make 2 stitched Christmas cards with provided materials.

Taught by Janel Kassing, Randolph County HCE, Illinois. No limit. Cost \$5.00



EDUCATION SEMINARS CRAFTS WORKSHOPS

Thursday, July 10, 2025

2:00 – 3:00pm

Food Labels and Proper Food Storage Seminar – Stephanie Jerabek, CWC USA Vice-Chairman

What you need to know about the labels on the foods you purchase and how to store your foods properly.

Bees...Me? Seminar – Wayne Beck, Community Education Coordinator of the Family Beekeepers of Illinois (FBI)

Learn how bees affect our food supply, a bee's life cycle, the social caste in a bee colony, basic beekeeping equipment, and a hive full of bee trivia. The presentation will include an observation hive and honey sampling directly from the hive.

Blingy Wine Bottle – Transform an empty blue wine bottle into a decorative centerpiece using purchased BLING. Taught by Sally Dennis, Macon County HCE, Illinois. Limit 10 people. Cost \$10



3:30 – 4:30pm

The Hummingbird – Living on the Edge Seminar– Jo Fessett from the Illinois Audubon Society

The hummingbird is a favorite backyard visitor. But behind that tiny jeweled, ever moving body lies a tough little character. Learn about their natural history, how to attract them to your yard and what lies ahead for these charming creatures who must continually adapt to the effects of climate change.

Petersburg....My Heart's Home Seminar – Kathy Olesen

What does the Circus, A Record Setting Quarter horse, the MOST Tomato Canning in the World and the Home of Edgar Lee Masters AND Abe Lincoln have in common....Petersburg. Come learn the colorful history and find out about the present and future of his beautiful central Illinois town.

Diamond Painting – Learn to paint with “diamonds”! Diamond paint a set of 2 Mandela style coasters. Taught by Emily McDowell, Madison County HCE, Illinois. Limit 10 people. Cost \$5.00.



Hello ACWW USA Area Members!

I've been thinking about change and all the changes we are going through as organizations. I'm amazed at the willingness of the members to adapt and make change work! It reminds me of a quote by Gail Sheehy. She has said that 'If we don't change, we don't grow. If we don't grow, we aren't really living.' I liken that to the changes our organizations are going through. If we want our organization to live and thrive, we must be willing to accept change. Stephen Hawking said, 'Intelligence is the ability to adapt to change.'

I know that as an ACWW USA Area we have not had a separate Area Conference. We have had an Area Summit and Area Meetings, but not a full Area Conference. I am excited about the move to have a true ACWW Area Conference!

As the Area President I wanted this conference to be a conference that would put the limelight on our National member organizations and the work they do as ACWW Societies. I have been meeting with the National Society Presidents to plan the conference. We will be having learning sessions written and presented by members of the National Societies, as well as a few outside speakers. I cannot give you titles of sessions yet, but most sessions will be dealing with ACWW resolutions.

We are excited to let you know that ACWW World President Magdie de Kock will be attending the conference and will speak to us. ACWW Executive Director may also be in attendance and will give us some ACWW updates and hold a Q and A session.

I hope you will plan to attend the conference! The dates are **July 22-24, 2025** in Erlanger KY. We will be holding the conference at the Airport Holiday Inn in Erlanger.

A draft of the conference schedule, the registration form, and hotel information will be sent out by the middle of February! Please look it over and make plans to attend! We look forward to seeing you there!!

Remember... 'You must be the change you wish to see in the World,' Mahatma Gandhi. Come to conference and help us be the change!

Bonnie Teeples

ACWW USA Area President

2025 ACWW USA -Area Conference Erlanger, Kentucky

July 22-24, 2025

Holiday Inn Cincinnati Airport, an IHG Hotel

***1717 Airport Exchange Blvd
Erlanger, KY, 41018***

Phone: (859) 371-2233

Phone number: (859)-371-2233 ext. 0 for Hotel Reservations (group booking code NAF)

Conference Chair: Bonnie Teeples - email: bdteeple@charter.net

More information: Under Conferences/ area Conferences:
[2023 World Conference | Associated Country Women of the World](#)



rural
women
in action
Associated Country
Women of the World



National Volunteer Outreach Network, INC.

HANDBOOK ORDER FORM

Mail NVON Handbook (s) to:

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP CODE _____

PHONE _____

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

936 Hollyhock Road

Coulterville, IL 62237

Phone: [618.317.2727](tel:618.317.2727)

E-Mail: eianec50@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, NVON Members elected to the ACWW/



NVON Newsletter

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Make checks payable to: National Volunteer Outreach Network, Inc.

NVON VISION Editor
 c/o Patty Coonrod
 6640 North 1100 East
 Idaville, Indiana 47950



Member Organizations working together to promote Communication, Education, & Volunteerism for all people

NVON Member State Conferences/Meetings

Arkansas EHC

June 3-5, 2025
 Holiday Inn, Little Rock
 Airport Conf. Center
 Little Rock, Arkansas

Florida FAHCE

April 13-16, 2026
 Best Western Gateway
 Grand
 Gainesville, Florida

Illinois IAHCE

March 17-19, 2026
 Thelma Keller Convention
 Center
 Effingham, Illinois

Indiana IEHA

June 2-4, 2025
 Embassy Suites
 Noblesville, Indiana

Kentucky EHA

May 12-14, 2026
 Hyatt Regency
 Lexington, Kentucky

Michigan CEO

October 8-10, 2025
 Lakeside Resort &
 Conference Center
 Houghton Lake, Michigan

North Carolina ECA

October 2026
 TBD

South Carolina FCL

October 21, 2025
 Bamburg Country Club
 Building
 Bamburg, South Carolina

West Virginia CEOS

October 7-9, 2025
 Jackson's Mill
 Weston, West Virginia

Wisconsin AHCE

September 15-17, 2025
 Tundra Lodge
 Green Bay, Wisconsin

2025 NVON CONFERENCE

July 7-10, 2025
 Northfield Inn Suites, &
 Conference Center
 Springfield, Illinois

2026 NVON CONFERENCE

July 14-16, 2026
 Wintergreen Hotel &
 Conference Center
 (Wisconsin Dells)
 Lake Delton, Wisconsin

ACWW

Area Meeting

July 22-24, 2025
 Holiday Inn,
 Cincinnati Airport
 Erlanger, Kentucky

31th ACWW

Triennial

World Conference

April 26 -May 1, 2026
 Westin Hotel
 Ottawa, Canada