

2017 NCECA State Conference and NVON Conference

New ideas & knowledge for a newer you!

Name		County
Address	City	State Zip code
In case of an emergency, contact:		
Emergency Daytime Phone	Emergency	Evening Phone
I am a: (check all that apply) Leadership Team County P	resident Past State I	President Liaison Agent
NCCE Administrator Guest Choose your hands-on workshops with first -	First Time	
	1, Second 2, enoice, opa-	ses are inicu as registrations are received.
Monday, July 17 Pre-conference 9:00 Hands On # 1 - Toothpick Nativity - \$1 Hands On #2 - Sock Snowman - \$3	Master FCS Voluntee Avoiding 10 Mistakes	
TOURS	CRAFT	CLASSES, TUESDAY, JULY 18, 2017
Tuesday, July 18, 8:00 Ava Gardner Museum & Tobacco Farm Life Museum - Fee \$50.00 includes lunch Wednesday, July 19, 9:00 The U.S. Army Airborne & Special Operations Museum - No Fee Thursday, July 20, 8:30 James B. Hunt, Jr. Library &	Wreath Wall Hanging # Folded Book #2 9:00 - 10:00 Cork Pendant #3 Use of Color and Light 10:30 - 11:30 T shirt Necklace #4	Christmas Spider #7 Are My Memory Lapses Alzheimer's 3:30 - 4:00 Origami Folded Fabric #8 Zentangle Necklace #9 Children's Safety Socks
State Farmer's Market No Fee	Pampering - Newer Yo	ou \$10Edible Container Gardening
Thursday, July 20, 1:30 North Carolina Museum of Art - No Fee	EDUCA	ATIONAL SEMINARS
Wednesday, July 19, 2:00 Showcasing Your ProjectVolunteering A - ZFeeling GratefulBrain Power	Cheese, Please MED instead o Intergeneratio	ou Stop Learning e of Meds onal Differences
Wednesday, July 19, 3:30 Disaster Preparedness Master FCS Volunteer Program Steps to Resiliency Brain Power	Thursday, JulyPlate it Up, KeCheese, PleaseMED instead oHuman Traffic	entucky e

REGISTRATION

(Deadline - June 15, 2017)

Full I	Registration		\$140.00	\$
Late	Fee (postmarked after June 15,	2017	\$10.00	\$
Tuesda	•	Tobacco Farm -	Fee \$50.00	\$
	Classes ay #1 – Toothpick Nativity	\$ 1	Monday #2 – Sock Snowman	\$ 3
Tuesd Pampe #1 #2 #3 #4 #5	ay ring for a Newer You Wall Hanging Wreath Folded Book Pages Wreath Cork Pendant Necklace T-shirt Necklace YoYo Ornament	\$10 \$ 8 \$ 2 \$ 5 \$ 5 \$ 3	#6 Craft Cards #7 Christmas Spider #8 Origami Folded Fabric #9 Zentangle Necklace #10 Chidren's Safety Socks	\$ 5 \$ 3 \$ 3 \$ 8 \$ 3
			Total Craft Fees	\$
**Spe			Make Checks Payable	
Ιw	ill be attending the following:		(Registration due by June 1 (Late fee after June 15, 20	5, 2017)
 Monday, July 17, Lunch Monday, July 17 Awards Banquet Tuesday, July 18, North Carolina Night/Dinner Wednesday, July 19, Lunch Wednesday, July 19, Dinner Thursday, July 20, Lunch Thursday, July 20, Banquet 		Mail check or money of Geri Bushel Department of Agricultur NCSU Campus Box 7606 Raleigh, NC 27695-7606		
			Questions? Contact Joyce Kluttz, Conference 704.786.5324 iwkluttz12@gmail.com	chair

ROOM RATE: \$119.00

A personalized Website for the National Volunteer Outreach Network 2017 Conference has been set up.

You may make your reservations two ways:

Call 800-325-3535 or with the following link.

www.starwoodmeeting.com/events/start.action?id=1611019469&key=CFD5260

NCECA Service Longevity Awards

Due June 15

Recognition will be given to those achieving longevity in membership. Those who have achieved 25 years and 5-year increments there after, as a member will be recognized. County Council Presidents should submit names of members who deserve this recognition.

*** Please send only one report per county!

Please print or type the name, as it should appear on the certificate

Name	Year Joined	County	District

Remembrance Ceremony: A Remembrance Ceremon since the last Conference will be held during the Banqu made with registration. Additional submission can be information in on time to maintain the dignity of the co	iet on Tuesday night. Submissions made through July 1st. Please have	should be your
Name	County	
Name	County	
Name	County	
OUTSTANDING SERVICE AWARD If your county has NOT named and submitted an Outst	anding Volunteer name to Geri, it's	not too late!
NAME	COUNTY	

Life/Out Carning

2017 NCECA State Conference

New ideas & knowledge for a newer you!

Sunday, July 16

3:00 Registration Esplanade

6:00 Leadership Team meeting Pin Oak

Cultural Arts check in Capital Room

Monday, July 17

8:00 – 11:00 Registration Esplanade

10:00 Hands on #1 Magnolia I

Hands on #2 Magnolia II
Master FCS Volunteer – Core programs Governors I
Avoiding 10 Mistakes in Estate Planning Governors II

12:00 Opening Lunch – Angela Abrams, VP – Southeast District Oak Forest Ballroom

Presentation of Colors

Pledge of Allegiance – Juanita Nobles, VP – Northeast District

Greetings - Keith Walters, Director, Southeast District

Introduction of Speaker – Donna Springle, VP – South Central District

Speaker - Lisa Prince, Host - "Flavor NC" & "From the Vineyard"

Announcements

2:00 Business Meeting Oak Forest Ballroom

Cultural Arts Open Capital Room

6:00 Awards Banquet, Judy Blythe, NCECA President Oak Forest Ballroom

Invocation – Lois Williams, VP – North Central District Greetings - Mike Yoder, 4-H/FCS State Program Leader

CVU Awards – Anne Gaddis, NCECA CVU Chair

Awards - Angela Abrams, VP - Southeast District

Longevity of Service

Excellence Awards

Outstanding Volunteers

Leadership Awards - Geri Bushel, NCECA Advisor

Remembrance Ceremony - Alma Fields, 2008 NCECA President

Announcements

After Banquet - Pick up Cultural Arts

Lifelong Learning: New Ideas & Knowledge for a Newer You! 2017 NVON Conference

July 17 - 20, 2017

Monday, J	uly	17
-----------	-----	-----------

6:00 – 8:00 Registration Esplanade

Tuesday, July 18

8:00 – 5:00	Registration	Esplanade
-------------	--------------	-----------

8:00 - Noon Set up state Displays Mezzanine

Receive Silent Auction items Willow Oak

8:00 NVON Board Meeting Pin Oak

11:00 Tour – Ava Gardner Museum & Tobacco Farm Life Museum - \$50

Pre - Conference Classes

\sim	\sim			\sim
()./	111	-	1	・フハ
9:0	,,,,	_		:30

Craft Class #1	Wreath Wall Hanging- \$8	Magnolia I
Craft Class #2	Folded Book pages - \$2	Magnolia II

9:00 - 10:00

Educational Class Use Color and Light to Create

a Beautiful, User-Friendly Home Governors II

10:30 - 11:30

Craft Class #4	T-shirt Necklace	Governors I
Educational Class	Pampering for a Newer You - \$10	Governors II

Lunch on Your Own

2:00 - 3:00

Craft Class #5	YoYo Christmas Ornaments - \$3	Magnolia I
Craft Class #6	Crafty Cards -\$5	Magnolia II
Craft Class #7	Christmas Spider -\$3	Governors I
Educational Class	Are My Memory Lapses Alzheimer's?	Governors II

3:30 - 4:30

Craft Class #8	Origami Folded Fabric -\$3	Magnolia I
Craft Class #9	Zentangle Necklace - \$8	Magnolia II
Craft Class #10	Children's Safety Socks - \$3	Governors I
Educational Class	Edible Container Gardening	Governors II

3:00 – 9:00 Vendor Set up Capital Room

6:30	North Carolina Night	Oak Forest Ballroom	
	Presiding - Joyce Kluttz, Conference C	hair	
	Invocation – Judy Blythe, NCECA President		
	Greetings - Rich Bonanno, Director, NCCE		
	Speaker/Entertainment -		
	Announcements		

Wednesday, July 19

nesday, july	/ 19			
Breakfast on	your own			
7:30 - 8:30	Registration Open	Esplanade		
8:00 - 5:00	Silent Auction Open	Willow Oak		
	Trade Show Open	Capital Room		
	State Displays Open	Mezzanine		
8:30 NVON	Opening Session/ Business Meeting	Oak Forest Ballroom		
9:00 Spouse/Friend Tour – The U.S. Army Airborne & Special Operations Museum – Max 40				
12:00 Lunch	1	Oak Forest Ballroom		
2:00 - 3:00	Educational Seminars			
	#1 Showcasing Your Project - Arkansas EHC	Magnolia I		
	#2 Volunteering A - Z	Magnolia II		
	#3 Feeling Grateful	Governors I		
	#4 Brain Power	Governors II		
3:30 - 4:30	Educational Seminars			
	#1 Disaster Preparedness	Magnolia I		
	#2 Master FCS Volunteer Program	Magnolia II		
	#3 Steps to Resiliency	Governors I		
	#4 Brain Power	Governors II		
6:00	Dinner	Oak Forest Ballroom		

Thursday, July 20

Breakfast on your own

Speaker/Entertainment -

7:30 – 8:30	Registration Open	Esplanade
8:00 – 5:00	Trade Show Open State Displays Open	Capital Room Mezzanine
8:00 - 11:305 & 2:00 - 3:0	Silent Auction Open 00	Willow Oak
3:00	Silent Auction Closes	

8:30	Spouse/Friend Tour – James B. Hunt Jr. Library & State Farmer's Market – Max 40			
9:00	General Session	Oak Forest Ballroom		
12:00	Lunch Speaker – Dr. Carolyn Dunn Department Head, Agriculture and Huma	Oak Forest Ballroom n Sciences		
1:30	Spouse/Friend Tour - North Carolina Museum of Art - Max 40			
2:00 - 3:00 3:30 - 4:30	Educational Seminars #1 The Minute You Stop LearningMight You Be Dead? #2 Cheese Please #3 MED instead of Meds #4 Intergenerational Differences Educational Seminars #1 Plate it Up – Kentucky EHA #2 Cheese Please #3 MED instead of Meds #4 Human Trafficking Awareness	Magnolia I Magnolia II Governors I Governors II Magnolia I Magnolia II Governors I Governors I		
Before Banq	_	Mezzanine		
6:00	Banquet Entertainment –	Oak Forest Ballroom		
After Banquet Pick Up Silent Auction Items Willow Oak				

Tuesday Pre-Conference Workshops:

Craft Workshops:



Wall Hanging Wreath - Make a 20" wreath covered in yoyos of various materials. Barbara Looney, instructor, **cost \$8-limit 12.**

Folded Book Pages Wreath – Use discarded books to fold pages into three-dimensional shapes and create a wreath. Esther Collier, instructor, **cost \$2-limit 15**

T-Shirt Necklace – Don't throw it away, recycle and make something pretty & fun. Micki Earp, instructor, **cost \$5-limit 20**.



Zentangle Necklace – We did this last year but many wanted a repeat. Use the marker to make your original "mark" and wear with pride. Linda Cordell, instructor, **cost \$8**, **limit-15**.

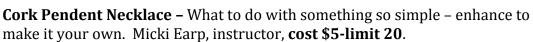
Yoyo Ornaments – Not enough circles in your life? Let's add some for Christmas. Barbara Looney, instructor, **cost** \$3-**limit** 20.

Craft Cards – Make 3 different cards using your creative skills and furnished supplies. Cynthia Wotasek, West Virginia CEOS, instructor, **cost \$5-limit 15**

Christmas Spider – Why would you have a spider on your Christmas tree? Find out and make one for your next celebration. Linda Rivenbark, instructor, **cost \$3**.



Origami Folded Fabric - Coasters, hot pads, ornament...you decide. Construct several with assorted materials. Barbara Looney, instructor, **cost \$3-limit 20**.





Children's Safety Socks – Community Project to benefit hospitals in your area. Decorate the bottom of children's socks so they don't slide on slippery floors. **Cost \$3** – **limit 10**.

Educational Offerings:

Pampering for a Newer You – Learn to make a delicious, luxurious collection of homemade Bath and Beauty product recipes most of which you can make from your pantry. **Cost - \$10 – Limit 25**

Use Color and Light to Create a Beautiful, User-Friendly Home Changes in vision, as we age, can impact how well we function in our own home. This session will help one understand the changes in the vision and how to effectively use color and lighting to create a beautiful interior that better responds to one's needs. - Dr. Wilma Hammett, Retired Professor and FCS Specialist, NCSU

Are My Memory Lapses Alzheimer's? Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is not just a disease of old age. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are 10 warning signs and symptoms. Alzheimers North Carolina

Edible Container Gardening There are many options and opportunities for creating an edible garden that is both functional and aesthetically pleasing. Learn to use color, texture, and differences in size for a striking display; to select plants with similar requirements for light, water, and nutrients, and plant combinations of vegetables, fruits, and herbs in the same container. NCSU

Wednesday Educational Seminars:

Showcasing your Project with a Project Book Learn to make a Project Book on projects that your county or club does for your community, rules by which these project books are judged and awarded at Arkansas' state meeting, - Johnette Johnson, AEHC State President, and Karen Bell Fox, AEHC President Elect.

Volunteering A-Z A fun activity used to stimulate thought around the meaning of volunteerism marketing your volunteer organization to attract new members. - Geri Bushel, NCECA Advisor, NCSU

Brain Power In this session participants will learn the basics of how a brain works. The latest research on brain function and aging. The session will be interactive with brain stimulation and game interaction that will be fun and functional for all to use in their everyday activities. Bring a friend and a giggle. – Debbie Cox, Retired FCS Educator, NCSU

Master FCS Volunteer Program A national volunteer training and involvement imitative to focus specifically on core areas of Extension FCS. Learn more about this program and how NCECA is using it to certify volunteers. - Geri Bushel, NCECA Advisor, NCSU

Steps to Resiliency Resiliency: the ability to bounce back from adversity. It is what allows you to recover from change or hardship, whether in the workplace or life in general. As a leader, you can change your views, habits, and responses by modifying your thoughts and actions, which will help broaden your outlook and become less narrowly focused – and more able to adapt to change. Jayne McBurney, FCS Educator, NCSU

Feeling Grateful Learn to create a gratitude journal by using personal writing to approach every day in a positive way. Affirmative writing helps you focus on how you want to live. We will use easy writing techniques to create more joy and gratitude in your life. Dr. David W.W. Jones, Associate Professor, NCSU

Thursday Educational Seminars:

The Minute You Stop Learning...Might You Be Dead? Why is it important to get involved and stay involved in different avenues of learning? Why must we continue to ask questions? Ideas and reasons why life is a continuous school, and why as we age we need to continue learning will be covered! – Jane Chapman, IAHCE State President

Med Instead of Meds: The Mediterranean-style eating pattern has been shown to promote health and decrease risk of many chronic diseases. Eating the Mediterranean way or the Med Way is not only healthy, it is delicious and satisfying. Foods that you once thought of as too high in fat or unhealthy, including nuts, olive oil, olives, and whole grains, become an everyday part of your diet. This workshop will demonstrate simple steps to eating the Med Way by making easy changes to the foods you eat. A new web-based resource (medinsteadofmeds.com) will also be shared to help participants explore eating the Med Way in their own lives. - Zandra Alford, MPH, Extension Associate, NCSU

Intergenerational Differences For the first time in history, four generations are working side by side. Different values, experiences, styles, and activities create misunderstandings and frustrations Learn ways to help traditionalists, baby boomers, gen Xers and millennials work better together, despite their generational differences. – Stephanie Davis, Learning & Development Manager, NCSU

Plate It Up! Kentucky Proud

Kentucky Farmer's Markets and personal gardens yield some of the best fruits and vegetables in the world! This program will focus on Plate It Up! Kentucky Proud, a program developed to educate consumers on locally grown produce and use in meal preparation. A variety of recipes have been developed and more are on their way. You will learn about its origins, nutrient content and uses for many produce grown in Kentucky. - Sheila Fawbush, Shelby County FCS Agent, Mary Margaret Krahulec and Marlene McComas, Kentucky EHA

Disaster Preparedness and Recovery Disasters often strike expectantly and there is little time to protect and prepare important documents, valuable records, and treasured items. This workshop will focus on how to keep important items safe and organized so that you can access them in the event of a disaster. Additionally, the workshop will identify strategies for keeping treasured items, such as pictures, videos, and memory books safe from potential disasters. - Dr. Sarah Kirby, Professor and Extension Specialist, NCSU

Human Trafficking Awareness Human trafficking is BIG business in the US. Trafficking of persons is a serious crime and a grave violation of human rights. Every year, thousands of men, women and children fall into the hands of traffickers, in their own countries and abroad. Almost every country in the world is affected by trafficking.

Cheese Please! We know it may be funny to dissect how to taste. Broaden your cheese horizons! Knowing the vocabulary of cheese and making reference to what's familiar will enhance what you taste and help you verbalize what you like and dislike the next time you order cheese. NCSU Sensory Services Center

Tours

Ava Gardner Museum & The Tobacco Farm Life Museum Cost - \$50.00, includes lunch



The **Ava Gardner Museum** honors the life, loves, and legacy of one of Hollywood's most glamorous leading ladies. You see personal interviews and get the real story from those that knew her best. Discover the real Ava Gardner as you take a self-guided tour through more than 5,000 square feet of exhibit space. You'll see extraordinary costumes, movie posters and

awards that represent Ava's 50-year career as a leading Hollywood actress. The building is handicap

accessible.

After lunch we will tour **The Tobacco Farm Life Museum**. This museum has been preserving the history and cultural heritage of Eastern North Carolina farm life. Come for a visit and step back in time to a turn-of-the-century homestead, including a restored house and detached kitchen, smokehouse, log tobacco barn, and even an outhouse. The 6,000 square foot museum features both permanent and rotating exhibits on farm life, southern medicine, domestic skills, rural social life and artifacts. Take a trip back in time to a simpler way of life.

James B. Hunt Jr. Library & State Farmer's Market – Maximum 40 No Cost



The **James B. Hunt Jr. Library** is not your mother's library! This technological marvel embodies NC State's strengths in engineering, design, technology and science. The bookBot automated delivery system can bring you any one of 1.9 million books from NCSU's world-class research collection in five minutes or less. The Apple Tech Showcase is a place to see and try out the constantly changing array of devices available. The showcase on average loans out

200,000 pieces of technology to students per year, including digital cameras, laptops, 3-D printers, games, audio production equipment and modeling tools. The Creativity Studio allows you to enter a variety of virtual environments and simulations such as being on the bridge of a submarine. This jewel blends indoor and outdoor landscaping and is a delight to the decorator's eye, containing 75 styles of chairs in 100 different colors and a rain garden.

More than fresh vegetables, the **State Farmer's Market** is a family adventure. Considered one of the nation's best and most modern markets, visitors enjoy 75 acres of indoor/outdoor specialty shops, restaurants and garden center, with fruits, vegetables, meats, and gift products from across the state.

The U.S. Army Airborne & Special Operations Museum, Fayetteville, NC – Maximum - 40 No Cost

This museum transports you through the history of the airborne and special operations soldiers, from 1940 to the present. The Task Force Ranger and the Battle of Mogadishu Exhibit features immersive dioramas and artifacts from the battle including the wreckage of Super 6-1, the first Black Hawk helicopter shot down during the battle, and Super 6-4. The downing of Super 6-1 is widely considered to be a turning point in the battle and is chronicled in the book by Mark Bowden and movie Black Hawk Down produced by Ridley Scott. Another fascinating display is dedicated to the men who protected artifacts and artistic treasures during World War II captured in the 2014 movie The Monuments Men. For a nominal fee, visitors can ride the 24-seat motion simulator.



American GIs, under the supervision of Capt. James Rorimer, carry paintings down the steps of Neuschwanstein Castle in southern Germany, where about 21,000 items stolen by the Nazis from French art collectors were recovered. | NARA



Photo: 2015 Field of Honor | ©Catherine Hodge

North Carolina Museum of Art - Maximum 40 No Cost

The NCMA's permanent collection had its beginning in 1947 when the North Carolina General Assembly appropriated \$1 million for the purchase of works of art, making North Carolina the first state in the nation to use public funds to buy art. The collection has grown to include major holdings in European painting from the Renaissance to the 19th century, Egyptian funerary art, sculpture and vase painting from ancient Greece and Rome, American art of the 18th through 20th centuries, and international



contemporary art. Other strengths include African, ancient American, pre-Columbian and Oceanic art. The NCMA houses one of only two permanent displays of Jewish art in an American art museum. The Museum is actively building the collection with new acquisitions, including a gift from the Iris and B. Gerald Cantor Foundation of 30 works by Auguste Rodin, making the NCMA the leading repository of this artist's work in the southeastern United States. The 164-acre Museum Park is home to more than a dozen monumental works of art, with artists actively involved in the restoration of the Park's

landscape and the integration of art into its natural systems.

One special exhibit is Looking South: Photographs by Eudora Welty features a portfolio of 18 photographs by the acclaimed American novelist and short story writer Eudora Welty with Welty selecting the images and printing techniques to represent the range of her photographs from the 1930s

and early 1940s. Welty's iconic images of the South during this time bring to mind the photographs of Helen Levitt, Dorothea Lange, and Walker Evans, among others. In comparing Welty's work to Levitt's photographs of New York, critic John Szarkowski wrote, "Like those of Levitt, Welty's photographs do not show us the only truths of her subjects' lives; perhaps they show us only the rarest and most evanescent truths, in which case we are the more grateful for these proofs of their existence." Photo: Eudora Welty, A Woman of the Thirties (Jackson)



Speakers

Honorable Elaine Marshall, NC Secretary of State

Secretary Marshall is the daughter of a farmer who served as a volunteer fire fighter and community leader, while her mother was the organist in the family's small rural church for more than 60 years. She was active in 4-H.

Elaine earned her law degree from Campbell University in 1981 and distinguished herself as a tough advocate for her clients in the courtroom,





Dr. Carolyn Dunn is a professor and department head for Agricultural and Human Sciences, NC State University. She provides program expertise and statewide leadership for nutrition and wellness for families and communities. She has 25+ years of experience in nutrition education and develops nutrition education materials that are used across the country to help people eat smart and move more.

She is a life long fitness advocate and enjoys running, weight training, and yoga. She has a passion for cooking, food, travel, art, and design.

David Grier Martin, Jr. is the host of UNC-TV's "North Carolina Bookwatch," a retired lawyer, politician, and university administrator. A Yale Law School graduate and former Green Beret, has been involved with public service and politics throughout his life. Martin has remained dedicated to many civic, charitable and professional activities at the local, state and national levels.

He enjoys sharing information and ideas with North Carolinians in his weekly newspaper column, "One on One." In addition to his work in television and print, Martin is the host of "Who's Talking" a daily interview program on WCHL – 1360, a Chapel Hill, NC radio station.





Some call her the unofficial Mayor of Flavor, NC, the President of Produce or the Queen of the Kitchen. We simply call her **Lisa Prince**, our host. When it comes to Lisa, one thing's for sure: if life were a recipe, then her main ingredients would be equally large portions of human energy, southern charm and an abiding love for food, family and North Carolina.

Armed with a BA in Communications from NC State University, Lisa has spent the past fifteen years immersing herself in all things food-related as a Marketing Specialist for the North Carolina Department of Agriculture and Consumer Services. Working with chefs, restaurants and food service distributors, you could say that Lisa has tasted her way across the state

Lifelong Learning: New Ideas & Knowledge for a Newer You!

2017 NVON Conference July 17 - 21, 2017



421 South Salisbury Street, Raleigh, NC, 27601

Room rate - \$119

A personalized Web site for National Volunteer Outreach Network Conference – 2017 has been set up. You may make your reservation two ways:

Call 800-325-3535 or with the following link.

https://www.starwoodmeeting.com/events/start.action?id=1611019469&key=CFD5260

Conference Registration - \$140

Check payable to NCECA and mailed to:

Geri Bushel Department of Agricultural and Human Sciences NCSU Campus Box 7606 Raleigh, NC 27695-7606