

Tar Heel HOMEMAKERS

E-news

June 2016

Volume 6, Number 3

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2015-2016 Leadership Team

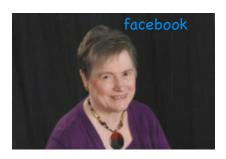
President - Faye Lanier President-elect - Judy Blythe Past President - Wanda Denning

VPs

Northeast - Lena Darden Southeast - Esther Collier North Central - Polly Caudle South Central - Shelby Ford West - Cathy Holmes

Parliamentarian - Wanda Denning Treasurer - Ruth Clifton Advisor - Geri Bushel CVU Chair - Anne Gaddis Cultural Arts Chairs -Gloria Smith & Audena Spain

MESSAGE FROM PRESIDENT



Welcome to Spring and Summer. It is so good to see all things green again after winter. I have been quite busy over the past few months. I have been privileged to have had the pleasure of attending all of the District Days. I am so proud of all of you. They were all Uilled with great programs, fellowship and food. Even though they were all

different they all had an element of our ongoing theme of eating healthy and eating local. I comment all of you on a job well done.

I have been meeting with the North Central District who is planning the State Meeting in Winston-Salem this year and the plans will be coming out to you in August. Hope you will all plan to attend.

We have several members who will be attending the NVON meeting in Illinois in July where we will be inviting them to our State in July of 2017.

Thank all of you for what you do for ECA and your communities. I am so proud to be your President.

Faye W. Lanier

go.ncsu.edu/nceca

OPPORTUNITIES...ECA Clubs, Coun5es, Districts!

At our NVON mee5ng in Raleigh, July 17, 2017, NC can have a Sales Table with your wonderful craLs and one-of-a-kind crea5ons which can benefit your club, county or district. Sounds like it is en5rely too early to think about 2017. However, you know if you want a project completed, beTer get it started before 5me gets too close and it never gets done. We have a commiTee on our work sheet en5tled "Host State Sales Table CommiTee" with room to write several names that would promote this very fun project. Please give me a ring (704) 786-5324 or E-mail-jwkluTz12@gmail.com and volunteer to coordinate this commiTee for our NVON conference. In years past, there were baskets, soaps, gourd pocketbooks, jackets, jewelry, placemats and many sales. Let's show the visi5ng STATES the quality of our own handwork.

Volunteers for NVON – *Thank you!* – Other Needs

During our state conference, many of our Districts and individuals volunteered to take responsibili5es for planning and conduc5ng parts of our na5onal mee5ng in 2017, Raleigh. However, there are two very important commiTees needing to be filled – REGISTRATION & SPEAKERS/ENTERTAINMENT.

Registra5on du5es – prepare packets for each registered member with name tag, meal/workshop/tour 5ckets, conference program, list of aTendees, business "stuff" provided by NVON, (all the items that our state mee5ng needs and people to be at the registra5on table during certain hours).

Speaker/Entertainment CommiTee – line-up either/or speaker or entertainment for luncheon and dinner on Wednesday and luncheon and dinner on Thursday, provide bio for introduc5on, follow-up reminder, note of thanks, check for expenses.

Again, 2017 sounds like too far away to start on anything; however, in August, 2016 – this year, ladies, tours, speakers, entertainment names are to be submited to NVON for Board approval. December of 2016, registra5on informa5on, workshop/seminars, speakers, tours, entertainment informa5on is due for Web-site and NVON newsleTer.

Please give me a call (704-786-5324) or E-mail jwkluTz12@gmail.com if you, your club, county or district would be willing to chair one of these commiTees.

Thank you for your willingness to help,



ACWW has a monthly newsletter. You may find it at: http://us10.campaign-archive1.com/?u=f66538b5dc6363c7efdf765c3&id=e98c9ff8d7&e=2d9d0caf25http://us10.campaign-archive1.com/?<a href="http://us10.

Northeast

Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Franklin, Gates, Halifax, Hertford, Hyde, Martin, Nash, Northampton, Pasquotank, Perquimans, Pitt, Tyrrell, Wake, Warren, Washington

Perquimans County

Perquimans ECA Volunteers had a special visitor join them this year. Luz Adriana Cordoba Garcia is visiting our area from South America. She is entertaining the group with conversations about food differences and activities of interest such as education, exercise and dance. Pictured from left to right seated - Amy Van Benton, Garcia, Marvina Mann, Earline White - standing row - Ann Stallings, Becky White, and Nancy Baker.



Southeast

Bladen, Brunswick, Carteret, Columbus, Craven, Duplin, Greene, Johnston, Jones, Lenoir, New Hanover, Onslow, Pamlico, Pender, Robeson, Sampson, Wayne, Wilson

Craven County

Attending the Craven County annual Achievement Day was a special time for us. We recognized Janis Cannon who has been a member of the Vanceboro Club for over 40 years. She has served as president many times and for many years. We presented her a certiUicate for her outstanding service to our club. She retired as president at the end of 2015, but she is remaining as an active member. She was also recognized as our Member of the 2015 Year.

We gave ourselves a Valentine treat by meeting at Bojangles in Vanceboro for our February meeting. Phyllis McMillan did a motivational program which especially Uitted us as senior citizens. Her program brought forth the fact that we need a reason to live in order to live a happier life. Examples were given. It was suggested that if we don't have a bucket list of things that we would like to do in our old age, we should make one.

For our March meeting, we made "Boo Boo" Bunnies for the Ronald McDonald House in Greenville. The activity was under the direction of our crafts' leader, Faye Wetherington.



We took them to the Ronald McDonald House the following week. We also took some items that were on the House's wish list. We were given a tour and it was such a humbling experience to see what a wonderful facility we have for families with children needing medical care at Vidant Children's Hospital in Greenville. It is a home away from home. Finances are drained when there is sickness and this facility aids in making the situation more bearable.

Carteret County

On May 19th, seven Wildwood ECA Club members, along with four spouses, took a trip to Victory Junction to deliver 100 bears for their campers. We were shown a Uilm on how Victory Junction started and then



treated to an excellent 1 1/2-hour tour led by the Chief Development OfUicer, Mark Schumacher.

Each year Victory Junction hosts children with all types of illnesses and disabilities. Each week, all children attending have the same disability, so they can get the specialized attention they need. At the end of their stay, children take home a bear and an afghan, along with happy memories.

Needless to say, we are already making plans to make more bears for this worthwhile cause.

North Central

Alamance, Alleghany, Ashe, Caswell, Chatham, Davidson, Davie, Durham, Forsyth, Granville, Guilford, Orange, Person, Randolph, Rockingham, Stokes, Surry, Vance, Wilkes, Yadkin

The North Central District celebrated their annual meeting in Winston-Salem at the Extension OfUice on April 21. The theme of the meeting was Savor the Flavor. Polly Caudle, President, welcomed 163 members, Lois Williams led the Pledge of Allegiance and Doris Davis, gave the Inspirational message on "A woman and her Fork."

Greetings came from Jim Cowden, North Central Cooperative Extension District Director, Mark Tucker, Forsyth County Extension Director, and Dr, Mike Yoder, Associate Director for4H/FCS, Updates were given by State ECA President, Fay Lanier. Wanda Denning (VP of NVON) gave a report on Eat Local/Eat Healthy.

Geri Bushel gave the program on "Branding FCS and Value of FCS" Passports and stickers were handed to the county presidents.

Carol Hart, Master Gardner in Forsyth County, gave a program on herbs entitled "Just Plain Common Scents". She presented a Power Point on some of the herbs, and gave out recipes using herbs for Fruit and Spice Herbal Teas, Rosemary Walnuts, Peach Brandy Pound Cake with Lemon Verbena, and basic Pesto recipes and a recipe for MufUins using chives.

After the program, a tour of the herb garden at the Extension of Uice was given and they received an herb to plant at home.

Agents Jeannie Leonard and Sonya Patterson presented a Power Point of the First Place Winners of the Cultural Arts Contest.

After lunch, a business meeting was held and a short discussion was held on the State Meeting we are hosting in October.

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Randolph County

Randolph ECA held a bear workshop on February 24 to make Beary Pals for Randolph Hospital. 25 bears were sent to the hospital to be distributed to both pediatric in patients and

out patients. They are also made available to young children who become quite restless due to long waits in the emergency room area when accompanying a sick relative who is being treated. They have proven to be most comforting to the children, families, and nurses in this situation. We Uinished an additional 24 more bears and 25 more which are near



completion. These are products of the day long workshop and will be held for a later delivery.



Rebecca Gray, who chaired Randolph County's Cultural Arts, is pictured with one of the three blue ribbons she won at the North Central District Day held on April 21 in Forsyth County. In all, 10 of the blue ribbons out of the 35 categories were won by Randolph County. Nineteen members and our agent were in attendance. Also pictured is Ruth Powell's blue ribbon Christmas decoration made from spools.



You are cordially invited to the

2016 NCECA State Conference

Savor the Flavor

October 24-26, 2016

Hosted by the North Central District

Registration Fee: \$140.00

South Central

Alexander, Anson, Cabarrus, Catawba, Cumberland, Gaston, Harnett, Poke, Iredell, Lee, Lincoln, Mecklenburg, Montgomery, Moore, Richmond, Rowan, Scotland, Stanly, Union

Dublin County

On May 3rd, Duplin County's ECA had their Uirst award program in years. Members gathered at Zeng's Palace in Clinton where they had a wonderful celebration to acknowledge their achievements over the last year. Amanda Hatcher, the County Extension Director, gave greetings to the members and thanked them for the



hard work they have done, and always do, as a part of the Duplin County Cooperative Extension.

Mrs. Helen Rogers served as the ECA's guest speaker for the event. She spoke to the members about the value of volunteerism, not only to society but to the individual as well. Her speech resonated with many of the members, expressing the purpose in their service to the community.

The awards ceremony commenced after Mrs. Roger's speech. Awards were presented to the

past presidents, Doreatha Roberts and Theresa Bowles, thanking them for the time they put into serving for the ECA. Several of the volunteers were recognized for the hours they have spent in the community. In 2014, three members were awarded plaques at the ECA State Conference. Annie Pickett was awarded a plaque for putting in 10,000 hours of service, Delilah Gomes was awarded a plaque for 25,000 hours, and Ruby Brinson, the 2015 Outstanding Leader, was awarded the highest plaque for 35,000 hours of service. These members are still very active and continue to donate their time to the great work of the ECA.



There were several other awards categories to honor the members. These included the 2015 Outstanding Fundraiser, NC State Cultural Arts Winners, Committee Chairs, and, our president Pat Wilson's goal for the year, New Membership awards to Uive new members since January! These awards are small examples of what these ladies do throughout Duplin County and beyond. On behalf of the Duplin County Cooperative Extension, we thank them for their time and dedication to our community.

Gaston County

Gaston County ECA is proud to announce their 2016 Scholarship winners. Each recipient receive \$1000 scholarship. They are:

- · Gauge Tilleman from Cherryville High School who will attend Gardner Webb.
- · Malik Currence, last year's student winner, who applied for the adult scholarship. Malik is attending UNC Chapel Hill and is studying Management and Society.

Harnett County

On February 25, 2016 a cool, Patricia McKoy, Progressive Club President, Rose Cotton-Ambassador Club President and Wendy Butcher- Rainbow Club President met at the home of Mrs. Juanita Hudson. The ladies delivered and



Hudson. She had requested rocks from the ECA Club to place in her Rock Garden. Rocks were chosen for Liberty, Ambassador, Rainbow, Progressive, Harnett County ECA, and Harnett County 4-H, Harnett County Family and Consumer Science and Master Gardener. These rocks were from



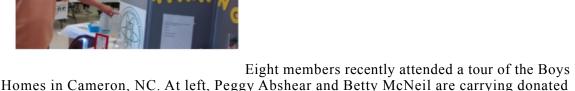
the land of Rose Cotton's husband who was gracious enough to donate. While at the home Mrs. Hudson was able to give a brief impromptu tour of her current Rock Garden and the history of her home place.

Lee County

ECA in Lee County has been busy participating in three community health fairs with their traveling exhibit, "Are

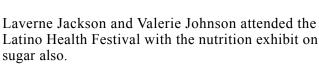


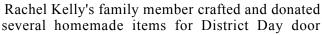
You Drinking Candy?" Comparisons of the sugar gram of different drinks were emphasized. The nutrition wheel tested our basic nutrition knowledge. Shown at left is Lonny Douglas is a member of the Lemon Springs ECA Club.

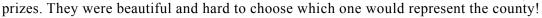




Latino Health Festival with the nutrition exhibit on sugar also.







school supplies collected during the May meeting of the Lemon Springs ECA Club.



Lee County, continued



The Lee County Hearts & Hands ECA Quilt Guild continues to keep busy with our various projects. This year we have asked the members to bring food or paper products to each meeting. The Guild collects these items and gives them to our local food bank Christian United Out Reach Center of Lee County.

We all enjoyed participating in a baby shower for our members Ann and John Tomko who are expecting their Uirst baby in June.





We continue to bring blocks for our Block of the Month (BOM) program. Members are given a

design for the month. One is a red white and blue block to be used for a Quilt of Valor (QOV) and another BOM block which goes into a drawing for a lucky member. Our President Paula Gloeckler was the lucky May member.

Catawba County



Catawba County ECA members hosted a program on Human TrafUicking at the Catawba County Cooperative Extension Center on Monday, March 21, 2016. The speaker was Karen Birkedal. Mrs. Birkedal is afUiliated with Parents Arise and Adults

Saving Kids. Since 2001 Karen has been working against human trafUicking in Wisconsin and North Carolina. Catawba County ECA members along with members of local human services agencies attended the program. Agency representatives received continuing education certiUicates for attending.

Catawba County ECA members attended the South Central District Meeting in Gaston County and provided an abundant breakfast selection for attendees.



Catawba County, continued



In a world Uilled with tragedy and despair, the Catawba Angels are providing a little comfort for some in need. The goal of the Catawba Angels is to provide individuals and emergency responders with some comfort items to help ease the pain and despair associated with trauma or decline in health. Members of the Catawba Angels are gifted seamstresses, knitters, and quilters who join together once a month to make quilts, lap robes, beanie babies in sleeping bags, children's quilts, slippers, and they even use their leftover fabric scraps to Uill beds for the animal shelter. The angels have just delivered 30 quilts to a local nursing facility so that each resident can have his own special quilt. Other recipients have been nursing homes in Catawba County, the Pregnancy Care Center, the Battered

Women's Shelter, Catawba County EMS and a few individuals. The ECA group meets on the fourth Monday of each month from 10:00a.m. to 2:00 p.m. at the Catawba County Agricultural Resources Center, 1175 S. Brady Avenue, Newton. They are a very active group and have eight members who sew each month. They have some volunteers who do their work at home and send their items to the Angels. Volunteers are always welcome and don't need to stay the whole time and can participate according to their schedules.

Iredell County

Iredell County ECA held its Achievement Day recently. All clubs and members were recognized for their achievements and volunteer service. First place Cultural Arts Contest winners were Shelby Malcolm, Betty Templeton, Brenda Campbell, Gloria Christy, Charlene Overcash, Charline Sims, and Beverly Stroud. Club reading award winners were 1st place: Shirley Tuttle (Ostwalt), 2nd place: Genie Setser(Scotts), and 3rd place: Theressa Banks (Bells Cross Roads). Clubs received awards for the highest percentage of books read by members. The winning clubs were 1st place: Clarksbury, 2nd place: Ostwalt, and 3rd place: Olin. Reading awards are sponsored by Bunch-Johnson Funeral Home.



The speaker for the occasion was Master Gardener, Patsy Bowyer. Ms. Bowyer presented a program on Gardening Tips: What to Know Before You Grow.

L-R: Joy Scyphers Carol Jones Charlene Sims Mary Lou

L-R: Joy Scyphers, Carol Jones, Charlene Sims, Mary Lou Goodman, Mattie Snow and Martha Jarvis, receive Club and individual awards at the 2016 Iredell County ECA Achievement Day.

For the past three years I r e d e l l

County ECA has set up exhibits at the Annual Garden Fair hosted by the Iredell County Master Gardeners. On Saturday, April 23, 2016 over 100 individuals visited the ECA exhibits at the Garden Fair. Several individuals expressed interest in joining ECA.

Joy Scyphers, front center Charlene Overcash, right talk with Garden Fair visitors about ECA.





Iredell County ECA

members attended the Spring District Day in Gaston County. Iredell had several Cultural Arts Contest winners. Receiving ribbons from Iredell County were: **First place**: Charlene Overcash - Short Story and Beverly Stroud - Iris Photo. **Second Place**: Charlene Overcash - Poetry, Charlene Sims - Wreath and Charlene Overcash - Pet jewelry. **Third Place**: Betty Templeton - Crocheld Scarf, Brenda Campbell - Embroidery, Charline Sims - Birdhouse.

West

Avery, Buncombe, Burke, Caldwell, Cherokee, Cherokee Reservation, Clay, Cleveland, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Yancey

On April 29, 2016 Cathy Holmes West District ECA President and members of Rutherford County hosted their West District Day Program at First Baptist Church in Forest City.

The Theme was Color your Future with ECA and the focus was on



ButterUlies and Rainbows because ECA is that ButterUly that spreads wings of love throughout the Community, and it is that Rainbow of Hope for the Future".

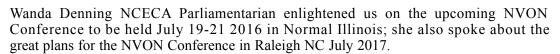


It was well attended by eight counties

Cleveland, Buncombe, Cherokee, Henderson, McDowell, Mitchell, and Watauga. The activities were cultural arts viewing

and recognition, silent auction, a presentation, door prizes and sponsor gifts. We enjoyed a delicious meal catered by Dave Linder from Forest City Fish Camp. He also gave inspiring words for us to stay involved with helping the community.

Steve Garrison the Rutherford County Manager presented a wonderful greeting and expressed his appreciation for all the hard work ECA does for the county. Tracy Davis our Liaison agent who is very supportive and invaluable did an outstanding interpretation of our theme. State NCECA President Faye Lanier delivered inspiring words of encouragement for ECA to continue moving forward. Dr. Mike Yoder Associate Director, State Program leader, 4-H and FCS gave encouraging words for us to keep ECA moving forward in the future and encouraged others to become leaders.





Geri Bushel NCECA Advisor gave greetings and update from NC State University, Human TrafUicking Initiative, and Master FCS Volunteer Program- Branding and the Value of FCS. They all did a magniUicent job. Special thanks to our West District ECA Members who worked so diligently to make this day a success. Special Thanks to the Sponsors for their generous gifts





Cleveland County

Cleveland County ECA held its annual spring fashion show and luncheon, "Springtime with Birds, ButterUlies



and Bunnies" on March 18, 2016, at the N. C. Cooperative Extension Cleveland County Center. Guests were served a delicious lunch of Chicken Salad Supreme, Miss Dot's Marinated Slaw, Pineapple-Lime Congealed Salad, Wheat Roll, Lemon Buttercream Frosted Cake Square and beverages of iced tea or water. The lunch was prepared and served by ECA members.

The FASHION CORNER of Lawndale provided the fashions with ECA member, Vickie Wyatt, as narrator. Models representing nine different

agencies/groups, including Care Solutions, the Cleveland County Board of County Commissioners, Cleveland County 4-H, Cleveland County DSS/Broad River Grandparents Raising Grandchildren & Kinship Care Support Group, Communities in Schools (CIS), Gardner-Webb University, Neal Senior Center, Patrick Senior Center and ECA, partnered with us for this event. The theme of birds, butterUlies and bunnies was carried out in the decorations for the event. Guests were most complimentary of the décor, the food and the fashions and expressed their thanks to the ECA Leadership Team; to Nancy Abasiekong, Liaison Agent, and the many ECA members involved in the event.

Escorts for the fashion show models were Daniel Shires, Extension Agent, Commercial Horticulture and Greg Traywick, County Extension Director.

Members of the Belwood, Boiling Springs, and Lawndale Clubs coordinated the Fashion Show and Luncheon. The Cleveland County Leadership Team of Pat Farley, president; Mary Sue Boyles, president elect; Betty Bridges, secretary; Mary Jane Seagle, treasurer; and Joan Parrish, advisor, were assisted by club presidents Jean Ann Privett, Joan Parrish and Clara Carter. Other members of the ECA clubs who were involved in the various aspects of the event included Mary Lee Jones, Judy Canipe, Lorinda Richard, Lou Reese, Kathy Leslie, Les Dixon, Margaret Morrison, Donna Carpenter, Jean Putnam, Barbara Dayberry, Shirley Bridges, Meriel Peeler, Sarah Mellon, Sonja Jones, Wanda Crotts Ware and Cleveland County Cooperative Extension Center staff Nancy Abasiekong, FCS Extension Agent, and Annie Thompson, Administrative Assistant.

Included in the printed program for the year were reports from the yearly Education Issues Plan of Work: BUILDING HEALTHY AND STRONG FAMILIES; DEVELOPING LEADERSHIP AND COMMUNITY CAPACITY; FOSTERING FAMILY RESILIENCY; and PROMOTING SAFE AND HEALTHY ENVIRONMENT.

The ECA clubs always express gratitude to Sherman Parrish who provides the sound for the Fashion Show and also serves as an accomplished photographer.

This annual event is such a success and so well received by the community that plans are already being made for next year!

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Cleveland County, continued

Cleveland County ECA partnered with the Foothills Farmers' Market in Shelby, to plan and carryout a special gardening activity on Saturday, May 21, 2016 as part of the Power of Produce (POP) Club. The POP Club, is a children's program that is nationally recognized (originated at the Oregon City Farmers Market) and now implemented at many farmers' markets across the country. The POP Club is funded by the market's community partner, the Healthcare Foundation of Cleveland County. POP helps children, ages 3-12, learn more about where their food comes from and encourages them to make healthy food choices.

Our ECA activity with the children was Plant Buddies or Companion Planting. We gave each POP Club member a locally grown tomato and marigold plant along with instructions on how to plant these 'buddy' plants. They also received information on what other plants make good companions and the "Life Cycle of a Green Bean." Each child made Tomato and Marigold name stakes to mark their plants when planted in their gardens. Over one hundred children participated in this POP Club activity.

In addition to the activity, each week POP Club members receive a \$2 token they can use at the market to purchase fresh produce or food-based plants. One mother shared her daughter's excitement when she planted her tomato and marigold plants in her very own garden! We'll look forward to hearing from other POP Club members throughout the summer about how their tomato and marigold plants are doing and

about other 'Companion Plants' they have introduced into their gardens. Cleveland County ECA will return to the Market with another POP Club activity in July.

ECA members, Jean Ann Privett and Mary Sue Boyles, and FCS Agent, Nancy Abasiekong, conduct POP Club "Companion Plants" activity with children at the Foothills Farmers' Market in Shelby, NC, 5/21/16

ECA members, Joan Parrish, Jean Ann Privett, Betty Bridges and Mary Sue Boyles, teach POP Club children about "Companion Plants" at the Foothills Farmers' Market in Shelby, NC, 5/21/16



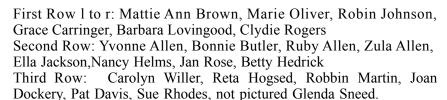
Cherokee County

The Unaka Hearts and Hands ECA met on April 19, 2016 for a workshop to make children and baby quilts for the Family Resource Center in Murphy, NC. Those in attendance were left to right: Carolyn Willer, Roxanne Nusbaum, Carolyn Dempsey, Sandy Spicer, Bonnie Butler, Bonnie Oller, Sue Rhodes and not pictured Joyce Pastore.

The Cherokee County ECA held their annual Spring Fling at the

First Baptist Church

in Murphy, NC on April 8, 2016. Cherokee County had ten blue ribbon winners in cultural arts and those items will be judged at West District Spring Day and the winners will advance to state competition in October. Those members in attendance were:





The West District ECA held their annual District Day on Friday, April 29, at the First Baptist Church in Forest City. Cherokee County had 10 entries in the Cultural arts and earned 10 Uirst place blue ribbons and one Best of Show.

Pictured front row (left to right) Madelyn Rose won blue ribbon and Best of Show on her crochet tablecloth, Barbara Lovingood won blue ribbon on oil painting, Glenda Sneed won blue ribbon on acrylic painting, Jan Rose won blue ribbon on pine cone wreath. (Back row) Sue Rhodes, West District President, Pat Davis won blue ribbon on wall hanging and Reta Davis won blue ribbon on a handwoven basket. Next we go to State in late October.





Recently at a dinner for the NCECA Western District of Cherokee County, A plaque was presented to Grace Carringer in appreciations for the years she served with the NCECA.

Pictured are Carringer, Nancy Elizabeth Helms and Sue Rhodes.

National Volunteer Outreach Network, Inc.

18th ANNUAL NVON CONFERENCE

Touching Lives World Wide
"Inspiring Women Everywhere"

July 19-21, 2016

Bloomington-Normal Marriott Hotel & Conference Center Normal, Illinois

Dates to Remember

June

- 1 6 month individual reports due to club president Pennies for Friendship to Ruth Clifton
- 15 6 month club report due to County President and Liaison Agent

July

19-21 NVON Conference- Normal, Illinois

27 - Leadership Team meeting

August

- 1- Leadership Award Application due to Geri Bushel eNews deadline
- 15 State Conference Registration to be sent out





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