

"Women Walk the Talk for a Better Tomorrow" Country Women's Council USA

News Sheet

www.cwcusa.org

Volume 35 Issue 1

May 2021

Associated County Women of the World

WWW.ACWW.ORG.UK

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CWC CHAIR - LOY WALKER

Yes, I said I would take the position of chairman of the Country Women's Council as the rotating officer from National Master Farm Homemakers Guild. Of course, we don't ever know what may develop in the next three years. I wanted to start in 2021 as I was afraid if I waited another year the term would be so screwed up I would not be able to complete any projects. CWC has had to change the way we connect with persons and organizations. Linda Gause, past chairman, offered to mentor me with her warm guidance. Pam Hanfland is our Webmaster and Lesley Owen is our News Sheet editor.



March 23, 2021 the executive officers and CWC board met via Zoom. We had very good luck with attendance and members were responsive to the opening meeting agenda. It was decided to hold the annual conference September 13 through September 15, 2021 at Effingham, Illinois. Jane Chapman, Conference Chair has managed to keep the plans similar to last year. The schedule and registration information are printed in this News Sheet. I am asking you to make an effort to attend. We are all trying to renew old and build new friendships for a better world.

I have always liked the project "Women Walk the World" My theme for this term is "Women Walk the Talk for a Better Tomorrow". I just read in the National Geographic Magazine an article suggesting women's foot prints were discovered walking together in groups 10,000 to 19,000 years ago. It is not a new idea. In the past, I have held various types of walks. The walks have been held in public county parks or just around a meeting room displaying themed table centerpieces of shoes or tea pots or world globes.

The Ruth B. Sayers Scholarship applications have been received and judged. Three or four scholarships will be given depending on funds available.

I have chosen the Charity "Smile Train" as a special project during my three year term. The Smile Train Charity repairs Cleft Palates and physical deformities causing poor nutrition and poor health in general. Fixing a child's smile raises his self esteem. Adults look and feel better about themselves, and so does their community. Read more about the project in the future.

Climate change is inevitable whether it is natural or altered by humans. I feel fossil fuel energy is the number one climate issue. How we use natural resources is something everyone can help save and restore. I am open to any ideas from members about how we can help change.

The ACWW, WE Fund, deserves to be promoted through more membership. In this issue you will find information about membership. Any woman may belong to ACWW with an individual membership. Give a gift of membership to a friend or daughter. Membership information is printed in this News Sheet.

May our walk and talk the next three years benefit women all over the World.

Loy Walker Country Women's Council Chairman

CWC Smile Train Project

A gift for a lifetime. Smile Train is an organization specializing in surgically repairing deformed lip and cleft palates. The patients are newborn babies to adults. Smile Train provides 100% free treatment for Children around the World. It offers services 365 days a year on 5 continents. Other services offered are nutrition information, eating abilities, dental care, speech therapy, breathing, hearing and more.

What causes cleft palate is unknown. Research suggests a genetic predisposition or environmental issues such as drugs, and alcohol use, smoking, maternal illness, infections or lack of Vitamin B (folic acid)

Since 1999, Smile Train has partnered with doctors and over 1,100 hospitals in 90 countries to carry out its charitable surgeries and services.

Can we help build more self esteem in individuals and for countries for a better World. More information will be available at the 2021 Conference.

Loy Walker

Smile Train is the world's largest cleft-focused organization, with a sustainable and local model of supporting surgery and other forms of essential care. Over the last 20+ years, we have supported safe and quality cleft care for 1.5+ million children and will continue to do so until every child in need with a cleft has access to the care they deserve.

Locating children in need

Local staff and in-country volunteers raise awareness about clefts and the services that Smile Train offers through media campaigns, visits to neighboring communities, health worker outreach, and word of mouth. Families learn that clefts can be treated at no cost at a local partner hospital.





Empowering local medical professionals

Smile Train provides training and financial support for the treatment of clefts, empowering medical professionals around the world to treat cleft patients with life-changing surgery and related comprehensive cleft care that they would not otherwise be able to access.

Please visit www.smiletrain.org for more information.

ACWW USA AREA PRESIDENT—BONNIE TEEPLES

Hermit crabs do not grow their own shell. They live in empty seashells they salvage. As the crab grows it leaves the shell that becomes too small and finds another larger shell. During the time of changing one home for another, the crab is particularly vulnerable to predators and outside forces. It is necessary for



the growth of the crab to experience that vulnerability. As we experience growth we can feel vulnerable also. Many of us do not want to change, we don't want life to be hard, we do not like the feeling of being vulnerable to others and outside forces, BUT, we can do hard things, in fact sometimes we MUST do hard things. Doing hard things turns us into people better equipped to help others and make a difference in the lives of those around us. Embrace change, and embrace that vulnerability and embrace the 'you' that you become as you move into your 'new shell'!

The agonizing decision to change the USA Area Conference to a virtual conference was a HARD thing I had to do. There are still too many members in areas with restrictions, still too much uncertainty surrounding the virus and many members do not feel comfortable flying and being among groups of people they are not around on a regular basis. Conversations I had with members around the nation helped make the decision that a virtual conference would be a safer way to go. I also feel that if we hold the conference virtually we will open the way for more members to attend. I will use one of the days of the original scheduled conference to make things easier for those who have already planned their summer schedule. Mark your calendar for August 1-2, 2021! I am working with Nick at ACWW for the technical portion of the conference, and will need to make sure which date will work best for him. I attended the South Pacific Area virtual conference, it was well done and gave flexibility for speakers and presentations.

By now, I'm sure you have all received the news that the ACWW Triennial in Kuala Lumpur has been changed from May 2022 to May 17-25, 2023. Thank you all who participated in the Special World Conference and helped make the change happen.

I have several State and National Society Conferences on my calendar, some in person and some virtual. I am looking forward to attending many of them. It will be wonderful to meet and catch up on each of our lives and organizations. I appreciate the societies that have invited me to attend and give a presentation.

Please know that I love the work that helps further the name and goals of ACWW. I know that we have had some new individual members join last year and this year. It is exciting to see people join ACWW and come to understand the work of ACWW and how it benefits women and children globally. I'm grateful to each of you for the work you do on the resolutions, fund raising and the many, many other projects you do that improves life for families. I appreciate getting your newsletters and reading the reports in the of the work you do on International projects and here at home. The Independent Sector gathers data and research on volunteerism in the non-profit arena. Every year a monetary value is placed on the work we do as volunteers. As of April 2021 every volunteer hour is valued at \$28.54. Can you see how valuable the work you do as a volunteer is in keeping our nation and other countries going? Personally, I feel that the world would stop functioning without volunteers.

Thank you for all you do to keep the world spinning!

Bonnie Teeples Email- usa@acww.org.uk



Ruth Buxton Sayre Scholarship

Ruth Buxton Sayre was known as the "First Lady of the Farm" and inspired millions of rural women around the world to improve themselves and their communities with her practicality, humor, decency, and common sense. As a young farm mother, she began her life work in striving for better conditions for farm women and their families by organizing her neighbors for college extension classes. She earned high posts in state, national and international organizations and served as ACWW President from 1947-1953.

Country Women's Council USA, offers a Ruth B. Sayre Memorial Scholarship

each year to a woman who is a legal resident of the USA, who shows a financial need, and who has the ability to complete her education.

Country Wome	n's Council USA Ruth B. Sayre Scholarship Donation	Form	
In Honor Of:			
Amount Donate	ed:		
In Memory Of:			
Amount Donate	ed:		
Name Donor:			
Address:			
City:			
State:	Zip Code:		
Phone:	Email:		
	Send To: Javonna Earsom, CWC Treasurer	Phone: 580.622.5513	
1126 W Broadway Ave		Email: javonnase@gmail.	com July 2019
	Sulphur, OK 73086		

INSTEAD OF THINKING OUTSIDE THE BOX..... JUST GET RID OF THE BOX!!!!

CWC OFFICERS

CWC Chair

Term expires 12/31/2023 Loy Walker 2077 KK Ave Marengo, IA 52301 Phone: 319.642.7787 loywalker1@gmail.com

CWC Vice Chair

Term expires 12/31/2021 Debbie Mote P.O. Box 94 Morrison, OK 73061 Phone: 580.336.8860 motedebbie@gmail.com

CWC Secretary

Term expires 12/31/2021 Rebecca Conley 3551 Blossom St. Kissimmee, FL 34746 Phone: 407.847.6769 conleyr6769@gmail.com

CWC Treasurer

Term expires 12/31/2021 Javonna Earsom 1126 W. Broadway Sulphur, OK 73086 Phone: 580.622.5513 javonnase@gmail.com

NATIONAL SOCIETY PRESIDENTS

ACWW USA Area President

Term expires 5/24/2022 Bonnie Teeples 4338 Arthur St. Klamath Falls, OR 97603 Phone: 541.891.2662 usa@acww.org.uk National Master Farm Homemakers Guild Term expires 12/31/2022 Jeanne Handy 15899 118th Avenue Ottumwa IA 52501 Phone: 641.777.5012 jvhandy@yahoo.com

National Volunteer Outreach Network

Term expires 12/31/2022 Stephanie Jerabek 4944 Rangeline Road Huntington, IN 46750 Phone: 260.344.0012 ssjerabek@gmail.com



NON-VOTING BOARD MEMBERS

CWC Editor

Term expires 12/31/2023 Leslye Owen 13 Jo Ellen Drive Shawnee, OK 74804 Phone: 405.823.1066 leslyejowen@outlook.com

Webmaster:

Term expires 12/31/2022 Pamela Hanfland 105 Woodcock Trail West Columbia, SC 29169 Phone: 803.348.2820 phanfland@gmail.com



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Phone: 020.7799.3875 Fax: 020.7340.9950 E-mail: info@acww.org.uk Web: www.acww.org.uk

Tour: Cross and Gun Store

**** Special Dietary Needs (Be specific)

Craft:

Craft: Craft:

TOTAL FEES

Monday, Sept 13

Dinner

\$_____

\$_____

\$

\$_____\$

Gala

Wednesday, Sept 15

Phone: (217) 493-4441

Lunch



\$20

\$

Tuesday, Sept 14

Address: 1408 East 2250 North Road, White Heath, IL 61884

Registration after August 10, 2021 cannot guarantee session choices.

Meals ARE included in registration but please indicate those you are attending below:

Lunch

Call: (217) 540-7777, mention CWC Block, Registration deadline: August 10th, 2021 http://www.cwcusa.org/events/cwcacww-annual-meeting

Dinner

Mail with registration form to Conference Registrar: Melissa Chitwood

Email: mchitwoo@illinois.edu For Room Reservations: Holiday Inn – 1301 Avenue of Mid-America, Effingham 62401

Make checks payable to IAHCE CWC Conference

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Conference Schedule

Sunday, September 12, 2021

10:00 am – CWC Board Meeting

4:00 - 6:30 pm - Silent Auction Registration and Conference Registration in the Hall Entrance

7:00 - 9:00 pm - Social Time

Monday, September 13, 2021

6:00 - 10:00 am - Breakfast

7:30 - 8:30 am - Registration Conference Hall Entrance

8:00 am - 4:00 pm - Silent Auction Open

9:30 am - Depart for "World's Largest Tour"

9:00 am - Noon - Arts and Crafts

Noon - 1:30 - Lunch on Your Own

1:30 - 4:30 - Arts and Crafts

4:45 - Bus Departs for Dinner at the Winery

Tuesday, September 14, 2021 - Illinois Day - "United We Stand"

6:00 am - 10:00 am - Breakfast

7:00 am - 9:30 am - Registration Conference Hall Entrance and Silent Auction Open

9:30 am - Noon- Opening Session 78Th CWC USA and ACWW USA Area Meeting

CWC USA Business Meeting - Loy Walker, CWC USA Chairperson

- 10:00 am Guest Tour Departs
- Noon 12:45 pm Lunch
- 12:45 pm 1:15 pm Surprise Entertainment
- 1:15 pm 2:00 pm Speaker
- 2:30 pm CWC Resolutions Roundtable
- 4:00 pm 5:30 pm Silent Auction Open
- 4:30 pm Society Meetings
- 6:00 pm "United We Stand" Welcome to Illinois Night

Wednesday, September 15

6:00 am - 10:00 am - Breakfast

- 7:00 am 9:30 am Silent Auction Open
- 9:00 am 5:00 pm Vendors Available
- 9:00 am 10:00 am Caitlin Mellendorf Iron Deficiency
- 10:30 am 11:30 ACWW USA Area Meeting Bonnie Teeples ACWW USA Area President Presiding

Noon – Lunch

- 12:45 pm 1:30 pm Trish McKnight- Human Trafficking
- 2:00 pm- Guest Tour Departs
- 2:00 pm ACWW USA Area Meeting After Noon Session
- 4:00 pm Silent Auction Bidding Closes
- 6:00 pm Gala Dinner

CWC Meeting- United We Stand in Illinois

You can now begin to make reservations for conference. In order to make a reservation you will need to call directly to the hotel where we are hosting conference. Please join us at the Holiday Inn in Effingham! You make reservations by calling 217-540-7777. Be sure to mention CWC/Country Women's Council for a special discount!



Room Rates are \$145 for traditional rooms or \$194.00 for suites. Tax not included in these rates. Each room accommodates up to 4 guests and breakfast is included. The nearest Airport is Lambert International in St. Louis. The hotel is 2 hours away and there is no shuttle transportation offered between the 2 locations.

Illinois Night- United We Stand

Join us as we celebrate all things Illinois, while also paying tribute to our country with a very special presentation from our guest speaker! What exactly do Illinoisans eat? You'll soon find out with our special Illinois themed dinner. This will be one night of conference you won't want to miss!

- Meet our Guest Speaker: DR. NASH NAAM
- 2018 Effingham Citizen of the Year
- 2019 Pioneer of Hand Surgery
- 2019 Governor of American College of Surgeons

2020 President of the American Association of Hand Surgery

Clinical Professor of the Department of Plastic and Reconstructive Surgery, Southern Illinois University Medical School of Springfield

Hand Surgeon at St. Anthony's Memorial Hospital in Effingham

Past President of Medical Staff at St. Anthony's in Effingham and Clay County Hospital in Flora

Former Chief of Surgery at St. Anthony's, Effingham and Clay County Hospital in Flora

Former Hand Surgeon at Richland Memorial Hospital and Salem Hospital

Former Clinical Associate and Assistant Professor in the Department of Plastic and Reconstructive Surgery at Southern Illinois University Medical School in Springfield, IL

Former Assistant Professor and Fellow in Hand Surgery of Hand and Micro Surgery at the University of Colorado Health Sciences Center in Denver

Former Resident in Hand Surgery at St. Louis University Hospital, St. Louis, Missouri

Former Resident in General Surgery at Homer G. Phillips Hospital, St. Louis, Missouri

Former Orthopedic Surgery Consultant at El Sahel Teaching Hospital in Cairo, Egypt



DAY TOUR- THE "WORLD'S LARGEST" TOUR TO CASEY ILLINOIS

Monday-September 13th

Casey takes its motto, "Big Things in a Small Town," seriously. Consider: a 30-foot golf tee weighing in at 6,659 pounds, a pencil that's 32 feet long, and a 32-foot-tall mailbox where you can actually send mail.

The southeast Illinois town of 2,744 boasts eight objects recognized by Guinness World Records and a bunch of other oversize items—all of them interactive. You can take a selfie swinging in the birdcage, posing on the pitchfork or peeking in the wooden clogs.

This trip into Alice in Wonderland meets Land of the Giants rose from the imagination of lifelong resident, businessman and philanthropist Jim Bolin.

A decade ago during a vacation, Jim and his family brainstormed the idea of opening a tea shop. But Jim wanted to do more to bolster his community. He chose instead to create something that would draw attention to the community and perhaps make it famous!

Jim set out to make "the world's largest" items with his first project, a windchime! Since then, he has created over 12 of "the world's largest" items, ranging from rocking chairs and pencils to knitting needles and a pitchfork.

This trip includes a bus ride to Casey, which is 45 minutes away from Effingham. The bus will drive you to all of the "large things" where you can get out to take photos. There will be a stop at Richards Farm Restaurant where you can grab lunch on your own. A visit to a local candy store and shopping are also planned, if time allows.



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GUEST TOUR- EFFINGHAM COURTHOUSE Tuesday- September 14th 10:00 a.m.- 12:00 p.m.

The Effingham Country Courthouse Museum features displays on the military, Effingham County railroads and Effingham County history. It is also listed on the National Register of Historic Places.

The courthouse was built in 1871 after Effingham was named the county seat at a cost of around \$30,000. The courthouse retains a pristine exterior and is listed on the National Register of Historic Places. It also features a museum inside. The museum displays two rooms devoted to the military, which gets changed throughout the year. It also has a room dedicated to the railroads in Effingham



County. The Effingham County Courthouse is open Tuesdays and Saturdays from 10 a.m. to 2 p.m. March through October. The Courthouse Museum hosts several events throughout the year, including the annual Old Settler's Reunion.

Delaine Donaldson, a historian, will give you a tour of the Effingham County Cultural Center & Museum.

The cost of this tour provides transportation to and from the courthouse as well as admission to the building. Lunch will be on your own. There are multiple restaurants nearby for your convenience.

GUEST TOUR- EFFINGHAM SHOOTING RANGE AND LARGE CROSS Wednesday- September 15th 10:00 a.m.- 12:00 p.m.



The Cross at the Crossroads known as The Cross to locals is a 198-foot-tall cross which is located near the interstate of 57 & 70 for all the travelers to see coming into town. This huge cross is made of over 180 tons of steel and stands tall at 198 feet high and 113 feet wide. It truly is "the cross at the crossroads." Built at this major road it's estimated that 50,000 travelers see the cross in Effingham each and every day. You will walk around the base of the cross, visit the Welcome Center, and

watch a video of how the cross was constructed.

After you visit the cross, you will have the opportunity to visit Accuracy Firearms Shooting Range. It is a family oriented, premier retail and shooting facility. It contains a 2,600 sq ft. retail showroom with new and used firearms. You will tour the retail store, the gun range, and visit the classroom for a short presentation.

The cost of this tour includes transportation to each location. Lunch will be on your own.

Speakers

CAITLIN MELLENDORF- MS, RD, NUTRITION AND WELLNESS EDUCATOR



Caitlin Mellendorf, MS, RD, is a Nutrition and Wellness Educator and Registered Dietitian with University of Illinois Extension serving DeWitt, Macon and Piatt Counties in Central Illinois. Her work focuses on helping community members gain the knowledge, skills and tools to live healthier, more nutritious lifestyles. This includes teaching educational programs and answering questions about heart health, diabetes, food safety, food preservation, grocery shopping and cooking.

Eat Metal: Food Choices to Reduce Iron Deficiency

Iron deficiency is a common diet-related concern for many groups in both the U.S. and around the world. So much so, food products in the U.S. require iron information on food labels. In this introduction

to iron deficiency, explore rates of iron deficiency in the U.S. and around the globe, identify atrisk populations, understand the role of iron for the body and the impact of deficiency, and plan an iron-rich diet with foods and supplements.

ADVOCATE, MENTOR, SURVIVOR, AND AUTHOR



'Trish' McKnight - Advocate/Mentor/Survivor/Author: 'Today I am a thousand miles away from the person my parents created in their forced slavery, destructive neglect, and constant violence fueled by mental illness and substance abuse.'

Ms. McKnight, lived the journey of survival patterns filled with drug use, alcohol, attempted suicide, parenting challenges; the constant chaos and life altering injuries that plagued more than thirty years of her life. It was twenty years ago when she left her last abusive relationship to break the tolerant habits and give her children a safe, happy home. Today she is a key voice; updating Statute of Limitations in Illinois, creating standards of care, training

law enforcement, healthcare, educators, and community members to recognize, report, and respond with trauma informed knowledge. She founded; Butterfly Dreams Alliance, NFP a community outreach charitable organization providing awareness, education, and assistance for those affected by abuse, violence, sexual harm, and human trafficking. 'Trish' is also a Regional Ambassador of NAASCA, a member of Central Illinois Human Trafficking Task Force, End Demand Illinois, and collaborates with resources throughout the state to better assist others to safety, recovery, and rebuilding. We hear the adage; 'It takes a village', so change in human tolerance will only happen if we teach ourselves and our kids safety practices, and healthy behaviors that promote equality, safety, and wellness for all persons. "Always believe anything is possible with you in the active equation" - "My Justice' is her own true horrifying memoir

Fndr/CEO: Butterfly Dreams Alliance, NFP Cert. Human Trafficking Trainer Mental Health First Aid Child Sexual Abuse & Family Violence Specialist Website: www.butterflydreamsalliance.org Email: trish@butterflydreamsalliance.org Facebook: @ButterflyDreamsAlliance



Encouragement Bracelet

Make a bracelet with wooden beads and a word of encouragement on an elastic cord. \$5.00

Kindness Badge

Make a badge with words of kindness \$3.00





Tree of Life Pendant

Make a beautiful necklace pendant using jewelry wires and beads. \$10.00

Embroidery and Coloring Connect

A fun class on your youth past time of coloring and embroidery. You will be coloring on material and then outlining the image with embroidery. \$8.00





Iris Paper Folding

Learn how to fold pieces of colorful or patterned paper to create one of a kind designs while centering your work around an "iris". \$4.00

Scorch Marker Ornament or Wine Bottle

Using a fancy pen called a scorch marker, participants will draw designs on wooden ornaments and burn their design into their project. \$8.00

You can also make a decorated wine bottle using stained glass chips. \$6.00





Thelma Keller Convention Center 1202 N Keller Dr Effingham, IL 62401

79th Meeting of Country Women's Council USA

September 19-22, 2022 Little Rock Arkansas August 1 or 2, 2021 (exact date to be finalized)

30th ACWW Triennial World Conference

Kuala Lumpur, Malaysia

has been changed from May 2022 to May 17-25, 2023



Country Women's Council USA

Leslye Owen Editor 13 Jo Ellen Dr. Shawnee, OK. 74804

Women Walk the Talk for a Better Tomorrow

www.cwcusa.org

ADDRESS SERVICE REQUESTED

MARK YOUR CALENDAR!

CWC 79TH ANNUAL CONFERENCE 2022

Arkansas Extension Homemaker members are excited to host the CWC Annual Conference in 2022. The dates set are September 19-22 at the North Little Rock Riverfront, Wyndham. Looking forward to seeing you in Effingham, Illinois in September.

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AEHC will give a formal invitation at that time.