



**“Working Together for a Better Future”**

## News Sheet Country Womens Council USA



**Volume 30 Issue 1  
April 2016**

**Associated Country Women of the World**

**[www.acww.org.uk](http://www.acww.org.uk)**



### **CWC Chair - Javonna Earsom**



Spring has arrived in Oklahoma; I hope your part of the country is or will soon be seeing the signs.

The ACWW Project 0973 (Mongolian Greenhouse) chosen by CWC in 2014 for funding has been totally funded with funds to carry over for the next project to be chosen in 2017. In the meantime you have the choice to continue to give to help fund our next project or contribute to the **ACWW General Projects Fund providing funds for specific projects in** family planning initiatives, HIV/AIDS awareness, small business schemes, and skill training. All donations should be sent to the CWC treasurer who will forward to ACWW. CWC also encourages you to continue to support Pennies for Friendship.

ACWW's 28th Triennial World Conference, will be hosted by the West Midlands Federation of Women's Institutes and will be held at the University of Warwick, Coventry, England August 17th - 23<sup>rd</sup>, 2016. Several of our members are preparing to attend the conference. Registration deadline for early bird fee is April 30<sup>th</sup>. The registration forms and instructions were printed in the Country Woman or may be found online at <http://www.acww.org.uk/>. Society presidents should contact the ACWW USA Area President Beverly Earnhart right away if your society is not able to send voting delegates. Each society should have received from ACWW the necessary forms to name your delegates, or vote by proxy. If you have questions regarding any packets you may have received from ACWW please contact Beverly Earnhart. Do Not discard any of the information related to triennial conference as another person voting for your society may need it.

Among the resolutions and recommendations to be voted on are three submitted by CWC USA; Protecting the Supply of Water, Vaccination Against Potentially Eradicable Diseases, and Illegal Immigrant Border Children.

There will be the election of ACWW World officers including the election of a new ACWW USA Area President.

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Nominees are Jo Ellen Almond Indiana Extension Homemakers Association and Patricia Weitzmann Illinois Association for Home and Community Education.

There will be competitions and events for attendees to participate in;

**MOBILE PHONE COVER:** Let your creative juices flow with this competition. Design and make a mobile phone sleeve using any medium. Any handcraft is permitted – crochet, embroidery, knitting, craft, paint techniques, needlework – the possibilities are endless. To find the winners there will be a silent auction, as well as a people's choice. Pennies for Friendship will benefit when members bid to buy these special unique handmade sleeves.

**PHOTO COMPETITION:** Since ACWW conferences are the place where members gather from around the globe, the Triennial Conference Committee (TCC) thought it would be good to learn more about each other's worlds. One way of doing that is to be able to see photographs of your society in your country doing ACWW activities. The theme is: "We are ACWW". Grab your cameras and start taking those pictures. It will be easy to transport to Warwick and will be displayed at the Conference. The size should be A4 when mounted on a strong cardboard to protect it. Photos can be in color, black and white, or sepia. Be original, let loose your imagination and show fellow members what activities you do. Remember to include a caption of where your photo was taken and please remember to add your name and society on the back. Only one entry can be accepted per individual member, or society. Please note that your photo will become the property of ACWW after the World Conference.

**ACWW WORLD CHOIR:** Suzanne Garrett, ACWW UN Committee member, would still like to hear from anyone interested in joining ACWW's World Choir in August. Suzanne says: There has already been a lot of interest from members but more are welcomed to join. If you would like to take part please send an email to me at [suzanneblodwen@gmail.com](mailto:suzanneblodwen@gmail.com) and I will make the CD and words, we will be performing, available to you. If it is at all possible it would be great to all meet a day early at the University to practice. Even though we are flexible, please let me know if you are able to make it a day earlier?

**OPEN MIC ENTERTAIN THE WORLD:** Do you like to tell jokes or stories, sing, dance, be in a skit or play a musical instrument? On Friday evening 19th August 2016 when the Triennial World Conference is taking place at the University of Warwick, you will have the opportunity to share your talents with the world. This could be done as a Society, a small group or as an individual. So be creative and join us in entertaining the world! If you need further information or to book your spot, please contact Henrietta Schoeman, TCC Chairman, via ACWW Central Office.

The Triennial Conference Committee (TCC) requests all members who will be attending the Triennial World Conference in August, to bring along their old and unwanted costume jewelry. It will be collected and then handed in for recycling. The money collected will be for ACWW's Pennies for Friendship fund.

The Triennial Conference Committee (TCC) is asking all delegates and observers attending the Conference to open their hearts and bring along any used jacket or coat as a donation. It may be for a child or adult, for a woman or a man, for a baby, a boy or a girl, as long as everyone brings some warm clothing to donate. If we search through our cupboards we will definitely find a used but still good jacket or coat to bring to the University of Warwick. Pack it in your luggage and on Registration Day hand it in at the venue. It will be used for a good cause and it will make a difference in the lives of many. A reputable charity organization in Coventry will be the recipients of these donated coats and jackets and they will distribute it as needed.



## USA Area President - Beverly Earnhart



*February 2016* Snow is on the ground but warm temperatures are coming this weekend with a promise that spring can't be too far away. I am so ready for warm, spring green grass and flowers. (I started this in February and here it is April and snow is still coming around this week. What happened to spring? I am still waiting for some of that global warming I've been hearing so much about .....

The USA Area meeting in Tulsa, Oklahoma, September 2015, was a grand event celebrating Country Womens' Council USA 75<sup>th</sup> Anniversary, hosted by the Oklahoma Home & Community Education members. Celebrations complete with a "75" ice sculpture and cake and lots of special visitors. (*Special visitors would include all who came to help celebrate!*) There were 129 attendees at the area meeting in Tulsa, with 50 of them being at an area meeting for the first time. Four countries were represented and 18 states by those attendees. Great job ladies!



Country Women's Council had adopted Project 0973 to fund Greenhouses for Mongolia in 2014. We have been thrilled at how successful this project has been. Theirs was the first project to participate in the "Zero Hunger Challenge" after the papers were signed by Mrs. Ruth Shanks. The two groups at Sain Tus Center have done a great job of keeping us informed with the progress of the project, sending pictures and reports. This information has been put into a power point presentation and is posted on the Country Womens' Council website for viewing by our members. [www.cwcusa.org](http://www.cwcusa.org) **This project is now fully funded.**

**A copy of the certificate has been sent to society presidents for sharing with members.**

**Thank you so much for supporting the project and the people of Sain Tus Centre in Mongolia.**

My visit to Central office in March for my last board meeting as Area President was with mixed emotions, happy and sad, as I will miss seeing all the people I have gotten to work with over the past 6 years. The opportunity to travel to other countries and all over the United States to promote the work of ACWW has been phenomenal. I am scheduled to make at least four more visits to societies during the summer before my term is over in August; Arkansas Extension Homemakers, Indiana Extension Homemakers, National Master Farm Homemakers Guild, and National Volunteer Outreach Network. If you would like me to visit your society conference between now and then please contact me. I will make every effort to get there.

Speaking of triennial, remember to get your registration in early. *Early bird price has been extended to April 30, 2016.* After that date £415 fee applies until July 1 - the cut-off date to attend. Visit [acww.org.uk](http://acww.org.uk) On the home page, if you have had trouble viewing the webpage it is due to a software glitch and is now being totally reconstructed as of 1st of April. The information is being put back on as quickly as hours allow for working on it. Triennial Conference registration form is ready and user friendly. Your full given name must be used on form. Please be patient as the office staff continues to correct the problem. It will have a great new look and be easy to navigate.

The attire for USA Triennial attendees for *official business meetings* is as follows; White jacket, sweater or outer blouse with a red, white and blue scarf of your choice. The accompanying top or pant/skirt/dress may be red or blue. Javonna has noted a lot of other items pertaining to triennial happenings in her report.

**PLEASE NOTE:** There will be a **pre-conference** and a **post-conference** area meeting for delegates to attend. This is important so you know what is required of you once you get to the plenary sessions.

Thank you to all the USA society members for your support. Words alone cannot tell you how grateful I am to have been able to serve as your Area president the past six years. It has been a pleasure to get to know so many of you to put faces with name. Again...THANK YOU.

*Beverly Earnhart - ACWW USA Area President 2010-2016*

## Welcome your officers for 2016 - 2017



(L-R) Loretta Lyons - CWC Vice President  
Beverly Earnhart - USA Area President  
Javonna Earsom - CWC Chair  
Pam Hanfland - Webmaster  
Jo Almond - Treasurer  
Lylene Scholz - NVON President  
Linda Paramore - CWC Secretary  
Absent - Patty Ann Moorehead NMFHG  
President

## DONATIONS MADE TO ACWW 2016



### ACWW Donations from CWC Societies January 1, 2016 – March 31, 2016

(0973)Mongolia Greenhouse Proj.	\$ 4617.28
Women Feed the World	\$ 1855.60
Nutrition	\$ 2136.55
Water for All	\$ 1988.16
Women Walk the World	\$ 3716.33
Projects	\$ 118.00
Pennies for Friendship	\$ 3579.41
Tea	\$ 100.00
Individual dues	\$ 85.00
Society Dues	\$ 242.00
Sri Lanka	\$ 2136.55
Save the Sight	\$ 36.26
Total	\$21,849.79

**Wow !**

**Great job to all members in  
supporting ACWW  
and their programs .**

Area President note: (Save the sight is now a part of Nutrition and not a separate funded area.) Project 0973 is now completely funded in less than two years. Thank you!!!

## Ruth B. Sayres Winners

Check the [www.cwcusa.org](http://www.cwcusa.org) website for the winners of Ruth B. Sayre Scholarships.

After June 1, 2016





## Triennial Voting Delegate information:



The following ACWW circulars have been distributed to society presidents regarding Triennial happenings. *Presidents*, please see that your voting delegates receive a copy of this information.

***As a delegate you need to be aware of circulars and have a copy to take with you.***

**Circular 3** Request for further nominations for Committee positions. They still have a need for people to serve on a committee. We do not have anyone from US serving on a committee. June 30 is the deadline for submitting a nomination for a committee position.

**Circular 5a** Complete Text of Resolutions and Recommendations and call for amendments. You will need to be familiar with the content before voting on these issues.

**Circular 6** Bio-data of Officers and Specified Committee Chairman. Qualifications of candidates.

**Circular 12** Constitutional Document for Resolution to Approve Charity Incorporation.

It is important that this document is passed. The draft being presented addresses only the changes that deal with having to comply with English & Wales Charity law based on CIO Model Constitution. It takes off financial liability of trustees. (similar to LLC in US.) Other constitution issues and amendments may be presented after this vote.



## Pre and Post Conference Area meetings & more

Upon arrival at Warwick University you will register at the conference center. Please make a note of date and times for **the pre and post area conference meetings**. These are important for all USA attendees to attend. It is where you will receive information about the conference happenings along with instructions on voting procedures and anything new that needs to be passed along to attendees.

**\*\* Serendipity boxes.** Small wrapped jewelry box size with “mystery gift inside” for sales table. Have fun with this and take one or more to donate and plan on purchasing some at £2 price. All monies go to Pennies for Friendship. Include name if you wish to make a new friend in the bargain.



## Letter Friends



The triennial is a great time to get to meet new friends and catch up with old friends. But if you can't travel to England and you are interested in becoming a letter friend, there is a USA coordinator who can help.

**Letter Friends Coordinator, USA**

**Debbie Czarnopys-white**

27284 South Dakota Road

Dubois, IL 62831-1622

E-mail: [bdcw@frontier.net](mailto:bdcw@frontier.net)

Debbie says that email or Facebook is a great way to keep in touch with a friend around the world. If requesting a certain area please note that there has to be someone there also wishing a friend before a match can be made.

## UN and ACWW Resolutions 2013 - 2016

The United Nations Committee works on all resolutions and recommendations that have been passed at previous triennial conferences. For example the resolution for ACWW to support the Millennium Development Goals was passed in 2007 and is ongoing and these goals have now morphed into the Global Sustainable Development Goals for the period 2016-2030. The 2013 ACWW Resolutions passed in Chennai affirm the importance of the MDGs and are more specific in nature.

The work of the UN committee has many facets and our priorities are the topics listed in the Millennium Development Goals: Ending Extreme Poverty and Hunger; Universal primary education; Gender Equity and Stopping Violence against Women and Girls; Maternal Health Care; Reduction of Child Mortality; combating diseases such as HIV/AIDS and Malaria; and Environmental sustainability. Stopping the practise of Female Genital Mutilation is not mentioned specifically as a priority but it is considered essential to good health care for women and girls. Stopping the practise of early childhood marriages is also considered both a health care issue and a Human Rights issue. The Universal Birth Registration is an important priority for the Child Rights Connect (the NGO Committee on the Rights of the Child) and is legalized in the Convention on the Rights of the Child which has been signed on by all countries but one.

After the triennial conference in Chennai, lobby letters stating ACWW resolutions and recommendations were sent to relevant offices at UNESCO in Paris; Office of the High Commission on Human Rights, Committee on the Rights of the Child, World Health Organization and UN in Geneva; Food and Agriculture Organization (FAO) in Rome; and the Commission on the Status of Women, UNICEF, UN Development and UN Women in New York.

The UN Committee has sent an annual International Day of Rural Women Statement to member societies. We contribute via our UN Representatives to the UN-NGO Committees on the Family, Children's Rights, Status of Women and Health Promotion and participate at meetings in Geneva, Vienna, Bangkok, Paris and New York which have a wide variety of relevant topics.

The UN committee reports to the DPI-NGO on our annual activities, reports to ECOSOC quarterly, and reports our activities to UNESCO sexennial.

The UN committee members and representatives talk, participate in workshops, and attend meetings in their home areas, home countries and at UN venues on a regular basis. In 2015-2016 the UN committee facilitated UNESCO funding for a Caribbean, Central and South America workshop on Gender Equity which is one of the Global Priorities of UNESCO. The Commission on the Status of Women has been attended on a regular basis ensuring that governments are given the message that women and girls matter, that discrimination starts at or before birth, that recognizing the birth of a child is a right, that women and girls should not be used for gains in conflict (security council resolution 1325) and that healthy, educated women are essential to sustainable development and sustainable economies. The UN Committee members hosted successful parallel events in New York on ACWW related objectives.

UN committee members report work in their own countries including the Red Button Campaign in Norway to stop violence against women and girls; support for the UN Women "HEFORSHE" campaign which supports men and boys being engaged to stop violence against women and girls; they work on the implementation of the Security Council Resolution 1325 which promotes, "Women, Peace and Security"; the Rural Women in New Zealand support government initiatives to enrich maternal health care, educate women and men about stopping domestic violence, supporting the White Ribbon Campaign (men helping men to stop violence against women).

## UN Resolutions 2013 - 2016

Our Representative in Geneva has worked over the past several years with the Alliance for Health Promotion.

As Health is a primary objective of ACWW we support this Non-government organization in Geneva. They hold relevant health promotion workshops in Kenya and India and are hoping to expand this workshop model to other countries. The alliance has gained official relations status with WHO. The network is in place for ACWW to benefit from this relationship.



The UN Committee work is vital for ACWW to advance the objective of working together through advocacy to relieve poverty, promote health, and advance education.

Submitted by Sharon Hatten, ACWW UN Committee Chair

### RESOLUTIONS:

1. MATERNAL HEALTH
2. STOP the USE OF BISPHENOL A
3. REGISTRATION of BIRTHS
4. STOP THE PRACTISE OF FGM
5. STOP VIOLENCE AGAINST WOMEN AND GIRLS
6. WOMEN as VICTIMS OF CONFLICT

### RECOMMENDATIONS:

1. E-WASTE RECYCLING AND DISPOSAL

## ACWW's Project 1000 "Your Pennies at work for others"



The Associated Country Women of the World (ACWW) is delighted to announce that its 1,000<sup>th</sup> funded project is under way! Putting this project, 'Computer Literacy for Adults and Children' into action, The Country Women's Association of India, located in West Bengal, has begun the training of 15 underprivileged female students and five children in computer skills, in order to improve their employment prospects and their status.

The Country Women's Association of India General Secretary, Parbati Mitra, said: 'About the number 1,000 allocated to our project we are really excited. No. 1,000 is important for India as zero was invented in India in the Vedic ages. 1,000 is used as a base in memory card chips, for commerce, science and other areas where big numbers are used. We are indeed grateful to ACWW for supporting and helping us. We have already started the computer classes and it's running well.

Project 1,000 is one of the 'Women to Women' projects which ACWW has funded since 1977, seeking to break down the barriers which currently hold back rural women, probably the most marginalized group in the world today. ACWW's Projects Committee assesses proposals from developing countries, designed by NGO's working with communities in need of safe water and sanitation, healthcare, education, civic awareness, skill training or income-generating opportunities. ACWW prioritises smaller projects but has funded sums of up to £10,000 per project when this can be justified. Since the year 2000, a total of over £2,000,000 in project grants has been sent to some of the most remote and destitute communities on Earth.

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## ACWW 1000 project cont.



ACWW connects and supports women and communities worldwide by working in partnership with member organisations to offer mutual support; connecting at international level through UN representation (special consultative status with ECOSOC; official partner of UNESCO; participant in the UN Zero Hunger Challenge); funding community development projects; supporting agricultural initiatives.

ACWW is one of the largest international organisations for rural women and is active in over 70 countries across all continents.

For more information or to receive images, contact Tish Collins, Operations Manager, telephone: 020 7799 3875 or email: [tish.c@acww.org.uk](mailto:tish.c@acww.org.uk)



## Associated Country Women of the World e-newsletter

Are you getting the e-newsletter from ACWW ??

Get the latest happenings around the world by signing up for delivery to your inbox. Visit [acww.org.uk](http://acww.org.uk) On the home page at bottom is place to sign up to receive this newsletter. It will keep you up to date on what ACWW is doing around the world and where the Pennies you donate are going.

In the January issue several projects were featured including the Green-houses for Mongolia project that CWC sponsored. The lives of many have been changed by the sharing of our society membership.

On behalf of ACWW, as USA Area President, Thank you so much for agreeing to be a part of supporting this project. May it be a start of supporting many more in the future. Projects are waiting to be funded as money becomes available through donations.

**ACWW has a monthly  
newsletter. Visit  
[www.acww.org.uk](http://www.acww.org.uk) to sign up**



## Raffle for Quilt and fabric at Triennial



A raffle will be held at triennial for the quilt made by World President Ruth Shanks. It is a beautiful teal and brown colored queen size quilt. (Shown On left.)

In addition to the quilt, batik fabric made by HRH Azizah will be raffled. She also chose the colors of teal and browns for her design. Fabric is enough to make a dress and a man's shirt. (Right front side)





## Indiana Extension Homemakers Knit & Crochet Comfort Shawls

Indiana Extension Homemakers have been volunteering their time to knit and crochet comfort shawls for donor families. These shawls are given to the Organ Donor Network of Indiana who will provide the handmade shawls to the donor families.

While sharing a common goal, the purpose of “Threads of Compassion” is to knit and crochet comfort, healing hope and love into each and every shawl. The comfort shawl is offered to the donor family at the time of the loved one’s donation. It is hoped that this small gift of compassion will bring these families comfort in their time of sorrow and transition.



The IEHA State President, Jeanine Arnett, challenged each of 89 IEHA member Indiana counties to supply 15 shawls during her term. By Spring District meeting, that number stood at 400 and counting.

Want to help? Form a group to get together for knitting, crocheting and socializing. Don’t knit or crochet. Maybe you could supply yarn for someone else to make a shawl. Visit [ieha-families.org](http://ieha-families.org) for more information. Look under *Programs/forms*, scroll to bottom for “Volunteer Community Support” where the instructions for Threads of Compassion is available for printing. Or you can contact: [www.indianadonornetwork.org](http://www.indianadonornetwork.org) Based in Indianapolis with offices in Fort Wayne, Indiana.

Ask about “Threads of Compassion” project and how you can help. A suggested shawl size: 24” to 34” wide by 65 to 70” long is requested. This rectangle is easy to wrap more than one family member in when needing comfort.

Another option to check in your state to see if there is a need where you live.

## April 29, 2016 Women Walk the World



For the fifth year running ACWW is again promoting Women Walk the World for Pennies for Friendship.

If you haven’t made plans to sponsor a walk there is still time.

A photo of your walk can be submitted and may be featured on the cover of Countrywoman magazine. Deadline for all photos will be May 16th. It must be at least 300dpi if digital. Remove date stamp if your camera puts one on the photo. Accompany the photo with a short write up describing your walk and submit to: Nick Newland [nick@acww.org.uk](mailto:nick@acww.org.uk)



Wisconsin members gather after their walk for Pennies. 2015

Nick Newland is the new Media and Marketing Manager. He will be editing the Countrywoman magazine, oversee the website and design marketing brochures.

He is also gifted as a symphony conductor in his spare time.

# Illinois International Society Member Exchange

## -Good Idea All Around-

What happens when you step out of your box and communicate internationally with members of likeminded societies? You find a friend. You find many common interests and concerns. You open the door to new ideas, new knowledge, new appreciation for life and society. You invite your new friend(s) to see you in person. Where do you start? You contact an ACWW Area President. That's just what I did.

But first, the background. The Illinois Association for Home and Community Education (IAHCE) has an international exchange program as part of their operational guidelines. Periodically, IAHCE seeks to do a society member exchange with a foreign country identified by them as a safe travel and hospitable prospect. In this exchange program IAHCE hosts 1 or 2 persons from the identified country and in turn that country, at a future date, hosts 1 or 2 IAHCE members as visitors. As initiator, IAHCE offers to pay for airplane tickets, health and trip cancellation insurance. No expenses other than personal purchases are expected to be borne by the inbound exchange member visiting Illinois or the outbound exchange member from Illinois to the foreign country. Individual Members of the societies act as 'host homes' and bear the cost of housing, meals and land travel. The exchange participants travel around to do presentations, tour sites and otherwise interact with their host society members. IAHCE always asks exchange participants to bring handicraft items for display and a few food recipes. IAHCE prints a recipe sampler.

I contacted Valerie Stevens, ACWW European Area President, in June 2014 to locate a society in the Baltic States for potential exchange. This is a great way for both societies to comfortably meet. After a progressive series of e-mailed letters from an interest inquiry to exchange offer to clarifications to exchange agreement, plans for the Exchange began to solidify. Duplicate letters were also sent land/air postal service. Using e-mails and eventually SKYPE during the planning stage, exchange participants Rutt and Ene had already formed a comfortable relationship with me and what was expected of them, me and IAHCE. Rutt is a busy country woman with an academic and scientific career history, lifelong learning participation and currently involved in a number of societies and event organizing. Ene is a college level foreign language (English) educator. She is also an English textbook author. Sight unseen and with general information about occupation and interests six IAHCE members offered to host Rutt and Ene. They are so glad they did! Every IAHCE member, that encountered the exchange participants, is too.

Ene Paks and Rutt Tuvike, international exchange guests to Illinois, are affiliated with the Village Development Society 'Sääniku' which is an ACWW member society. They arrived in Illinois March 7 and left for Estonia April 7, 2016. They attended the IAHCE Annual Conference in East Peoria, IL as full participants and also speakers.

During their stays around Illinois Rutt and Ene visited Chicago, Annual Show of the Southport Quilters Guild in Kenosha in WI, Chicago Estonia House cultural center, Illinois Valley Community College, Eureka College, Lincoln College's Heritage Museum and Center for Environmental Education, Springfield Illinois capitol building and Lincoln sites, Amish Community in Arthur, IL, Missouri Botanical Gardens in St. Louis, Quincy, Hannibal in MO, John Deere Visitor Center and Museum in Moline, Goreville Community School. They enjoyed the Mississippi River, Illinois River, and Lake Egypt. Then there were the walks and views in state parks. They went to county HCE meetings and a 4-H meeting, attended a yoga class and chorus practice, attended various church services, visited homes of their hosts' extended family members and visited farms. March 31 was declared 'Rutt and Ene Day' by the mayor of Quincy, IL.

They made personal and professional connections here in Illinois. ACWW has been encouraging member society 'pen friends'. Doing an exchange is just one rewarding step further.

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## Illinois Exchange with Estonia cont.

If your society is considering a member exchange, I'd be glad to share some financial and non-financial insights I've gained. IAHCE is ready for the next phase, the outbound exchange.

Pat Weitzmann, International Director

Illinois Association for Home and Community Education



Illinois Association for Home & Community Education  
State Board with visitors from Estonia.



Ene Paks Rutt Turvike  
Visiting from Estonia



Visit to Missouri  
Botanical Gardens



Ene Paks & Rutt Tuvike with Dr. Siim Soot  
V.P of Chicago Estonia House Cultural Center  
in Riverwoods, IL



"Fun Walk around world" at the Illinois State Conference.  
Here Rutt & Ene learn about Cameroon



# Oklahoma Home & Community Education Project



The Southwest District OHCE members were challenged to see which county could make the most pillowcases before the March annual OHCE district meeting. The organization “Ryan’s Case for Smiles” has a motto “Helping kids feel better to heal better one case at a time.” The organization was formed by a mother, Cindy Kerr, who began making colorful pillowcases to brighten the hospital room of her critically son. Although her son, Ryan, is no longer with us physically his legacy lives on as “Ryan’s Case for Smiles.” This volunteer organization is solely dedicated to helping sick children cope with the stress of their illness and injuries. The colorful pillowcases are donated to hospitals by 120 chapters worldwide.



Pictured with 5000 pillowcases.

From left: Elsie Jo LaFever, Sandra Cusher, Franksine Hudson, Vickie Malone, Susan Florer & Tammy Elliot

OHCE District Representatives learned of the organization working in Oklahoma and decided that they wanted to help this wonderful cause by donating pillowcases for children in Oklahoma City and Tulsa hospitals to bring a smile to their faces. There is nothing the OHCE members love more than a challenge to help children. What began as a simple request blossomed into a major project. It was hoped that the Southwest District could have 500 to possibly 1,000 pillowcases to donate. Never underestimate the devotion of these ladies. When the day of the meeting arrived so did the cases and cases of pillowcases. In fact, 5,216 pillowcases were donated; with the SE District contributing 418 cases. It is estimated that one pillowcase takes about 1.5 hours from start to finish. So that equaled nearly eight thousand volunteer hours of washing, ironing, cutting, sewing and packaging pillowcases by 978 members in the district. When you consider that most of the materials were purchased by the members at a cost of nearly \$10 a pillowcase the value of the donation rises.

One can only say, “Congratulations for a job well done!”



Pillowcases in progress



Finished pillowcases ready for children.





## Iowa Master Farm Homemakers Guild "Teapot - Walk for ACWW"

At each Spring meeting, The Iowa Master Farm Homemakers have a special activity to raise funds for ACWW. In former years, they have done "Women Walk the World" activities. This year at the April 2 meeting, they combined the Tea Party theme and Walking events. A decorative tea pot was placed on each table, and each member was challenged to donate 5 cents for every mile they traveled to attend the spring meeting, and place their donation in the teapot. Since the membership is statewide, some have quite a distance to travel, and \$183.26 was collected. At every meeting, donation bags are passed among the attendees to raise funds for Pennies for Friendship, Water For All, and Nutrition, all ACWW projects. They also take donations for the Ruth B. Sayre Scholarship at each meeting.



The IMFH will be hosting the National Master Farm Homemakers meeting in Des Moines this July 14-17, and at that meeting, USA Area President Beverly Earnhart will be sharing information on the Mongolian Greenhouse project and other ACWW information. CWC voted to fund the Mongolian Greenhouse project, and the Iowa Master Farm Homemakers donated \$1,000 to that effort.

Marilyn Poppen, President



### Dates to Remember



National Master Farm Homemakers Guild  
July 14 -17, 2016  
Des Moines Airport Marriot Hotel  
Des Moines, IA

Associated Country Women of the World  
August 17 - 23, 2016  
University of Warwick Conference Center  
Warwick, Coventry, United Kingdom

National Volunteer Outreach Network  
July 19 - 21, 2016  
Marriott Hotel  
Bloomington- Normal, Illinois

CWC /ACWW Area meeting  
October 2 - 4, 2017  
Huntsville, Alabama

**Need a vacation !!!!**

**Plan on attending a  
conference and meet with old  
friends and make new.**

## CWC/ACWW AREA MEETING



## HUNTSVILLE ALABAMA 2017

What have you got planned for October 2-4, 2017.

Hadn't thought about it? Well... we have the place for you to visit.

Fall colors in the mountains on way down.....Beautiful....

Hospitality at destination..... Can't be beat.



The ladies of Alabama are inviting you to come visit Huntsville for the CWC/ACWW Area meeting. - not sure what CWC/ACWW is? (CWC) Country Womens' Council is the meeting for the societies in USA who belong to (ACWW) Associated Country Women of the World to come together to share what is happening for both organizations and to work toward a common goal to better the lives of women & families around the world. CWC has just finished funding Greenhouses for Mongolia and there are more projects just waiting for funding should the members choose to do so. This will be up to you and the new Area President who will be elected at Triennial Conference in August. Come and meet the new USA Area President.



## Notes from the CWC Editor



Because there is no CWC meeting in 2016 News Sheet is going a bit different in direction this time.

Member states have been very busy with activities and I am including some of them for your enjoyment and inspiration. Illinois AHCE has just hosted two ladies from Estonia for the past month. The ladies of Oklahoma HCE have been busy sewing pillowcases for "Ryan's Cases for Smiles" and Indiana EHA are knitting & crocheting comfort shawls for Organ donor families in the state. If you have something you wish featured in the coming issues please send to me. Pictures of events will be greatly appreciated. I know you all do great work and we need to share ideas and our accomplishments. \*\*\*\* Pam would like a condensed version to put on the Facebook page. Those who are featured in this issue and any future articles as well. Send to: [phanfland@gmail.com](mailto:phanfland@gmail.com) \*\*\*

Members have asked about the United Nations and other committee activities, I've included Information from Sharon Hatton, ACWW United Nations Committee Chair and projects from ACWW Monthly newsletter. If you don't receive the ACWW monthly newsletter, please visit [acww.org.uk](http://acww.org.uk) and sign up to receive it. Don't forget to share with your members as well. It is the latest on what is happening from the ACWW Central Office. The sign up is on the bottom of first page. The website is being rebuilt due to an unpredicted shutdown recently. Please be patient, as the staff works on rebuilding the ACWW website. Triennial information is up and running. Registration is now available online.

Don't forget to keep checking the CWC website for the winners of the Ruth B. Sayre Scholarships this year. They will be on the [cwcusa.org](http://cwcusa.org) website after June 1.

Thank you for your continued input for News Sheet.

Beverly Earnhart CWC Editor

### NEW OR RENEW - CWC News Sheet

#### Subscription Form ~ 3 years for \$18.00

CWC News Sheet subscription service is for members of Master Farm Homemakers Guild, National Volunteer Outreach Network, ACWW-CWC Affiliated Societies, and/or anyone wanting to receive a mailed copy who ARE NOT already receiving News Sheet as an ACWW Life Member or through their national/state officer position.

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### United Nations Web/Address

[Http://www.un.org](http://www.un.org)

### ACWW 2013 Triennial Pictures

[cwcusa.org](http://cwcusa.org) Tab "events"

[ACWWIndia2013](http://ACWWIndia2013)

### Country Women's Council USA

[www.cwcusa.org](http://www.cwcusa.org)



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**Address Service Requested**

## United Nations Promoting Pulses in 2016

Pulses are part of the legume family, but the term “pulse” refers only to the dried seed. Dried peas, edible beans, lentils and chickpeas are the most common varieties of pulses. Pulses are very high in protein and fiber, and are low in fat. Like their cousins in the legume family, pulses are nitrogen-fixing crops that improve the environmental sustainability of annual cropping systems. Pulses are a great tasting addition to any diet. They are rich in fiber and protein, and have high levels of minerals such as iron, zinc, and phosphorous as well as folate and other B-vitamins. In addition to their nutritional profile and links to improved health, pulses are unique foods in their ability to reduce the environmental footprint of our grocery carts. Put it all together and these sensational seeds are a powerful food ingredient that can be used to deliver the results of healthy people and a healthy planet.



Pulses come in a variety of shapes, sizes and colors and can be consumed in many forms including whole or split, ground into flours or separated into fractions such as protein, fiber and starch.

Pulses do not include fresh beans or peas. Although they are related to pulses because they are also edible seeds of podded plants, soybeans and peanuts differ because they have a much higher fat content, whereas pulses contain virtually no fat. To learn more about pulses and for recipes go to [www.pulsecanada.com](http://www.pulsecanada.com)