

Morning Classes – Tuesday, October 8 (select your 1st, 2nd and 3rd choices)

9:30 a.m. – 5:00 p.m. Learning Session (all day)

****All day class – If chosen, it will be the only Tuesday class for which you will register.**

Medium Josephine Egg Basket – Mountain State

Cost: \$28.00 Limit: 20

Elaine Sinclair, Owner of Elaine's Baskets

Margie Northrop, Assistant

Students will learn the Josephine knot then how to incorporate the ends into the ribs of an egg basket. **MUST bring scissors, towel, water pot, and a packer or awl or ice pick.**

String Quilts – Dorsey Back

Limit: 15

Olive Kerns and Bessie Given, Monongalia County CEOS

Making quilts from string material. **MUST bring your own sewing machine.**

9:30 a.m. – 11:30 a.m. Learning Session (2 hours)

****If chosen, it will be the only Tuesday morning class for which you will register.**

Connecting Kids with Quilting – Dorsey Front

Cost: \$10.00 class materials Limit: 8

Jenny Murray, 4-H Curriculum Specialist/Extension Assistant Professor

Ashley N. Kooken, 4-H Club & Youth Programming Specialist/Extension Assistant Professor

You will learn simple step-by-step instructions to make a pillowcase with no exposed raw edges using the "burrito" method. Not only will you leave this class with one finished pillowcase to gift or keep for yourself, you will also leave with the knowledge and confidence you need to connect kids with quilting by engaging them in similar quilting projects, like pillowcases, 10-minute table runners, and more!

Material Wreath – Oak Room (lodge)

Cost: \$8.00 class materials Limit: 10

Alma Cummings, Teacher

Betty Bias, Lincoln County CEOS

You will learn how to make a door or wall wreath.

Computer Class for Beginners – SLC Computer Lab (right door)

WVU Extension Service IT Personnel

For anyone who does not currently use a computer or is very new to it. This class will be informal, and our dedicated Extension IT personnel will be on hand to help you –

2019 WVCEOS Conference Learning Session Descriptions

learn to use a computer or how to use email or even create a Facebook profile, so you can keep up with your family. They will provide a few handouts for you to take home.

9:30 a.m. – 10:30 a.m.

Learning Session (1 hour)

Celebrating 100 years of the right to vote – *Ag Hall of Fame*

Margaret Miltenberger, Mineral County WVU Extension and CEOS Agent Adviser

The march for women to earn the right to vote began in earnest following the Civil War in 1865. The women who began this effort did not live to experience this right. Learn about the fascinating history of this journey and what it took for President Wilson, in the middle of World War II, to sign the 19th amendment. **Please feel free to bring any women's suffrage material and samples you may have collected.**

3Dimensional Greeting Cards from Cookie Molds – *WV Room (lodge)*

Cost: \$6.00 class materials Limit: 10

Janet Judd, Monongalia County CEOS

Using clay cookie molds, participants will brush watered down glue over 6-10 layers of toilet paper into the molds. The resulting form can be glued to card stock and an appropriate greeting may be added.

(2020 Lesson) Covered Bridges of West Virginia – *Kanawha

John Wickline, Harrison County WVU Extension

A session to help those teaching this lesson at their club to better prepare. It is also open to those interested in traveling to some of the state's more scenic locales or to anyone interested in the history of West Virginia.

(2020 Lesson) WV Wild Wonderful Parks – *Harrison

Stephanie Lusk, Wyoming County WVU Extension Agent

Jeff Davis, Wyoming County WVU Extension Agent

This lesson will provide a history of the establishment of West Virginia State Parks. This lesson will go over unique park facts, different types of parks (day use vs. resort) and historical parks. This lesson will cover programs offered by West Virginia State Parks.

Continued on next page.

2019 WVCEOS Conference Learning Session Descriptions

10:50 a.m. – 11:50 a.m.

Learning Session (1 hour)

Container Gardening 101 – EEC-6

Limit: 10

Jesica Streets, Tucker County WVU Extension Agent

Learn the basics for planting and maintaining a healthy outdoor container garden: materials and styles of containers, customized potting mixes, fertilization, and watering requirements.

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***(2020 Lesson) Edible Greens – Greenbrier**

Andi Hoover, Greenbrier County WVU Extension Agent

Identifying wild plants that are edible, what to avoid and how to eat or consume them. Recipes provided.

Historic Preservation – Ag Hall of Fame

Michael Dougherty, Monongalia County WVU Extension Specialist

Historic preservation efforts seek to preserve and protect the past of a place. This allows current and future residents to experience the tradition and culture of a community. This session will examine the reasons that places undertake this historic preservation. It will discuss different approaches to the process, from the National Register to state laws, to local government regulations (e.g., zoning overlay districts, historic landmark commissions, and Certified Local Governments) to individual action. And it will provide examples of lessons learned and success stories from historic preservation efforts.

2019 WVCEOS Conference Learning Session Descriptions

Painting Flowering Canvas – WV Room (lodge)

Cost: \$12.00 Limit: 20

Deborah Nelson and Diana Porter, Lincoln County CEOS

Pouring paint onto a canvas through a strainer. **MUST bring 3 or 4 colors of your choice (Acrylic paint).**

Afternoon Classes – Tuesday, October 8 (select your 1st, 2nd and 3rd choices)

3:00 p.m. – 5:00 p.m.

Learning Session (2 hours)

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How simple tools will empower you to help stop Human Trafficking – Dorsey Front

Penny Kay Hoeflinger, President of Coffee House Farm, LLC

Educating communities and families on everyday situations where they can be empowered to make educated choices that will help their own family and also their community so traffickers cannot move into their communities and lure the young people into their web of slavery.

Woven Pot Holder – Guild Room

Cost: \$5.00 class materials Limit: 6

Julia Bragg and Connie Ferrill, Lewis County CEOS

Weaving a simple Rose pattern pot holder. **NOT for beginners.**

Fire Safety: Hands on Fire Extinguishing and Home Fire Prevention – Oak Room (lodge)

Tom Stockdale and John Hyman, WVU Safety and Health Extension

Hands on Fire Extinguishers with Bullex Fire Training Prop and Laser Extinguisher. Home Fire Prevention: Carbon Monoxide Detectors, Smoke Detectors, Chimney Cleaning, Testing Outlets and more.

Computer Class for Advanced – SLC Computer Lab (right door)

WVU Extension Service IT Personnel

Advanced meaning you know how to use a computer but want to learn more. This class will be informal. Our dedicated Extension IT personnel will be on hand to help you, whether you just have questions about how to navigate a website, use your email more effectively or more advance questions about how to do something in Microsoft Word or Excel. We're here to help!

Tour to the Museum of American Glass in West Virginia (located in Weston, WV) – Dining Hall Front Porch

Limit: 15 / Travel will be by cars or van

Helen McClain, WVCEOS Past State President, Lewis County

Imagine a museum dedicated to the region and nation's rich glass heritage. A place where examples of thousands of products can be viewed and compared and where the stories of people and processes come to life!! The Museum of American Glass in West Virginia provides this and much, much more.

3:00 p.m. – 4:00 p.m.

Learning Session (1 hour)

Emergency Preparedness for Seniors – Ag Hall of Fame

Rick Moorefield, Summers County WVU Extension Agent

Attendees will learn how to develop a plan and assemble supplies that will allow them to deal with a weather or home-related emergency with increased comfort and safety.

Counted Cross stitch Santa – EEC-6

Cost: \$8.00 Limit: 10

Virginia Lawrence, Craft Specialist

Learn how to make a counted cross stitch Santa to be an ornament or put on a package/ any item. **MUST bring your own scissors**

***(2020 Lesson) Edible Greens – Greenbrier**

Andi Hoover, Greenbrier County WVU Extension Agent

Identifying wild plants that are edible, what to avoid and how to eat or consume them. Recipes provided.

***(2020 Lesson) The Big Picture: Leadership and Opportunity – Harrison**

Margaret Miltenberger, Mineral County WVU Extension and CEOS Agent Adviser

The West Virginia Community Educational Outreach Service (CEOS) is more than just a local community club. You can grow and share through leadership opportunities and experiences from West Virginia to the national and international level. Learn about WVCEOS, NVON, and Associated Country Women of the World (ACWW). The reward can be tremendous, and it is good to know that CEOS is a part of the big picture to improve our world.

2019 WVCEOS Conference Learning Session Descriptions

Essential Oils Simplified – WV Room (lodge)

Cost: \$6.00 class materials Limit: 15

Ginny Tabb, Berkeley County

What are essential oils? Extraction methods, 100% pure, what does that mean? Where do I begin, use and safety? You will make bath/foot soak/ bomb, Sugar scrub, or roller bottle. Take home holiday gifts.

Making Easy Holiday Treats – EEC-5

Cost: \$7.00 class materials Limit: 20

Cheryl Kaczor, Marshall County WVU Extension Agent

Terri McGuire, Marshall County WVU Extension Program Assistant

This is a hands-on class where we will make 2-3 different fun holiday treats. These recipes can be used for gifts or to just enjoy yourself. You will also be able to make them with children.

4:15 p.m. – 5:15 p.m.

Learning Session (1 hour)

Plastic Canvas Pumpkin bag and Plant Pokes – EEC-6

Cost: \$10.00 Limit: 10

Virginia Lawrence, Craft Specialist

Making a treat bag that is a square bag and a ghost. And pumpkin plant pokes to decorate your plants. **MUST bring your own scissors**

Stamping Holiday Greeting cards – Ag Hall of Fame

Cost: \$7.00 class materials Limit: 10

Linda Cross, Harrison County CEOS

We will be making a Thanksgiving and a Christmas Card. Envelopes included.

Making Easy Holiday Treats – EEC-5

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***(2020 Lesson) Eating Healthy When Eating Out – Greenbrier**
Andi Hoover, Greenbrier County WVU Extension Agent

Issues to be aware of that lead to unhealthy eating decisions when eating out, and tips to choose a healthier meal.

WVCEOS Chorus – Assembly Hall

***If chosen you must attend two of the three sessions offered.**
Trish Weinschenker, Marshall County CEOS
Barbara Brasher, Wetzel County CEOS

Join the singing and prepare songs to be performed at the Wednesday evening awards ceremony. Also offered Wednesday 8:30 a.m. and 4:10 p.m.

Morning Classes – Wednesday, October 9 (select your 1st, 2nd and 3rd choices)

8:15 a.m. – 9:45 a.m. Learning Session (1 hour)

***(2020 Lesson) Communication Between Generations – Oak Room (lodge)**
Callie Daugherty, Wirt County WVU Extension Agent

One of the biggest challenges to caring for grandchildren is communication. Today's youth have very different values compared to their grandparents. In this session, participants will learn and practice effective strategies for communicating with youth.

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Andi Hoover, Greenbrier County WVU Extension Agent

Issues to be aware of that lead to unhealthy eating decisions when eating out, and tips to choose a healthier meal.

Continued on next page

2019 WVCEOS Conference Learning Session Descriptions

2020 Area Representative and Assistant – Ag Hall of Fame

Connie Wolfinger, WVCEOS State President
Clinedda Austin, WVCEOS State Vice President

Participants will learn about the responsibilities involved with being an Area Representative or Assistant Area Representative. These two CEOS leadership positions serve as the link between the state and county CEOS club work.

2020 County and Club Treasurers Officer Training – Kanawha

Judy Bee, WVCEOS State Treasurer
The importance of keeping excellent treasurer records. Ways to make recording keeping simple for you.

Garden Hat Door Hanging – Mountain State

Cost: \$20.00 Limit: 12
Margarett Fisher, Floral Artist

Decorating a straw garden hat to hang on door, wall, or as accent, using tape & wire method. Students may choose from spring, summer or fall items. **MUST bring glue gun or small bottle of glue.**

Health Motivator Training – Dorsey Front

Gwen Crum, Wood County WVU Extension Agent

Learn about the 2020 Health Motivator Topics to use in your counties. Come have fun, learn about ways to help others and improve your own health in 2020.

Paper Beading – WV Room (lodge)

Cost: \$5.00 Limit: 12
Edith Marcum, Teacher
Kim Satterfield and Jim Woodall, Assistant Teachers

We will make beads for bracelets or a necklace using magazines
MUST bring pencil, ruler, scissors, glue gun or small bottle of glue.

Purposeful Reading Committee – Harrison

Diana Mielecki, Chairperson
Bonnie Wendt, Co-chairperson

This class will provide packets for Purposeful Reading representatives containing the new reading lists and our work plan for 2020. We also plan to have a game and book exchange.

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2019 WVCEOS Conference Learning Session Descriptions

WVCEOS Alumni Roundtable Discussion – Dorsey Back

Helen McClain, Past State President and Lewis County CEOS

Are you an alumnus of WVCEOS? Perhaps you were a State Officer, Area Representative or Assistant, Elected Member or Appointed Member to the Board, or an Educational Committee Chair. Come participate in a discussion of how the alumni can stimulate leadership and potential growth of CEOS.

Computer Class for Advanced – SLC Computer Lab (right door)

WVU Extension Service IT Personnel

Advanced meaning you know how to use a computer but want to learn more. This class will be informal. Our dedicated Extension IT personnel will be on hand to help you, whether you just have questions about how to navigate a website, use your email more effectively or more advance questions about how to do something in Microsoft Word or Excel. We're here to help!

WVCEOS Chorus – Assembly Hall

***If chosen you must attend two of the three sessions offered.**

Trish Weinschenker, Marshall County CEOS

Barbara Brasher, Wetzel County CEOS

Join the singing and prepare songs to be performed at the Wednesday evening awards ceremony. Also offered Tuesday 4:15 p.m. and Wednesday 4:10 p.m.

Afternoon Classes – Wednesday, October 9 (select your 1st, 2nd and 3rd choices)

1:30 p.m. – 3:30 p.m.

Learning Session (2 hours)

***(2020 Lesson) Communication Between Generations – Oak Room (lodge)**

1-hour class

Callie Daugherty, Wirt County WVU Extension Agent

One of the biggest challenges to caring for grandchildren is communication. Today's youth have very different values compared to their grandparents. In this session, participants will learn and practice effective strategies for communicating with youth.

Continued on next page

2019 WVCEOS Conference Learning Session Descriptions

***(2020 Lesson) It's Electric! Instant Pots and Electric Pressure Cookers – EEC-5**

Alexandra Coffman, Grant County WVU Extension Agent

Brooke Alt, Pendleton County WVU Extension Agent

This session will cover the CEOS lesson submitted on Instant Pot safety, recipes, and information on the electric pressure cooker craze. Participants will learn the parts of an electric pressure cooker, timing for foods, and how to safely use it.

BUNCO – Dorsey Back

Sharon Ford and Deborah Blehschmidt, Monongalia County CEOS

BUNCO is a dice game that is quick and easy to learn and play. The only thing required is to come and have a good time. Never played before? Come and learn. Already a BUNCO player? We want you too.

Beginner penny rug class – EEC-6

Cost: \$10.00 Limit: 20

Elaine Sinclair, owner of Elaine's Baskets - Harrison County CEOS

Learn how to create a beautiful heirloom using wool and a blanket stitch. **MUST bring fabric scissors**

Continuing Education Committee – Greenbrier includes *(2020 Lesson) International Student Ecuador Lesson

Carolyn Bowman, Harrison County CEOS

And WVU Extension Advisors

We will learn about 2020 Plan of Action. And meet the international student Peter.

Marketing & Membership Committee – Harrison

Tracey Mullenax, Grant County CEOS

Karen Bright, Preston County CEOS

Come join in. Learn about the NVON Project In Common Challenge. Learn the basics of recruitment and retention of members. Share an overview of WV Covered Bridges and State Parks.

Family Committee – Kanawha

Cheryl French, Harrison County CEOS

It is a chance for Family Committee chairs and members to receive tools and instructions to carry out the goals and objectives for 2020. They will be able to get answers, solve problems and share ideas.

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2019 WVCEOS Conference Learning Session Descriptions

The Art of Making Bows – Mountain State

Cost: \$15.00 Limit: 12

Margarett Fisher, Floral Artist

Learn how to make 4 different styles of bows. **MUST bring glue gun or bottles, sharp scissors, wire cutters and pliers**

Material Wreath – Dorsey Front

Cost: \$8.00 class materials Limit: 10

Alma Cummings, Teacher

Betty Bias, Lincoln County CEOS

Make a door or wall wreath.

Computer Class for Beginners – SLC Computer Lab (right door)

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For anyone who does not currently use a computer or is very new to it. This class will be informal, and our dedicated Extension IT personnel will be on hand to help you learn to use a computer or how to use email or even create a Facebook profile, so you can keep up with your family. They will provide a few handouts for you to take home with you.

3:50 p.m. – 4:50 p.m.

Learning Session (1 hour)

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***(2020 Lesson) International Student Ecuador Lesson – Greenbrier**

Denis Scott, WVU Extension Specialist/Associate Professor

Peter Dreher Pozo, WVU's CEOS International Student from Ecuador

2020 County and Club Presidents – Kanawha

Connie Wolfinger, WVCEOS State President

Responsibilities of a club and or county president Question and answer session Door Prize and/or quiz

2020 Vice President's Class– Harrison

Clinedda Austin, WVCEOS State Vice President

2019 WVCEOS Conference Learning Session Descriptions

Information will be provided to best describe the duties of club and county vice presidents. Handouts will be provided, as well. Door prize/s will be given.

2020 Secretaries Training Class – Dorsey Front

Carolyn Bowman, WVCEOS State Secretary

Discussion to provide information for Secretaries to complete their duties. Prepare handouts of information that Secretaries are to complete.

Painting Flowering Canvas – WV Room (lodge)

Cost: \$12.00 Limit: 20

Deborah Nelson and Diana Porter, Lincoln County CEOS

Pouring paint onto a canvas through a strainer. **MUST bring 3 or 4 colors of your choice (Acrylic paint).**

WVCEOS Chorus – Assembly Hall

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Trish Weinschenker, Marshall County CEOS

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Join the singing and prepare songs to be performed at the Wednesday evening awards ceremony. Also offered Tuesday at 4:15 p.m. and Wednesday at 8:30 a.m.

Morning Classes – Thursday, October 10 (select your 1st, 2nd and 3rd choices)

8:30 a.m. – 10:30 a.m.

Learning Session (2 hours)

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Computer Class for Both Beginners and Advanced – SLC Computer Lab (right door)

WVU Extension Service IT Personnel

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8:30 a.m. – 9:30 a.m.

Learning Session (1 hour)

***(2020 Lesson) Famous Trees and what makes them famous – Kanawha**

Mike Hall, Webster County WVU Extension Agent

West Virginia is noted for its natural beauty with trees and forests, which cover 75 percent of the state's land area. When one uses an internet search browser looking at "famous trees" or "famous trees in West Virginia" there will be many hits. This lesson will explore some famous trees and what makes them so. This may include age; size; where it's – located; its place in historical events associated with, or witnessed by, that tree; biological uniqueness; or, its place in literature or mythology. Although the emphasis will be on West Virginia trees, famous trees from around the United States and the world may be included. Some of the trees that could be explored are the Pringle Tree, Webster Sycamore and Mingo Oak.

***(2020 Lesson) Tai Chi for Health – Harrison**

Stephanie Lusk, Wyoming County WVU Extension Agent

This lesson will give a brief history of the origin of Tai Chi. It will briefly discuss the different styles of Tai Chi. This lesson will detail the variety of health benefits that come from regular practice of Tai Chi. These can include arthritis, osteoporosis, diabetes, memory and heart conditions

***(2020 Lesson) WV Authors, Then and Now – WV Room (lodge)**

Margaret Miltenberger, Mineral County WVU Extension and CEOS Agent Adviser

West Virginia has a rich history of wonderful authors and many recent new authors. Learn about some favorite authors from the past and the wide variety of new books and poems written by modern West Virginia Authors. Have fun sharing about books you have read and take home a book list of recommended authors and book titles.

Say Yes to Saying No: The Importance of Boundaries – Dorsey Front

Lesley Woodrum, Summers County WVU Extension Agent

In a world that is increasingly busy, it's important to manage time; one such way to do that is to say no. We're programmed to think we should say yes to every request, but sometimes saying no is the best answer. In this lesson, learn the importance of saying no, why we all need boundaries, and gain tools to help you set boundaries.

Stop the Bleed – EEC-6

Ann Dugan, Shirley M Kimble Training Center

Learn how to stop life threatening bleeding. Learn when and how to apply a tourniquet and other ways to stop major bleeding.

Understanding YOU to understand OTHERS: Perceptions, stereotypes, and biases
– *Greenbrier*

Denis Scott, WVU Extension Specialist/Associate Professor

Have you ever wondered why similar people can see the world so differently? Come learn how our perceptions shape our opinions. Discern fact from fiction while discovering surprising clues about stereotypes and biases during this fun and interactive session.

WV Honey Bees Basics – Oak Room (lodge)

Steve Hamrick, Harrison County Beekeeper

Basics of beekeeping, Types of Honey, Benefits of eating Honey

9:50 a.m. – 10:50 a.m.

Learning Session (1 hour)

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West Virginia has a rich history of wonderful authors and many recent new authors. Learn about some favorite authors from the past and the wide variety of new books and poems written by modern West Virginia Authors. Have fun sharing about books you have read and take home a book list of recommended authors and book titles.

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Wreath Making – Dorsey Front

Lesley Woodrum, Summers County WVU Extension Agent

Using ribbon scraps and \$1 wreath from the Dollar Tree, make a bright wreath perfect for any occasion. This is the perfect craft for someone who likes to be creative but doesn't focus on perfection.

WV Honey Bees Basics – Oak Room (lodge)

Steve Hamrick, Harrison County Beekeeper

Basics of beekeeping, Types of Honey, Benefits of eating Honey