

ANNUAL CONFERENCE 2018

Information and Registration



March 13-15, 2018

Remove center Conference information. Copy
pages needed to submit registration.



MARCH 2018 ANNUAL CONFERENCE

Hello HCE Members

Marilyn Schaefer and I want to personally invite you to the March 13-15, 2018 Annual Conference that will be held at the Thelma Keller Convention Center in Effingham, IL. We are going to have a GREAT time.

Patty Greene, Thelma Keller Convention Center Sales Director, is doing everything she can to make sure we enjoy our stay and time there. The décor is going to be spectacular in Red, White and Blue. So, be sure to wear Red, White and Blue on Tuesday, and the Wednesday night Elsie Mies banquet will be formal attire.

We have some great speakers that will be at our lunches. Sharon Middleton, IAHCE 1st Vice-President, is working on some interesting share shops. We also have some great entertainment the night of the Elsie Mies banquet that I'm sure you will enjoy.

Be sure to fill out the insert and get it mailed before the deadline date. Let's make this the best and biggest Annual Conference yet.

Can't wait to see you all there. If you have any questions during the conference, the board members will be easy to find. Just wait and see.

Thanks,

Sharon Davis, Chair
Marilyn Schaefer, Co-Chair

AGENDA AT A GLANCE

Monday, March 12, 2018

7:00-9:00 p.m. Registration open
Enter Cultural Enrichment items
Enter Silent Auction items

Tuesday, March 13, 2018

8:00 a.m. Registration open
Enter Cultural Enrichment items
Enter Silent Auction items
8:30 a.m. Scavenger Hunt
10:45 a.m. Doors open for Lunch
1:30-2:30 p.m. Share Shops—Session 1
3:00-4:00 p.m. Share Shops—Session 2
4:15 p.m. Support Fund Advisory Committee
6:00 P.M. Awards Banquet
After Banquet Make-It Take-It and games/Bingo

Wednesday , March 14, 2018

7:30-8:20 a.m. Voting delegates check in
8:00 a.m. Registration open
8:30 a.m. Business Meeting
11:30 a.m. Lunch
1:30-2:30 p.m. Share Shops—Session 3
3:00-4:00 p.m. Officer Share Shops—Session 4
5:45 p.m. Elsie Mies Banquet

Thursday, March 15, 2018

8: 30-9:30 a.m. District Workshops—Session 5
10:00-11:00 a.m. Share Shops—Session 6
11:00 a.m. Lunch Boxes

ILLINOIS ASSOCIATION FOR HOME AND COMMUNITY EDUCATION 2018 ANNUAL CONFERENCE PRE-REGISTRATION FORM

Please reproduce this form for **EACH** individual attending the March 13-15, 2018 IAHCE Annual Conference.



POSTMARK MUST BE BY February 1, 2018 PLEASE PRINT



Name _____ Street _____

City _____ State _____ Zip code _____

Phone (____) _____ E-mail _____

IAHCE District # _____ County _____

Person to contact in emergency _____ Phone (____) _____

Disability or doctor prescribed **special dietary needs** _____
(Please notify hotel of any physical disability)

PLEASE CHECK AND/OR COMPLETE ALL SPACES WHICH APPLY

IAHCE Member _____ Member for 50 years _____ or more _____ (how many years) Guest _____

First-time attending _____ Voting Delegate _____ Facilitate a Class (fill out Facilitator Form) _____

County Board Officer _____, if so what office do you hold _____

IAHCE Board: Current member _____ Position _____ Nominee _____

Past STATE BOARD member _____ Past STATE PRESIDENT _____ Attending Wednesday lunch? _____

PAYMENT MUST ACCOMPANY REGISTRATION-FAILURE TO DO SO WILL RESULT IN A PROCESSING DELAY.

REGISTRATION FEES:

3 Day Package - All meals (except breakfast) and registration \$150.00 _____

1 Day/Tuesday OR Wednesday Package - Lunch & registration *(Circle Tues or Wed)* \$ 38.00 _____

Full Day/Tuesday Package - Lunch, Dinner & registration \$ 76.00 _____

Full Day/Wednesday Package - Lunch, Dinner & registration \$ 92.00 _____

Wednesday Elsie Mies Banquet only \$ 55.00 _____

Thursday Only - Box Lunch & registration \$ 38.00 _____

GUESTS - 3 Day Package, \$170; 1 Day/Tuesday or Wednesday \$50;
Full Day Tuesday, \$87; Full Day Wednesday, \$104 *(Circle Tues or Wed)* \$ _____

Late Fee: \$10.00 per person 1 day; \$15.00 per person entire conference \$ _____

Sub-total \$ _____

Registration District Scholarship Certificate *(Must register for full conference.)*
Certificate won at August 2017 District Workshop must be included with payment; (subtract) (\$ _____)

TOTAL \$ _____

Registration is transferable, not refundable. Make check payable to **IAHCE and send payment and registration forms to Donna Richards, 803 W. Jourdan Street, Apt. B3, Newton, IL 62448.**

If you have questions, please call Sharon Davis at 217-821-7778 or Marilyn Schaefer, 217-821-0508.



2018 ANNUAL CONFERENCE SHARE SHOP REGISTRATION

Name _____

County _____

Instructions: Choose the share shop you would like to attend in each of the time periods by placing 1, 2, 3, (indication choice) in the space provided.

OMITTING the 2nd and 3rd choices WILL NOT ENSURE placement in your 1st choice. Share Shops will be filled per date of registration. Send both the registration sheet and share shop list with your payments to:

Donna Richards
803 W. Jourdan Street, Apt. B3
Newton, IL 62448

TUESDAY, MARCH 13, 2018

1:30 – 2:30 p.m.

- 1. 10 Lessons Quilting Has Taught Me About Life
- 2. What are the Differences Between White Corn and Yellow Corn
- 3. Salad in a Jar
- 4. The Predator's Playbook
- 5. Healthy Cooking for Busy Families: Using a Slow Cooker
- 6. Caregiver Self-Care
- 7. History of Boos Blocks® Cutting Boards: Celebrating 130 Years!
- 8. Human Trafficking

3:00 – 4:00 p.m.

- 9. Learn the Art of Kumihimo
- 10. Dump Meals
- 11. The Predator's Playbook
- 12. Welcome to the Colorful World of Shetland Sheep
- 13. Squash 101
- 14. Kitchen & Bath Cabinetry & Counter Designs
- 15. History of Boos Blocks® Cutting Boards: Celebrating 130 years!
- 16. Public and Home Safety

WEDNESDAY, MARCH 14, 2018

1:30 – 2:30 p.m.

- 17. Nuts About Nuts (Especially Pecans)
- 18. Boxes, Bags, Bows: Let's Make Our Own
- 19. Organic, Local, Natural
- 20. What is an 'App'???
- 21. Who Doesn't Like to Dip?
- 22. You Took that Picture with Your Phone!?!?
- 23. Have a Grain Day!
- 24. Human Trafficking

3:00 – 4:00 p.m.

- 25. President - Jane Chapman
- 26. 1st Vice-President - Sharon Middleton
- 27. 2nd Vice President - Angela Hicks
- 28. Secretary/CVH/Treasurer - Donna Richards/Ashley Davis/Beverly Combs
- 29. Cultural Enrichment - Peggy Long
- 30. Family & Community Issues - Sharon Davis/Norma Korte
- 31. International - Pat Weitzmann
- 32. Public Relations - Pat Hildebrand

THURSDAY, MARCH 15, 2018

8:30 – 9:30 a.m.

DISTRICT MEETINGS

- 33. District #1 - Cara Ausmus/Becky Thomas
- 34. District #2/3 - Kathy Peterson
- 35. District #4 - Mary Eustace
- 36. District #5 - Kathleen Emery
- 37. District #6 - Marilyn Schaefer/Debra Segrest
- 38. District #7 - Janel Kassing

10:00 – 11:00 a.m.

- 39. Candy, Comedy, and Commitment (at the Crossroads?)
- 40. Understanding Inflammation and How Diet Influences the Process
- 41. Eating Well as You Age
- 42. " Iris Folding"

INFORMATION FOR HOTEL REGISTRATION

CREDIT CARD BY EACH INDIVIDUAL: Be aware that EACH individual in each room will be required to check in with the hotel front desk.

Please call the hotel to make a reservation and to use your credit card to hold your suite.

Please mail the list of your roommates to the hotel after making arrangements.



**Holiday Inn
1301 Avenue of Mid America
Effingham, Illinois 62401**



Breakfast vouchers included (2 to 4 per room)

Rates for the March 11–15, 2018 Conference—Standard \$139.00 plus tax
Suite \$189.00 plus tax

To make a Reservation

*Call 1-855-914-1307

*State your check-in & check-out dates

*Mention you are attending **Illinois Home & Community Education Association** Conference
CODE: ICE

Name _____

Address _____ City _____ State _____

Number of Rooms _____ E-mail _____ Phone (_____) _____

County _____ Handicap Accessible Needed _____



NAME	ARRIVAL DATE	DEPARTURE DATE	COUNTY

PLEASE KEEP A COPY OF THIS FORM FOR YOUR RECORDS

CONFERENCE BEGINS TUESDAY, MARCH 13, 2018

Opening ceremonies will begin at 11:00 a.m. and lunch will be served at 11:15 a.m.

CONFERENCE REGISTRATION: A registration fee of \$150.00 will cover the full 3-day conference which includes three lunches, two dinners and your share shops. Breakfasts are also included if registered at hotel. The one day, Tuesday OR Wednesday Package includes registration, lunch and share shops at a cost of \$38.00; Tuesday Package includes lunch, dinner and share shops which will be \$76.00; Wednesday Package includes registration, share shops, lunch; Elsie Mies dinner with cost of \$92. Elsie Mies Banquet ONLY will be \$55.00. Thursday's share shops and box lunch will be \$38.00. Guests full registration is \$170.00 and individual days, see registration form. You must be registered to attend any share shop and meals. This registration information is also on the website at: www.iahce.org

REGISTRATION DEADLINE: You must mail your completed registration form postmarked by **February 1, 2018** to Donna Richards, 803 W. Jourdan St., Apt. B3, Newton, IL 62448. You may register at conference but you stand the risk of not being able to attend the share shop of your choice and/or meals may be different.

LATE REGISTRATION: There will be an additional \$15.00 charge per person purchasing the 3-day package and \$10.00 charge for 1 day package if registration is postmarked after the deadline of **February 1, 2018**.

WALK-IN: Walk-ins must register upon arrival, pay fees, including the late registration fee and select an available share shop. Since some share shops are limited, walk-ins run the risk of a desired class being full and/or lack of handouts being available. Pre-registration is advised.

REFUNDS: No refunds for \$10.00 or less.

CONFERENCE REGISTRATION: 7:00-9:00 P.M. MONDAY, March 12 and starting at 8:00 a.m. on Tuesday. A President or designated person should register and pick up packets for **ALL** attendees from that county.

TUESDAY CONFERENCE ACTIVITIES: Register for a "Scavenger Hunt" at 8:30 a.m. Wear patriotic colors.

MEALS: Three lunches and two dinners are included in the 3-day registration package. Full breakfasts are also included for registered hotel guests. Attendees who need special meals must note it on the registration form.

BANNERS: The county banners will be displayed during the conference. (Check the map in your Program Book for the location). **Don't forget to bring a display stand for your banner.** Please check in your banner in the hall where banners will be displayed. You may take your banner down on Wednesday after the banquet or wait until Thursday morning.

CULTURAL ENRICHMENT AND EDUCATIONAL DISPLAYS: Exhibit items should be delivered on Monday, March 12, 2018 from 7:00-9:00 pm or Tuesday, March 13, 2018 at 8:00 a.m. Pick up on Thursday morning by 10:00 a.m. Counties are limited to eight (8) items, of which one (1) may be a quilt. Please send your registration for Cultural Enrichment items and Educational Displays **postmarked by February 15, 2018** to: **Peggy Long**, 1573 39th Avenue, Moline, IL 61265. Educational displays should also be delivered at the same time as exhibit items.

SUPPORT FUND and EDUCATIONAL DISPLAY: Inquire at registration desk as where to display.

SILENT AUCTION: Counties are asked to donate one or more items, valued at a minimum of **\$5.00**. Please register your items either Monday, March 12 from 7-9 p.m. or by 10:45 a.m. on Tuesday with the Silent Auction committee. Remember to bring GOOD quality items...items that you would want. Especially popular are handcrafted items, original and unusual items, and theme baskets. The number on your name tag will also be used for your Silent Auction bids. Those winning items can be picked up on Thursday, March 15 from 7-8 a.m. or by 10:00 a.m.

CLASSROOM FACILITOR: If you would like to introduce and assist a share shop speaker, please fill out the Facilitator form and mail it to: **Mary Eustace, 48010 166th Avenue, Pearl, IL 62361** by **February 1, 2018**. You will be notified prior to conference who you will be helping. Be sure to keep a record of share shops you have signed up for.

VOTING DELEGATES: Delegates are selected as per instructions in the IAHCE Bylaws. There is a place on the registration form to mark if you are a voting delegate. Voting delegate forms and instructions will be included in the Pre-Conference Packet sent to the county presidents in December. Send names of delegates to State Secretary: **Donna Richards, 803 W. Jourdan St, Apt. B3, Newton, IL 62448**.

PHOTO OP: Be sure to sign up for a group photo to promote HCE in your local newspaper. See Clarence, our official IAHCE photographer, for a time and place.

EDUCATION AWARD BOOKLETS: All Education Booklets will be returned to Sharon Middleton between 4-5 p.m. on Wednesday afternoon. Grand Award winners will be on display along with the County of the Year after the Elsie Mies Banquet. **Please leave the Grand Award reports on display for the members to view until that time.**

TUESDAY LUNCH: Doors open at 10:45 a.m. for lunch. The opening ceremony will begin at 11:00 a.m. Lunch will be served at 11:15 a.m. There will be reserved seating for counties celebrating 100 Years.

TUESDAY EVENING FUN: Activities are being planned following the Awards Banquet. (See page 12.) If you would like to play Bingo, bring a \$1 gift. Listen for announcements during the conference.

TUESDAY EVENING MAKE-IT-TAKE-IT: Peggy Long, Cultural Enrichment, has interesting crafts for you to make immediately following the Awards Banquet. There may be a small charge to cover cost of supplies payable to the crafter. If you would be willing to teach a craft, please notify Peggy Long, 1573 39th Avenue, Moline, IL 61265 or phone 309-517-1032 or e-mail: pnjlong@otelmail.com

WEDNESDAY LUNCH: Doors open at 11:30 a.m. for lunch. Lunch will be served at 11:45 a.m. Pennies for Friendship will be collected during lunch.

WEDNESDAY LUNCHEON/OFFICERS: For one time only during the conference, there will be reserved seating according to your county office. What a perfect time to share with other officers from around the state!

WEDNESDAY LUNCHEON/FIRST TIME ATTENDEES: For those attending for the first time, there will be a reserved table. Look for the reserved sign on the table.

WEDNESDAY LUNCHEON/MEMBERS NOT CURRENTLY ON YOUR COUNTY BOARD: Those who are not officers should fill in vacant spaces at the tables.

WEDNESDAY IHEF, IAFCE, IAHCE, PAST STATE BOARD LUNCHEON: The past IHEF/IAFCE/IAHCE State Board Presidents and State Board Members are invited to dine together. There will be reserved seating. Please check the appropriate box on registration form.

ATTIRE FOR ELSIE MIES BANQUET: The attire for this evening is dressy or semi-formal. It is a special night!

GREAT AMERICAN FAMILY: The Great American Family will have reserved seating at the Elsie Mies Banquet on Wednesday evening.

THURSDAY LUNCH: There will be a special lunch with a drink — eat in the dining room or take it with you. This lunch is included in your three-day registration.

EVALUATION FORMS: **Please take time to fill out the conference evaluation form in the back of your program book. These forms are a valuable asset in planning next year's conference. We DO use them!**



ANNUAL CONFERENCE FACILITATORS

Please consider helping as a facilitator. Facilitators announce the name and information of share shop presenters. If you would like to introduce a Teacher/Presenter in a class that you are attending, please check the classes you have chosen. Although you do not know what class you will be attending, check your #1 choice and I will check with Donna Richards, Registration Chairman, to see what class you received. With eight (8) or nine (9) share shops in each session, chances are you will receive your #1 share shop in each session. Check in at the Facilitator Table when you arrive.

TUESDAY, MARCH 15, 2018

1:30 - 2:30 p.m.

- __ 1. 10 Lessons Quilting Has Taught Me About Life
- __ 2. What are the Differences Between White Corn and Yellow Corn
- __ 3. Salad in a Jar
- __ 4. The Predator's Playbook
- __ 5. Healthy Cooking for Busy Families: Using a Slow Cooker
- __ 6. Caregiver Self-care
- __ 7. History of Boos Blocks® Cutting Boards: Celebrating 130 Years
- __ 8. Human Trafficking

3:00 - 4:00 p.m.

- __ 9. Learn the Art of Kumihimo
- __ 10. Dump Meals
- __ 11. The Predator's Playbook
- __ 12. Welcome to the Colorful World of Shetland Sheep
- __ 13. Squash 101
- __ 14. Kitchen & Bath Cabinetry & Counter Designs
- __ 15. History of Boos Blocks® Cutting Boards: Celebrating 130 Years
- __ 16. Public and Home Safety

WEDNESDAY, MARCH 16, 2018

1:30 - 2:30 p.m.

- __ 17. Nuts About Nuts (Especially Pecans)
- __ 18. Boxes, Bags, Bows: Lets Make Our Own
- __ 19. Organic, Local, Natural
- __ 20. What is an 'App'?!?
- __ 21. Who Doesn't Like to Dip?
- __ 22. You Took that Picture with Your Phone?!?
- __ 23. Have a Grain Day!

WEDNESDAY, MARCH 16, 2018

3:00 - 4:00 p.m.

- __ 25. President - Jane Chapman
- __ 26. 1st Vice-President - Sharon Middleton
- __ 27. 2nd Vice-President - Angela Hicks
- __ 28. Secretary/CVH/Treasurer - Donna Richards/Ashley Davis/Beverly Combs
- __ 29. Cultural Enrichment - Peggy Long
- __ 30. Family & Community Issues - Sharon Davis/Norma Korte
- __ 31. International - Pat Weitzmann
- __ 32. Public Relations - Pat Hildebrand

THURSDAY, MARCH 17, 2018

10:00 - 11:00 a.m.

- __ 33. District #1 - Cara Ausmus/Becky Thomas
- __ 34. District #2/3 - Kathy Peterson
- __ 35. District #4 - Mary Eustace
- __ 36. District #5 - Kathleen Emery
- __ 37. District #6 - Marilyn Schaefer/Debra Segrest
- __ 38. District #7 - Janel Kassing

10:00 - 11:00 a.m.

- __ 39. Candy, Comedy and Commitment (at the Crossroads?)
- __ 40. Understanding Inflammation and How Diet Influences the Process
- __ 41. Eating Well as You Age
- __ 42. "Iris Folding"

Those who sign up to be a facilitator will receive a packet with information about the Presenter at the Facilitator Table upon arrival at Annual Conference.

Name _____ County _____

Address _____ City _____ Zip _____

E-mail _____ Telephone: _____

Send form to: **Mary Eustace**
48010 166th Avenue
Pearl, IL 62361

DEADLINE: FEBRUARY 1, 2018

Phone: 217- 829-4016
E-mail: maryliz246@aol.com

DESCRIPTIONS OF SHARE SHOPS

IAHCE 94th Annual Conference



TUESDAY, MARCH 13, 2018
1:30 - 2:30 p.m.

Session 1

1. **“10 Lessons Quilting Has Taught Me About Life” - Kate Laskowski**
Kate will share her quilting journey from the start to the present and the lessons learned along the way. A trunk show of quilts will highlight her journey from beginner quilter, to shop owner, to top ten quilt shop award, to ten years in business.
2. **“What are the Differences Between White Corn and Yellow Corn?” - Norma Korte**
Join Norma in the corn field to find out! Explore the planting to harvest process and taste the differences between food products made with white corn and yellow corn.
3. **“Salad in a Jar” - Karen Cahill** **Limit 40**
Have you heard about the latest exciting way to make and eat salad? These portable, practical and customizable salads use a variety of ingredients. What a fun way to use those Mason jars you have sitting around.
4. **“The Predator’s Playbook” - Ray Minor**
Predators have invaded our neighborhoods, schools, stores, workplace and our places of worship...choose not to be a victim.
5. **“Healthy Cooking for Busy Families: Using a Slow Cooker” - Lisa Peterson - U of I Educator**
Feel like you don’t have time to cook a meal for the family? One time and money saving method to prepare a hot meal for the whole family is using a slow cooker. Come learn all about the history of the slow cooker, a variety of different uses for a slow cooker, receive delicious recipes and get answers to food safety questions.
6. **“Caregiver Self-Care” - Cheri Burcham - U of I Educator**
“We all know someone who is providing care for someone else. It is a rewarding experience for most, but caregivers experience many difficult emotions and losses along their journey. This workshop will focus on overcoming the challenges of caregiving and will examine caregiver stress and burnout—how to recognize them and how to prevent it with techniques for self-care.”
7. **“History of Boos Blocks® Cutting Boards: Celebrating 130 years!” - Twila Ruholl**
Video presentation on the famous Boos Cutting Blocks and how to care for them.
8. **“Human Trafficking” - Patricia McKnight**
Family Trauma and Human Trafficking - A view from the inside.

TUESDAY, MARCH 13, 2018
3:00 - 4:00 p.m.

Session 2

9. **“Learn the Art of Kumihimo” - Angela Hicks** **Limit 20**
Kumihimo is the art of Japanese braiding. Cords and ribbons are made by interlacing strands. *Kumihimo* is Japanese for “gathered threads”. This will be a beginner class making a bracelet. All materials will be provided in a purchased kit. **Kits: \$10.00 cash**
10. **“Dump Meals” - Carol Ropp/Sandy Severe** **Limit 40**
Dump dinners are super-easy, tasty meals for fast-paced families—all you do is "dump" a few ready made ingredients together, and voila, dinner is served.
11. **“The Predator’s Playbook” - Ray Minor**
Predators have invaded our neighborhoods, schools, stores, workplace and our places of worship... choose not to be a victim.



DESCRIPTIONS OF SHARE SHOPS, continued

12. **“Welcome to the Colorful World of Shetland Sheep” - Linda Demaree**
Learn about the beautiful Shetland Sheep. Shetland wool has one of the widest ranges of colors of any breed, with 11 main colors ranging from white to gray to black and from light brown, reddish brown to dark brown. Shetland wool dyes beautifully. Shetlands may display more than 30 different markings.
13. **“Squash 101” - Mac Condill/The Great Pumpkin Patch**
We’ll go back to the basics: How to select, prep and enjoy the wonderful world of squash!
14. **“Kitchen & Bath Cabinetry & Counter Designs” - Julie Mette**
The style and care of your counter tops.
15. **“History of Boos Blocks® Cutting Boards: Celebrating 130 years!” - Twila Ruholl**
Video presentation on the products of Boos Cutting Blocks and how to care for them.
16. **“Public and Home Safety”- Sargent Kurt Davis**
Things you should look for while being in the public and how to be safe in your home.

**WEDNESDAY, MARCH 14, 2018
1:30 - 2:30 p.m.**

Session 3

17. **“Nuts About Nuts (Especially Pecans)”- Karen Voss**
Want to know about growing pecans in Illinois? Come and find out from Illinois largest grower.
18. **“Boxes, Bags, Bows: Let’s Make Our Own” - Georgette Merrifield** **Limit 20**
Ever need a small gift bag, grab an envelope; a small gift box, grab a greeting card. Need a bow to trim a package but no time to run to the store? Just make one! I will show you how. You will make all three (3) in this workshop.
Note: You will need to bring with you: Scissors (for paper cutting), a role of tape, a flat sided ruler and narrow ribbon or raffia if you have some (at least 10” scraps).
19. **“Organic, Local, Natural” - Kristin Bogdonas, U of I Educator**
In this informative presentation, you’ll learn what these terms really mean. What makes organic foods different from non-organic? How do we define “local?” Is natural better? We’ll explore the science and discuss whether these foods are really healthier for you and your family. Eating locally grown can have many benefits but understanding all of these terms can make eating healthful foods daunting! Join Kristin Bogdonas for a timely session and ideas you can start putting in practice right away.
20. **“What is an ‘App’?!?” - Debra Korte & Students**
How many times do you hear “get an App” for your phone to do banking or Facebook. Almost everything now needs an ‘App’. So what is an ‘App’ and how do I get it?
21. **“Who Doesn’t Like to Dip?” - Karen Cahill** **Limit 40**
From caramel dip to vegetable dip to spinach dip, the world of dipping is a popular food trend. Find out some new recipes for unique and different dips while also learning ways to spice up your all-time favorites.
22. **“You Took That Picture with Your Phone?!?” - Debra Korte & Students**
Discover how you can apply recommended tips and techniques for taking great photos with your cell phone.
23. **“Have a Grain Day!” - Jean Cornell/Hodgson Mill** **Limit 30**
Hodgson Mill will provide information on their product line along with tasty samples and trial size give-a-ways.
24. **“Human Trafficking” - Patricia McKnight**
Family Trauma and Human Trafficking - A view from the inside.

DESCRIPTIONS OF SHARE SHOPS, continued



WEDNESDAY, MARCH 14, 2018
3:00 - 4:00 p.m.

Session 4

25. **President** - Jane Chapman
26. **1st Vice President** - Sharon Middleton
27. **2nd Vice President** - Angela Hicks
28. **Secretary/CVH/Treasurer** - Donna Richards/Ashley Davis/Beverly Combs
29. **Cultural Enrichment** - Peggy Long
30. **Family & Community Issues** - Sharon Davis/Norma Korte
31. **International** - Pat Weitzmann
32. **Public Relations** - Pat Hildebrand

THURSDAY, MARCH 15, 2018
8:30 - 9:30 a.m.

Session 5

33. **District 1** - Cara Ausmus/Becky Thomas
34. **District 2/3** - Kathy Peterson
35. **District 4** - Mary Eustace
36. **District 5** - Kathleen Emery
37. **District 6** - Marilyn Schaefer/Debbie Segrest
38. **District 7** - Janel Kassing

THURSDAY, MARCH 15, 2018
10:00 - 11:00 a.m.

Session 6

39. **“Candy, Comedy, and Commitment (at the Crossroads?)” - Devon Story**
Sweets, of course!
40. **“Understanding Inflammation and How Diet Influences the Process” - Diane Reinhold, U of I**
Inflammation is the body’s natural response to stressors. Understanding what causes inflammation and how you can better manage it is the first step to Improving your overall health. Join Diane Reinhold, Nutrition and Wellness Educator, from the University of Illinois Extension, to learn what steps you can take to fight inflammation.
41. **“Eating Well as You Age” - Mary Liz Wright**
Food choices can make an important difference in how we look and feel as we age. Healthy food choices may help to decrease the risk of developing some chronic diseases commonly associated with aging, and help to keep us more independent. In this workshop you will learn which foods supply the nutrients that are especially important for us as we age. We will also discuss current research on the possible benefits of probiotics and prebiotics to strengthen the immune system.
42. **“Iris Folding” - Janel Kassing** **Limit 25**
Learn how to do Iris Folding to make an Easter card. Materials will be furnished. It would help to bring your scissors. **\$3.00 fee** for materials to make a completed card.

CONFERENCE FUN



Scavenger Hunt

Tuesday March 13, 2018
8:30 AM – 10:30 AM

Pick Up your Search Kit
'Hunt Desk' - Conference Center Entrance

Search at your leisure
conference center and adjacent areas



Find all items then enter
Drawing for Prize

SUPPORT IAHCCE!! BUY AN AD

2018 ANNUAL CONFERENCE

Program Booklet Ad Sales



Full page	\$90.00
Half page	\$50.00
One quarter page	\$40.00
Business card	\$25.00

Deadline:
FEBRUARY 1

Name _____

Address _____

E-mail _____

Send Artwork
and
Check payable to:
IAHCCE
to:
Pat Hildebrand
302 N. Hutton Dr.
Newton, IL 62448

618-783-3567
normpat4@yahoo.com

MAKE-IT TAKE-IT • FUN NIGHT



Cardinal "IRIS FOLDING" Greeting Card

Fee: \$3.00

Bring a scissors, please.
Janel Kassing, Randolph County

TOWEL HOLDERS

The kit includes cotton yarn to make 2 holders,
a towel of my choice, and directions.

Fee for kit: \$7.00

Please bring a size G or H crochet hook.
Mary Lou Simmons, Wayne County



ANGEL

Fee for Kit: \$5.00

Nancy Hoene
Effingham County

CHICKEN SCRATCH HEART

Fee: \$1.50

Please bring a small hoop.
Sandy Bechtold
Jersey County



iPad HOLDER

Fee: \$3.00

Kate Schmitgall, Kendall County



FABRIC/BUTTON FLOWER

Fee: \$2.00

Claudia Harju
Madison County



YO-YO CLOWN DOLL

Fee: \$2.50

Anita Ashcroft
Morgan County

**TO JOIN IN THE BINGO FUN,
Bring a \$1 gift.**

2018 IAHCe ANNUAL CONFERENCE MENU*

***PLEASE NOTE:**

Special modifications for the following:

Gluten free, Diabetic, Vegetarian , Vegan

*The menu remains the same with the exceptions to modify for these special dietary needs.

*Freshly brewed regular & decaffeinated coffee and iced tea

Tuesday Lunch

Gluten Free: Chicken and Wild Rice soup
with oyster crackers
Grilled Chicken Salad Sandwich on Croissant
Dill Pickle Spear, Lettuce & Sliced Tomato garnish
Baskets of Chips on Tables

Tuesday Awards Dinner

Salad: Mixed Greens w/choice of dressings
Stuffed Pork Tenderloin w/Demi Glaze
Lyonnaise Potatoes
Whole Green Beans with diced Tomatoes
Rolls and Butter
Dessert: Apple or Peach Cobbler

Wednesday Lunch

Fresh Fruit
Breast of Chicken Béarnaise
Baby Red Potatoes California Blend/matchstick carrots
Rolls, Butter
Angel Food Cake w/Strawberries & Whipped Cream

Wednesday Banquet

Caesar Salad with fresh grated parmesan and croutons
with choice of dressing- Ranch or Caesar
Peppercorn Tenderloin of Beef w/Brown Wine Sauce
Grilled roasted vegetables Cheddar Whipped Potatoes
New York Style Cheesecake

Thursday Lunch

BOX LUNCHES TO GO – THURSDAY, MARCH 15th, 2018
Two Mini Bun Grilled Sandwiches (1 Ham, 1 Turkey &
Swiss) on Hawaiian buns
Bag of Potato Chips Apple or Orange
Gourmet Cookie
Iced Cans of Soda & Bottled Water

2018 PRE-ORDER FORM — Apron, Tote, Pin, T-shirt



Apron—8 oz. 6 5/35 Poly/cotton twill, adjustable neck strap, three front pockets; Royal Blue
Tote—28” handles, 600-denier recycled material, zipper closure; size is 18” x 16” x 4 3/4”
T-shirt—100% cotton, purple with white state logo.

Order logo on back **OR** front

Lapel pin—White with 2018 conference logo

Apron: \$20.00 each QTY _____
Tote Bag: 25.00 each QTY _____
Lapel Pin: 6.00 each QTY _____

T-Shirt: \$15.00 each S ___ M ___ L ___ XL ___
(QTY) (QTY) (QTY) (QTY)

T-Shirt: \$17.50 each /XXL ___ XXXL ___
(QTY) (QTY)

Logo on Back ___ Front ___

Order S, M, L, XL T-shirt & Tote together - \$35.00

Order XXL, XXXL T-shirt & Tote together - \$37.50

Make checks payable to : IAHCe

Amount Enclosed: \$ _____

**Send check to: Janel Kassing
328 S. Main Street
Red Bud, IL 62778**



Last date to order is February 1, 2018.

Name _____

Address _____

City _____

Zip _____

Telephone _____

Email _____

County _____

Pick up Monday, March 13 at Annual Conference

Check-Off List for 2018 CONFERENCE

Use this list to check off things to do before conference or bring to conference.

- ___ Pre-order apron, tee, tote, and pin by **February 1, 2018.**
- ___ Register for Conference and Share Shops - Deadline Due date is **February 1, 2018** . Send to Donna Richards. **Be sure to make copies to have for your records.**
- ___ Make hotel arrangements and **send the form to the hotel and bring a copy with you.**
- ___ Cultural Enrichment Registrations sent to Peggy Long by **February 15, 2018.**
- ___ Facilitator Form sent to Mary Eustace by **February 1, 2018.**
- ___ Register for the Scavenger Hunt.
- ___ Any medicines or special equipment you will need.
- ___ A **sweater or shawl** because we cannot control the temperature of each room we are in. **Be prepared.**
- ___ Notebooks, etc. for your share shops.
- ___ Cultural Enrichment items delivered **Monday, March 12, 2018** from 7:00-9:00 p.m. and Tuesday, **March 13, 2018.**
- ___ Silent Auction items brought to Conference delivered no later than **10:45 a.m., March 13, 2018.**
- ___ Banners - to be delivered and registered near the registration table **Tuesday, March 13, 2018.** Don't forget the stand.
- ___ Special attire for the Elsie Mies Banquet - March 14, 2018.
- ___ Any information you want to share at your District Meeting on Thursday morning.
- ___ Registration at Conference -

Monday, March 12, 2018	7:00 p.m. - 9:00 p.m.
Tuesday, March 13, 2018	8:00 a.m. - 5:00 p.m.
Wednesday, March 14, 2018	8:00 a.m. - 12:00 noon
Thursday, March 15, 2018	8:00 a.m. - 9:00 a.m.

Be prepared to have fun and learn lots at the share shops!