

INFORMATION AND REGISTRATION

IAHCE ANNUAL CONFERENCE

MARCH 11-13, 2025

THELMA KELLER CONVENTION CENTER, EFFINGHAM

Make Time



IAHCE 2025

COPY PAGES AS NEEDED

IAHCE 2025 ANNUAL CONFERENCE

You are invited to join us for the 2025 Conference, *Make Time - IAHCE 2025!* The conference is scheduled for March 11-13 at the Thelma Keller Convention Center in Effingham. We hope you will *Make Time* to come to this information-filled and fun conference.

Trying to match the excitement and excellent programs of the 100th annual conference has been a challenge, but we have arranged a great lineup of interesting speakers, information-packed Share Shops, and more Make It – Take It sessions. Tuesday will be featured as HCE Day, and you are encouraged to wear your HCE pins and clothing during the day and dress up in the evening as we celebrate the best of the IAHCE. The Elsie Mies Day and Banquet are always highlights, and you will be able to *Make Time* to see your HCE friends from around the state and meet new ones as well.

In this section of your newsletter, you will find information about hotels, registration, Share Shops, meals, games, Make It – Take It, and entertainment. Of course, if you have additional questions, feel free to contact us at any time. (Carol 618-830-2336 or Emily 618-830-9610) *Make Time* now to read this over and make your reservations.

Make Time



IAHCE 2025

We are honored to invite you to attend this conference and look forward to spending *Time* with you in Effingham in March!

Carol Harms and Emily McDowell
2025 Conference Chair and Co-Chair



CONFERENCE BEGINS TUESDAY, MARCH 11, 2025



Opening session will begin at 10:30 a.m.

CONFERENCE REGISTRATION: A registration fee of \$225.00 will cover the full 3-day conference which includes three lunches, two dinners and your share shops. A complimentary continental breakfast will be available in the conference center. The Full Day (Tuesday OR Wednesday) Package, includes registration, lunch, share shops, and dinner at a cost of \$150.00; the Daytime (Tuesday or Wednesday) Package includes lunch and share shops for \$125.00; Elsie Mies Banquet ONLY will be \$75.00. 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 **January 31, 2025,** to **Melissa Chitwood, 1408 East 2250 North Road, White Heath, IL 61884.** You may register at conference but you may risk 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 a one-day package if registration is postmarked after the deadline of **January 31, 2025.**

REFUNDS: Registration is transferable, not refundable.

WALK-IN REGISTRANTS: 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.

CONFERENCE REGISTRATION: 7:00 p.m. to 9:00 p.m. Monday, March 10, 7:45 a.m. to 10:15 a.m. Tuesday, March 11, and 7:30 a.m. to 8:00 a.m. Wednesday, March 12. **A President or designated person should register and pick up packets for ALL attendees from that county.**

TUESDAY CONFERENCE ACTIVITIES: Pick up forms for our scavenger hunt. You'll have all day Tuesday and most of Wednesday to participate. Tuesday evening will be games and Bingo after our awards ceremony.

MEALS: Three lunches and two dinners are included in the 3-day registration package. A complimentary continental breakfast will be available in the conference center. Attendees who need special meals must note it on the registration form. *Special dietary requests apply for all conference meals.*

Tuesday Lunch: Doors open at 10:15 a.m. for lunch. The opening ceremony will begin at 10:30 a.m. Lunch will be served at 11:30 a.m.

Tuesday Dinner / Awards Banquet: Doors open at 6:00 p.m. for dinner, with the program starting at 6:15 p.m., and dinner will be served at 6:30 p.m.

Wednesday Lunch: Doors open at 12:15 p.m. for lunch. Lunch will be served at 12:30 p.m. Donations for the Friendship Projects Fund will be collected during lunch.

For one time only during the conference, there will be reserved seating according to randomly assigned table numbers. This will allow all of us to meet people from across the state to share ideas and experiences.

Wednesday Dinner / Elsie Mies Banquet: Doors open at 6:00 p.m., the program begins at 6:15 p.m., and dinner will be served at 6:30 p.m. The attire for this evening is “dressy.” It is a special night! There will be Reserved seating for:

County of the Year

Thursday Lunch: Box lunches with a drink will be available at 11:30 a.m. at the conclusion of the Closing Session.

BANNERS: The county banners will be displayed in the banquet room during the conference. **Don't forget to bring a display stand for your banner.** Banners may be picked up after the Wednesday banquet or Thursday morning.

CULTURAL ENRICHMENT AND EDUCATIONAL DISPLAYS: Exhibit items should be delivered on Monday, March 10, from 7:00-9:00 p.m. or Tuesday, March 11, 7:45 a.m. – 10:15 a.m. Pick up on Thursday morning by Noon. 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 January 5, 2025** to: **Becky Belcher, 8682 CR 1600 E, McLeansboro, IL 62859** Educational displays should also be delivered at the same time as exhibit items.

SILENT AUCTION: Counties are asked to donate one or more items, valued at a minimum of **\$5.00**. Please register your items either Monday evening March 10 from 7:00 p.m. to 9:00 p.m. or Tuesday, March 11 from 7:30 a.m. to 10:15 a.m. 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 be your bidding number. Those who win items should pick them up on Thursday, March 13 from 7:00 a.m. to 8:30 a.m. or after the Closing Session until noon.

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 Preconference Packet sent to the county presidents in December. Send names of delegates to IAHCE Secretary, **Cathy Eathington, 31104 N. County Highway 26, Avon IL 61415.**

SUPPORT FUND and EDUCATIONAL DISPLAYS: will be set up in the Hospitality Room.

PHOTO OP: Group photos are a great way to promote HCE on social media and in your local newspaper. We will provide a backdrop for group photos in the Hospitality Room.

EDUCATION AWARD BOOKS: All education books/folders will be returned to you in the District Meetings. ***Please leave the Grand Award reports on display until 9:00 PM Wednesday evening.***

MAKE-IT & TAKE-IT – There will be one at least one make-it & take-it share shop per session. Participants must pre-register and pre-pay with conference registration.

THURSDAY CLOSING CEREMONY – Guest speaker, Deanna Frieders, aka This Farm Girl Cooks, will be speaking during our closing ceremony.

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.**

WHAT SHOULD I WEAR?

Theme dress attire is NOT required, however participation is encouraged!

Tuesday, March 12

- **Opening session/lunch – “Make Time to Show Off IAHCe”**

Wear your favorite HCE shirt and jewelry. Whether it’s your new conference shirt or a county shirt you have, show off your HCE spirit! Dig out and wear all the HCE-related pins you can find!

- **Dinner – “Make Time to Celebrate IAHCe”**

Let’s think IAHCe purple! Wear something *dressy* that is some shade of purple. If you don’t have that color, then think SPRING and wear something that reminds us that spring is just around the corner. Don’t forget to accessorize with your favorite *TIME* piece!



Wednesday, March 13

- **Elsie Mies Lunch – “Make Time to Share Your Time”**

Bring your favorite watch (or small clock) and be ready to tell the folks at your table why you like it or why it’s special.

- **Elsie Mies Banquet – “Make Time to Shine”**

This is the night to “bling it up” and look your best! Bring out the “diamonds” from last year if you wish. This banquet is the *TIME* to remind yourself and others how beautiful you are!

Thursday, March 14

- **Closing Session – “Make Time to Nourish” with “This Farm Girl Cooks” Deanna Frieders**

Since this is a cooking session, why not wear your favorite apron to this session? We all have one, whether it’s old and worn, or fresh and new-looking because it doesn’t get a lot of use. Let’s show Deanna that we are ready to watch her cook!

Scavenger Hunt



The scavenger hunt will start first thing on Tuesday morning, and you will have until the last share shop ends on Wednesday afternoon to finish up your answers! Prizes will still be awarded to some winners. See more details once you arrive!

Bingo and Games

Bingo and games will be offered after festivities conclude on Tuesday evening. Please bring \$1 prizes or \$1 bills to the Bingo room. We will be playing Card Bingo again this year, so come prepared! If you don’t know how to play, no worries! We will teach you.

Board games, crosswords, puzzles, and other game type fun will be an option this year too. If you just come to relax, there will be plenty of options or you can just watch others play. There is no cost for games. Bring your own games for additional fun!

Make-It & Take-It

Share Shop Session 1, 2:15p.m. to 3:15p.m., Tuesday, March 11

Wool Candle Mats with embroidered “pennies,” a historical craft from the 1800’s, uses scraps of wool from old garments. Wool scraps and a backing are provided for all participants as well as some penny circles. A coin like a quarter or nickel is recommended to use as a pattern. Please bring scissors, embroidery needles and floss. Taught by Marie Samuel & Judy Spiller. Limit 35 people. Craft fee \$8.



Share Shop Session 2, 3:30p.m. to 4:30p.m., Tuesday, March 11

Decorative Egg Make this egg using silk and filigree on the top and bottom. Bring a pair of scissors, but everything else is included. Taught by Barb Rowland. Limit 10 people. Cost \$20



OR

Mason Jar w/ Lights Paint a mason jar and add solar lights to finish off project. You can use stencils if you can't draw, or you can free hand your own design. Taught by Dorothy Holt. Limit 30 people. Cost \$5.00



Share Shop Session 3, 2:45p.m. to 3:45p.m., Wednesday, March 12

Blingy Wine Bottle Transform an empty blue wine bottle into a decorative centerpiece using purchased BLING. Taught by Sally Dennis. Limit 10 people. Cost \$10 (You can sign up for this session or the next one.)



Share Shop Session 4, 4:00p.m. to 5:00p.m., Wednesday, March 12

Blingy Wine Bottle Transform an empty blue wine bottle into a decorative centerpiece using purchased BLING. Taught by Sally Dennis. Limit 10 people. Cost \$10 (Yes, this is offered twice.)

OR

Make Your Own Note Cards to send to friends and family. These easel cards can stand up so your greeting is easy to see. Choose from different card kits. Taught by Virginia Gobeli. Limit 20 people. Cost is \$5.





Thursday's featured speaker: Deanne Frieders, "This Farm Girl Cooks"

Deanne grew up in a small town in northern Illinois with a cornfield at the end of her street, but paid NO attention to the agriculture around her. She was NOT a farm girl, but she fell in love with a farmer and moved out of the suburbs and onto his farm just a few miles from where she grew up. As a new farm wife, fueled by her lifelong love of cooking – she took her first community college cooking class at age 8 and often baked miniature pies with her mom – Frieders surfed the internet for portable “field meals” but didn’t find much. Experimenting in her own kitchen led to a lot of trial and error, but she eventually figured it out.

When Frieders shared a few photos of her concoctions on social media, strangers asked for the recipes. This Farm Girl Cooks entered the world in 2016. “It was me being excited about figuring out what worked for our family,” she says, “and wanting to share that with other people.”

To Frieders’ surprise, the first response to her blog came from a woman in West Virginia who gushed about how the post had inspired her to cook again. As the emails poured in, she realized that other farm wives were looking for easy, nutritious recipes too. Today, Frieders boasts nearly 10,000 Facebook followers – plus another 2,000 on Instagram – and gets 100,000 visits a month to her website. Check out her Facebook and website!

Deanne has published two cookbooks, “Table to Tailgate,” in 2020 and “Meals in Motion: Quick And Easy Recipes For Families On The Go,” this past August. She will have copies of her new cookbook available to purchase and autograph at the conference.

Bring to Conference:

- Medication or special equipment
- Games, puzzles and cards—meet some new friends
- Sweater or shawl—room temperatures tend to fluctuate
- Notebooks, pens, paper
- Silent auction items & Cultural Enrichment items tagged and ready to go
- Banner & banner stand
- Bingo prizes or \$1 bills, spare cash to spend on silent auction
- Information to share at your District Meeting or Officer share shop
- Themed apparel for dress up days and nights (if participating)

CONFERENCE AGENDA

Monday, March 10, 2025

7:00 a.m. – 9:00 p.m. Conference Registration Opens
Enter Cultural Enrichment Items
Register Silent Auction Items
Check in Banners



Tuesday, March 11, 2025

7:45 a.m. – 10:15 a.m. Conference Registration Open
Enter Cultural Enrichment Items
Register Silent Auction Items
Check in Banners
Scavenger Hunt begins

10:30 a.m. Opening Session “Make Time for a Great Start” (Doors open at 10:15 a.m.)

1:15 p.m. – 2:00 p.m. Officer meetings: President, International, PR/CVH, cultural enrichment

2:15 p.m. – 3:15 p.m. Share Shops

3:30 p.m. – 4:30 p.m. Share Shops

1:15 p.m. – 4:30 p.m. The following areas will be open:
Cultural Enrichment
Silent Auction (with Sales/Newsletter and Pot of Gold)

4:45 p.m. Support Fund Advisory Committee Meeting

6:15 p.m. Awards Banquet “Make Time to Celebrate IAHCE” (Doors open at 6:00 p.m.)

After the banquet Card Bingo and Games
The following areas will be open for 1 hour after the awards banquet:
Cultural Enrichment
Silent Auction (with Sales/Newsletter and Pot of Gold)

Wednesday, March 12, 2025

7:30 a.m. – 8:00 a.m. Conference Registration Open

7:30 a.m. – 8:20 a.m. Voting Delegates Check-in

8:30 a.m. Business Meeting

12:15 p.m. Elsie Mies lunch (Doors open at 12:00 p.m.)

1:45 p.m. – 2:30 p.m. Officer meetings: 1st Vice President, 2nd Vice President, Family & Community Issues, Secretary & Treasurer

1:45 p.m. - 4:00 p.m. Cultural Enrichment open; **Voting ends at 4:00 p.m.** and will be closed until after the banquet
Silent Auction, Sales, and Newsletter Subscription open; **Bidding ends at 4:00 p.m.**
Scavenger Hunt; Ends at 4:00 p.m.

2:45 p.m. – 3:45 p.m. Share Shops

4:00 p.m. – 5:00 p.m. Share Shops

6:15 p.m. Elsie Mies Banquet (Doors open at 6:00 p.m.)

After the banquet Cultural Enrichment will be open for 1 hour after the Elsie Mies Banquet

Thursday, March 14, 2024

7:30 a.m. – 8:15 a.m. Pick-up Cultural Enrichment Items
Pick-up Silent Auction Items

8:30 a.m. – 9:30 a.m. District Meetings

10:00 a.m. – 11:30 a.m. Closing Ceremony (Doors open at 9:45 a.m.)

11:30 a.m. – 12:00 p.m. Pick-up Silent Auction Items (ITEMS MUST BE PICKED UP BY NOON)

11:30 a.m. – 12:00 p.m. Pick up Cultural Enrichment Items

Boxed lunches available immediately following the Closing Ceremony until 12:00 p.m.



Have a safe trip home!

Conference Menu



Tuesday, March 11, 2025- Lunch

Baked Potato Soup with oyster crackers and ½ Turkey Club Sandwich on toasted wheat bread, potato chips, and choice of chocolate cream pie or apple pie

Gluten Free/Low Fat: Chicken and wild rice soup with a turkey wrap with lettuce and tomato in gluten free tortilla, potato chips, and gluten free dessert

Vegetarian: Cheddar Broccoli Soup and Caesar wrap filled with lettuce, grape tomatoes, parmesan cheese and croutons, potato chips, and choice of chocolate cream pie or apple pie

Tuesday, March 11, 2025- Dinner

Tossed green salad with choice of dressing, breast of Chicken with Bearnaise sauce, roasted garlic red potatoes, California blend vegetables, rolls with real butter and choice of chocolate Bavarian mousse or fluffy cherry cheesecake parfait

Gluten Free/Low Fat: Tossed green salad, grilled breast of chicken, red potatoes, vegetables, and a gluten free dessert

Vegetarian: Tossed green salad with bowtie pasta tossed with pesto and olive oil and Romano cheese, California blend veggies, rolls and real butter and dessert

Wednesday, March 12, 2025- Lunch

Signature Chicken Salad on bed of mixed greens with ranch dressing on the side, rolls, and assorted tortes

Gluten Free/Low Fat: Same menu as above and gluten free dessert

Vegetarian: Fresh fruit cup, Caesar Wrap with croutons, parmesan, and tomatoes and assorted tortes.

Wednesday, March 12, 2025- Dinner

Mixed green with tomatoes, diced cucumbers and croutons served with choice of dressing, peppercorn tenderloin of Beef with a Diane sauce and pork tenderloin with demi glaze, creamy whipped potatoes, gourmet carrots with bacon and onions, bread and butter and Italian cream cake with Confetti cake

Gluten Free/Low Fat- Mixed green with tomato and diced cucumber salad served with choice of dressing, peppercorn tenderloin of beef and pork tenderloin, whipped red potatoes with garlic and cheese, gourmet carrots with bacon and onions and gluten free Confetti cake

Vegetarian- Mixed green with tomatoes, diced cucumbers and croutons served with choice of dressing, stir fry with veggies, bread with butter and vanilla bread pudding with a rum vanilla sauce and a hint of lemon

Thursday, March 13, 2025- Lunch

Pasta salad, two mini sandwiches with ham and cheese on Hawaiian rolls, potato chips, gourmet cookie, and cans of soda or bottle of water

Gluten Free/Low Fat- Large chef salad with balsamic dressing on the side, and can of soda or water

Vegetarian- Pasta salad, two mini sandwiches with cucumbers and Colby cheese, chips, cookie, soda or water

PLEASE NOTE: Special modifications for the following: Gluten free, Diabetic, Vegetarian, Vegan (must specify on registration page) ***Freshly brewed regular & decaffeinated coffee, ice tea and lemonade will be served with each lunch and dinner meal.**

IAHCE 101st Annual Conference
2025 IAHCE Share Shops

Tuesday, March 11, 2025 1:15 – 2:00 pm

- 1. *President's Meeting*** County presidents meet with IAHCE president Angela Hicks for updates.
- 2. *International Meeting*** Meet with Janel Kassing, IAHCE International Director
- 3. *PR/CVH Meeting*** State PR/Newsletter Director Emily McDowell and CVH Director Ashley Davis will share updates.
- 4. *Cultural Enrichment Meeting*** Meet with Becky Belcher, IAHCE Cultural Enrichment Director.

Tuesday, March 11, 2025 2:15 – 3:15 pm

- 5. *Enjoying Gardening as We Age*** Master Gardener Paula Enstrom will talk about how you can still enjoy gardening even as you age. She will provide tips and tricks as well as share some of the best plants to plant.
- 6. *Tornado Trends*** Duane Friend, University of Illinois Extension Illinois Master Naturalist Coordinator and Climate Specialist, will discuss recent trends in where we are seeing tornados and why. He will speak specifically to the Midwest area.
- 7. *Fad Diets*** Jenna Smith, University of Illinois Nutrition and Wellness Educator, will teach you how to spot a fad diet in 30 seconds. She will explain the importance of avoiding these types of diets.
- 8. *What is an Art Quilt?*** Karen Edwards will talk about her journey into making art quilts, which has enabled her to transfer travel pictures into one-of-a-kind memorable art quilts. She will show many examples of her quilts and explain how she made each one.
- 9. *Whole Person Wellness and Mental Health*** Linda Leibscher will share some statistics and what factors contribute to mental health conditions and suicide. You will also learn about tools that will help support people with mental illness and may help prevent brain illness.
- 10. *Make-It & Take-It: Wool Candle Mats*** Taught by Marie Samuel & Judy Spiller, these mats with embroidered "pennies" are a historical craft from the 1800's, using scraps of wool from old garments. Wool scraps and a backing are provided for all participants as well as some penny circles. A coin like a quarter or nickel is recommended to use as a pattern. Please bring scissors, embroidery needles and floss. Limit 35 people. Craft fee \$8, pay with your conference registration. (see picture on Make-It & Take-It page)

IAHCE 101st Annual Conference
2025 IAHCE Share Shops

Tuesday, March 11, 2025 3:30 – 4:30 pm

11. *Illinois in the Inevitable: The role of Illinois in the Civil War* Kari Dillingham discusses the Role of Illinois in the Civil War. The program will touch on the Underground Railroad in Illinois, but will also discuss slavery in Southeastern Illinois in the salt mines, as well as political figures from Illinois who played a large role in national events.

12. *Butterflies: Flowers of the Air* Instructor Katrina Davis, assistant director of Ballard Nature Center, Altamont, IL, will help you learn about common butterflies, how to identify them, and the importance of these beautiful insects. She will discuss choosing the best plants to attract butterflies and what to consider when building the ideal butterfly garden. A fun activity at the conclusion of the presentation will give participants a chance to test their butterfly knowledge. \$3 donation (make during the session)

13. *What is an Art Quilt?* Karen Edwards will talk about her journey into making art quilts--which has enabled her to transfer travel pictures into one-of-a-kind memorable art quilts. She will show many examples of her quilts and explain how she made each one.

14. *Bees, Honey, and Beekeeping* Tim Schartung from the St. Clair County Bee Keeping Association will discuss all about bees, making honey, and keeping bees.

15. *Benefits of Vinegar and Honey* Fran Matheny is a walking testimony as to how vinegar and honey can help you stay young, active, and alert.

16. *Make-It & Take-It: Decorative Egg* Barb Rowland will teach how to make a decorative egg using silk and filigree on the top and bottom. Bring a pair of scissors, but everything else is included. Limit 10 people. Cost \$20, pay with your conference registration. (see picture on Make-It & Take-It page)

17. *Make-It & Take-It: Mason Jars w/ Lights* Dorothy Holt will show you how to paint a mason jar and add solar lights to finish off project. You can use stencils if you can't draw, or you can free hand your own design. Limit 30 people. Cost \$5.00, pay with your conference registration. (see picture on Make-It & Take-It page)

IAHCE 101st Annual Conference
2025 IAHCE Share Shops

Wednesday, March 12, 2025 1:45 – 2:30 pm

- 18. 1st Vice President Meeting** Sit down with IAHCE 1st Vice Kathy Peterson and Cheri Burcham.
- 19. 2nd Vice President Meeting** County 2nd vice presidents can meet with Mary Johnson, IAHCE 2nd vice.
- 20. Family & Community Issues Meeting** Eleanor Gregory, IAHCE F&CI Director, will share information.
- 21. Secretary & Treasurer Meeting** Meet with state officers Cathy Eathington and Melissa Chitwood.

Wednesday, March 12, 2025 2:45 – 3:45 pm

- 22. Mini Mani's** The Royal School of Cosmetology will be offering polish manicures. The cost is \$5 and benefits El Shaddai Homes. This nonprofit group in Effingham is a safe haven for those transitioning into motherhood. The foundation is built on teaching expecting mothers to be self-reliant. El Shaddai Homes also offers parenting classes, money management workshops and work ethic skills. Money will be collected in the session.
- 23. Death by Chocolate** by Sandy Bechtold, Jersey County. Who doesn't love chocolate? Sandy will be sharing recipes as well as all the information you need to know about where chocolate came from and what the best chocolate to eat is.
- 24. Managing the IAHCE Website** Angela Hicks, IAHCE President, will walk you through a step by step look at our IAHCE Website. She will show you how to access the guidebook and all the important forms you need to submit to the state.
- 25. Weathering the Storm** Cheri Burcham, University of Illinois Extension, will present this workshop for agricultural producers, their families, or those that live in a rural, agricultural area. This workshop helps identify and manage stressors in life and resources that can help when feeling distressed. Chronic stress can take a huge toll on your health. Learn to identify common stressors, recognize symptoms, and access practical management tools and techniques to reduce the effects of stress.
- 26. Let's Talk Pumpkins!** By Jane Chapman- What is it a gourd, squash, pumpkin or as the French say, Pompon? Come learn about these interesting cucurbits, what they can be used for, how to preserve them, taste some items make from a pumpkin, and how to find them in the Great Pumpkin Patch on Halloween!
- 27. Make-It & Take-It: Blingy Wine Bottle** Sally Dennis will help you transform an empty blue wine bottle into a decorative centerpiece using purchased BLING. Limit 10 people. Cost \$10, pay with your conference registration. (see picture on Make-It & Take-It page)

IAHCE 101st Annual Conference
2025 IAHCE Share Shops

Wednesday, March 12, 2025 4:00 – 5:00 pm

28. *Birds in Your Neighborhood* by Instructor Karan Greuel, director of Ballard Nature Center, Altamont, IL., will show photos of common birds, learn about their behavior, and discover tips to identify them. There will be discussion on feeding backyard birds and landscaping your yard to attract more varieties of birds. Also included is a fun activity in which participants will each color a specific bird and then identify each other's birds. \$3 donation (make during the session)

29. *Aprons, Aprons, Aprons* by Pat Weisman, Madison County. When was the apron invented and why? Pat will teach you all about different styles of aprons throughout the years.

30. *Telling your HCE Story* Kim Petzing, Program Manager at Franklin Energy, will share with you how you can use storytelling to share your message to others.

31. *Mini Mani's* The Royal School of Cosmetology will be offering polish manicures. The cost is \$5 and benefits El Shaddai Homes. This nonprofit group in Effingham is a safe haven for those transitioning into motherhood. The foundation is built on teaching expecting mothers to be self-reliant. El Shaddai Homes also offers parenting classes, money management workshops and work ethic skills. Money will be collected in the session.

32. *Herbs and Nutrition for Your Health* Mike King, of Mari-Mann Herbs, will share how herbs can be an important part of your nutrition and health.

33. *Make-It & Take-It: Make Your Own Note Cards* to send to friends and family. These easel cards can stand up so your greeting is easy to see. Choose from different card kits. Taught by Virginia Gobeli. Limit 20 people. Cost is \$5, pay with your conference registration. (see picture on Make-It & Take-It page)

34. *Make-It & Take-It: Blingy Wine Bottle* Sally Dennis will help you transform an empty blue wine bottle into a decorative centerpiece using purchased BLING. Limit 10 people. Cost \$10, pay with your conference registration. (see picture on Make-It & Take-It page)

IAHCE 101st Annual Conference

2025 IAHCE Share Shops

Thursday, March 13, 2025 8:30 – 9:30 am

District Director Meetings

- 35. **District 1 Director** – Karen Davis
- 36. **District 2 Director** – Karen Cahill
- 37. **District 3 Director** – Donna Richards
- 38. **District 4 Director** – Carol Harms

10:00 – 11:30 am

39. Closing Session – Join us for the closing session with our special guest, Deanna Frieders, “This Farm Girl Cooks,” who will demonstrate meal preparation and talk about farm life. At the conclusion of the session, Deanna will have copies of her recent cookbook to sell and autograph. We hope to send you off with big smiles and great ideas!

Share Shop Ticket-Takers

We changed “Facilitators” to “Ticket-Takers” for the share shops because that is all we really need: someone to take tickets from attendees and assist the presenters when necessary. If you are willing to be a ticket-taker, there is a place to note that on the share shop registration page.

Make Time



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IAHCE 101st ANNUAL CONFERENCE

CONFERENCE HOTEL REGISTRATION INFORMATION

Each individual in each room will be required to check in with the hotel front desk and may be asked for a credit card on file for incidentals.

HOLIDAY INN -1301 Avenue of Mid-America, Effingham

RECOMMENDED OPTION- CONFERENCE CENTER CONNECTED TO HOTEL

Rate is \$179.20 and includes taxes and fees (no breakfast) (up to 4 per room) for a standard room and \$222.88 for a suite (up to 4 per room)

To make a Reservation: (Room block is available until February 17, 2025)

Call 217-540-7777 and use group code H.C.E. Rooms will fill up quickly so don't delay and reserve today!



OTHER OPTIONS

Country Inn and Suites -1200 N Raney Street, Effingham

(Within Walking Distance) 217-540-5555

Rate is \$123.20 which includes taxes, fees, and breakfast

Ask for Illinois Home and Community Education

Room block is available until February 10th. You must specify arrival and departure!



La Quinta Inn and Suites- 1103 Avenue of Mid-America, Effingham –

No Room Block

(Within Walking Distance) 217-540-1111 Lodging does include breakfast

Quality Inn -1304 W Evergreen Avenue, Effingham - No Room Block (.7 miles away, 3-minute drive) 217-347-5050 Lodging does include breakfast

Hampton Inn and Suites -1305 N Keller Drive, Effingham -

No Room Block

(.3 miles away, 2-minute drive) 217-540-5050 Lodging does include breakfast



2025 IAHCE 101st Conference Bag and T-Shirt



The computer tote sells for \$25 and the t-shirt for \$20 in sizes S thru XXXL.

The tote with embroidered wording and logo holds up to a 17-inch laptop with two short handles and a shoulder strap. The shirt is a Gildan 100% cotton v-neck.

Conference Reminders – deadline is January 31:

- Pre-order your conference t-shirt and bag.
- Have your county place an AD in the Annual Conference Program Book. Send the ad information to Emily McDowell, PO 522, Pierron, IL 62273 OR email to emhohl@gmail.com and mail the check to Melissa Chitwood, 1408 East 2250 North Road, White Health, IL 61884
- Register for conference and share shops. Send to Melissa Chitwood, 1408 East 2250 North Road, White Health, IL 61884
- Make hotel arrangements. Call 1-217-540-7777 and mention group code H.C.E. (Holiday Inn)

By January 15, email your 10 pictures for the slide show to Becky Belcher— beckybelcher75@gmail.com

Pictures must be in a JPG or PNG file

Other Reminders – deadline is January 5:

- Mail CVH hours to Ashley Davis, 1787 N. 1750th Street, St. Elmo, IL 62458.
- Mail application for “County of the Year” award to Angela Hicks, 500 Moraine Hill Drive, Cary, IL 60013
- Mail Dues and the new Dues Transmittal/ End of Year Membership form to Melissa Chitwood, 1408 East 2250 North Road, White Health, IL 61884
- Mail the following **Education Award Forms and Books:**
 - Family & Community Issues** to Eleanor Gregory, PO 185, Alhambra, IL 62001
 - Cultural Enrichment** to Becky Belcher, 8682 CR 1600 E, McLeansboro, IL 62859
 - Public Relations** to Emily McDowell, PO 522, Pierron, IL 62273.
 - International** to Janel Kassing, 328 South Main, Red Bud, IL 62278
- Send your **Cultural Enrichment** registration forms to Becky Belcher, 8682 CR 1600 E, McLeansboro, IL 62859



IAHCE 2025 ANNUAL CONFERENCE REGISTRATION- MARCH 11-13, 2025

MUST BE POSTMARKED BY JANUARY 31, 2025 A late fee will be added if not postmarked by that date. PLEASE PRINT

Name (one form per person please) _____

Street _____ City _____

State _____ Zip code _____ NEW IAHCE District # _____ County _____

Phone (____) _____ E-mail _____

Person to contact in emergency _____ Phone (____) _____

Special dietary needs: Choose one: _____ none _____ gluten-free _____ diabetic _____ vegetarian

NOTE: This designation will apply to all conference meals.

PLEASE CHECK AND/OR COMPLETE ALL SPACES WHICH APPLY

IAHCE Member _____ 50 year member _____ or more _____ (# of years) Voting Delegate _____

First-time attendee _____ County Board Officer _____ if so, office held _____

Guest _____ Past STATE BOARD member _____ Past STATE PRESIDENT _____

REGISTRATION FEES: PAYMENT MUST ACCOMPANY REGISTRATION

3 Day Package - All meals and registration \$225.00 _____

Full Day (Tuesday or Wednesday) Package - All Meals & registration (Circle: Tues. or Wed.) 150.00 _____

Daytime (Tuesday or Wednesday) Package -Lunch & registration (Circle: Tues. or Wed.) 100.00 _____

Wednesday Elsie Mies Banquet only 75.00 _____

Make-It & Take-It Share Shops (Pre-registration and payment required; enter total here and indicate your selection(s) on page 2 of this registration form. Assume you will get your 1st choice) _____

T-Shirts - \$20 each _____S _____M _____L _____XL _____XXL _____XXXL _____

Computer Tote - \$25.00 each _____ Quantity _____

SUB TOTAL _____

\$50 District Scholarship Certificate won at 2024 District Workshop (SUBTRACT) _____
(Must register for full conference. Certificate must be included with payment)

Late Fee: \$15.00 per person entire conference; \$10.00 per person for Full Day or Daytime _____

Registration is transferable, not refundable. Make check payable to **IAHCE** TOTAL _____

Send payment with Conference Registration and Share Shop forms to:
Melissa Chitwood, 1408 East 2250 North Road, White Heath, IL 61884

2025 Share Shop Registration Form

Name _____

County _____

Instructions: Choose your share shop preferences for each session by placing 1, 2, 3. (OMITTING the 2nd & 3rd choices WILL NOT ENSURE placement in your 1st choice.) Share Shops will be filled per registration date.

Send the conference registration and this share shop registration form with your check payable to IAHCCE to:

Melissa Chitwood
1408 East 2250 North Road
White Heath, IL 61884

TUESDAY, MARCH 11, 2025

1:15 – 2:00 p.m.

- 1. President Meeting
- 2. International Meeting
- 3. PR and CVH Meeting
- 4. Cultural Enrichment Meeting

2:15 – 3:15 p.m.

- 5. Enjoying Gardening As We Age
- 6. Tornado Trends
- 7. Fad Diets
- 8. What is an Art Quilt?
- 9. Whole Person Wellness
- 10. MITI: Wool Candle Mats (\$8)

3:30 – 4:30 p.m.

- 11. Illinois in the Civil War
- 12. Butterflies: Flowers of the Air
- 13. What is an Art Quilt?
- 14. Bees, Honey, & Beekeeping
- 15. Benefits of Vinegar & Honey
- 16. MITI: Decorative Egg (\$20)
- 17. MITI: Mason Jar w/ Lights (\$5)

WEDNESDAY, MARCH 12, 2025

1:45 – 2:30 p.m.

- 18. 1st Vice President Meeting
- 19. 2nd Vice President Meeting
- 20. Family & Community Issues Meeting
- 21. Secretary and Treasurer Meeting

2:45 – 3:45 p.m.

- 22. Mini Mani's
- 23. Death by Chocolate
- 24. Managing the HCE Website
- 25. Weathering the Storm
- 26. Let's Talk Pumpkins
- 27. MITI: Blingy Wine Bottles (\$10)

WEDNESDAY, MARCH 12, 2025 continued

4:00 – 5:00 p.m.

- 28. Birds in Your Neighborhood
- 29. Aprons, Aprons, Aprons
- 30. Telling Your HCE Story
- 31. Mini Mani's
- 32. Herbs and Nutrition for Your Health
- 33. MITI: Make Note Cards (\$5)
- 34. MITI: Blingy Wine Bottles (\$10)

THURSDAY, MARCH 13, 2025

8:30 – 9:30 a.m.

- 35. District 1 Meeting
- 36. District 2 Meeting
- 37. District 3 Meeting
- 38. District 4 Meeting

10:00 - 11:30 a.m.

- 39. Closing Ceremony with Deanna Frieders
(No other share shops will be offered during this time)

I am willing to be a Ticket-Taker for the following sessions: [Check the session(s) you are willing to help with. If you are assigned, a note will indicate that in your registration packet.]

- 5. Enjoying Gardening
- 6. Tornado Trends
- 7. Fad Diets
- 8. What is an Art Quilt?
- 9. Whole Person Wellness
- 10. MITI: Wool Candle Mats
- 11. Illinois in the Civil War
- 12. Butterflies: Flowers of the Air
- 13. What is an Art Quilt?
- 14. Bees, Honey, & Beekeeping
- 15. Benefits of Vinegar & Honey
- 16. MITI: Decorative Egg
- 17. MITI: Mason Jar w/ Lights
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- 27. MITI: Blingy Wine Bottles
- 28. Birds in Your Neighborhood
- 29. Aprons, Aprons, Aprons
- 30. Telling Your HCE Story
- 31. Mini Mani's
- 32. Herbs and Nutrition
- 33. Note Cards
- 34. MITI: Blingy Wine Bottles