



PRESIDENTIAL POINTERS

Newsletter
Indiana Extension Homemakers Association®



May 2025

Volume XLIII, Issue III

IEHA President : Linda Carunchia

Co-Editors: Patty Coonrod & Michelle Roberts

Presidential Thoughts ...



Linda Carunchia
IEHA President
2024-2025

Spring has sprung!! Cathy Wilkymacky and I continued sleeping together through three weeks of District Meetings. What a wonderful time we had!! Michelle Roberts joined us for four of the meetings. The themes that the counties came up with were a pure delight and lots of fun. We had bunnies, derby horses, bees, luau, 50's, lake life and a tea party. Cathy is very concerned about just where I come up with and keep the costumes that I traveled with. Many speakers were presented to the Districts that brought amazing stories, local history, educational lessons and learning about Rosie's Place and others. We were entertained by several different choral groups and bell ringers. The food was always wonderful. Again!!!! Many thanks to all the host counties and all the work you put into having a great day for your District.

Conference is just around the corner. Hoping that many of you have decided to attend. We have many great activities planned. Conference is a wonderful time to meet up with old friends from across the state and make new ones. The networking and sharing possibilities are endless. Don't forget to sign up for open mic night when you sign in to conference. I can't wait to see all of your hidden talents!

I am so proud to say that I have printed 10 new club charters during my year as President. We are NOT dying. We need to keep the fun and enthusiasm alive. We need to let others see who and what we are as an organization. Go shout it from the mountain tops, the farmer's market, the grocery store checkout line, your kids or grandkids ballgames, the beauty shop, the nursing home. The possibilities of engaging with someone about Indiana Extension Homemakers is endless.

As I round out my year as President of IEHA I just want to thank each and every one of you for your kindness, support and friendships. You are all an important part of my life and IEHA. It has been a pleasure to serve you and look forward to seeing all of you for many years to come.

We should be lifting each other up and cheering each other on. Not trying to outshine one another. The sky would be awfully dark with only one star. (Stacie Martin)

Keep spreading your MAGIC. Sparkle on!

Linda Carunchia



2025 HOME & FAMILY & CONFERENCE

June 2-4, 2025

Embassy Suites by Hilton Noblesville Indianapolis Conference Center,
13700 Conference Ctr Dr S,
Noblesville, IN 46060, USA

Meet Your IEHA State Board Nominees



Cathy Wilkymacky Candidate for President is a 9 year Extension Homemaker, from Patriot , In., Switzerland County. She has been county President & Secretary and involved with the Leadership Committee. Cathy has been the Madison District Representative as well as the IEHA State Vice President and President Elect. She has worked on the Public Relations Activity, Member Activity, Celebration Committee and Leadership Focus.

Cathy was a librarian and managed 17 branch libraries. Since retirement she has devoted time to IEHA. She also owns and operates a decorated cookie business known as the Cookie Cutter.



Michelle Roberts- Candidate for President Elect is an 18 year Extension Homemaker from Fowlerton, In., Grant County. She has been her county President, Vice President, Secretary and Treasurer. Involved as Leadership Chair, Education Chair, Volunteer Community Support Chair and Christmas in November. Michelle was the Kokomo District Representative. She has run the gambit of State Offices, including, Vice President, President Elect, President and Immediate Past State President.

Michelle has served on IEHA Committees- Membership, Education, Leadership, Young Homemakers. Michelle currently serves as Clerk-Treasurer for the Town of Fowlerton. She also runs her own school known as the "Knowledge House".



Linda Wessler candidate for Secretary -41 year Extension Homemaker, from Liberty, Indiana, Franklin County. She has been County President, Vice President, Secretary and Treasurer. She has been Audit and Budget Chair and has worked on the Quilt Show Committee along with County Club Night Chair. She was New Castle District Representative and the Secretary/Treasurer. She has worked on the Volunteer Community Support, Silent Auction, Conference Displays, Leadership Focus.

Linda hosted an Exchange Homemaker from Canada. She was a 4-H Leader for 12 years. She has been involved in Union County Farm Bureau with 9 years as Secretary. Linda is currently her Parish Council President and Secretary.



Deborah "Debby" Green- Candidate for Vice President is a 19 year Extension Homemaker from Fortville, In., Hancock County. Debby has been County President, Vice President, Past President and has worked on committees for Chicken Noodle Dinner, Christmas Party, Centennial Celebration, Achievement Celebration, Human Trafficking Session and Heritage Cooking Classes.

Debby has been the Indianapolis District Representative and has served on Silent Auction, Leadership Focus and Education Focus.

2025 FIRST TIMER RECIPIENTS

BEDFORD DISTRICT

Barbara Donahue

FORT WAYNE DISTRICT

Michelle Van Wye

LAFAYETTE DISTRICT

Heidi McCord

NEW CASTLE DISTRICT

Becky Moles

EVANSVILLE DISTRICT

Laura (Loree) Barnes

KOKOMO DISTRICT

Brynda Crafton

MICHIGAN CITY DISTRICT

Becky Carrington

TERRE HAUTE DISTRICT

Susan M. Jenkin

I WANT TO GO AGAIN RECIPIENT

Sponsored by IEHA Past State Presidents

Megan Robertson

Putnam County/Terre Haute District



MENTAL HEALTH AWARENESS AND WELLBEING

*Break the Stigma. Ignite Hope.
Mental Health Matters*

Strengthening families through
continuing Education,
Leadership Development, and
Volunteer Community Support.
www.ieha-families.org

2025 Home & Family Conference

Concurrent Sessions – Descriptions & Presenters

Tuesday, June 3

1:15 pm to 2:15 pm

Presidents' Roundtable – Cathy Wilkymack

2025-2026 County Presidents are invited. One representative per county, please.

Empowering Warriors: Journey from Sacrifice to Strength – Jennifer Jenkins

Discover the transformative work of the Wounded Warrior Project in empowering veterans and their families. Jennifer Jenkins, a Warriors Speak Spokesperson and caregiver, will share her personal story and highlight how Wounded Warrior Project strengthens communities through resilience, advocacy, and support. Attendees will learn how individuals and groups can take meaningful action to support this vital mission. *Sponsored by Volunteer Community Support Focus Group*

Aging in Place – Danielle Scott

Aging in place is defined as growing older in your own home. Join Danielle to gain a better understanding of what it means to age in place and make simple home modifications to assist with aging in place.

Listen Up, Laugh It Up – Rik Roberts, Keynote Speaker

Want more from our Keynote Speaker? This session is high-energy! Through improvisational exercises, humor, and laughter, you will learn how to better engage with our membership and community. Learn how to ask better questions by learning how to listen in a whole new way.

Notes of Positivity: A Musical Wellness Experience – Angela Song

We can face unexpected challenges making daily life more difficult as we age, including serious illness, limited income after retirement, concerns for the well-being of loved ones, mobility issues, or hearing difficulties. It's no wonder anxiety can become more prevalent as we age. According to the Anxiety & Depression Association of America, it's estimated that 14-17% of individuals aged 65 and older have been diagnosed with anxiety disorder. Music has shown numerous benefits for our physical and mental well-being. Incorporating practical stress-relieving techniques such as listening to music positively impacts our mood, reduce pain and anxiety, and provide opportunities for emotional expression.

2:30 pm to 3:30 pm

Secretary/Treasurer Roundtable – Ellen King & Linda Wessler

2025-2026 County Secretaries and Treasurers are invited to review information for the new program year. County Secretaries and Treasurers only!

Dare to Lead: A Personal Development/Leadership Toolkit – Leadership Committee Members

Of the three pillars of IEHA's mission, leadership development might just be the hardest for our members to shoulder. Leadership Development does not mean you are being 'groomed' for becoming an officer at the local, county, district, or state level. There are leadership opportunities in our everyday life, including at home, work, or in your community. Come explore the opportunities presented in this toolkit to work on personal development for you or others in your life. **Sponsored by the Leadership Focus Group*

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Aging in Place – Danielle Scott

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Membership Strategies for IEHA – Louanne Gressman-Dunn

Strategies to increase interest and membership in IEHA. Louanne will share her approach and ideas for membership. **Sponsored by Membership Activity Committee*

Growing Our IEHA Family – Diana Stone

How can we grow the size of our IEHA family? IEHA has so much to offer our community as well as individual members. The key is to share our story and encourage others to join us. Strategies and tips to enhance our recruiting and marketing skills will be shared. A few ideas that will be discussed are new program ideas, events that reach new audiences collaborating across generations/cultures, and personal growth opportunities. You'll go away with a variety of new ideas and plan for your county organization to enhance your outreach to potential members. Let's share all the great benefits of being an Extension Homemaker while growing our IEHA family.

4:00 pm to 5:00 pm

International Study Program – Jo Almond, Cathy Wilkymacky, and Terri Meal

Learn how the International Study Program can expand your knowledge of countries and societies throughout the world.

Apples Around Indiana – Tara Slaughter

Tara Slaughter and her family are first generation orchardists and owners of Slaughter Orchard & Cidery in Bloomington and Hainlen Orchard in Converse. In this session, Tara will share all about growing apples, pressing sweet cider, perfecting apple butter, and fermenting hard cider. She will discuss what does into growing your Fall favorites all year long in the orchard. She will also share how her family has created product partnerships with other Indiana farms and small businesses around the state including putting their cider and apples in soap, fudge, pies, dumplings, and cookies. Tara will also share how Slaughter Orchard & Cidery is working on multiple USDA research grants. Join us for a taste of the fall in June including samples of some of the orchards apple products.

Aging in Place – Danielle Scott

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Navigating Good Health – Heather Foy

Heather has a passion for helping people adopt healthy behaviors with a focus on disease prevention. Come listen as she shares how you can make your health a priority. *Sponsored by Education Focus Group*

Promoting Family Dinners Across America – Kelsie Muller & Joyce Miles

Sharing a family meal has been found to be good for the overall health of all family members. Purdue Extension and the Center for Families at Purdue University have joined efforts to promote family meals across the state.

2025 Home and Family Tour Information



Join us this year in touring the Hamilton County Historical Society. This historic building served as the Sheriff's Residence and the Jail until 1977, The Jail is also listed in the National Register of Historic Places, the 1876 Museum houses items of county historic interest, restored Victorian rooms, a research library, and jail cells which once housed the infamous Charles Manson and Ku Klux Klan leader, D.C. Stephenson. It is located on downtown Noblesville Square. After visiting the Historical Society, we will walk over to Rosie's Place for lunch. Rosie's is well known in the Noblesville area for their breakfast and lunch items, with prices running between \$7 and \$16. If there's still time after lunch, you can walk part of it off by shopping around the square, where there is plenty of opportunity to browse. Cost: \$35

Heritage Skills and Crafts:

1:00 – 2:00 pm classes

Flower Arranging: A representative from Wasson's nursery will present a demonstration on flower arranging. This is a free class, but we ask you to register your attendance.

Lavender Sugar Scrub – Presenter Melissa Park Cost: \$7 Class Size: 15

Come and learn how to make an easy exfoliating natural sugar scrub. You will leave with some sweet smelling ways to leave your skin smooth.

Line Dancing – Presenter – Kris Peterson

Want to learn how to line dance? This is the perfect class for you. We will learn some basic steps and get your feet moving. No experience necessary.

Paper Crafting – Presenter – Debby Jordan



2:15-3:15 pm classes

Diamond Painting – Presenter – Peg Peter Cost: \$6 Class size: 20

Join us to make a flower coaster using diamond art. All supplies will be provided.

Safety Pin Bracelet – Presenter – Debby Jordan Cost: \$16 Class Size: 15-20

You will be provided with all the materials to make a bracelet as pictured.

There are many colors available.



Ghost Wall hanging – Presenter - Karen Schultz Cost: \$11 Class size: 12

Come and make a Ghost Wall hanging perfect for the fall! The banner will be 15 x 25 and is made with cotton duck canvas and felt decorations. All supplies will be provided except for a pair of craft scissors.

Vendor Demonstrations:

2:15 Teapots4u will provide a demonstration of the product she has available for sale. While there is no cost for this demonstration, we ask that you register attendance .

2:45 Pampered Chef will provide a demonstration of cooking for one or two, using many of the Pampered Chef Products she will have available. Again, while there is no charge for this class we ask that you register your attendance.

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3:30-4:30 pm classes**Sourdough Baking** – Presenter – Betty Clark

This class will instruct the attendee on how to make sourdough bread. You will review the different stages of fermentation, when to feed the starter dough, and what it looks like before making bread. This is a demonstration only, and while there is no charge, we ask you to register your attendance.

**See Thru: Pressed Flowers** – Presenter Carol Keppler

Cost: \$6 per kit/person.

Class Size: 20

Each person will have a supply kit at their table to create their "See-Thru" make-it/take-it, as I lead them with directions. I will open to questions on flower pressing.

**Counted Cross Stitch** – Presenter -Peg Peter Cost: \$6 Class Size: 15

Learn how to do counted cross stitch while making a bookmark. Class will explain all the different materials and tools used for this craft.

Macrame Christmas Ornament – Presenter – Cathy Wilkymacky Cost: \$7 Class Size: 15-20

Ready to learn something new? Or do you remember your knot tying skills from Scouts? Have fun making a beginner friendly macrame Christmas ornament for your tree or to give as a gift.

You will also leave with written instructions to create more or to teach other club members and friends to make them. All materials are included to make one ornament.

**Conference Speakers****The Mayberry Method**—Rik Roberts – Keynote Speaker

The Mayberry Method is designed to tune up our productivity and service soft skills. It is a perfect fit for groups who want to have fun and learn actionable takeaways. Using healthy doses of humor, today's news, and some Mayberry magic, Rik weaves together a program with a through-line of servant leadership and focus. You will put yourself in the mindset of dealing with tough scenarios. You will learn to solve problems and build lasting relationships. You don't have to be a Mayberry fan to play along – but it does add some fun! You will laugh, think, and use the information delivered in this program.

Community Champions: Creating Impact Together— Angie Hibner - Leadership Session/Speaker

Sponsored by I-LEaD and Leadership Focus Group

Workshop Overview: Leadership is not defined by age or titles - it's about influence, relationships, and purpose. As seasons change, so do our roles, but our value and impact remain strong. This workshop helps you rediscover your strengths and learn how to channel them into meaningful community partnerships, keeping you connected and making a difference right where you are. **Workshop Purpose:** The Community Champion workshop is designed to empower women to embrace their ongoing leadership potential, adapt to changing seasons, and build purposeful partnerships in their local communities. You'll walk away with renewed confidence, clarity about your role, and practical strategies to continue contributing meaningfully.



2025 Home & Family Conference Agenda

Monday, June 2

9:30 am	Tour - Load Vans
9:45 am	Tour - Departure Time
10:00 am - 1:30 pm	Tour - Hamilton County Historical Society & Lunch at Rosie's
1:30 pm	Tour - Load Vans
2:00 pm	Tour - Return to Embassy Suites
10:00 am - 4:30 pm	Registration - Waters A
11:00 am - 12:30 pm	Lunch - on your own
1:00 - 9:00 pm	Vendors Open
1:00 - 2:00 pm	Heritage Skills & Crafts
2:15 - 3:15 pm	Heritage Skills & Crafts
3:30 - 4:30 pm	Heritage Skills & Crafts
5:00 - 7:00 pm	Dinner - Waters B
7:00 - 8:00 pm	Entertainment: Open Mic Night - Waters B & C
8:00 - 11:00 pm	Entertainment: Game Night - BINGO & Scream-O

Tuesday, June 3

7:30 - 8:45 am	Registration - Waters A
7:30 - 8:30 am	Logo Sales, Cultural Arts & Silent Auction Open
9:00 - 11:00 am	Annual Business Meeting - Waters B & C
10:00 am - 4:45 pm	Vendors Open
11:00 - 11:15 am	Break
11:15 am - 12:15 pm	Lunch
12:15 - 1:00 pm	Keynote Speaker - Rik Roberts
1:00 - 1:15 pm	Break
1:15 - 4:45 pm	Logo Sales & Cultural Arts - Open
1:15 - 6:00 pm	Silent Auction - Open
1:15 - 2:15 pm	Concurrent Sessions
2:30 - 3:30 pm	Concurrent Sessions
4:00 - 5:00 pm	Concurrent Sessions
5:15 - 6:15 pm	Dinner - on your own
7:00 - 8:00 pm	Melody Makers Concert - Riverside Junior High School
7:00 - 9:00 pm	Logo Sales & Cultural Arts Open

Wednesday, June 4

8:30 - 10:00 am	Cultural Arts & Silent Auction Pick Up
9:00 - 10:30 am	Leadership Speaker - Angie Hibner
10:30 - 11:00 am	Break
11:00 am - 2:00 pm	Celebration Event including Lunch
2:00 - 2:30 pm	Officer Receiving Line

Thank you for attending the 2025 Home & Family Conference! Have a Safe Trip Home!

2025 NVON Conference

Planting Many Seeds . . . Expect Growth

July 8 – 10, 2025

Northfield Inn, Suites & Conference Center
3280 Northfield Drive
Springfield, IL 62702
217-523-7900

Book by June 7, 2025 Room Rate \$109 + taxes King or 2 Queen Beds

Hotel Amenities: * Free Parking * Free Wi-Fi * Extended Continental Breakfast
* Indoor Pool * Fitness Center * Compact refrigerator & microwave
* Restaurants within walking Distance

Experience the charm of Northfield Inn, Suites & Conference Center nestled in a quiet setting 8 minutes away from downtown Springfield, IL. Located right off of I-55 at exit 100B (Sangamon Avenue), you are minutes away from the Illinois State Fairgrounds, Abraham Lincoln Capitol Airport and all other points of interest in Springfield. Complimentary Shuttle Service to the Abraham Lincoln Capital Airport and Train Station accessible by contacting the hotel.

Booking link: You can find this information on the NVON website use code: IAHCE070725

Getting to Springfield, Illinois:

- * By Plane – Abraham Lincoln Capital Airport, 1200 Capital Airport Dr., 217-788-1060, flyspi.com
 - * American Airlines – aa.com
 - * Allegiant Airlines – alllegiantair.com
 - * Breeze Airlines – flybreeze.com
- * By Train – AMTRAK, 100 N. 3rd St., amtrak.com
- * By Car – Follow your GPS to

Northfield Inn, Suites & Conference Center
3280 Northfield Drive
Springfield, IL 62702
217-523-7900



**2025 NVON Conference
AGENDA
Plant Many Seeds – Expect Growth”**

Monday, July 7

Early Arrivers

3:00pm	Hotel Check-in
5:00pm – 9:00pm	** Registration ** State Display Set-up ** Receive Silent Auction Items **
6:00pm	Meet & Greet – Cold Hors d’oeuvres served

Tuesday, July 8

8:00am – 4:00pm	** Registration ** State Display Set-up ** Receive Silent Auction Items **
9:00am – 11:30am	Tours
12:00 Noon	Lunch at Hotel
1:30pm	NVON Board Meeting
2:00pm – 4:00pm	“Get Your Kicks on Rt. 66” Show and Shine Car Show in Parking Lot
6:00pm	Illinois Night – Mary Todd

Wednesday, July 9

8:00am – 4:00pm	** Registration ** State Display Set-up **
9:00am – 11:30am	Spouses Tour – “Get Your Kicks on Rt. 66”
9:00am – 11:00am	NVON Conference Opening Session and Business Meeting
12:00 Noon	Luncheon – Cheri Burcham, University of Illinois Extension Educator & IAHCE Liaison
1:30pm – 5:00pm	ACWW Silent Auction - Bidding Begins
2:00pm – 3:00pm	Educational Seminars
	*Wits Workout *Oscar Mayer Weiner Mobile *Craft-Mason Jar w/Lights
3:30pm – 4:30pm	Education Seminars
	*Chocolate *Natives as Pollinators *Craft-Stitched Christmas Cards
6:00pm	Dinner – Dawn Morris, Red Cross Executive Director
8:00pm – 10:00pm	ACWW Silent Auction – Bidding Opportunities

Thursday, July 10

8:00am – 4:00pm	** Registration ** State Displays Set-up **
8:00am – 11:30am	ACWW Silent Auction
9:00am – 11:00am	NVON Business Meeting
12:00 Noon	Luncheon – Sue Busler, Pastor and Retired USAFR Colonel
1:30pm – 3:30pm	ACWW Silent Auction – Last Chance to Bid, Closes at 3:30pm (Pick up after Banquet)
2:00pm – 3:00pm	Educational Seminars
	*Food Labels and Proper Storage *BEES...Me? *Craft-Blingy Wine Bottles
3:30pm – 4:30pm	Educational Seminars
	*Hummingbirds – Living on the Edge *Petersburg...My Heart’s Home *Craft-Diamond
Painting	
6:00pm	Dinner – Lauren Gleason, Volunteer Coordinator IDNR-OLM-State Historic Sites

After the Banquet, winning bidders please pick up your ACWW Auction items.

State Displays should be removed.

Thank you for visiting Illinois! Have a Safe Trip Home!

NVON Conference TOURS

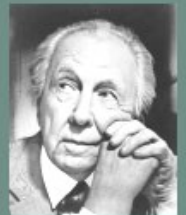
TUESDAY, JULY 8, 2025

1. The Dana-Thomas House - The **Dana-Thomas House** (DTH) was designed by Frank Lloyd Wright in 1902 for Susan Lawrence Dana, a forward-thinking socialite living in Springfield, Illinois. Tour the home. Limit of 15 per tour. Tour and transportation \$20 per person. Lunch will be at the Conference Center.



"A doctor can bury his mistakes but an architect can only advise his clients to plant vines."

Frank Lloyd Wright



2. **Lincoln Library/Museum, Old State Capitol, Lincoln Law Offices, Old Train Station** – You will be transported to the downtown Springfield area to enjoy a walking tour of Springfield. See as much as you wish! Limit of 30. Transportation \$10 per person. Lunch will be at the Conference Center.

WEDNESDAY, JULY 9, 2025

Spouse Tour

"Get Your Kicks on Rt. 66" continues for a nostalgic trip to **Motor Heads, Rt. 66 Display at the Fairgrounds, Ace Signs**. Transportation \$10 per person. Lunch will be at Conference Center.



(NVON) ENTERTAINMENT/SPEAKERS

Illinois Day Tuesday, July 8, 2025

Luncheon Entertainment — After lunch join us in the hotel parking lot for a “Get Your Kicks on Rt. 66” Show and Shine Car Show. Step back in time to view the vintage cars of yesteryear! Dress up if you like or come as you are! Enjoy a cool and refreshing Kona Ice which is nutritious and delicious as you walk around viewing the vintage cars!



Dinner Entertainment — **Mary Todd Lincoln** played by Ms. Pam Brown of Springfield, IL . “Taking Leave” May 22, 1865, Mary is preparing to leave the White House for the last time. Her heart is heavy, and her memories are great.

Wednesday, July 9

**Luncheon Speaker—Cheri Burcham, University of Illinois Extension Educator
and IAHE Liaison – Weathering the Storm**



Cheri Burcham is responsible for family life programming in the counties of Coles, Cumberland, Douglas, Moultrie, Shelby and other parts of east central Illinois as needed. Cheri’s emphasis is on healthy lifestyles throughout the life span which include family relationships, communication, caregiving, stress management and human development including early childhood and healthy aging. Her passion is to help people to be their best selves and to promote a healthier, independent older population.



**Evening Speaker—Dawn Morris, Red Cross Executive Director –
The Heart of Volunteering: Planting Seeds of Hope**

Dawn Morris is the Executive Director of the South and West-Central Illinois Red Cross Chapter, serving 33 counties in both Illinois and Missouri.

Before coming to the Red Cross almost 6 years ago, Dawn was the Executive Director of a much smaller organization. Her focus was on serving poverty-stricken women and children in crisis. Dawn was a domestic violence professional, trainer and facilitator for Getting Ahead in a Just Getting by World. Gaining substantial experience working with the houseless population.

Nothing has been more fulfilling in her life than the role of being a mother. She is the proud mother of three young men and the Jamma of 10 beautiful grandbabies. However, this motherly love goes beyond her immediate family- she continues to lead the Red Cross Organization just as she has led her children- with love, empathy, and an open mind. Dawn is nothing more than an ordinary person, who believes our world is a better place when compassion can travel where it is needed the most. Which is why Dawn is always one of the first to raise her hand and deploy. She has deployed to the Oregon Wildfires, Hurricane IDA, Kentucky Tornadoes, Hurricane IAN, with her most recent being the Lahaina Wildfires.

Dawn has completed three full marathons, several half marathons, a triathlon and a 9/11 memorial run which included 110 flights of stairs.

Thursday, July 10

Luncheon Speaker — Sue Busler, Pastor and Retired USAFR Colonel

Pearls of Wisdom



Sue typically uses humor to convey her message to the audience in such a way that each of you will walk away with a smile and feeling positive!

Mrs. Busler is a Distinguished Military Graduate of the United States Air Force Academy, Class of 1980, the first class with women. In addition to a Bachelor of Science Degree in Humanities from USAFA, Sue also holds a Master of Science Degree in Aeronautical

Science from Embry-Riddle Aeronautical University. She is a former Colonel at USAFR Retired.

Sue works at Certified Lay Speaker United Methodist Church and served as a volunteer with various organizations. Most importantly, she is a wife, mother, and grandmother who instills humor into everyday life sometimes with the help of her family!

Evening Speaker — Lauren Gleason, Volunteer Coordinator IDNR – OLM

State Historic Sites at Springfield – Lincoln's Legends and Lore



Lauren is the volunteer coordinator for the State Historic Sites of Springfield. She has been with the sites in various roles for 7 years. Lauren began as an historical interpreter, giving tours of our sites to visitors. Then was on the building and grounds team helping with site beautification, maintenance, and restoration projects. Currently, she oversees volunteer

recruitment, training, and scheduling for the various sites and coordinates with the support organizations to implement special event and holiday programming.

She is originally from Taylorville, IL and went to college at LLCC, ISU and UIS studying Anthropology and Sociology with a minor in Philosophy. Lauren is aiming to go back to UIS next fall to pursue a master's degree in public administration. She lives in Jerome with her husband Ryan, who also is a State of Illinois employee.

NVON EDUCATION SEMINARS & CRAFTS WORKSHOPS

WEDNESDAY, JULY 9, 2025

2:00 – 3:00pm

Wits Workout Seminar — Chelsey Byers and Molly Hofer, University of Illinois Extension Family Life Educators.

Come and learn about *Wits Workout*, an interactive brain health curriculum. *Wits Workout* is designed to be led by volunteers or other community leaders. *Wits* is designed in a “workout” format consisting of four interactive pen-and-paper activities and a short educational topic that addresses cognitive health. *Wits Workout* helps bring older adults together to increase their socialization and intellectual engagement, which are both lifestyle contributors to brain health.

Oscar Mayer Weiner Mobile Seminar — Amber Johnson — FRANKtastic lesson on the history of this WIENERific icon. Amber will RELISH sharing her extensive collection of memorabilia. Come MEAT the “Wiernmobile Queen” herself! FRANKs a BUNs.

Mason Jar w/ Lights — Dorothy Holt, Massac County HCE, Illinois. Limit 30 Cost \$6.00. 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.



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NVON EDUCATION SEMINARS & CRAFTS WORKSHOPS

WEDNESDAY, JULY 9, 2025

3:30 – 4:30pm

Chocolate Seminar — Stephanie Jerabek, CWC USA Vice-Chairman Samples available. \$5
CHOCOLATE: Do I have your attention now? Learn about the exciting history of chocolate, how it is made and why we love it.

Natives as Pollinators Seminar — Robbin Nickelson, Happy Trails Garden & Design
This program will encourage incorporating native plants to the landscape supporting local fauna and other environmental causes. We'll discuss some differences in Nativars vs. true Natives and review some of the best pollinators for your area. The steps landowners should take to be successful in transforming their current landscapes to more eco-friendly habitats, will also be shared.

Stitched Christmas Cards — Janel Kassing, Randolph County HCE, Illinois.
No limit. Cost \$5.00 Crafters will make 2 stitched Christmas cards with provided materials.



Thursday, July 10, 2025

2:00 – 3:00pm

Food Labels and Proper Food Storage Seminar – Stephanie Jerabek, CWC USA Vice-Chairman
What you need to know about the labels on the foods you purchase and how to store your foods properly.

Bees...Me? Seminar – Wayne Beck, Community Education Coordinator of the Family Beekeepers of Illinois (FBI)
Learn how bees affect our food supply, a bee's life cycle, the social caste in a bee colony, basic beekeeping equipment, and a hive full of bee trivia. The presentation will include an observation hive and honey sampling directly from the hive.

Blingy Wine Bottle – Sally Dennis, Macon County HCE, Illinois. Limit 10 people. Cost \$10
Transform an empty blue wine bottle into a decorative centerpiece using purchased BLING.



3:30 – 4:30pm

The Hummingbird – Living on the Edge Seminar– Jo Fessett from the Illinois Audubon Society

The hummingbird is a favorite backyard visitor. But behind that tiny jeweled, ever moving body lies a tough little character. Learn about their natural history, how to attract them to your yard and what lies ahead for these charming creatures who must continually adapt to the effects of climate change.

Petersburg....My Heart's Home Seminar – Kathy Olesen

What does the Circus, A Record Setting Quarter horse, the MOST Tomato Canning in the World and the Home of Edgar Lee Masters AND Abe Lincoln have in common....Petersburg. Come learn the colorful history and find out about the present and future of his beautiful central Illinois town.

Diamond Painting – Emily McDowell, Madison County HCE, Illinois. Limit 10 Cost \$5.00.
Learn to paint with "diamonds"! Diamond paint a set of 2 Mandela style coasters.

