

2019 HOME & FAMILY CONFERENCE

"TODAY'S CHANGING HOMEMAKER"

June 3, 4, and 5, 2019

Wyndham Indianapolis West
2544 Executive Drive, Indianapolis, Indiana 46241



Name (one form per person) Member Guest First Time Attendee

Address Telephone (include area code)

City County State Zip

Email address E-mail Confirmation Y N OR

Include a self-addressed stamped envelope if you would like a written registration confirmation.

I grant IEHA, the right to use, publish, and copyright my image for educational programs and publications, web sites and promotion of Indiana Extension Homemakers Association programs.

Signature

Due to limited space, please choose a Session/Heritage Skill you would like to attend by placing a 1,2 or 3 in the space before the selection. Omitting the 2nd and 3rd choice does not guarantee placement in 1st choice.

TOUR Monday, June 3rd
9:15 am-5:00 pm (approx. return)
Hope Center and Garfield Park Conservatory Guided Tour

i-LEaD charge for materials \$10.00

Level I

Level 2

Melody Makers Concert

Tuesday, June 4th 7:00 p.m.

Concert only \$5.00

Concert & Bus Transportation \$10.00

HERITAGE SKILLS/CRAFTS (If one class time is full, you may be placed in a different time slot)

Scherenschnitte \$4.00 (limit 10 per class) 1:00pm-2:00pm Mon.

Calligraphy \$4.00 (limit 12 per class) 1:00pm-2:30pm 3:00pm-4:30 pm Mon.

Counted Cross Stitch \$5.00 (limit 20 per class) 2:15pm-3:15pm Mon.

Ribbon Weaving \$5.00 (limit 10) 3:30pm-4:30pm Mon.

Swedish Weaving \$3.00 (limit 10) 3:30pm-4:30pm Mon.

Alcohol Ink \$8.00 (limit 15) 10:30am-11:30am Wed.

Embellished Felt Bag \$5.00 (limit 10) 10:30am-11:30am Wed.

Pamper Yourself \$3.00 (limit 12) 10:30am-11:30am Wed.

Blackwork Embroidery \$7.00 (limit 10) 10:30 am-11:30am Wed.

CONCURRENT SESSIONS (Please indicate your choices for sessions)

Tuesday June 4, 2019, 1:45- 2:45 pm

President's Roundtable

Tinker Thinking

I CAN

Small Plot Gardening

Tuesday June 4, 2019, 3:00-4:00 pm

Family Impact Seminars (Leadership Focus Group)

Secretary/Treasurer Roundtable

Edible Landfills

Connecting Indiana Homes

Wednesday June 5, 2019, 10:30 am-11:30 am

Ask Angie (Ext. Educators Only)

Preventing Falls in Everyday Life for Every Age

i-LEaD Board Fall District Training (invitation only)

Wednesday June 5, 2019, 1:30-2:30 pm

Public Relations

Snacks to Feed Those in Need

Stretching: Good for the Body and Mind

Membership: Networking Jam Session

Wednesday June 5, 2019, 2:45-3:45pm

Collaborate, Build, Engage, Address and Identify Community Need

ACWW Triennial

What Does Climate Change Mean for Indiana?

Registration Fee:

Full Registration \$150.00 \$ _____
After May 1, 2019 \$170.00 \$ _____

One Day Registration:

Tuesday, June 4 \$ 65.00 \$ _____
After May 1, 2019 \$ 85.00 \$ _____
Wednesday, June 5 \$ 85.00 \$ _____
After May 1, 2019 \$105.00 \$ _____
Gala Banquet Dinner Only \$50.00 \$ _____

Tour Fee:

Tour to Hope Center/Garfield Gardens (Lunch Included) \$ 46.00 \$ _____
i-LEaD _____ Level 1 _____ Level 2 (choose one) \$10.00 per session \$ _____
(Must complete Level I before starting Level II)

Melody Makers Concert (single ticket \$5 or w/transportation \$10.00) \$ _____

Craft Workshops—total due \$ _____

TOTAL FEES \$ _____

NO REFUNDS WILL BE GIVEN. Registration Transfers will be allowed before June 1, 2019.

Registrations after May 10, 2019 cannot be guaranteed meals or session choices.

Annual Business Meeting will be Tuesday June 4 at 9:00 a.m. in the Golden Ballroom (Free of charge to all IEHA Members)

***Special Dietary Needs (be specific) _____

Meals ARE Included in registration but please indicate those you are attending for a count for reservations with the hotel.

I will be attending the following

____ Monday, Ice Cream Social, Fun & Games 6:30 p.m.

____ Tuesday, Plated Breakfast 7:30 a.m.

____ Tuesday, Plated Lunch 12:00 p.m.

____ Wednesday, Plated Breakfast 7:30 a.m.

____ Wednesday, Gala Plated Dinner 6:00 p.m.

Make checks payable to IEHA 2019 HOME AND FAMILY CONFERENCE

and mail with registration form to

Conference Registrar: Linda Gause

Address: 6615 South Harmony Road, Bloomington, IN 47403

Phone—812-327-7215

Email: lindag0607@sbcglobal.net

Registration Deadline: May 10, 2019

**To Register for the Conference On-Line, visit
www.ieha-families.org**

Monday Tour Hope Center and Garfield Park Conservatory Guided Tour and program. Tour cost includes transportation, lunch, and admission fees. The work of the Hope Center is to transform the lives of women exiting sex trafficking. Throughout history garden plants have had many different uses. Learn some fun folklore surrounding popular plants from our garden and try your skills at making herbal tea.



Heritage Skills 2019

Monday Sessions in Fortune A & B

Scherenschnitte Instructor: Jan Gogel

Explore the art of Scherenschnitte – “scissors cuts” in German. Participants will make a 3-dimensional Christmas ornament and a flat cutting mounted on card stock and suitable for framing.

Calligraphy Instructor: Julia Thompson

Julia Thompson, President of the Calligraphy Guild of Indiana will give instruction in the Italic hand, a beautiful calligraphy form suitable for handmade greeting cards, wedding invitations, place cards and hand-lettered flyers.

Counted Cross Stitch Instructor: Anne Moore

Try the technique of counted cross stitch as you make a cute ornament to display any time of the year.

Ribbon Weaving Instructor: Jean Hitchcock

Learn the technique of ribbon weaving as you create a 5” x 5” square of fabric. This square can be sewn to a tote, t-shirt, or framed.

Swedish Weaving Instructor: Jan Gogel

Try your hand at the art of Swedish Weaving on traditional Huck fabric. Learn to read and follow a chart as you work samples before completing a bookmark in the Swedish Weaving technique.

Wednesday Sessions in Golden Ballroom 4 & 5

Alcohol Ink Instructor: Jane Donaldson

Explore the technique of alcohol ink as you make 2 magnets as practice pieces then put your skills to work creating a necklace with a glass pendant done using alcohol ink.

Embellished Felt Bag Instructor: Cindy Saferight

Have fun making a pretty embellished felt bag that can be used as a jewelry bag or coin purse. Let your creativity run free!

Pamper Yourself! Instructor: Teresa Bell

Learn how to pamper yourself with easy to make soaks and scrubs that are easy on your pocketbook. Recipes for several items will be provided, as well as samples to look at. Take home a Maple Brown Sugar Body Scrub that you make in the session.

Blackwork Embroidery Instructor: Meegan Ebacher

The decorative backstitch designs of Blackwork embroidery have been around since the time of Henry the VIII. All supplies will be provided in this class and include a bonus pattern sheet and grid paper for you to create your own designs.

Book hotel reservations at **Wyndham Indianapolis West - 317-248-2481**

www.wyndhamhotels.com/groups/hr/home-and-family-conference-2019

Monday Sessions in Fortune C & D 11:00 a.m.-5:00 p.m.

i-LEaD Level 1 Leader: Diana Stone, HHS Extension Educator, Hancock County & Susan Neher

i-LEaD Level 2 Leader: Mark Kepler, County Extension Director & Extension Educator, Fulton County

Concurrent Sessions

Title of Workshop: Tinker Thinking

Presenter/s: Barb Beaulieu

How can adults guide young children in developing thinking skills like engineers? How do children play like young engineers? What tools are needed to help create a new generation of engineers? Answers to these questions and more will be presented from the latest research from the Department of Human Development and Family Studies at Purdue. Discover how Extension is proving a new educational program in various counties to help parents and childcare providers facilitate the engineering skills development in young children as the outreach of the research.

Title of Workshop: Snacks to Feed Those in Need—Building Weekend Food Programs and Community Partnerships

Presenter/s: Shannon Chipman-Purdue Extension Ohio County—CED/HHS/4-H Youth Development Educator

Through a combined community effort, over 5,000 food bags have been given to students in grades K-8th in Ohio County since 2012. Learn how your Extension Homemaker group can start a similar program to help families stretch their food dollars, build community relationships and help students fight food insecurity.

Title of Workshop: Connecting Indiana Homes

Presenter/s: Dr. Roberto Gallardo & Ryan Wynkoop

Just as it took many years to electrify homes and farms across Indiana in the 20th century, the same is true for connecting these same homes to the Internet in the 21st century. Access to the Internet can play a critical role in the success of farms and rural communities. But there still exists a “digital divide” across the state from large cities to rural towns. This session will discuss what Purdue Extension is doing in Indiana to foster “digital inclusion” and how communities thrive when they have access to broadband internet.

Title of Workshop: Small Plot Gardening

Presenter/s: Rosie Lerner, Purdue Extension Consumer Horticulture Specialist

Many folks would love to grow their own fresh vegetables, but perhaps they are short on space and/or time. This session will offer tips for creating and stretching a small garden space.

Title of Workshop: Stretching: Good for the Body and Mind

Presenter/s: Megan Peterson

Participate in a chair yoga class and learn the benefits of stretching. Stretching not only improves physical health but also mental. Participants will leave this session with a little more pep in their step.

Title of Workshop: What Does Climate Change Mean for Indiana?

Presenter/s: Melissa Widhalm

Our climate shapes our lives. The ways we build our roads, manage our farms, move our water and use energy are all influenced by our unique Indiana climate. But our climate has been changing and it will continue changing in ways that affect our productivity, our safety and our livelihoods. In this session, we will look at why climate change is an urgent, local issue with relevance to all Hoosiers and we'll use the best available research to dig into the question, “what does climate change mean for Indiana?”

Title of Workshop: ACWW Triennial 2019

Presenters: Stephanie Jerabek, Anne Moore, Jo Almond, Linda Gause

Recap of the 2019 Triennial Conference in Melbourne, Australia in April 2019.

Title of Workshop: i-LEaD Board Fall District Meeting Training

Presenter/s: Ellen King

i-LEaD Board Members Only. NOT OPEN TO CONFERENCE ATTENDEES.

Title of Workshop: I Can Leadership Focus

Presenter/s: Jo Almond/Barb Keyes/Stephanie Jerabek

Learn more about the *I Can* program. See how we can teach others in a new and exciting way.

**Title of Workshop: Preventing Falls in Everyday Life for Every Age**

Presenter/s: Jan Gogel

Falls can really be a downer when they interfere with our everyday lives. Learn ways to prevent falls in older adults and safety measures to take to prevent falls for children. Learn how to get up from a fall by yourself.

Title of Workshop: Ask Angie

Presenter/s: Angie Abbott

Update from HHS Program Leader and Associate Director for Purdue Extension, Dr. Angie Abbott.

THIS SESSION IS FOR EXTENSION EDUCATORS ONLY!

Title of Workshop: President's Roundtable "All COUNTY PRESIDENTS Aboard! ... Charting the Course"

Presenter: Anne Moore

2019-2020 County Presidents are invited to review information for the new program year. One representative per county please.

Title of Workshop: Secretary/Treasurer's Roundtable

Presenter/s: Teresa Bell And Ellen King

2019-2020 County Secretaries and Treasurers are invited to review information for the new program year. County Secretaries and Treasurers only please.

Title of Workshop: Collaborate, Build Community, engage Volunteers and Address an Identify Community Needs

Presenter/s: Linda Adams, Community Wellness Coordinator, Purdue Extension Marion County

The Bethany Community Garden was created in 2018 with a vision to *Build Community through Gardening Together* on the Southside of Indianapolis. Bethany Lutheran Church, the South Indy Quality of Life Team and Purdue Extension Marion County leveraged their connections to launch a very successful community garden project that addressed the need for gardening knowledge at the neighborhood level, while giving away over 500 pounds of garden produce to two food pantries and the garden volunteers. Come join this presentation to learn how the Bethany Community Gardens' core team ultimately brought together 22 collaborating partners and scores of eager community volunteers to build and plant 26 in-ground community garden beds, 17 individual garden beds and 6 new raised garden beds for the Bethany Early Learning Ministry.

Title of Workshop: Indiana Family Impact Seminars

Presenter/s: Kate Kester

Each year, members of the Indiana Consortium of Family Organizations are responsible for the Family Impact Seminar, which works with state legislators to provide non-partisan research to inform policy decisions that will affect families in Indiana. As IEHA is a COFO member, we will take a deeper look at what the Indiana Consortium of Family Organizations is; Why are Family Impact Seminars held not only in Indiana but throughout the country; how are topics chosen and what happens after INFIS. This Leadership Focus Group seeks to answer all of your questions about INFIS and facilitate discussion about the 2019 INFIS and the role of IEHA.

Title of Workshop: Membership Networking

Presenter/s: Deb Sweet and Membership Focus Committee

The Membership Focus Committee will be providing handouts, ideas to spur membership and an opportunity to participate in a "Jam session" on membership networking. This will be the place to go if you need ideas for getting the word out there about the best kept secret...IEHA!