

## 2016 CRAFT CLASSES, Tuesday, July 19, 2016 - Morning Classes



**9:00 - 10:30am**  
**"Alcohol Necklace"**  
 by Karen Cahill  
 \$5.00 fee, Limit 15

You will paint a metal washer, add wire, beads and ribbon to make a terrific looking necklace.

**"Mini Album"**  
 by Linda Gause  
 \$10 Fee, Limit 8

Mini Album -- a multi page Mini Album with lots of space for your pictures and journaling. Several options for different pages and many embellishments.



**"Yo-Yo Flower Pin"**  
 by Marie Samuel  
 \$1.00 Fee, Limit 20

Learn some ways to combine sewn circles and embellish them with buttons or beads. All fabric and button supplies furnished, but bring scissors and needle and thread if you can.



**11:00-12:00 Noon**  
**"Beaded Spider"**  
 by Karen Halicki  
 \$1.00 fee, Limit 40

Spider made with beads and wire; great for hanging in Christmas tree. Also included is legend of Christmas spider.



**"Stampin' Up Card"**  
 by Cheryl Camp  
 \$5 fee, Limit 20

Have fun making two handmade greeting cards.



**"Zentangle Necklace"**  
 By Sharon Middleton  
 \$8.00 fee, Limit 30

Do you sit around and doodle while on the phone. Well, let's make something out of all those doodles! Micro pen included.



## 2016 CRAFT CLASSES, Tuesday, July 19, 2016 - Afternoon Classes



**1 - 2pm**  
**"Post It Note Holder"**  
 by Sally Dennis  
 \$2.00 fee, Limit 25

Have a note pad close at hand with this easy "Post It" note pad.

**"Crochet Scrubbie"**  
 By Pat Kowalkowski  
 \$2.00, Limit 15

Love those scrubbies you see at craft shows, well learn to make your own! Bring a size J or K crochet hook with you.



**"Stampin' Up Card"**  
 by Cheryl Camp  
 \$5 fee, Limit 20



Have fun making two handmade greeting cards.



**"Alcohol Ink Necklace"**  
 by Karen Cahill  
 \$5.00 fee, Limit 15

You will paint a metal washer, add wire, beads and ribbon to make a terrific looking necklace.



**"Mini Album"**  
 by Linda Gause  
 \$10 Fee, Limit 8

Mini Album -- a multi page Mini Album with lots of space for your pictures and journaling. Several options for different pages and many embellishments.

**"Fabric Potholder"**  
 by Marilyn Daughettee  
 \$5.00 fee, Limit 15

Make a quick, useful and decorative potholder. Fun, fun, fun.....



## 2016 SEMINARS - 2:00 - 3:00PM

Wednesday, July 20, 2016

### “Better Breathing: Sleep Apnea, Asthma & COPD”

**Gina Hoots**  
MSEd, RRT-ACCS, RPFT  
Director, Respiratory Care  
Neurodiagnostic Services  
Decatur Memorial Hospital

You will be able to talk to a respiratory therapist about common problems with breathing including sleep apnea (snoring), asthma (happens in older generation) and COPD (chronic obstructive pulmonary disease).

### “Wheat Weaving History”

**Diane Ruff**  
Illinois Association of  
Wheat Weavers

We will discuss the history of wheat weaving (also known as corn dollies). We will demonstrate some of the techniques used.



### “Don’t Use a Bag, Use Gift Wrap”

**Gini Smith/Sandy Severe**  
Macon County HCE

Using a bag to wrap presents is how many of us gift wrap anymore. Be a part of this lesson and learn about all of the unique and fun ways that you can create beautiful packages to give away. It’s easier than you think!



### “Making Your Own Cleaners”

**Karen Cahill**  
Co-President, Macon County  
IAHCE

Learn how to make your own cleaners at home and save a little cash. Find unique and unexpected ways to get things clean and keep your home less toxic.



### “The Secrets of Growing Great Tomatoes”

**Richard Zerfowski**  
U of I Master Gardener

Discover what steps to take to grow great tomatoes. Learn what you can do to improve the tomatoes in your garden and how to prevent tomato diseases. Learn how the weather can be a factor in how the tomato develops.



## 2016 SEMINARS - 3:30 - 4:30PM

Wednesday, July 20, 2016

### “How to Prevent Credit Card Fraud”

**Jennifer Middleton**  
State Farm Insurance Co.

Learn some tips on how to prevent becoming a victim of credit card fraud and what to do if you are a victim.

### “Gift of Life”

**Lola Lewis**  
Donation Coordinator  
Gift of Hope Organ &  
Tissue Donor Network

Discuss the benefits of donations and the effect it has on the ones receiving the donor organ.

### “Leading Supplements for Women’s Health”

**Mike King**  
Mari-Mann Herb Co.

Mike will talk about the most important and most popular supplements to help with woman’s needs such as basic vitamins, latest idea for young skin, menopause, brain health, bone health and other related herbs and supplements.

### “Preserving Family Photos”

**Ann Adkesson**  
Macon County HCE

If your family’s photos are still stuck inside those old “magnetic” photo albums, or just tossed in a drawer or box, it’s time to get them organized and preserve them for future generations. Learn the best methods and materials for preserving and storing them.



### “From Pasture to Panache”

**Stan & Janetta Bauer**  
der Bauernof Farms

Stan and Janetta began raising alpacas 12 years ago as a hobby and their clothing label, 5 miles east, is now carried in a clothing boutique in Door County, WI



## 2016 SEMINARS - 2:00 - 3:00PM

Thursday, July 21, 2016



### **“Hummingbirds, A Beautiful Mystery”** Vernon Kleen

Hummingbirds are beautiful creatures that have unique characteristics. Join us in learning about the habits of this beautiful bird.

### **“Beverages: Empty Calories? Or not?”** Mary Liz Wright Nutrition & Wellness Educator

Beverages are fun to drink, but they can be an expensive serving of empty calories.

In this class we will discuss 5 different categories of non-alcoholic beverages: water, soft drinks, fruit/vegetable juices, milk/milk-based, and functional beverages. We will

also discuss how these beverage choices may have a direct influence on your health.



### **“Pass The Pink Packet, Please”** Staci Renee Coussens U of I Nutrition & Wellness Program Coordinator

Sugar substitutes have endured a lot of controversy over the years. The question is: are they safe? Learn the latest research, types of sugar substitutes and how to effectively use them. You'll also have the opportunity to taste test the difference.



### **“Tunisian Crochet”** Ruth Darelius Country Lace & Wood Creations



You need a basic knowledge of how to crochet for this class. This is not a “learn to crochet” class. In this session we will learn the basic Tunisian Stitch and one or two more variations while working on a pair of fingerless mitts. Class fee include yarn, Tunisian crochet hook and pattern. \$10.00

### **“Theatrical Make-Up”** Mike Huff

He will be demonstrating different techniques while giving participants an opportunity to use some of these techniques.



## 2016 SEMINARS - 3:30 - 4:30PM

Thursday, July 21, 2016



### **“Putting the Magic into Sewing”** Marge Houghland Edgar County HCE

A new technique to add pizzazz to your garment. Marge will explain how to do this and also provide a trunk show with the many items she has made using this technique.

### **“Essential Oils”** Julie Courdt

This session will explore how essential oils are a safe and essential tool for your healthy lifestyle with helpful medicine cabinet make over solutions, tips and resources using nature's medicine.



### **“Who Doesn't Like to Dip?”** Carol Ropp/Karen Cahill Co-Presidents Macon County HCE

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 our all-time favorites.



### **“Community Supported Agriculture: Connecting Communities Through Food”**

Mariah Anderson

There is a shift occurring in small scale farming, driven by communities making connections between the production and consumption of local food. In this session you will learn

how Triple M Farm, near Clinton, Illinois is developing local partnerships and building a Community Supported Agriculture (CSA) business model.

This partnership fosters connections between urban and rural communities and the land and people that provide the food.

### **“Cast On's/Bind Off's - You Mean I Have a Choice?”**

Ruth Darelius  
Country Lace

An exploration of choices. Do you ever say 'What cast on should I use?' or 'How come the my cast off pulls in?' Bring some light colored worsted weight yarn, needles of appropriate size for your yarn and a crochet hook. You may want to make sure that you have some usual knitting accessories and a pen for notes. Also, \$3.00 for handouts.



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## ILLINOIS NIGHT, THE IAHCE LADIES

**Dinner - Tuesday, July 19, 2016**

Sit back, relax and get ready to be entertained by a new group, "The IAHCE Ladies".

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## NVON Keynote Speaker - DEANNA DAUGHHETEE

**“Unlocking your Potential”**

**Lunch - Wednesday, July 20, 2016**

"Unlocking your Potential" will be presented by the keynote speaker, Deanna Daughhete, President and CEO of the mortgage company she founded in 1992. She stands out as a leader in the mortgage industry. A CPA with an undergraduate degree in Business and MBA from SIU in Edwardsville. She is a member of the Regional Business Council. She has served on the boards of the Ronald McDonald House Charities, YWCA and the Advisory Board of United Missouri Bank and the School of Business at Eastern Illinois University.



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## NVON Speaker - FRITZ KLEIN (Abraham Lincoln)

**Dinner - Wednesday, July 20, 2016**



Klein's portrayal of Lincoln brings this American icon to life. He bears a striking physical resemblance to Lincoln. His programs are thoroughly researched, historically accurate, and blend Lincoln's humor with his great humanity. His ability to adapt to any audience and adapt his program's content to your theme means that you are guaranteed to walk away with new insight into the man and a genuine sense that you have been with Lincoln himself.

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## NVON Speaker - MELISSA GOUTY

**“The West was Won with Needle and Thread”**

**Lunch - Thursday, July 21, 2016**

Have you ever thought about the sheer tenacity and persistence of the women who went overland on the Westward Trail? Did you know that it was the women who – with their strength, talents, and yes, their sewing abilities – kept the families together and made it possible to homestead in the new frontier? You will be amazed, awed, and inspired by the role of the women on the incredible journey of the Westward Trek.

Melissa Gouty is the co-owner of Threads of Time Creative Sewing and Retreat Center in Danville, IL. She and her husband, Bill, opened their 6,000 square foot store in 2006. A large and unique facility enabled them to expand their operation to the largest combined fabric store and retreat center in the entire Midwest.

Melissa, or “Missi,” had a former career as an award-winning college English professor for more than 20 years. During this time, she was a Fulbright-Hays scholar studying in China and was the recipient of the Webster Endowed Chair at Danville Area Community College.

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## NVON Entertainment - THE SINGING MEN

**Dinner - Thursday, July 21, 2016**

The Singing Men of 'GNN are over 60 strong. From physicians to farmers, professors to plumbers, this diverse group consists of men of all ages from a variety of backgrounds, denominations, professions, and life experiences representing towns all over east-central Illinois. Under the direction of Stephen McClarey, The Singing Men of 'GNN perform selections of patriotic music, show tunes, old-time favorite classics, spirituals and hymns. Just a note, the entire group will not be entertaining us.

