

## SPECIAL GUESTS

### ELENI KELAKOS

Eleni Kelakos, the Speaker Whisperer®, uses performance techniques learned over decades as a professional actress and singer in New York and Hollywood to help executive speakers with more confidence and impact.

A Graduate of Brown University, Eleni is the past president of the National Speakers Association of Michigan. She sang the national anthem at Shea Stadium for three (winning!) Mets games, and has produced four acclaimed CDs of her original songs.

She's the author of the award winning book, Touch the Sky: Find Your Voice, Speak Your Truth, Make Your Mark and the #1 Amazon Bestseller, Claim the Stage! A Woman's Guide to Speaking Up, Standing Out, and Taking Leadership.

She lives happily with her husband, and two constantly shedding cats, in Ann Arbor, Michigan.



### CINDA POTTMAYER

Cinda Pottmeyer has been an avid quilter for 20 years. She teaches a variety of classes at Anything Sews Fine Fabrics in Dover, Ohio including the Eleanor Burns & Sue Bouchard pattern of blocks called the Underground Railroad Sampler. Cinda is the co-author of the book Multiple Madness - A Quilt Technique with Chris Brauning.

She resides in New Philadelphia with her husband of 49 years. Jack is her dedicated sherpa today.

#### Optional Saturday Evening Entertainment

Show  
Starts at  
7:00pm



Tickets  
are  
\$27.00

Amish Country Theatre

Our new show, A Few Good Hens, will have you in stitches from beginning to end. Enjoy the comedic genius of everyone's favorite country bumpkin, Lynyrd. Laugh till you snort with renowned ventriloquist Ken Groves and his cast of characters. The she-nanigan-loving Beachy Boys will deliver brand new parody songs and comedy.

## THIS EVENT MADE POSSIBLE WITH SPONSORSHIPS & DONATIONS FROM:

- Carroll County Farm Bureau
- Harrison County Farm Bureau
- Jefferson County Farm Bureau
- Tuscarawas County Farm Bureau
- Walnut Creek Cheese
- Capital Recovery Systems, Inc
- Kim Davis Agency
- Lehman's Hardware Store
- Kemp Insurance Agency
- Baltic State Bank
- Commercial Savings Bank
- Jefferson County Health Department
- Family Recovery Center
- Trinity Health Systems

#### ~ AREA HOTELS ~

<b>Quality Inn</b>	<b>Comfort Inn &amp; Suites</b>
2024 Ohio SR 39	1120 Gateway Place
Dover, Ohio	Dover, Ohio
(330) 364-8881	(330) 365-9388



CARROLL, HARRISON,  
JEFFERSON AND  
TUSCARAWAS COUNTIES

**For more information contact our  
County Farm Bureau Office**

Phone: 330.339.7211 / 888.265.2090  
Check us out on Facebook too!

## FARM BUREAU PRESENTS



*Straight from the Heart*

## A Women's Wellness Event

**Saturday, October 14, 2023**

*Registration Begins at 8:15 am*

Union Hill Church  
7877 Union Hill Road NW  
Sugarcreek, Ohio

**Join us for an informative day  
of fun, learning, and fellowship  
in the heart of Amish Country!  
Experts will share information  
on a variety of topics that  
matter most to women.**

## SESSIONS AVAILABLE

1. **Podcasts: New Worldly Way to Communicate**  
*Travis Thompson*  
Bring your electronic devices so we can help connect you with the podcast community. We'll introduce you to what podcasts have to offer.
2. **Quilting for Beginners**  
*Chris Kendle, Tuscarawas County Extension*  
Introduction to tools that help make quilting easy! I will share some "do's and don't's" and demonstrate basic quilting techniques.
3. **Backyard Birds**  
*Erika Lyon, Jefferson & Harrison County Extension*  
This session will cover the common birds found in Ohio as well as ways to attract them in your garden. Bird swing craft included.
4. **Feeding our Children for the Future**  
*Caitlin Mathews Smith*  
Teaching children to choose healthy snacks impacts their diets as adults. Caitlin will discuss nutritional value of various snacks and share samples and recipes. Adults can benefit from these snacks too!
5. **Autumn Wool Tag "Fun with Wool Applique"**  
*Patty Quaglia & Carol InFante*  
Learn two basic stitches to make a wool autumn tag. Participants will whip stitch and blanket stitch a fall tag to take home. Wool applique items will be on display.
6. **Chair Fitness**  
*Kathleen Johnson, Tuscarawas County YMCA*  
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. A chair is available if needed for seated or standing support.
7. **The Wonders of Herbs**  
*Barb Dewey*  
Learn the basics on herbs featuring culinary herbs. Plant a six pack of your favorite herbs to take home.
8. **Hey Sugar Sugar**  
*Judy Saiter, Jefferson County Farm Bureau*  
Attendees will decorate 2 cookies each with icing bags. Judy will be teaching different techniques and the different royal icing consistencies.
9. **Let's Spice It Up!**  
*Katie Turner, Lehman's Hardware Store*  
Learn new ways to jazz up homemade meals and offer more flavorful meals that we can't wait to serve our families. Let's learn how to go beyond salt and pepper while using spices and homemade seasonings.
10. **Basic Home Pet Care**  
*Travis Thompson*  
We will review the basics required to ensure that your pet is healthy. We will discuss pet nutrition and vaccine choices. We will plan time to answer your questions.
11. **Let's Grill Some Pork**  
*Trevor Kirkpatrick, Ohio Farm Bureau*  
Cooking pork is easy! You're just overthinking it! Listen to Trevor talk about his favorite ways to cook pork and try some samples!
12. **Beef for Dinner!**  
*Kaitlyn Hinds*  
Beef It's What's For Dinner. But what else could it be for? Learn how and why beef provides value for you and your family.
13. **Stretch and Release**  
*Sarah DiFazio, Be Yoga Studios*  
Stretch and Release will consist of mostly seated (chair or floor) and standing poses to help release stress and tension in your body and mind.
14. **Cabbage Roll in a bowl with Cooking Demo**  
*Katie Turner, Lehman's Hardware Store*  
Mrs. Katie of Heritage Ways demonstrates how to make Cabbage Roll in a Bowl while sharing a bit of food history and some preparation short-cuts. This is a non-traditional way to enjoy the flavors of Cabbage Rolls with less effort and time.
15. **Healthy Eating for the Holidays**  
*Caitlin Mathews Smith, Guernsey County Extension*  
This holiday season, treat yourself to traditional foods that nourish your body! Enjoy healthy, delicious goodies that will energize you for the holidays.
16. **Flower Arranging and Grave Saddles**  
*Heather Stein Wells, The Silk Worm Flower and Gifts*  
Designing flowers in a vase or a cemetery grave saddle topper to remember your loved ones.
17. **Multiple Madness "Tee" Pin Cushion**  
*Cinda Pottmeyer, Anything Sews Fine Fabrics*  
Attendees will assemble a pin cushion plus learn about the multiple madness sewing technique for quilts.
18. **Cards from the Heart**  
*Jennifer Smith, Close to My Heart Stamping*  
Learn to make cards using inks, stamps, & stencils along with various fun techniques using Close To My Heart Products and embellishments.

19. **Deep Restorative Rest**  
*Sarah DiFazio, Be Yoga Studios*  
Deep Restorative Rest is a guided meditation to help facilitate deep rest and restoration of your body, mind and spirit. We will be lying down on the ground so a blanket or yoga mat will be needed.
20. **Looking into your Genealogy**  
*Christy Walker & Alan Deibel, Tusc Co Genealogical*  
Christy will explain what genealogy is all about and share some experiences from their research. They will discuss how to get started, five-generation charts and family group sheets.
21. **Safe Food Preservation**  
*Emily Marrison, Coshocton County Extension*  
We will discuss the pros and cons of various ways to preserve food. We will also prepare some delicious jams to take home.

## AGENDA

- 8:15am Registration &  
Continental Breakfast
- 8:45am Kick Off Speaker  
Eleni Kelakos
- 10:00am Session 1
- 11:15am Session 2
- 12:30pm Lunch & Keynote Speaker  
Cinda Pottmeyer
- 2:00pm Session 3
- 3:15pm Session 4
- 4:30pm Door Prize Drawings
- 5:00pm Dinner & KitchenAid Drawing

**Mail registration with payment to:**  
**Farm Bureau, 2146 E High Ave**  
**New Philadelphia, OH 44663**

**Make checks payable to Farm Bureau**

## REGISTRATION

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip Code: \_\_\_\_\_

County: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Fees: \$35.00 (Farm Bureau Member) \_\_\_\_\_

\$45.00 (Non-Member) \_\_\_\_\_

A Few Good Hens (Tickets - \$27.00) \_\_\_\_\_

T-Shirt (\$15.00) Size: \_\_\_\_\_

**Total Due with Registration \$ \_\_\_\_\_**

**REGISTRATION DUE BY OCTOBER 4th!**

**Choose your Sessions —**

Please list your preferred session # selection in the available time slots listed below. Session # is next to Session Title. **Sessions are first come-first served.**

**10AM Session Options:**

**1, 2, 3, 4, 5, 6, 7, 8, 9**

#1 Choice: \_\_\_\_\_ Alternate: \_\_\_\_\_

**11:15AM Session Options:**

**4, 5, 6, 7, 8, 9, 10, 11**

#1 Choice: \_\_\_\_\_ Alternate: \_\_\_\_\_

**2:00PM Session Options:**

**8, 11, 12, 13, 14, 15, 16, 17, 18**

#1 Choice: \_\_\_\_\_ Alternate: \_\_\_\_\_

**3:00PM Session Options:**

**14, 15, 16, 17, 18, 19, 20, 21**

#1 Choice: \_\_\_\_\_ Alternate: \_\_\_\_\_

Detach this section and mail to:

Farm Bureau, 2146 E High Ave. New Philadelphia 44663

OR

Call Office at 330.339.7211 to register & pay with credit card

**Contact office for dietary/mobility accommodations**