



**Take Me to TV Land**  
**57<sup>th</sup> Annual Multiples of Illinois Convention**  
Hosted by Clusters Moms of Multiples  
October 18-20, 2019  
Embassy Suites • 707 E Butterfield Rd • Lombard, IL • 60148



## **TV Guide • Feature Descriptions**

### **Registration**

Friday • October 18 ..... 3:00pm – 7:00pm ..... Outside Butterfield A/B  
Saturday • October 19 ..... 8:00am – 11:00am ..... Outside Butterfield A/B

THANK YOU for joining us! We hope you enjoy the lineup we have prepared for you.  
Start the festivities by first picking up your TV Guide and binge-watching goodies!

### **Executive Board Meeting**

Friday • October 18 ..... 3:00pm – 5:00pm ..... Roosevelt

The Multiples of Illinois Executive Board will hold its  
fourth quarter meeting during the Friday session.

### **Showcase Showdown (raffle room)**

Friday • October 18 ..... 3:00pm – 6:00pm ..... Madison A/B  
Saturday • October 19 ..... 9:00am – 11:00am ..... Madison A/B  
Saturday • October 19 ..... 2:00pm – 7:00pm ..... Madison A/B  
Showcase Finale (Raffle Pickup) ..... 10:30pm – 11:30pm ..... Outside Butterfield A/B

### **Dance Party USA (Friday night event)**

Club Centerpiece Setup ..... 6:30pm – 7:00pm ..... Butterfield A/B  
Opening Ceremonies ..... 7:00pm – 7:15pm ..... Butterfield A/B  
Friday Night Event ..... 7:15pm – 11:30pm ..... Butterfield A/B  
Club Pictures ..... 8:00pm – 9:00pm ..... York

Set your VCR for a night of FUN! Friday night kicks off with our table decorating contest, opening ceremonies and club banner parade. After intros, we'll dine on your selection of lemon herb chicken, sliced roast tri tip beef, or mushroom ravioli. All entrees include dinner rolls, salad and dessert. Next, get your club photo snapped and then work off those couch-potato calories with your best dance moves. Dress as a character from your fave TV show (you've been waiting to bust out those Alexis Carrington shoulder pads and Mork & Mindy suspenders) or coordinate with your club and come dressed as an entire cast (no fighting over who gets to be Ginger or Mary Ann). Cash bar will be available.

### **M\*A\*S\*H (hospitality)**

Friday • October 18 ..... 11:00pm – 12:00am ..... Hotel Suite  
Saturday • October 19 ..... 3:30pm – 5:00pm ..... Hotel Suite  
Saturday • October 19 ..... 10:30pm – 12:00am ..... Hotel Suite

You can't binge watch without your favorite snacks! Stop by our hospitality room for some munchies.  
Hospitality room number will be provided during registration.



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### **Credentials**

Saturday • October 19..... 7:45am – 8:15am..... Outside Butterfield A/B

A Multiples of Illinois board member will be available to process your credential information prior to the general business meeting. As a reminder, all club delegates must check in prior to the meeting.

### **Multiples of Illinois General Business Meeting**

Saturday • October 19..... 8:30am – 10:30am..... Butterfield A/B

Delegates vote for the new Executive Board, state philanthropic project and 2019-20 budget. As a delegate, you can also bring up any concerns or ideas you have to benefit Multiples of Illinois. Make sure you are there to represent your club's needs and interests.

### **Group Therapy (share shops)**

Saturday • October 19..... 10:30am – 11:00am..... Butterfield A/B

Take this opportunity to meet new people, increase your support system and deepen friendships. Topics/share shops chosen by Multiples of Illinois Board.

### **The Envelope, Please: Award Ceremony, Announcements and Luncheon**

Award Ceremony and Board Inductions ... 11:00am – 12:30pm ..... Butterfield A/B

Good Eats (luncheon)..... 12:30pm – 1:00pm ..... Pavilion

Join us for our awards ceremony recognizing Multiples of Illinois clubs/members who are celebrating a milestone year, scholarship recipients and the Multiples of Illinois board inductions. Before we break for lunch, Multiple Choice will unveil their plans for 2020 convention!

### **Top Chef: Farmhouse Academy (keynote speaker)**

Cooking Demo & Meal Planning ..... 1:00pm – 2:00pm ..... Butterfield A/B



**Kara Fanelli** graduated from Northern Illinois University with a degree in corporate communications. After holding several food service jobs and working in the hospitality industry she became a self-made chef and baker, learning how to create amazing food at an early age thanks to her mom and grandma. She continued to study and grow in the food service industry and always had a vision for what ultimately became Farmhouse Academy Culinary School in Mokena, Ill.

Kara took a break from her career to start a family and now has four children. When her youngest was almost a year old, Kara knew it was time to execute her idea with her good friend and business partner Kim Mahlum. The two ladies are now co-owners of Farmhouse

Academy and enjoy serving their community by providing cooking classes for kids and adults as well as hosting private events.

Join us immediately after lunch to learn from Kara why meal planning is cost effective and how to be efficient in the kitchen. She will also demonstrate how to make a taco/nacho/burrito bowl bar that can feed a large family and can be tailored to dietary restrictions. In this jam-packed hour Kara will also discuss kid-safe kitchen tools and ways to get your children involved in helping with dinner!



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### I Dream of Relaxing (spa)

Saturday • October 19..... 12:00pm – 7:00pm .....York

Your wish is our command! Visit our spa room and let your dreams of relaxing become a reality!  
 By appointment only.

### Workshop: DIY Crafting

Saturday • October 19 / Session A..... 10:00am – 11:00am.....Fairfield

Saturday • October 19 / Session B ..... 5:30pm – 6:30pm .....Fairfield

Channel your inner Martha Stewart and create a masterpiece of your own! We have several self-led crafting options during both DIY sessions. Want to make a menu board? We got that. Like to paint rocks? We got something for you too! Missed Spring workshop and want to make an awesome terrarium? You're in luck!

### Workshop: Self-Defense

Saturday • October 19 / Session A..... 2:00pm – 3:30pm .....Roosevelt

Saturday • October 19 / Session B ..... 3:45pm – 5:15pm .....Roosevelt



**Academy of Self Defense Academy of Self Defense** opened in 1969 and continues to evolve and adapt to enhance students' learning and skill sets. It is their mission to help each student achieve their personal goals through the use of martial arts.

In this interactive workshop, we will cover proper stances, stand-up fighting techniques and how to defend from the ground. Also learn what to do if you are grabbed from behind or choked. Awareness, learning to trust your gut and practical, easy techniques will help you to learn to react in a strong and confident way.... all the things Buffy the Vampire Slayer needs to keep herself and loved ones safe.

Pam Waldrom has studied marital arts since 1994. She teaches self-defense seminars for people of all ages and has taught women's kickboxing and self-defense since 2010.

### Workshop: Sex Therapy

Saturday • October 19 / Session A..... 2:00pm – 3:30pm .....Fairfield

Saturday • October 19 / Session B ..... 3:45pm – 5:15pm .....Fairfield



**Stacey Nadelhoffer** is a licensed clinical social worker (LCSW) and certified sex therapist (CST) in Chicago, IL. Stacey earned her bachelor's degree in psychology from Lake Forest College, her master's degree in clinical social work from the University of Chicago, and is currently completing her doctorate degree in clinical sexology from Widener University located in Chester, PA.

Stacey has worked in private practice for seven years, providing generalized therapy as well as sex therapy for individuals, couples, and families. She has experience working such issues: performance anxiety, lack of sexual communication, low sex drive, vulnerability and body image fears. Stacey has conducted various seminars designed for groups of women who were interested in addressing sex problems and concerns in nonjudgmental and supportive environment.

Join Stacey to ask the questions you know only Carrie, Charlotte, Miranda and of course, Samantha would dare ask!



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### **Live From Lombard (Saturday night event)**

Saturday • October 19..... 7:00pm – 10:30pm ..... Butterfield A/B

The event you have ALL been waiting for! First stop by the create-your-own steak and chicken fajitas station for all the delicious fixins'...tortillas, lettuce, tomatoes, guacamole, sour cream and jalapeno peppers, OH MY! Don't forget to load up your plate with chips with salsa, Spanish rice and refried beans.

Finish off this delicious meal with chocolate topped churros! Yummmm-oh!

After you get your dinner fill, JOIN US for an interactive, live-game show event that is certain to entertain. Clubs will compete for fun and exciting prizes!

### **Multiples of Illinois Full Board Transition Meeting**

Sunday • October 20 ..... 9:00am – 10:00am..... Roosevelt

Both outgoing and incoming Multiples of Illinois Executive and Full Board Officers will meet to transition their respective roles.

### **Hotel Amenities**

Made-to-Order Breakfast..... 7:00am – 10:00am.....Atrium

Evening Reception..... 5:30pm – 7:30pm .....Atrium

The made-to-order breakfast and evening reception are included for all hotel guests.

Join your fellow attendees to gossip about your favorite TV shows!

Convention attendees not staying at the Embassy Suites are welcome to purchase the made-to-order breakfast from the Front Desk for \$12.95 (plus tax).

### **Important Information**

The made-to-order breakfast and evening reception are included for all hotel guests. Convention attendees not staying at the Embassy Suites are welcome to purchase the made-to-order breakfast from the Front Desk for \$12.95 (plus tax).

Hotel check-in time is 4:00 pm and check-out is at 11:00 am.

The indoor pool is OPEN from 6am-11pm • Adult Swim is 10pm-11pm.

Hospitality room number will be given out on Friday night.

Overnight parking is **free** for guests staying under our block! Be sure to get your parking pass at check in.