



The Garden Clubs of Illinois, Inc. 2022 Summer Meeting

Hosted by District IV



Growing for a better world:
healthy gardens, healthy gardeners

Monday, July 18, 2022

I-Hotel, 1900 South First Street, Champaign, IL 61820

The 2022 summer meeting will offer informative programs, group activities, lots of vendors and opportunities to discover what the University of Illinois has to offer.

Lodging: A block of rooms has been reserved at the I-Hotel. To make a reservation, go to www.stayathei.com or call 217-819-5000 and use the code "GCIL22" for our special room rate.

Schedule

Sunday, July 17, 2022

- Noon-5 pm Garden walks
5-6 pm Meet-and-Greet (meet in bar area of Houlihan's located at the I-Hotel)

Monday, July 18, 2022

- 8:30-1:00 pm Registration, vendors, raffles, play meet/greet bingo
9:30 am Welcome and Introductions
9:45-10:45 am Program: Planting Native Plants for the Pollinators presented Erin Garrett, Natural Resources, Environment, and Energy Extension Educator for University of Illinois Extension
10:45-11:00 am Break
11:00-Noon GCI Business Meeting and Awards Presentation
Noon-1:00 pm Lunch
1:00-1:45 pm Program: Garden Exercise: Get Your Body Garden-Ready, presented by Michelle Roberts, Occupational Therapy Assistant Program Director and Tonya Shaw, Occupational Therapy Assistant, Parkland College, Champaign.
1:45-2:00 pm Raffle winners announced



SUMMER MEETING REGISTRATION FORM

Continental breakfast, lunch, meeting and programs \$50.00

Makes checks payable to Garden Clubs of Illinois, Inc. and send to
Tori Corkery, 602 W. High Street, Urbana, IL 61801

Deadline: July 1, 2022

Name _____
Club _____ District _____
Address _____
City _____ State _____ Zip Code _____
Phone _____ Email _____

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Speakers, July 18, 2022

Erin Garrett: *Planting Native Plants for the Pollinators*

Plants and insects have co-evolved over thousands of years – this means that the plants you include in your home garden will impact the insects that visit and use your garden. Many pollinators we enjoy seeing are native to Illinois – that means to best support their life cycle, they need resources provided by plants native to Illinois. Learn about different native plants you can add to your home garden, what insects they support, and how adding native plants to your garden can provide numerous ecological benefits.

Erin Garrett is the Natural Resources, Environment, and Energy Extension Educator for University of Illinois Extension in the southernmost five counties in Illinois - Alexander, Johnson, Massac, Pulaski and Union counties. In this role, Erin develops and delivers high impact programming to local and statewide audiences to help them develop an appreciation for natural resources and to empower them to make small changes to positively impact the environment. She enjoys sharing her love of plants with others.

Michelle Roberts and Tonya Shaw: *Garden Exercise: Get Your Body Garden-Ready*

Do you ever feel stiff after prolonged gardening? Do you ever think there could be different way to use your body or the tools to prevent pain and stiffness? In this afternoon program, Michelle Roberts and Tonya Shaw will provide education on effective stretches, proper body mechanics and ways to protect your joints during gardening. Information on adaptive strategies or adaptive devices will also be provided.

Michelle Roberts, MHS, OT/L, CHT, is the Occupational Therapy Assistant Program Director at Parkland College. She has practiced Occupational Therapy for over 20 years working primarily in outpatient, hand therapy and work conditioning. Michelle's passion is educating the community on strategies to move the body efficiently, using problem solving skills to meet the needs of clients, and to dance through life! Tonya Shaw, OTA/L, has worked as an Occupational Therapy Assistant for 30 years working primarily in outpatient hand therapy and hospital-based services. Tonya also teaches in the OTA Program part-time on body mechanics and upper extremity injuries. She has presented on adaptive gardening in the past.

Optional Sunday afternoon activities, July 17, 2022

Self-guided garden walks at the University of Illinois Arboretum. The Arboretum's gardens, collections, and habitats transform 160 acres of the University of Illinois' south campus. The gardens described below are all located on Lincoln Avenue in Urbana, just south of Florida Avenue, and are close to the I-Hotel.

- **Master Gardener's Idea Garden:** The Idea Garden is an ongoing project of the Master Gardeners of the Champaign County Extension Unit. The garden showcases the latest in borders, ornamentals, and vegetables.
- **Miles C. Hartley Selections Garden:** The Miles C. Hartley Selections Garden showcases of hundreds of varieties of flowering plants, including All America Selections and Fleuroselect winners, displayed in row trials and designed beds.
- **Japan House Gardens:** The traditional Japanese gardens surrounding the Japan House focus on the natural landscape, utilizing plants, rustic stone, and water that create a tranquil environment.
- **American Hosta Society National Display Garden:** This garden contains newly-introduced and older, established cultivars, featuring more than 100 Hosta cultivars registered with AHS and an additional 100+ Hosta specimens growing among hundreds of shade companion plants.

5-Acre Farm Daylilies. Owners Rod Kroemer and Jim Wuersch will welcome you to their daylily farm where you can stroll through their test gardens and place your order for daylilies with selections from hundreds of proven and hearty cultivars. Address: 1578 County Road 300N, Tolono. Directions: Located about 15 minutes from the I-Hotel, take IL130 south. After the town of Philo, watch for the sign for the right turn into the farm. Farm closes at 5 pm.

Meet-and-Greet: Join us from 5-6 pm in the bar area of Houlihan's located at the I-Hotel. Gather with friends old and new!