

Heart of the Farm

Women in Agriculture Conference



Friday, February 27, 2009

Jake's Northwoods

1132 Angelo Rd. (Hwy 21)

Sparta, WI

9:30 am—3:30 pm

Sponsors

UW
Extension

Cooperative Extension

UW-Extension Monroe County



RMA



Badgerland Financial

State Bank of Sparta

If you have any questions, please contact:

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608-269-8722

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University of Wisconsin-Extension, U.S. Department of Agriculture, and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA.

Registration Form

Registration due by February 20, 2009

Send Registration form and check to:

Bill Halfman

Monroe County UW-Extension

14345 Cty Hwy B, Room 1

Sparta, WI 54656

Name: _____

Address: _____

City/ State: _____

Zip: _____ County: _____

Phone: _____

Pls. indicate production record keeping software you currently use: _____

Registration Cost: \$10.00

Please make checks payable to:

UW-Extension

Heart of the Farm— Jake's Northwoods, Sparta

Mission

Farm Management and Production Education for Women

Improving Farm Business
Decision-Making

Agenda

- 9:30 am Registration**
- 9:45 am Introductions**
- 10:00 am Options for Health
Care Coverage**
- 11:00 am Ask the Vet—Round 2**
- Noon Lunch (Provided)**
- 1:00 pm After 30 Days.....
Managing Credit
with Your Business
Partners**
- 2:15 pm Break**
- 2:30 pm A Balanced Life—A
Case for Self Care**
- 3:15 pm Wrap-up, door prizes,
evaluations**
- 3:30 pm Adjourn**

Speakers

Options for Health Care Coverage. Cathy Mahaffey, Farmers' Health Cooperative and Carla Blackcoon, Economic Support Supervisor, Monroe Co. DHS. Ms. Blackcoon will discuss the details of Badger Care. The Farmers' Health Cooperative was developed by the Wisconsin Federation of Cooperatives with the assistance of the UW Medical School's Partnership for a Healthy Future Fund, WDATCP, and Wisconsin's Congressional Delegation. Melissa will provide an overview of the project which began offering insurance in 2007, and give a glimpse at the future potential of cooperative health care purchasing.

Ask the Vet—Round 2, Dr. Lee Edmiston, Sparta Vet Clinic. Back by popular demand. Have your list of herd health questions—especially your questions on raising healthy youngstock — ready so that you can get your answers in this session with Dr. Edmiston.

After 30 Days....Managing Credit with Your Business Partners. Bob Cropp, Agricultural Agent, UWEX Pepin County. Bob will provide strategies for working with suppliers, service providers and lenders to manage current/operating debt. He will discuss ideas on how to effectively communicate with family members about debt and he will provide an outline on how to develop a plan for managing the operating loan on a long term basis.

A Balanced Life—A Case for Self Care. Dr. Bridget Owens, D.C., Active Chiropractic Center, Tomah. Unfortunately, self-care is sometimes an after thought or a "someday I'll get to it" idea. But taking care of yourself and putting yourself as a priority can help you be more focused in your many roles during your busy day. Dr. Owens will share tips on self care and de-stressing ideas for busy women — the first steps to a more balanced life.

Goal

The *Heart of the Farm — Women in Agriculture Conference* addresses the needs of farm women by providing education on pertinent topics, connecting them with agricultural resources, and creating support networks.



Please contact us for special assistance regarding our programs. Requests are confidential. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA.