

Northern Heart of the Farm

Women in Agriculture Conference



**Saturday
April 27, 2019**

Sawmill Brewing Company
1110 E 10th St.
Merrill, WI 54452
10 a.m.—2 pm

\$25/person includes materials,
lunch & brewery tour

Registration with payment
required by April 16, 2019

Sponsored by:



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**Lincoln and Taylor
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(FARM) Team**



Cancellations after the registration deadline will not be refunded without prior authorization. Call 715-539-1078 to cancel your registration.

In case of inclement weather: Call 715-539-1078 regarding the status of the conference.

Registration Form

Registration with payment due by April 16, 2019

Send Registration form and check to:

Extension Lincoln County Office
c/o HOF
801 N. Sales Street
Merrill, WI 54452

Name: _____

Address: _____

City/ State: _____

Zip: _____ County: _____

Phone: _____ Email: _____

Pls. indicate dietary and/ or accessibility needs: _____

Registration Cost: \$25.00 per person on or before

April 16, 2019. Non-refundable, except with prior authorization

Please make checks payable to:

UW-Extension

Northern Heart of the Farm

Mission

Farm Management and Production Education for Women

Improving Farm Business
Decision-Making

Agenda

- 10:00 am Registration**
- 10:15 am Introductions**
- 10:30 am Taking Care of You**
- 12:00 pm Lunch (provided)
Brewery Tour**
- 12:45 pm Who Gets Grandma's
Yellow Pie Plate?**
- 2:00 p.m. Door Prizes & Adjourn**



If you have any questions, regarding this conference or the Heart of the Farm series please contact:

Jenny Vanderlin, jmvander@wisc.edu,
608.263.7795

<http://fyi.uwex.edu/heartofthefarm>

Topics & Presenters

Taking Care of You: Body, Mind, Spirit

Debbie Moellendorf, UW-Madison, Division of Extension, Lincoln County Positive Youth Development/Heath and Well Being Educator.

“Taking Care of You: Body, Mind, Spirit” is a research-based program that offers practical strategies and experiences to help individuals deal with the stress in their lives. Managing life’s challenges in healthy ways allows participants to take better care of themselves and their overall health. Participants will consider ways to:

- ◆ Become more aware of the mind-body connection and how to use this awareness for better health,
- ◆ Respond versus react to the stress in life,
- ◆ Discover opportunities in life's challenges,
- ◆ Find ways to bring more joy into life, and
- ◆ Simplify life.

Who Gets Grandma's Yellow Pie Plate?

Sandy Stuttgen, UW-Madison, Division of Extension, Taylor County Agriculture Educator

Sandy will introduce tips for navigating family relationships when transferring personal non-titled property in Wisconsin. Non-titled property may or may not have great financial value, but often has a great deal of sentimental or emotional value. Many people are familiar with planning to transfer their home, land or other titled possessions upon their death. A will is an example of a legal tool used to transfer such titled property. What surprises many is that the transfer of non-titled personal property can create more challenges among family members than the transfer of titled property. Participants will leave this session with a work book to guide their passing on their personal possessions.

Goal

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

Venue



Sawmill Brewing Company

After an extensive two-year renovation by local artists and crafts people, Merrill’s 1940’s DNR Headquarters was transformed into a community gathering place that founder Stan Janowiak envisions as “a center of activity that spills over to the parks.”

With comfortable lounge areas, outdoor open space and an historic conference room, the Sawmill will serve as a perfect venue for this Heart of the Farm Conference. You may also take time to savor the Sawmill beer that is brewed using locally-sourced ingredients to create unique flavors.



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.