

# 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

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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](mailto: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.