

Western Heart of the Farm

Women in Agriculture Conference



**Thursday
November 7, 2019**

Belle Vinez Winery
W10829 875th Avenue
River Falls, WI

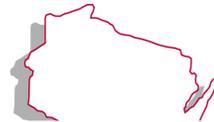
9:00 a.m.—3:00 p.m.
\$20/person includes materials,
lunch, & snacks

Sponsored by:



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**Farm and Risk
Management (FARM)
Team**

Cancellations after the registration deadline will not be refunded without prior authorization. Call 715-531-1930 to cancel your registration.

In case of inclement weather: Call 715-531-1930 regarding the status of the conference.

Registration Form

Registration with payment due by October 31st, 2019

Name: _____
Address: _____
City/ State: _____
Zip: _____ County: _____
Phone: _____ Email: _____
Questions for the Veterinarian (enclose additional paper if necessary): _____

Please indicate dietary and/or accessibility needs:

Registration Cost: \$20.00 per person on or before
October 31, \$30.00 per person after October 31.

Send Registration form and check to:
St. Croix County —UW Extension Office

c/o HOF
1960 8th Avenue
Baldwin, WI 54002

Please make checks payable to:

Extension

Southwest Wisconsin— Heart of the Farm

Mission

Farm Management and Production Education for Women

Improving Farm Business
Decision-Making

Agenda

- 9:00 am Registration and Refreshments
- 9:30 am Welcome & Introductions
- 10:00 am Balancing Act—Or Is it a Three Ring Circus
- 11:00 am Taking Care of You
- 12:00 pm LUNCH (provided)
- 1:00 pm Podcasts for Farmers & Aggies
- 1:30 pm Financial Ratios for Your Farm
- 2:00 pm Social Hour: Wine and Food Tasting, Door Prizes
- 3:00 pm Evaluation and Adjourn

Topics & Presenters

Balancing Act—Or is it a Three Ring Circus?

Ryan Sterry, Jenny Vanderlin, University of Wisconsin—Division of Extension

Farm life is busy, especially when we add kids, off-farm work, community involvement, and more. In this interactive session, you will have an opportunity to share current timesaving tips you use at home or on the farm with other class participants.

Taking Care of You: Body, Mind, Spirit *Lori Zierl, UW-Madison, Division of Extension, Family Living Educator, Pierce County.*

“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.

Podcasts for Farmers & Aggies

Leslie Svacina, Cylon Rolling Acres
A few years ago while planting Leslie began her love affair with podcasts. What started as a way to pass the time has turned into an avenue for personal and professional development on the farm. Leslie will touch on what is podcasting, along with a few highlights for farmers and women in ag.

Financial Ratios for Your Farm

Ryan Sterry, Extension Agriculture Agent St. Croix County
Too often farms develop financial statements for tax and lending purposes, without knowing how to the same information for farm management. This session will introduce two ratios: Asset Turnover and Operating Profit Margin, and how they can inform your financial decisions.

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.



The Zimmerman family planted Belle Vinez, or *beautiful vines*, to produce exceptional wines personifying their love of family, celebrations and everyday moments to share with you!



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



Please contact us for special assistance regarding our programs. Requests are confidential. An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.