
2019

PURDUE
UNIVERSITY®

Extension
MIDWEST WOMEN IN
AGRICULTURE CONFERENCE

February 20-21, 2019

**Swan Lake Resort
Plymouth, IN**

www.extension.purdue.edu/WIA



Schedule of Events & Dinner/Lodging Information



Events

TUESDAY, FEBRUARY 19 - PRE-CONFERENCE	
<i>(all times are Eastern Standard Time)</i>	
10:00 am	*Produce Safety Rule Training –Purdue Pinney Farm
12:30 pm	Registration for Pre-Conference
1:00 pm	Pre-Conference Session: *Mental Health First Aid
5:30 pm	Dinner with the Purdue Women in Ag Team
WEDNESDAY, FEBRUARY 20 - DAY 1	
<i>(all times are Eastern Standard Time)</i>	
9:00 am - 10:15 am	Registration
10:15 am	Welcome
10:30 am – 11:45 am	Session 1 (Attend One: 1A* / 1B* / 1C* / 1D*)
Noon - 12:45 pm	Lunch
12:45 pm - 1:30 pm	Keynote Speaker
1:45 pm - 3:00 pm	Session 2 (Attend One: 2A* / 2B* / 2C* / 2D*)
3:00 pm - 3:30 pm	Break
3:30 pm - 4:45 pm	Session 3 (Attend One: 3A* / 3B* / 3C* / 3D*)
4:00 pm - 6:30 pm	Young Ladies in Agriculture Forum
4:45 pm - 6:30 pm	Check-in / Free Time
5:00 pm - 6:15 pm	Optional Bonus Sessions (BA*/BB*/BC*)
6:30 pm	Dinner and Inspiration <i>(IN State FFA Officer)</i>
8:30 pm – 9:15 pm	WIA Bonus Sessions
THURSDAY, FEBRUARY 21 - DAY 2	
<i>(all times are Eastern Standard Time)</i>	
7:45 am - 8:15 am	Registration & Breakfast
8:30 am - 9:15 am	Opening General Session— <i>Mental Health & Farm Stress In Agriculture</i>
9:15 am - 9:30 am	Beverage Break
9:30 am - 10:45 am	Session 4 (Attend One: 4A* / 4B* / 4C* / 4D*)
10:45 am - 11:15 am	Break and Check-out
11:15 am - 12:30 pm	Session 5 (Attend One: 5A* / 5B* / 5C* / 5D*)
12:30 pm - 2:00 pm	Lunch & Networking
2:00 pm - 3:00 pm	Cap Note Speaker
3:00 pm	Closing Comments

Tuesday Dinner

Everyone is welcome to join the Women in Ag Team for great food and friendship on Tuesday evening. Final plans will be sent to those of you who plan to join us. We just ask you to please indicate your intent on your registration form. Plan to meet in the hotel lobby at 5:30 pm.



Lodging Information

Swan Lake Resort
5203 Plymouth LaPorte Trl.
Plymouth, Indiana 46563
Phone: (800) 935-5616
<https://www.swanlakeresort.com/>

Reservations: Call the hotel to make a reservation under the group Midwest Women in Agriculture. The group rate of \$109/night (breakfast included with the room), single or double occupancy is available until

February 6, 2019.

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

*see pages 5-6 for descriptions of each topic



Our Keynote Speakers



Kim Bremmer

Women play an extra special role in connecting people to where their food comes from. Each and every day brings opportunities to communicate our message of sustainability in agriculture, answer the hard questions, and address hot button issues. Kim will share stories and tips to help you build confidence in your delivery to help your audience gain trust in what you say during everyday conversations.

Kim is a nationally recognized speaker who started Ag Inspirations with a mission to inspire farmers to tell their stories, connect people to where their food comes from, and represent the great success of American agriculture today. She is passionate about teaching the story of sustainable agriculture and the role of science, technology and innovation in how we grow and raise food. Kim grew up on a dairy farm in north central Wisconsin. She is a mother of two, graduate of UW-Madison, and was a dairy nutritionist for 15 years. Kim is an academy member of the National Speaker's Association, the Wisconsin state coordinator for Common Ground, a regular contributor on Rural Route radio, and is the president of Wisconsin Women for Agriculture. She serves on the Executive Advisory Counsel for the American Dairy Coalition and in the EPA Animal Agriculture Discussion Group. She was recognized by the UW-Madison Association of Women in Agriculture as an "Outstanding Woman in Ag" and was recently inducted as a 2018 Pinnacle Professional into the Continental Who's Who. Kim is a vocal champion of agriculture everywhere she goes...from the grocery store to the airport.

Wednesday Evening Session

Join us for a special message from the Indiana State FFA Officer Team. We will learn more about the team and be inspired by these young agricultural leaders who serve as Indiana FFA youth ambassadors. They speak all over the state during their one year term as a state officer. In addition to speaking, they also present and teach leadership conferences during the year.

Thursday Morning Session

Purdue Extension is working to address mental health and farm stress in our agriculture communities and industries. Learn more about this effort, how you can help and tips for addressing these issues during these challenging times in agriculture. Let's work together to remove the stigma associated with mental health.

Bridging the Gap between Farmers and Consumers

The average consumer is several generations removed from the farm and many people do not know a farmer. How can we in Agriculture better tell our story? As someone who once fell for many food myths, the Farm Babe will share her journey from big city girl to outspoken agricultural advocate. Join us for communication tips, mythbusting, and an all-around celebration of modern agriculture.

Social media star Michelle Miller, a.k.a. "The Farm Babe," is an Iowa-based public speaker and writer, who works on the family farm which consists of row crops, beef cattle, and sheep. Michelle believes education & humor is key in bridging the gap between farmers and consumers. Critical of those that marginalize farmers and farming, she has been a powerful voice for agriculture and associated technologies. Michelle has been featured in Forbes as one of the most reputable and followed farmers on social media and is a weekly columnist at www.agdaily.com



Michelle Miller





Mental Health First Aid
Registration—12:30 p.m., February 19
Session 1—February 19: 1:00 p.m.—5:00 p.m.
Session 2—February 20: 8 a.m.—12 p.m.



Mental Health First Aid will be offered as a preconference session on February 19 & 20. Registration will be from 12:30 p.m. to 1 p.m. You must attend all of session 1 and 2 to receive your certification in Mental Health First Aid.

Mental Health First Aid is an 8-hour training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's National Registry of Evidence-Based Programs and Practices.

If you work with or in the agriculture industry, this may be a valuable course to attend. The agriculture industry can be very stressful with possible on-the-farm injuries, large loans for land and equipment, and volatile pricing. These circumstances lead to high rates of stress and leave individuals looking for ways to cope, which puts a strain on their mental health and overall well-being, as well as that of their families.

Nearly 75% of farmers and farmworkers say they have been directly impacted by the opioid epidemic. Individuals in the farming, fishing & forestry occupational group are statistically more likely to die by suicide than any other.

If you will also be attending the conference, registration is \$35. If you are not attending the conference, registration is \$50. You may register at the conference registration site.



Produce Safety Rule Training
Food Safety Modernization Act (FSMA)
 Pinney Purdue Agriculture Center (PPAC)

More information go to www.SafeProduceIN.com

Produce Safety Rule

Audience: Growers, packers, processors or sellers of fresh produce.

Purpose: Training program standards for the growing harvesting, packing, and holding of produce for human consumption.

Outcome: Train growers, packers, processors or sellers of fresh produce to prevent microbial contamination and reduce foodborne illnesses associated with fresh produce.

February 19, 2019
 Purdue Extension-LaPorte County
 11402 S. County Line Road
 Wanatah, IN 46390

For more information and to register for training go to:

www.SafeProduceIN.com

Cost: \$100

Includes training material and Certificate of Completion

Lunch provided, Must Register by February 14!

Registration by phone 765-494-6795



Wednesday Sessions 1, 2, & 3: Topics



Breakout sessions

Session 1: Wednesday, February 20, 10:30 a.m. – 11:45 p.m.

1A: Crash Your Community Panel (*Jenna Nees, Moderator, Purdue Extension Educator Putnam County*)

Are you new to the community? Have you lived in the same community all your life? Regardless, it's time to crash your community, like you would a party, by becoming involved in local and statewide organizations. During this session, hear from active community members who have taken the steps to join community organizations with the goal of making a difference.

1B: Business Planning for Future Growth (*Dr. Maria Marshall, Purdue Extension Agricultural Economics Specialist*)

Growing your business requires a strategy for growth and an understanding of how that growth may affect not only the business but the capital needed by the business.

1C: Power Up with Positive Thinking, How Your Attitude Effects Your Health (*Linda Curley, Purdue Extension Educator Lake County*) Positive thinking is contagious. Researchers have identified positive health outcomes and practices that can help us achieve/sustain a positive attitude toward the future. Join us as we explore five ways to sustain an attitude that can positively affect you, your environment and the people around you.

1D: All About Drones (*Bill Horan and Crystal Van Pelt, Purdue Extension Educators Wells County and Steuben County*)

Drones or UAV's, have many uses in the ag sector: crop monitoring, pest scouting, pasture and woodland management, documenting drainage issues and storm damage, landscaping, and building construction planning and maintenance. This program will discuss how to get started, some resources to help you along the journey, and a simple demonstration to show off some of the basic hardware and software technology.

Session 2: Wednesday, February 20, 1:45 p.m. – 3:00 p.m.

2A: Partnering with your Lender: Preparing for the Peaks and Valleys in our Operating Cycle

(*Sarah Lucus, Financial Officer and Kelly Guthrie, Agribusiness Analyst, Farm Credit Mid America*)

A power packed session discussing key trends in ag credit and the economy. Come ready for an open discussion on what a lender looks for in a financial package, key performance indicators for your operation and tips for managing risk on the farm.



2B: Positioning Yourself for Productive Presentation (*Molly Zentz, APR, and Garrett Kelly, INFB Public Relations Managers*)

In agriculture, there are many opportunities for public speaking. Whether you're at a community meeting, educating children in a classroom or speaking at your Statehouse, it's best to be prepared. Members of the Indiana Farm Bureau marketing team will discuss tactics that will help you prepare to present in front crowds of any size.



2C: Telling Your Story (*Lauren Taylor, Indiana Soybean Alliance*)

The Indiana Soybean Alliance and Indiana Corn Marketing Council invites you to an interactive and informative session to learn more about how you can tell your agriculture story to consumers through social media and beyond!



2D: When Bad Things Happen to Good People (*Mike Manning, Purdue Agricultural Confined Spaces Safety Training Consultant*)

The production agricultural field is a great but dangerous place to work. Too many times we read or hear of farm families that have faced terrible and tragic events that perhaps could have been avoided. This session will focus on known statistics and things every family can do to improve their odds of working safer on their farm.

Session 3: Wednesday, February 20, 3:30 p.m. -4:45 p.m.

3A: "Building Your Network" (*Linda Baird, Kelly Dull and LuAnn Troxel, past Purdue Women in Agriculture Award Winners*)

Join these winners as they share their thoughts about building networks in their local community, in their profession, and as a farm wife. Panel members will share how they encourage others to build a network of support, as well as how to network and set oneself apart from others.

3B1: Choosing Cover Crops for Grazing (*Elysia Rodgers, Purdue Extension Educator Dekalb County*) (30 minute session)

Cover Crops have long been shown to help improve soil quality in crop production practices. This session will look beyond the crops and show how cover crops can be incorporated in to a grazing system to help supplement forages and improve soils.

3B2: Trees and Taxes, Tax Implications of Woodland Management (*Lenny Farlee, Extension Forester, Purdue Extension*) (30 minute session)

Woodland management provides opportunities for additional income on farms, and may also offer opportunities to favorably manage your tax liability. Aspects of income and property taxes related to woodland management will be reviewed, including establishing and using basis for the sale of timber, deductions for tree planting, and considerations for woodland property tax management.



Bonus Sessions & Thursday Sessions 4 & 5: Topics

3C: Finances and Aging Parents (*Cindy Barnett, Purdue Extension Educator Whitley County*)

It is inevitable.....you will have to discuss healthcare, disability, death and finances with your aging parents. It is not an easy topic to discuss, but planning and creating a strategy can make it easier. Topics of discussion will include: legal, healthcare, income and expenses, and financial records .

3D: Grain Marketing Basics (*Scott Maple, Maple Farms*) This session will assist individuals wanting to learn more about marketing terminology, grain contracting, and tools including options.

Bonus Sessions: Wednesday, February 20, 5:00 p.m. – 6:15 p.m.

BA: Passion For Fashion (*Annetta Jones, Purdue Extension Educator Porter County*)

Our clothing affects the way we perceive ourselves. What you wear and how you wear it can make you look slimmer, younger and give you more confidence. So let's learn some styling tips that are sure to help you look and feel great!

BB: Credit Scores (*Cindy Barnett, Purdue Extension Educator Whitley County*)

Credit scores are used when you are applying for a loan, when you are applying for a job, and determines the rates and types of financing available to you. Do you know your credit score? What does your score mean? How can you increase your score? What can cause your score to drop? This program will answer these questions and more.

After Dinner at 8:30pm:

BC: Fit FarmHers (*Amy Alka and Kamille Brawner, Purdue Extension Educators Randolph County and Jennings County*) Have you ever wondered how to stay fit while being in a tractor or if you are carrying a bucket properly? Join us for a fun night of learning exciting ways to stay fit on the farm.

BD: Make and Take (8:30pm) Gumball Machine Candy Dish (*Jenna Nees, Purdue Extension Putnam County*)

Join us to make your own gumball machine candy dish. You can personalize your gumball machine by painting it any way you like. To give you some ideas, we have seen ones painted like a Holstein, John Deere green, and an old fashion red gumball machine. More information about how to sign up and the cost associated with doing this, will be available at a later date to those who register for the conference.

Session 4: Thursday, February 21, 9:30 a.m. – 10:45 a.m.

4A: Plant Disease Impact on Crop Production (*Dr. Darcy Telenko, Purdue Extension Field Crops Pathologist*)

What are plant diseases? How can they impact crop production? During the 2018 field season there were a number of disease issues in corn and soybeans in the Midwest. Do you know what you had in your fields? Did they impact yield? The usual suspects, grey leaf spot, northern corn leaf blight, frog-eye, and stalk and stem rots, were found throughout the region. Some minor diseases also occurred in areas –Physoderma brown spot and southern rust. In addition, there was an outbreak of the relatively new disease, Corn Tar Spot. An update of what is known so far about the biology and/or epidemiology of tar spot will be given. And a review of disease identification, detection and monitoring and management tools will be presented.

4B: Diversify Production Panel (*Bryan Overstreet, Moderator, Purdue Extension Educator Jasper County*)

A panel of farm women will share their experiences about how their farm operations have diversified their operations recently to reduce risk in their farming operations, add family members and stay competitive in 2019.

4C1: Gardening with Disability (*Linda Tarr, Indiana AgrAbility*) (30 minute session)

Gardening is not only enjoyable, but is great exercise for the body. People with disabilities do not have to give up this pastime. Join me to see how assistive technology has helped everyone who wants to be a gardener. We will talk about overcoming limitations, choosing the right tools to minimize pain, preplanning your garden, and much more .

4C2: Meals for the Field (*Amy Alka, Purdue Extension Educator Randolph County*) (30 minute session) Farm life I wouldn't trade it for anything.....most days. My favorite time is planting and harvest. However, this can also be the most stressful time. Between working full time, getting the kids where they need to be, fulfilling your civic duties, helping move equipment and the many other tasks expected from today's farm wife, it can be difficult to get lunch and supper to the field. This session will remind you that you are not alone in the meal time struggle. If you are looking for ideas on how to make your meal times a little less stressful please join us for this session.

4D1: Marketing and Financial Performance Tools (*Ed Farris, Purdue Extension Educator Huntington County*) (30 minute session) This session will share details of tools available to assist operations with market decision-making (Crop Basis Tool) and farm financial performance.

4D2: How to Keep Pesticides Safe and Out of the Home (*Nikky Witkowski, Purdue Extension Educator Porter County*) (30 minute session). Pesticides usually are a fact of life on a farm operation. We need them to control things from mice, to insects, to crop diseases. However, are you doing what you can to safely store them around the farm? Are you making sure that they don't wind up in the home and even on your clothing or other linens?

2019 Women in Ag Conference Planning Team

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2019 Young Ladies in Agriculture Forum Planning Team

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MIDWEST WOMEN IN
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Purdue Extension - Kosciusko County
202 W Main Street
Warsaw, IN 46580



Mission Statement:

The mission of the Midwest Women in Agriculture Conference is to meet the needs of women in agriculture by addressing the personal, family, and farm issues that affect their lives, their families, and their farm business.