Registration Form

Women In Agriculture Conference
Friday, April 8, 2016
Holiday Inn—Sidney, Nebraska
8:15 a.m. to 4:30 p.m.

Cost: $35
$45 after April 1 or at the door.

Name ________________________________
Address ______________________________
City, State Zip _________________________
Telephone ____________________________
Email ________________________________

Special Dietary Needs
__________________________________

Was your registration fee sponsored?

_____Yes  ____No

If yes, please include the name of the Bank
and your free ticket
_________________________________

Please return your registration form along with
your check made to the
University of Nebraska - Lincoln by April 1 to:

Nebraska Extension - Cheyenne County
PO Box 356, 920 Jackson St., Sidney, NE 69162

For more information or
Nebraska Extension - Cheyenne County
(308) 254-4455
Fax: (308) 254-6055
www.ckb.unl.edu

Conference Sponsors

American National Bank—Sidney
Farm Credit Services of America
Farm Service Agency
First Tier Bank—Kimball
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Kimball State Bank & Insurance
Natural Resources Conservation Service
Points West Community Bank—Kimball
Points West Community Bank—Chappell
Points West Community Bank—Sidney
Points West Insurance—Kimball
South Platte Natural Resources District
Nebraska Extension, Cheyenne, Kimball & Banner

The purpose of the conference is to help women involved in agriculture improve their decision-making, increase understanding, and enhance their well-being in relation to their farm, ranch or agriculture-related business.

WOMEN IN AGRICULTURE CONFERENCE
April 8, 2016
8:15 a.m. to 4:30 p.m.

Country Inn & Suites
664 Chase Blvd.
Sidney, NE
Agenda

7:45 - 8:15  Registration

8:15  Welcome
   Kelly Downer

8:30 - 10:30  Take Charge of Your Health:
   Women Working in Agriculture
   Sharry Nielsen & Ellen Duysen

10:30 - 11:00  Break and View Booths

11:00 - 12:00  Aging Gracefully
   Dr. Jennifer Brown

Noon  Lunch

12:45 - 1:00  Tai Chi
   Jeanne Murray

1:00 - 2:15  Government Program Updates
   Rod Horn, Kristin Dickinson & Brad Fraass

2:15 - 2:30  Break and View Booths

2:30 - 3:30  Yard Trees for Western Living
   Rachel Allison

3:30 - 4:30  Sell or Store? Grain Marketing
   Jessica Groskopf

4:30  Evaluation

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Take Charge of Your Health:
Women Working in Agriculture
Sharry Nielsen, Nebraska Extension Educator and Ellen Duysen, Central States Center for Agricultural Safety and Health, UNMC, will cover the unique safety and health challenges that Ag women face that require attention. Participants will learn how to talk to their health care provider about their risks. Women are frequently multi-tasking with family activities and off-farm work, making stress management a significant problem. They will learn to build their tool box of resources and Personal Protective Equipment so they are ready to protect themselves.

Aging Gracefully: Women’s Health at 30, 40, 50 and Beyond
Dr. Jennifer Brown, MD, Sidney Regional Medical Center, will talk about what women go through at the different stages of life. Dr. Brown will include some nutrition and exercise information for each decade of life, as well as, reminders of the national screening guidelines for women.

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Government Program Updates
Rod Horn, General Manager, South Platte Natural Resources District; Kristin Dickinson, District Conservationist, Natural Resource Conservation Service; and Brad Fraass, Executive Director, Cheyenne County Farm Service Agency will give the latest updates on government programs.

Yard Trees for Western Living
Rachel Allison, Nebraska Forest Service, North Platte. Enjoy the benefits of selecting, planting and caring for shade and ornamental trees for your home.

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Sell or Store? Grain Marketing
Jessica Groskopf, Extension Educator, Ag Economics. Prices go up, and prices go down. When should you sell? Many farm families have a hard time “pulling the trigger” when it comes to selling grain. This workshop will help participants understand marketing signals and develop a grain marketing plan for their operation.