

REGISTRATION FORM

Name: _____ Address: _____

City : _____ Province: _____ Postal Code : _____

Phone: _____ Fax: _____ Email: _____

Do you have food allergies? If so, please state allergies: _____

Please note that although we do our best to accommodate food allergies, we cannot however accommodate all special food preferences.

_____ Full conference \$185

_____ First Time Attendee

_____ Monday only \$110

_____ Attending Sunday Evening Meet & Greet

_____ Monday only no banquet \$60

_____ Mandala Design (max 40 participants) or

_____ Tuesday only \$80

_____ Wine Glass Craft

SELECT-A-SESSION

For each session, please list in order of preference (1-first choice; 2nd etc)

Select-A-Session A Monday, November 20 1:30-2:30

_____ 1. "Bridging The Gap" by Val Caldwell

_____ 2. "Do You Have Money Sense and Sense Enough to Pass It On?" by Jacqueline Gerrard

_____ 3. "Serving On Boards Effectively" by Leanne Sprung, PHEC

_____ 4. "DIY Stress Management: The 5 Steps" by Genelle McIntyre

Select-A-Session B Monday, November 20, 3:00-4:00

_____ 1. "Real Dirt on Farming—Dispelling The Myths On Food" by Myrna Grahn, PHEC

_____ 2. "Recruiting & Retention Of Human Resources On Your Farm" by Khosi Mashinini

_____ 3. "When The Scale Tips" by Katie Dilse

_____ 4. "Yoga Session" (max 25 participants) by Kaycellyn Rosales-Knight

REGISTRATION INFORMATION:

Early bird registration must be received by

October 15th, 2017

Early bird registrants will be entered into a draw.

First time attendees will be entered into a draw.

Registration deadline is **November 1, 2017.**

FULL FEE INCLUDES:

- Sunday night craft: either Mandala Design or Wine Glass Art, both with a light snack
 - All sessions and meals
 - Entertainment at the banquet
- Entry into our wide array of door prizes.

CANCELLATIONS:

Cancellations or requests for refunds cannot be processed without written notification received prior to October 15, 2017. Refunds will be issued after the Conference.

WAYS TO REGISTER:

You can register on line at:

www.manitobafarmwomensconference.ca using
PayPal or e-transfer

Or by mailing your registration form and cheque payable to MB Farm Women's Conference to

**Cindy Klassen
Box 1152
Altona, MB R0G 0B0**

Additional brochures are available from our website

www.manitobafarmwomensconference.ca

Please email your questions to:
mbfarmwomensconf@gmail.com



In Recognition of Canada's 150th,
The
Manitoba Farm Women's
Conference
Presents.....
"Advancing Farm Women
For The Next
150 Years!"

Please join us
November 19, 20 and 21, 2017
at the
Victoria Inn
3550 Victoria Avenue
Brandon, MB
1-204-725-1532

Like us on Facebook
Follow us on Twitter
Check out our website
at:

www.manitobafarmwomensconference.ca

WELCOME MANITOBA ASSOCIATION OF HOME ECONOMISTS

Sunday, November 19

	2:30-3:00pm	Break, Displays, Mini-Market
7:00-8:00pm	Reg, Displays, Mini-Market	3:00-4:00pm
7:00-10:00pm	Meet and Greet	1. "Real Dirt On Farming-Dispelling The Myths On Food." by Myrna Grahn, PHEc
	Mandala /Wine glass design	2. "Recruiting & Retention Of Human Resources On Your Farm." by Khosi Mashinini

Monday, November 20

6:30am	Pool and fitness room	
7:00-8:15am	Breakfast	3. "When The Scale Tips." by Katie Dilse
8:00-8:45am	Registration	4. "Yoga Session" max 25 participants by Kaycellyn Rosales-Knight
8:45am	Opening Remarks	
9:00-10:15am	"The Business of Life" by Katie Dilse	
10:15-10:30am	Break, Displays, Mini-Market	4:00-5:30pm
10:30-11:45am	"Laughter Yoga" by Kaycellyn Rosales Knight and Bonnie Michaudville	5:30-6:30pm
		6:30-8:00pm
		8:00-1:00am

Tuesday, November 21

12:00pm	Lunch, speaker TBD	6:30am	Pool and fitness room
1:30-2:30pm	Select a Session A	7:00-8:45am	Breakfast
	1. "Bridging The Gap." by Val Caldwell	9:00-10:00am	"Because I Love You." by Angela Fox
	2. "Do You Have Money Sense And Sense Enough To Pass It On?" by Jacqueline Gerrard	10:00-10:15am	Break, Displays, Mini-Market
	3. "Serving On Boards Effectively." by Leanne Sprung, PHEc	10:20-12:00pm	Panel: "Tips Every Farm Operation Should Know."
	4. "DIY Stress Management: The 5 Steps." by Genelle McIntyre		Legal—Laura McDougall-Williams
			Financial - Jacqueline Gerrard
			Insurance—Calum Caswell
			Health Tips—Matthew Lukose

12:00-12:45pm	Hotel check out
12:45-2:15pm	Dignitaries Lunch—Agriculture in MB" by Mike Lesiuk
2:15-3:30pm	"Meal Prep For Our Busy Lifestyles" by Kaitlyn Cuvelier
3:30pm	Conference wrap up

Featured Speakers

Katie Dilse—The Business of Life

We know passion drives us as agriculturalists. So, let's make things simple. Work diligently every day, except on the days you need a good rest. When the chips are down- what matters? It's bonding with the people we love. Taking time for them. It's laughing at our mistakes and embracing each day for its unique adventure! Especially the crazy days, celebrate your small victories in the bonds of womanhood. The carefully calculated formula on conducting the Business of Life is this: LIVE WITH HEART. Women do it best.

Laughter Yoga is a unique exercise routine, which combines unconditional laughter with yogic breathing. Anyone can laugh without relying on humor, jokes or comedy. Laughter Yoga is the only technique that allows adults to achieve sustained hearty laughter without involving cognitive thought.

Angela Fox— Because I Love You

Have you ever stopped to think about the unthinkable? After the untimely loss of their husbands in farming accidents, Maggie Van Camp and Angela Fox created the "Because I Love You List." The list consists of all the things that you might not think of in the day to day operations of your farms. Family farms can be extremely complicated and going through the "Because I Love You List" will help you to get started with some important planning!

Mandala design is a form of visual journaling that is a form of meditation that you build up in layers, it can become your personal reflection at the present moment, or of all things that inspire you.

Mini-Market

We have 9 confirmed vendors, so come prepared to do some Christmas shopping!

Our vendors include:

- African Crafts
- Pottery and water colors
- Barn wood and tin
- Plum Creek Soap works
- Arts, crafts, cards, and ornaments
- Leather goods
- Engraving, tags, chocolate items
- Pottery
- Unique birdhouses

Hotel Accommodation:

For accommodations, contact the hotel directly.

Mention that you are attending the Manitoba Farm Women's Conference.

A block of rooms will be held until October 19, 2017

1-204-725-1532

Check in time is 3:00pm