



2023



*MANITOBA FARM
WOMAN'S CONFERENCE*



CULTIVATING KNOWLEDGE-

BRAINSTORM SESSION

A collaborative initiative involving women from diverse sectors of the agriculture community presents a unique opportunity to engage in mutual education, empowerment, and encouragement. Participants can share valuable tips, tricks, and a wealth of knowledge to foster growth and development within the agricultural industry.

A Skill You Have Learned Since Getting Involved In Agriculture

- ★ Tools
- ★ Driving Equipment (tractor)
- ★ Cattle Handling
- ★ Livestock Nutrition
- ★ Enjoying Eating Alone
- ★ Patience
- ★ Work Ethic
- ★ Technology
- ★ Tolerance
- ★ Self Reflection
- ★ Operating Grain Dyer
- ★ MultiTasking
- ★ Leaning Stick Shift
- ★ HR
- ★ Organization
- ★ Jack/Jill of all Trades
- ★ Bookkeeping
- ★ Budgeting
- ★ Management
- ★ Asking Questions
- ★ Being An Employer
- ★ Decision Making
- ★ Sense of Humor
- ★ Respect for Equipment
- ★ Farm Safety
- ★ Clip Sheep
- ★ Agronomy
- ★ Spraying + Handling chemicals
- ★ Teaching
- ★ Mechanics
- ★ Planning
- ★ Stay Calm
- ★ Efficiency
- ★ Hand Signals...Maybe
- ★ Flexibility
- ★ Acceptance
- ★ Teamwork
- ★ Mind Reading
- ★ Milk a cow
- ★ How to listen & Ignore the Weather
- ★ Perseverance
- ★ How to Say NO!!
- ★ Crop Rotation
- ★ Scouting
- ★ Troubleshooting
- ★ Sales
- ★ Welding
- ★ How to Ask For Help
- ★ Cooking Quick and for large groups
- ★ Always learning
- ★ Food is fuel
- ★ Gardening
- ★ Women Can Do ANY Job!
- ★ Entrepreneur
- ★ Marketing
- ★ Be Observant
- ★ Ask for What you want.
- ★ How to single Parent
- ★ Do things for YOU!
- ★ Calving a Cow
- ★ You Can Find Anything Online.

Least Favorite Job on The Farm or at The Office

- ★ Waiting
- ★ Putting animals down
- ★ Rock picking
- ★ Dealing w / CRA
- ★ Fixing Technology
- ★ Starting equipment
- ★ hauling bales
- ★ Cutting Twine & Picking up
- ★ Moldy grain
- ★ Cleaning Drill
- ★ regulations
- ★ Farm inspectors - stress
- ★ Marketing
- ★ mice control
- ★ Working with angry cattle
- ★ backing into field w/ grain Truck
- ★ backing up an auger attached to tandem
- ★ wet a muddy/ getting stuck
- ★ Sweeping the shop
- ★ Working in the dark
- ★ dealing with "angry" people
- ★ opening prairie gates
- ★ "Finding" the requested parts in the shop
- ★ Doing headlands
- ★ Picking stumps and roots
- ★ Running manure belt
- ★ audits + Food Safety
- ★ Waiting for co-workers
- ★ "The extras"
- ★ Unplugging the header and seeder
- ★ sampling grain bins
- ★ Cleaning the office
- ★ laundry
- ★ Covering the Silage pile
- ★ Burning old straw
- ★ Organizing farm books
- ★ Cleaning Bins, especially oats
- ★ preparing meals
- ★ Too Much multitasking
- ★ manure Spreader
- ★ Running for parts
- ★ Dead Stock removal
- ★ pulling NH3 Tanks
- ★ Cooking, Cleaning, organizing
- ★ Everything GST
- ★ Getting interrupted,
- ★ Clean up after supper in field
- ★ meals out in field
- ★ Due dates and bills paid while doing everything else
- ★ hooking up equipment
- ★ Cleaning out pig and chicken house
- ★ Washing moldy tupperware/finding lids
- ★ YEAR END TAXES: looking for receipts and online
- ★ Getting out of field with no driveway
- ★ Moving equipment – impatient highway drivers
- ★ Fencing
- ★ Cleaning out the barn
- ★ Pressure washing
- ★ Employees
- ★ Fixing clothing (zippers/patches)

Go to/ Last Minute Meals (Field Meals)

- ★ Casserole (Seven Layer, Hamburger Macaroni)
- ★ Calzones
- ★ Perogies
- ★ Grill Cheese
- ★ Subs/Wraps
- ★ Egg/ham grilled sandwich
- ★ Tacos
- ★ granola bars.
- ★ No Peek Chicken
- ★ hotdogs
- ★ hamburgers
- ★ Eggs & Bacon
- ★ Chicken Caesar Salad
- ★ chili + Buns
- ★ Cookies – freeze ahead
- ★ Cinnamon Buns.
- ★ Meat balls
- ★ A&W (Take Out)
- ★ Fried Chicken
- ★ Pizzas
- ★ Bratwurst
- ★ Spaghetti
- ★ Sandwiches (PB & J, Banana & PB, Toasted Tomato)
- ★ Corn on the cob
- ★ Local Restaurants
- ★ Ask Someone
- ★ Lasagna
- ★ Pulled Pork
- ★ Chicken Parm
- ★ Weiner boats
- ★ Roll kuchen+Watermelon
- ★ Farmer Sausage
- ★ Scalloped Potatoes
- ★ Soup
- ★ Meals from Costco
- ★ Steak bake
- ★ Stew
- ★ Sleeves of Crackers
- ★ Salad
- ★ Cereal
- ★ Roast/Potatoes/Veggies in Slow Cooker

Advice/Moto/Quote You Live BY

- ★ Don't Be Your Worst Enemy
- ★ This Above All, to thine own self be true
- ★ Be where your hands are
- ★ You are important
- ★ Waste not, want not
- ★ LET THEM!! let it go!
- ★ Perfect is the enemy of good.
- ★ Everything will be okay!
- ★ Do unto others as you would have them do unto you.
- ★ don't wait until life Isn't hard before you decide to be happy.
- ★ This too shall pass
- ★ never say whoa in a mud hole
- ★ Learn to do by doing
- ★ Often the test comes first, and the lesson comes last.
- ★ you teach people how to treat you
- ★ If you don't want to do it for the rest of your life, don't learn how to do it
- ★ If you're not happy with something, Change it or quit Complaining
- ★ You can say no!
- ★ you do you!
- ★ BE KIND
- ★ Keep and open mind when you're listening to people
- ★ don't give up!
- ★ Communicate, communicate, communicate!
- ★ Find the humor
- ★ If you're going to do it - do it right!
- ★ farming is a great way to raise a family
- ★ promote, rather than defend
- ★ Get people to Jesus, and Jesus to people
- ★ Carpe diem!
- ★ don't be afraid to ask for advice
- ★ There are no Stupid questions
- ★ Done IS better, Than perfect!
- ★ don't Judge
- ★ Believe in Yourself!
- ★ Sometimes u have to go w/ what u got.
- ★ you got this!
- ★ don't worry, be happy
- ★ happy wife, happy life
- ★ remember, you live in paradise
- ★ As long as the sun Shines, the river-and the grass grows
- ★ DON'T FORGET YOUR PHONE
- ★ If you want to go fast - go alone
- ★ If you want to go far - go together
- ★ If you can't be anything else, be kind.
- ★ Sometimes you have to say a prayer in the morning
- ★ instead of trying again, try different
- ★ The definition of insanity is doing the same thing and expecting different results.
- ★ Don't make work for the boss Try and try until you Succeed!
- ★ don't have a good day - have a great day!
- ★ There's always next year.
- ★ treat them the way you want to be treated.
- ★ Live for today- because tomorrow may never Come
- ★ Safety first
- ★ Work smarter not harder
- ★ If you're not willing to ask for help, don't complain when you don't get any.
- ★ Attitude is everything, everything becomes easier with an attitude adjustment

FAVORITE AGRICULTURE:

PODCAST, NEWS SOURCE, INFLUENCERS, BOOK, BLOG, SOCIAL PAGES

- ★ Western Producer
- ★ Quick Dick McDick
- ★ Pioneering Today
- ★ Rural Women's Podcast
- ★ Cole the Corn Star
- ★ Farming without the Bank
- ★ Laura Farms
- ★ Millennial Farmer
- ★ Larson Farms
- ★ Ag for Life
- ★ The Economist
- ★ Top Crops
- ★ Farmwifeguru - Whitney Larson
- ★ Walker Farms
- ★ Fcc Knowledge Podcast
- ★ The Farrow
- ★ Market Sense
- ★ Farmers Almanac
- ★ @flygirlfarm
- ★ "Wheat Pete"
- ★ Tulepps
- ★ Western Horseman
- ★ The weather network
- ★ @ theg_mom
- ★ Chew wisely
- ★ Grainews
- ★ Beyond the Crops- Podcast
- ★ Farming for tomorrow
- ★ Mary - Pat Sass
- ★ Youtube
- ★ Goat Dr
- ★ Leo-operator
- ★ Elaine Frose
- ★ Farmer Coach
- ★ Taste of Manitoba.
- ★ Prairie Farm Report
- ★ Our Wyoming Life
- ★ Agri Post
- ★ Ag with Emma
- ★ Syngenta Canada
- ★ The Stress Experts
- ★ Regenerative Agriculture
- ★ AgTwitter
- ★ Lesley Kelly - High Heels and
Canola Fields
- ★ Real Ag
- ★ www. MNP. ca
- ★ Clutterbug - Podcast
- ★ Jody Carrington- Podcast
- ★ Adam Grant- Podcast
- ★ Simon Sinek- Podcast
- ★ Discover Ag - Podcast
- ★ Manitoba MBFI - Podcast
- ★ Old Fashion on Purpose- Podcast
- ★ TSP the Survival- Podcast

Advice for Future Generations of Women in Agriculture

- ★ Keep asking Questions
- ★ Attend MFWC and other conferences
- ★ You can do anything but you can't do everything!
- ★ It's a process
- ★ Proactive in farm transitions → Education
- ★ Don't be afraid to let go
- ★ Believe in yourself → be confident
- ★ Don't let anyone tell you that you can't do it!
- ★ Team Collaboration → communicate
- ★ If man can do it, women can do it better
- ★ Be grateful
- ★ All your work is valuable.
- ★ Time is more important than money
- ★ move forward
- ★ Be curious → Try it all
- ★ Work hard, Play Harder!
- ★ Don't be afraid to ask!
- ★ You can do this!
- ★ Get involved!
- ★ Know your limits!
- ★ It's never too late to start → You're never old
- ★ Don't be intimidated
- ★ Pay it forward! → teach the next generation
- ★ Support each other
- ★ Be proud but not arrogant
- ★ Don't Keep score.
- ★ Find time to enjoy life → have a hobby → work life balance
- ★ Nothing you learn is ever wasted
- ★ It's never 50/50
- ★ Share the workload
- ★ you can always learn more
- ★ Wear sunscreen
- ★ NEVER ever let someone tell you you can't do something because you're a woman
- ★ Be a lifelong learner. Engage mentors and coaches.
- ★ Know you are smart, courageous and capable.
- ★ Don't be afraid to make mistakes.
- ★ You need to be a partner in this business, not just an observer or witness
- ★ Help where your needed and support you partner
- ★ It's a stressful occupation and the more you're "together" the less you'll have to worry about being "apart"

WHAT SUCCESSFUL DIVERSIFICATION MEASURES HAS YOUR FARM RECENTLY IMPLEMENTED?

- ★ Retention ponds
- ★ added a greenhouse
- ★ Hiring a grain marketing consultant
- ★ Municipal counselor
- ★ Diversifying herd → herd handling equipment
- ★ New equipment for better seeding
- ★ creating a by product → Crop rotation
- ★ Inter cropping → Technology
- ★ more organic returned in to the soil
- ★ Software data collection
- ★ Drones
- ★ Growing IP Beans
- ★ composting on a big scale.
- ★ Variable rate
- ★ “All women's farm per groups”
- ★ Reduced tillage
- ★ Gender equality
- ★ tile drainage
- ★ No till
- ★ Hire a foreign worker
- ★ Hire a recruitment program → More employees
- ★ Implement a 4R Program.
- ★ Upgrade equipment
- ★ Cameras
- ★ Retirement
- ★ Implementing the Johnson Sue program (compost tea)
- ★ Work life balance (hiring out some jobs to allow more time for family)
- ★ Buying land with other farmers (crop share)
- ★ Buying/Selling equipment
- ★ Adding value added product
- ★ Different sprayer nipples to reduce drift

HOW DO YOU MAKE TIME FOR YOURSELF ESPECIALLY IN THE BUSY SEASON?

- ★ Spontaneous Spa Day
- ★ Vacuum
- ★ Crack Open a bottle of Wine
- ★ Wash the dishes / clean kitchen
- ★ Send kids to grandparents
- ★ Call /FT with a friend
- ★ Lock yourself in the bathroom + have a bubble bath
- ★ Take your time when you pick up parts, grab a coffee/drive thru
- ★ Sit down and have your breakfast
- ★ Give yourself a facial
- ★ Enjoy your meats
- ★ Ask for help
- ★ Sit Down and Read with Coffee/tea
- ★ Attend the MB Farm Women's conference
- ★ Get up early when the house is quiet
- ★ Go shopping
- ★ Go for a walk → with dog
- ★ Eat dessert
- ★ Garden
- ★ Go to the lake
- ★ Dinner for Two → spouse in the field / Shop
- ★ Always Carry a book
- ★ mow lawn
- ★ Wear new Shoes
- ★ Go for a drive.
- ★ Grab a magazine with Coffee /tea
- ★ Go on a crop tour
- ★ Take a few minutes every morning a do deep breathing
- ★ Go in your pool on your yard made out of a grain bin
- ★ Go for a run, exercise
- ★ Go get your hair done
- ★ lunch with a friend
- ★ Go golfing
- ★ Hot Tub dip
- ★ Eat chocolate
- ★ Look at pictures of babies, human + animals
- ★ Go for coffee a my chickens
- ★ Blast Music on your way to work
- ★ leave your phone at home go for a drive
- ★ Listen to podcasts while working ie driving tractor
- ★ Go for a bike ride.
- ★ Sleep
- ★ Trail riding on a horse.
- ★ Do Some work w/a friend
- ★ Book a massage
- ★ Visit a green horse, garden
- ★ Cook/stock your freezer
- ★ Buy myself flowers

FARM PURCHASE UNDER 10K YOU CAN'T BELIEVE THAT YOU LIVED WITHOUT

- ★ Backup Camera
- ★ Electric Switches on gas tank
- ★ Electronics (Cell phones, computer, Laptops, Cameras, wifi, automation)
- ★ Bookkeeper
- ★ generator
- ★ Yeti Cooler
- ★ Auger w/ mover
- ★ drone
- ★ BBQ
- ★ Never Spill Spout
- ★ Calf Feeder
- ★ Draining for quad!
- ★ Remote for grain truck +auger
- ★ Vacation
- ★ Bin monitor+Bin Closers
- ★ Wire Roller
- ★ Peer Group all women
- ★ Hot Water pressure washer
- ★ Cat
- ★ Leaf Blower
- ★ House Cleaner
- ★ Rhumba
- ★ Two way Radios/Handhelds
- ★ Pelletizer for feed
- ★ Professional Development
- ★ Used Side x Side
- ★ Manure Spreader
- ★ Nanny
- ★ Lunch warmer
- ★ Lawn mower
- ★ Security
- ★ Agronomist or Consultant
- ★ Crockpot
- ★ instapot
- ★ Jewelry
- ★ AgExpert
- ★ Automated tools/battery operated

Why Do You Attend MFWC?

FARM WOMEN
NETWORKING

REFRESH/
REENERGE

MY WORK
SUGGESTED IT

MAKING/SEEING
FRIENDS'

MOM SAID IT WAS
FUN

KIDS/HUSBAND
ENCOURAGED ME
TO GO

VALIDATING

JUST CHECK IT OUT

BEING WITH JUST
WOMEN

TOPICS

THE TOUR

GAINING MORE
KNOWLEDGE -
SHARING

LINE DANCING

REFOCUS
PERSPECTIVE

DIVERS LEARNING

INCLUSIVITY

FELLOWSHIP

SOCIALIZING

INSPIRATIONAL

GENERATIONAL
CONNECTIONS

A BREAK FROM THE
FARM

GUILT FREE OUTING

I DON'T HAVE TO
COOK

EDUCATION