



Women in Agriculture
April 2024 Spring Newsletter

2024 Ag Women Engage Conference Recap

On February 22, we had 145 individuals participate in the Ag Women Engage Conference with another 35 participating in the pre-conference sessions “Transferring the Farm Legacy” led by Polly Dobbs and “Farm Accounting: Workshop with Quicken” led by Bruce Clevenger on February 21. We enjoyed the conference at the Grand Wayne Convention Center in Fort Wayne, Indiana.

We would like to take a moment to thank our sponsors and vendors again:

Platinum Level: Indiana Soybean Alliance



Gold Level: Farm Credit Mid America



Silver Level: Conservation Cropping Systems Initiative (CCSI)

Vendor Level: Women4theLand, First Farmer’s Bank & Trust, Indiana Agriculture & Technology School, Bippus State Bank, Truland Equipment, PivotPoint Business Solutions

Conference Break Sponsor: American Dairy Association

Other Donations: Beck’s Hybrids, Indiana Beef Cattle Association

We are currently wrapping up items from this year’s conference, but we look forward to returning to the Grand Wayne Center next February! See our Save the Date in this newsletter for the dates.

<https://ag.purdue.edu/department/extension/wia/index.html>

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Empowering Youth with Modern Tools for Successful Careers in Agriculture

AG WOMEN 2024 ENGAGE CONFERENCE YOUNG LADIES IN AG FORUM

On February 21st the Purdue Women in Agriculture Team hosted the 2024 Young Ladies in Agriculture Forum for 155 participants from around the state. This forum consisted of in-person educational sessions covering: Interviewing Skills, Jobs in Agriculture, Business Professional Dress, Meeting Etiquette, Agriculture Colleges, Trade Schools & Apprenticeships, Youth Professional Development, and Entrepreneurship.

Participants reported learning something new and they increased their awareness and confidence about a topics covered during the event. Here are a few candid responses from participants: "I would suggest this to other women in ag", "It is an opportunity that I would suggest to other women in ag", "I loved how confident each presenter was, it inspired me.", "As an advisor/Ag Educator, I feel better empowered to help my students!", "I couldn't decide if I wanted to study vet or ag marketing and it helped me decide.", "I feel more aware of career options and am better prepared for interview.", "The biggest impact was non-traditional jobs in agriculture, as I plan to go into ag law.", "Talking about Keystone made me realize how much more involved I want to be in Ag."

The Young Ladies in Agriculture Forum would not have been possible without our amazing breakout session speakers from Farm Credit, Indiana Farm Bureau, Purdue University, Huntington University, Ivy Tech, Ceres Solutions, Proteus, Inc., and Co-Alliance. Participants enjoyed our Keynote speaker Dirt Darlin' Emily Stewart and Madalyn Denton Indiana FFA State Secretary.

Through the Young Ladies in Agriculture program participants not only gained an increased awareness of jobs and careers in agriculture beyond the traditional farming opportunities, they learned that women have a big impact on agriculture.



AG WOMEN 2025

ENGAGE CONFERENCE



SAVE THE DATE
FEBRUARY
12-13*, 2025

*Bookmark this link for
up to date information!*

*PENDING CONTRACT SIGNING

Highly Pathogenic Avian Influenza & Cattle Update

As we continue to learn more about the HPAI virus in dairy cattle please be sure to monitor the Indiana Board of Animal Health (BOAH) resource page for updates: <https://www.in.gov/boah/species-information/cattle-sheep-and-other-ruminants/cattle-dairy-and-beef/h5n1influenzaincattle/>

Please also follow the USDA Animal & Plant Health Inspection Service information for increased biosecurity for your farm.
<https://www.aphis.usda.gov/sites/default/files/recommendations-hpai-livestock.pdf>



HARVESTING HER VOICE: **CONNECTING & EMPOWERING FARM WOMEN**

Join Us in learning more about balancing work and family with Kacee Bohle.

In this practical workshop, personal development coach, Kacee Bohle provides strategies for bringing more intention into your personal and professional life. Attendees will gain insights on maximizing focus, energy, and time for what matters most. Raised on a multi-generational farm, Kacee intimately understands the demands of working in the agriculture industry.

Along with hearing from Kacee, participants will have the chance to learn more about farm stress from the Purdue Farm Stress Team. Purdue Succession Planning Team members will help participants discover resources to help their family navigate the hurdles presented to them when developing a succession plan.



Workshops

Cost: \$5 per participant

Anyone under 18 must be accompanied by a parent/guardian.

Dates/Locations:

June 24th 6 p.m. – Cloverdale, IN
July 2nd Time TBD – Marshall County, IN
August 6th 6 p.m. – Delaware County, IN
August 7th 6 p.m. – Trafalgar, IN

Additional Information and Registration:

<https://tinyurl.com/PWIA2024>

Please register 5 days prior to the session you plan to attend.

This project was funded by
USDA-NIFA-2020-70028-32728.



Farm Succession Tools and Tips

**By Ed Farris, Purdue Extension Ag & Natural Resources Educator–
Huntington County**

It is important to keep things in perspective during this busy spring planting season. Singer/songwriter Ray Wylie Hubbard describes “really good days” as those days that he keeps his gratitude higher than his expectations. Family discussions involving multiple generations sometimes give little consideration for the gratitude of the essential roles of each individual involved in the management of the farm. Weather events and machinery breakdowns cause stress in day-to-day working relationships on the farm.

In recent years, Extension specialists and educators from the Purdue Succession Team put together a resource to help families work through challenges in business planning. “The Farm's Legacy: A Guidebook for Intra-Family Succession is a publication available (free download) at the Purdue Education Store: <https://edustore.purdue.edu/>

This guidebook covers the topics of: 1) Setting Goals for the Business, 2) Communication, 3) Financial Feasibility, 4) Protecting the Business & Mitigating Risk, 5) Management Transfer, and 6) Estate Planning & Ownership (Asset) Transfer. Our workbook is meant to educate, as well as spark conversations that may otherwise be difficult to start.

Other resources at the Purdue Center for Commercial Ag website (<https://ag.purdue.edu/commercialag/>) include podcasts archived by Purdue Extension specialists and educators on topics including succession planning.

“The Purdue 2024 Crop Cost & Return Guide” is also available at the Purdue Center for Commercial Ag website. This publication was updated with estimates in March 2024. It offers farmers a resource to project financials for the coming cropping year. A companion spreadsheet tool to examine gross revenue, costs, and earnings for crop enterprises can also be downloaded. A user can evaluate up to three full-season crops, and the wheat double-crop soybean system. Gross revenue, cost, and net returns are evaluated on a per acre and per unit basis. Breakeven prices to cover variable and total cost are computed for each crop.

Communication is often very challenging for families working through differences in expectations. Hubbard, the aforementioned singer/songwriter, mentions in his writing that he’s especially grateful of the time that he’s able to share the stage with his son, who plays a guitar that he’s gifted to him. We have limited time to “share the stage” with other generations. Utilizing university extension resources available can assist farms to develop plans that give consideration to changing economic conditions, different generational perspectives, etc. If you have follow up questions, feel free to reach out to me (emfarris@purdue.edu) or other members of the Purdue Extension Succession Team:

<https://extension.purdue.edu/cdext/thematic-areas/community-economics-workforce-development/index.html>

May is Mental Health Awareness Month

As a farmer, taking care of your mental health is just as important as taking care of your crops and livestock. Farming can be a stressful and demanding profession, with long hours, uncertain weather conditions, financial pressures, and heavy physical labor. In May, we observe Mental Health Awareness Month to draw attention to the way these demands can affect us and how we can support good mental health.

Here are some ways you can observe Mental Health Awareness Month:

1. Connect with others: spending time with friends and family. Even if it's just a short phone conversation or a passing "hey, how are you?" spending time with others helps us feel a sense of belonging and connection.
2. Manage stress: Farming can be stressful, and it's essential to have strategies to manage stress. Practicing mindfulness, deep breathing, and other relaxation techniques can help you manage stress and improve your overall well-being. Are you unfamiliar with mindfulness, or not sure if it's for you? [Check out this article written especially for farmers and people working in agriculture!](#)
3. Take care of yourself: Self-care is crucial for maintaining good mental health. Taking care of your physical health, [such as eating well](#) and getting enough sleep, can also help improve your mental health.
4. Seek help: If you are experiencing mental health issues, seek help from a mental health professional. If you are in a crisis, dial 911 or 988. If you feel like your mental health is declining but you're not in crisis, call 988, text 741741, or call the Ohio Careline at 1-800-720-9616. You will be connected with a trained professional who will listen to your concerns and help you find helpful resources. If you feel that talk therapy is an option for you, consider [visiting with a Farm Stress Certified counselor](#) or [call the Ohio Mental Health Insurance Assistance Office](#) for help finding a provider in your area.

Observing Mental Health Awareness Month is an opportunity for farmers to prioritize their mental health and well-being. By connecting with others, managing stress, prioritizing self-care, and seeking help when needed, farmers can improve their overall mental health and well-being. Remember, taking care of your mental health is not a sign of weakness, but a sign of strength and resilience.

Written by Kate Homonai, The Ohio State University, Rural and Farm Stress

Article Source: <https://u.osu.edu/farmstress/2023/05/01/may-is-mental-health-awareness-month/>





THE TIME FOR BROADBAND IS NOW – PURDUE UNIVERSITY IS PLAYING ITS PART

The COVID-19 pandemic shed a very bright light on homes and individuals that could not work from home, complete e-Learning, engage in telehealth, or do things online due to a lack of adequate internet—also known as the digital divide. On the other hand, did you know that there were 2.8 million more online microbusinesses between 2019 and 2020? As the economy and society continue to digitize, being on the wrong side of the divide impacts competitiveness and affects quality of life.

Because of this, Purdue University—including Purdue Extension—is launching the Purdue Broadband Team (PBT) to harness the power of Indiana’s land-grant institution to help expand broadband access, adoption, and use as an essential catalyst for economic growth in the state. This is significant because helping communities plan for and undergo this digital transformation is critical for 21st century community and economic development. From digital inclusion planning to digital agriculture to online businesses to empowering the next generation of leaders to health and human implications, Indiana communities can benefit greatly.

The PBT will work with Indiana communities to help increase awareness on broadband programs, improve address-level broadband data, support community-led broadband task forces/working groups, and provide digital literacy training. This will help connect Purdue students and Extension personnel in different ways with their home counties as well as tap into its vast alumni network across the state.

In addition, the PBT will increase Extension’s capacity and diversify its portfolio to continue to be relevant by addressing current needs while leveraging existing resources around agriculture and natural resources, health and human sciences, 4-H youth development, and community development.

PBT’s first mission—help ensure that the almost \$870 million in federal funds from the Broadband Equity, Adoption, and Deployment (BEAD) program are spent in areas that need it the most and increase awareness on additional broadband programs. But this is only the beginning. The PBT will establish a support and capacity-building infrastructure to ensure Indiana communities prosper in this digital age relying on Purdue University’s brain trust and meaningful engagement capabilities.

We also want to make it clear what the PBT will NOT do: build broadband, guarantee service, and visit private homes or businesses to conduct speed tests or validate addresses/service. In addition, Purdue University has no control over the outcomes of submitted speed tests and/or address or service challenges.

We believe this good ole fashioned “word-of-mouth” effort from trusted members of the Purdue community will position Indiana to fully leverage this once-in-a-lifetime opportunity. Better yet, this will also position Extension to be a local broadband resource hub. Read more about this initiative by reading Purdue’s University press release or by visiting PBT’s website.

Written by Roberto Gallardo and Angie Abbot

Source: <https://www.purdue.edu/engagement/the-time-for-broadband-is-now-purdue-university-is-playing-its-part/>

PURDUE EXTENSION MONTHLY *Hot Topics*

12:00 - 1:00 PM EST



SEASON 3

22
JAN

Ants - Bonus episode

ANR Extension Educator

Recorded

17
APR

Eat Midwestern Fish

Amy
Aquaculture Marketing
Outreach Associate

Recorded

21
FEB

Weather

Alex
Climatology
Regional Center

Recorded

15
MAY

Purdue Institute for
Family Business

Dr. Maria Marshall
Director, North Central Regional
Center for Rural Development

20
MAR

Purdue
on the

Scott
ANR Extension Educator

Recorded

19
JUN

Turf Problems & Insects

Dr. Lee Miller &
Dr. Doug Richmond

Each month join a Purdue Extension Professional through this free, live, virtual program as they discuss their research and hot topics in their area of expertise.

REGISTER NOW!

<https://bit.ly/HotTopics2024>



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Things to Listen to While in the Tractor Seat



Purdue Agricultural Economics

A podcast on PodBean, iTunes & Spotify

By Purdue Agricultural Economics Professors Ken Foster & Valerie Kilders

<https://ag.purdue.edu/department/agecon/about/podcasts.html>

Purdue Commercial AgCAST

A podcast on Google Play, iTunes, & Center for Commercial Ag's Website

Whether it's breaking down the latest USDA Prospective Plantings and World Agricultural Supply and Demand Estimates reports, understanding crop insurance and tax implications, or making sense of lending and credit options, the Purdue Commercial AgCAST podcast is closing the knowledge gap for producers looking to improve their farm's financial success.



Talking Total Farmer Health

A podcast on iTunes & Spotify

By AgriSafe Network

AgriSafe has long been a trusted voice in the health and safety of the people who feed the world, and we're excited to bring that to you in a new format. Tune in every month to hear the latest from health and safety experts in agriculture. Together we'll tackle the safety issues important to the producers and ag workers.

<https://www.agrisafe.org/podcasts/talking-total-farmer-health/>

Things to Listen to While in the Tractor Seat

GREAT PLAINS
for Agricultural Health



FarmSafe: A podcast for farmers and their advocates

A podcast on iTunes & Spotify

By Great Plains Center for Agricultural Health

<https://gpcah.public-health.uiowa.edu/farmsafe/>

Voices From The Field

By: NCAT ATTRA Sustainable Agriculture

<https://attra.ncat.org/media-hub/>



Our Farms, Our Future Podcast Series

A podcast on iTunes & Stitcher

By Sustainable Agriculture Research & Education (SARE)



The Our Farms, Our Future podcast series brings together the sustainable agriculture community for thought-provoking conversations about the state of agriculture, how we got here, and where we're headed. With each episode we hope to share different perspectives within the sustainable agriculture community while tackling such topics as building resilient farming systems, farm profitability, and fostering community through local food systems.

<https://www.sare.org/resources/our-farms-our-future-podcast/>

Things to Listen to While in the Tractor Seat



Purdue Crop Chat

A podcast on Anchor

By Purdue University Extension & Hoosier Ag Today

Find them on Facebook

Purdue Crop Chat

@PurdueCropChat

Bite by Bite: Nutrition for Life

A podcast on Anchor

**By Purdue University Extension -
Health & Human Sciences**

Find them on Facebook

Purdue University Health and Human Sciences Extension



Tools For Today's Farmers •

A podcast on Anchor

By Purdue Extension Farm Stress Team

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Meals to Remember

Meal 1

Meal 2

Meal 3

Notes

**Food
in the
Field**



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