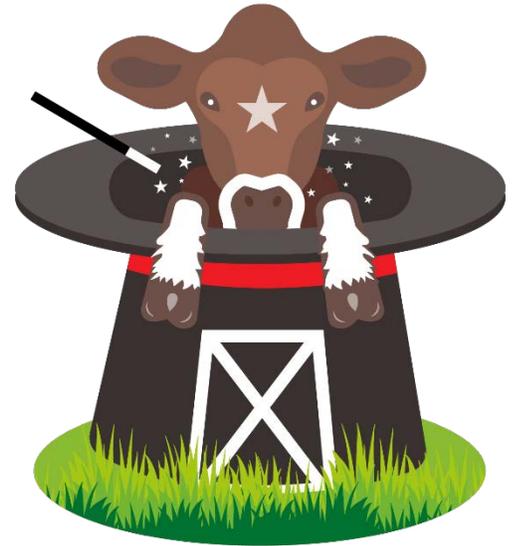


2020 VFB Women's Spring Conference
Proposed Timeline
March 20-22, 2020
Hotel Madison and Shenandoah Conference Center
Harrisonburg



THE Magic OF FARMING
VIRGINIA FARM BUREAU FEDERTAION
WOMEN'S SPRING CONFERENCE

Friday:

3-6:30pm Registration - Auction check in
 4:00 pm Silent Auction opens
 6:30 pm Welcome Dinner and Program
 National Anthem -
 Presentation by: Wayne Pryor, President,
 Virginia Farm Bureau Federation
 Speaker: Chris Kniesly, 2019 AITC
 Teacher of the Year
 Golf Cart Celebration
 7:30 pm Live Auction
 9:00 pm Silent Auction closes

Saturday:

7:30 am Silent Auction opens
 7:30 am Buffet Breakfast
 7:45 am General Session - Announcements
 8:30 am Farm Bureau Ambassador judging and platforms
 Platforms - open to spectators

WORKSHOP TIMES

8:30 am Workshop rotation
 9:40 am Workshop rotation
 10:50am Workshop rotation
 12:00pm Lunch
 Program Highlights – Faye Hundley
 1:30 pm ***Tours/Optional workshop/free time see description below
 5-6:30pm Agriculture in the Classroom Donation Celebration
 6:15 pm Silent Auction Ends
 6:30 pm Dinner and Awards Ceremony

- Outstanding Woman in Agriculture
- Distinguished Farm Bureau Woman
- Farm Bureau Ambassador

Entertainment: Magician

Sunday:

8:00am Buffet Breakfast
9:00am Devotionals/music
9:45am District & State Awards
No Kids Hungry donations
Announcements
11:00am Adjournment

Workshops:**Women's Health & Nutrition** – Jennifer R. Madden Smith, RD, CLC - VA Dept. of Health

Despite knowing that nutrition is a KEY piece in health, it can be almost impossible to figure out what “good” nutrition really is. In this session, current, evidence-based information will be provided related to women's health at all stages of life. Current trends in agriculture, farming, and food production and availability will also be incorporated to highlight how they relate to health and nutrition perceptions and practices.

Medicare 101 – Tracy Cornatzer, Sales Manager and Gina Gentilini, Account Executive - Experient Health

If you have questions about Medicare and would like to understand how all the pieces work together, this workshop is for you. If you're nearing retirement, are on or soon to be on disability, are age 65 and still working or are currently on Medicare, you will benefit from the information provided in this Medicare 101 workshop.

Protecting Farmland – Laura Thurman – Easement Project Manager, Andrew Fotinos, Forest Conservation Specialist, and Emily Bender Land Protection & Outreach Specialist

This workshop will consist of three components: 1) learn general information about how and why easements are used to protect farm and forest lands and the associated tax implications. 2) particulars concerning protecting forested properties and hearing specific landowner's experiences. 3) discussion on a specific grant program and hear about a farmer's reasons for protecting their land with an easement.

On Farm Finance – Dr. Alex White, Virginia Tech Instructor**Preparing to Fulfill the Mission** – Dr. Paige Pratt, VFB Grassroots Development Specialist (County Chair Training)

Thomas Jefferson once said, if you fail to plan, then you plan to fail. These words are true in farming and they are true for the work you do as chair of the county women's leadership committee. Join us for an exciting opportunity to share ideas and watch as our mission comes alive in action plans that you will learn how to build with your county committee. **Please note this workshop is designed for county women's leadership committee chairs, if the chair is unable to attend, one representative from each county will be allowed to attend.

Tours:

Tour 1

Route 11 Potato Chips - Started in 1992, with a tiny cooker, garden rake, a great recipe and good ole fashioned grit. 25+ years later knowing they had a quality product, people supported the business by purchasing their chips. Today you can find their chips in many grocery stores and other major chains. On the tour from the retail store, big windows allow you to see the entire process of making chips, with the exception of the peeling of the potatoes. They will discuss their process, and the daily realities of chipland. Bring your wallet, to take home some of these flavorful chips!

Showalter's Orchard/Old Hill Hard Cider - Family owned and operated, Showalter's Orchard & Greenhouse has been in business since 1965. The Orchard is located on approximately 40 acres with breath-taking views of the valley. Cidermaker, Shannon Showalter, crafts ciders in innovative ways that honor early American methods. They grow more than 26 varieties of apples. They press and bottle the best cider you've ever tasted. Tasting and purchasing will be available during the tour.

Tour 2

Virginia Poultry Industry Center – Rockingham County Fairgrounds - The facility houses historic artifacts and educational displays to demonstrate how Rockingham County became known worldwide as the "Turkey Capital" as well as a major hub for chicken production. It will also tell the story of how farmers protect the environment and provide thousands of jobs in the Shenandoah Valley. Two nine-foot tall, custom-sculpted statues, one turkey and one chicken, welcome visitors to the facility. The tour will teach you more about poultry in Rockingham County.

White Oak Lavender Farm - Opened in 2008 to the public. It is owned and operated by the Haushalter family in Harrisonburg located in the beautiful Shenandoah Valley. They grow over 8,000 lavender plants and about 3,000 grape vines. Lavender is harvested in the summer to dry the flowers for buds and to extract the essential oil and hydrosol or floral water through steam distillation. They harvest their grapes in the fall to make 10 delicious wines. They offer wine tasting, tours, lectures, classes. There is a petting area and a lovely lavender gift shop. Be sure to bring your wallet for the gift shop or to purchase wine.

Free time/Hotel Activity:

Agriculture in the Classroom Volunteer Toolbox – From corn bins to virtual videos, Virginia AITC has a vast array of outreach resources and are always open to consult with volunteers to develop unique ideas for county events. This session will focus on highlighting AITC resources and sharing successes from county committee. Some prepared to share your story and have some fun.

Canvas and Rock painting

Will take place in the hotel with an instructor – cost \$25.