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SOUTHWEST FARM

WOMEN'S NETWORK

Bringing Women Together

Editor
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Our mission is to address challenges farm & rural women face within their families, communities & the agriculture industry through education, support and sharing...

Southwest Farm Women's Network was pleased to partner with Ag Days in its 28th year in 2005.

Ag Days boasts a crowd of close to 30,000 visitors and is one of Canada's premier agricultural trade shows. Seminars offered something for everybody.

Tuesday morning topics included:

- "Food Glorious Food" - Dr. Michael Trevan;
- "Marketing at Your Farm Gate and Beyond" - Ann Mandziuk;
- "Ever Wished You Owned a Bed & Breakfast? – Adventures in Agri-Tourism" Donna Brown & Dianna Miller
- "Ten Tools for Talking About Tough Issues" – Elaine Froese

Thursday morning topics included:

- "Changing Directions: Job Training for Farm family members: Canadian Agricultural Skills Service (CASS)" - Debora Lyall;
- "Pause for Appreciation: Recognizing Volunteers" – Kim Beilby;
- "Managing the Human Resource in Agriculture" – Cathy Vanstone
- "Food Fads & Food Producers: Diet and Health Trends Affecting Manitoba Farms" – Lynda Lowry.

All sessions were well attended and we look forward to any feedback if you did or did not attend the event! Stay tuned for



Manitoba Farm Women's Conference
November
6th, 7th, 8th
Victoria Inn
Brandon Manitoba

Mark your calendar and check out the website at www.manitobafarmwomensconference.ca

Touring Success

Southwest Rural Women's Bus Tour October 19 & 20, 2004

Another awesome adventure...

Kicked off at H&H Roadside Café, Alexander. Stops in 2004 and included DUNDEE DESIGNS; TODD & JULIE RACHER's; SOURIS ROCK SHOP & the TALLOW CHANDLERS; HICKS BERRY FARM;

PRAIRIE ROSE MEATS; PRAIRIE SUN SEEDS; RUSTIC RETREAT and RIVER PARK FARM.

Check out Page 2 for the next awesome adventure!!!

Special points of interest:

- Bus Tour Dates for 2005 are October 18th & 19th
- SWFWN supported two survivor nights—page 2
- Garden Tour Dates are July 12th & 13th, 2005
- Manitoba Farm Women's Conference Nov, 6, 7, 8 2005

New this year was the opportunity to host a 'different' tour focused on food processors... Called: "

"Is Food Processing in Your Future?"



Members of the Southwest Farm Women's Network escorted a group of 15 participants to the Food Development Centre in Portage la Prairie.

Thursday, January 27th,

Enough interest was shown that another tour could be supported in the future. If you're interested in touring the Food Development Centre,

please contact your local Home Economist with MB Agriculture, Food & Rural Initiatives.



2004 garden tour comments:

- Had a great day - see you next year
- A wonderful carefree day
- Gardeners must be the most ambitious, energetic people in the world

SWFWN is planning the
3rd Annual Rural Yard/Garden Tour

Wednesday, July 12th & 13th, 2004

Plans are being made to visit a few farm & non-farm, well-landscaped yard sites in the Virden area.

Limited space to 30 participants each day

To register please send your cheque for \$25 to:

Hazel Lamont Box
Virden, MB ROM 2CO



Last year's rural yard tour was a great success. Mark this on your calendar!
Once again we'll be taking participants vehicles

Rain or Shine!

SWFWN bring Survivor Nights to Rural Areas

Minnedosa

A Survivor Adventure Meeting was held in Minnedosa recently. Janet Smith from the Farm and Rural Stress Line spoke to the group about good and bad stress and talked about ways to cope in stressful situations.

A video was shown and lively discussion followed on what had happened in the video. Those present also had a chance to role play the part of a plane crash survivor. They had to decide what they would keep with them in their survival kit to aid in their rescue from their desert location.

This evening was co-sponsored by Healthy Minnedosa.

Virden

In February the members of SWFWN from the Virden area put on a night for the farm and rural women of the Virden area.

Our aim was to give women a night of fun, fellowship and learning without due stress or financial outlay.

Our two speakers were Joyce Marsh of Pipestone and Kim Moffat of the Manitoba Farm and Rural Stress Line. They gave us advice on how to "survive" in these days of ever increasing pressures. We provided free child care to try to bring younger women to our network. 25 women and four children enjoyed our night and we feel that we managed to get further into our rural roots.

Please let us know how we can be of help in your area!