

OUR MISSION IS TO PROVIDE EDUCATIONAL PROGRAMS AND SUPPORT FOR WOMEN INVOLVED IN AGRICULTURE.



Arkansas Women in Agriculture

A Genda

Official Publication of Arkansas Women in Agriculture

VOLUME VII

WINTER 2014

2014 Conference Keynote Speaker

Carrie Mess

Carrie Mess is a dairy farmer and advocate for agriculture from Lake Mills, Wisconsin. She farms in partnership with her husband Patrick and his parents on their 100 cow dairy farm. Carrie shares her agriculture story via social media and her blog, "The Adventures of Dairy Carrie." In addition to the farm, Carrie works for Udder Comfort in sales and training and is a columnist for Dairy Business Communications. Outside of agriculture Carrie is a big fan of live music and travel. She describes herself as honest, frank and having the smallest brain to mouth filter known to mankind.

Please help us welcome her to Arkansas! The keynote luncheon will be Thursday, March 13, beginning at 11:30AM. Attendance at the luncheon is included in the conference registration fee. Tickets can be purchased for the luncheon only for \$30. See registration for luncheon on page 9.

DAIRY CARRIE



THANK YOU TO OUR 2013 CONFERENCE SPONSORS!

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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
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FARM CREDIT

University of Arkansas
Department of Poultry Science

Riceland Foods Foundation

Service Cooperative Gin Co., Inc.

AR Association of Conservation Districts

Bedford Camera & Video



Producer's Rice Mill

Bayer Crop Science

Karen Hall



President's Column

Amy Lyman



We hope you enjoyed the last issue of *Women's AGenda*, and find this one equally educational and informative. Board members have again submitted articles of interest from across the state...there is something for everyone!

The Education Programs committee is hard at work on preparations for the 2014 Annual Convention. The convention, which will be held March 13-14 at the Wyndham Riverfront in North Little Rock, will be an exciting one.

We are going to kick things off this year with an optional pre-conference tour to Garvan Gardens in Hot Springs. This outing promises to not only allow attendees to visit one of the most beautiful gardens in our natural state but to provide a great opportunity for networking (www.garvangardens.org).

To get us started at the convention, our keynote speaker, Carrie Mess, will motivate you to be an advocate for agriculture! If you haven't checked out Dairy Carrie's website yet (www.dairycarrie.com), do it today! We have a packed full agenda with four tracks – lifestyle, technology, production and risk management. And, then we will close out with a farm bill panel of experts. An agenda and registration information are included with this newsletter, but if you have additional questions, let us know.

As in years past, our tradeshow allows you to gather information from industry and government professionals as well as do a little shopping. And, lots of goodies are being gathered for the silent auction, which benefits our scholarship program. If you or someone you know is in need of assistance to attend the convention, you can request a scholarship application at rbryant@arkansas.net.

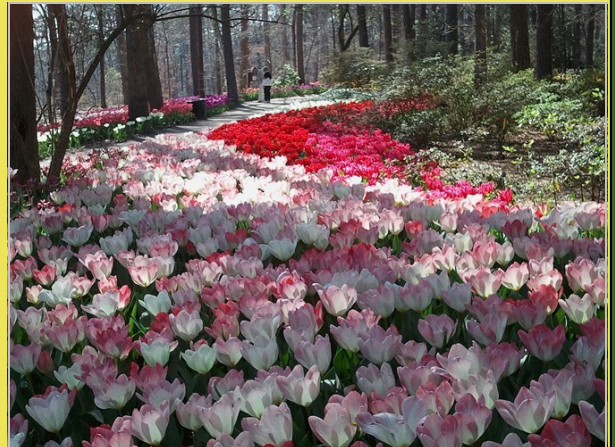
As I've mentioned before, your ARWIA board wants to bring more networking opportunities to members and potential members in each of the four regions of the state. So, we have scheduled a regional meet and greet during the conference. At the meet and greet, we want to hear from you about what needs you have locally.

The ARWIA annual Membership Meeting will be held on Thursday, March 13 at 5:10 during the conference. Please be sure to join us at this very important meeting. If you are interested in serving on the board, see page 3 for information on the nomination process.

If you have not joined ARWIA, now is the time! Not only will you save on your conference registration, but you will share in the many other benefits of membership. Another of those benefits is the opportunity to promote what you do as a farmer, rancher or business owner or associate at the conference. Members are invited to provide a one-page flier which will be displayed at the conference. Please see the article on page 3 for more details.

Again, we are very excited about the agenda, networking opportunities and member opportunities at our upcoming conference. It is going to be a tremendous event and we look forward to seeing you there!

A big thank you to all the Education Program committee members who are working hard on a great conference for the ARWIA!



Tulips at Garvan Gardens in Hot Springs.

Annual Meeting Notice

The Annual Meeting of the Arkansas women in Agriculture will be held Thursday, March 13, at 5:10 p.m. at the Wyndham Riverfront in North Little Rock, Arkansas.

During that time the election of board members will be held. If you are interested in serving on the ARWIA board or would like to nominate someone, please contact Mary Frances, Nominating Committee Chair, at gperkins@d-cl.com by March 7th.

Member's Promotional at Conference

Arkansas Women in Agriculture members vary as much as Arkansas agriculture. We are made up of row crop farmers, dairy and poultry women, community-supported agriculture (CSA) farms, and those who provide agriculturally related services and products. We want to give our members the opportunity to promote their businesses during the conference.

Members are invited to provide a flier about their farm, ranch or business. Information should be in a flier format no larger than 8.5 by 11 inches. The fliers will be posted for conference attendees to view throughout the conference in various areas.

Fliers will be accepted at the registration table for display.

Call for Award Nominations

INSPIRATION AWARD

-This award is for a woman whose example inspires you, motivates you, and makes you feel good about being a part of Arkansas Women in Agriculture. This award is intended for someone within ARWIA.

VOLUNTEER OF THE YEAR AWARD

-This award is to recognize a volunteer who has gone above and beyond on behalf of ARWIA.

SPIRIT OF ARWIA AWARD

-This award is for a company, individual, sponsor or organization that exemplifies the spirit of ARWIA.

For more information or to submit a nomination, please visit our website at www.arkansaswomeninag.com.

Deadline is March 7th.

Membership in ARWIA

As the number of women involved in agriculture continues to rise so does the need for support and educational programs like those provided by ARWIA.

Why become a member of Arkansas Women in Agriculture?

- ⇒ Networking Opportunities
- ⇒ Leadership Opportunities
- ⇒ Educational Program Discounts
 - Annual Statewide Conference
 - Regional Workshops – Hands-on production centered workshops or lunch and learn meetings
- ⇒ Quarterly Newsletter
- ⇒ Marketing Opportunities
 - Membership Directory (coming soon)
 - Online Membership Listing (coming soon)
 - Member Promotional at Conference

If you are not a member, join today and discover the strength and knowledge found within the membership of Arkansas Women in Agriculture.



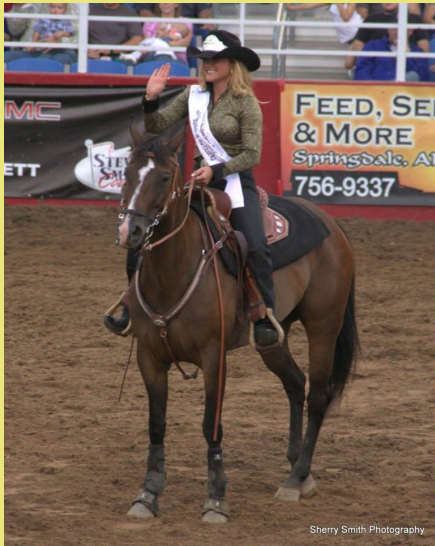
Conventionally produced beef...safe and sustainable? By Dr. Paul Beck

We are all bombarded with the propaganda that conventionally raised beef is not healthy or sustainable by media, society, and even some of our fellow producers. Organic, all-natural, and grass-fed beef is lauded as the only environmentally sustainable way to produce beef. While these are great marketing tools for niche markets, they do not fit two of the cornerstones of sustainability...namely economically feasible for consumers to purchase and capability to produce adequately to meet demand. Current technology enables the beef industry to produce 131% more beef than in 1977 with 70% fewer animals, utilizing less water and feed while producing less methane and carbon dioxide. If production was shifted back to a grass finishing industry like America in the 1880's or countries like Australia or Argentina are known for (which incidentally are developing their own grain finishing capabilities), Jude Capper, noted sustainability consultant, estimates it would require 64 million more head of grass fed cattle than are currently needed in conventionally produced cattle. This would require millions more acres of pasture and much greater resource use (fuel, water, and fertilizer) to provide equivalent beef production to the consumers.

There are multiple tools that beef producers use to provide efficient economically sustainable protein to consumers. Growth promoting hormones and ionophores (compounds like Rumensin, Bovatec, or Gainpro) increase the rate of growth and feed efficiency of cattle. These are compounds that not only are available to the feedlot sector but can be used by Arkansas cow-calf and stocker producers as well. Research at the University of Arkansas Livestock and Forestry Research Station proves that growing steers implanted with growth promotants and supplemented with ionophores gained 40 pounds more than steers that did not receive these technologies, leading to increased beef production and improved economic sustainability. Ionophores are antimicrobial compounds that inhibit the growth of rumen microbes that disrupt ruminal fermentation; thus they help capture more feed energy. Implants increase muscle mass and decrease fat which is more energetically efficient for growing calves. These compounds are proven safe in production of our food supply. A common misconception about our beef supply is the estrogen content of beef from implanted beef cattle. Where a 3 ounce serving of beef from an implanted contains about 1.9 nanograms of estrogen, common foods like peas or soybean products contain 10 times that amount and cabbage contains 100 times that amount per serving. As far as these levels of hormone affecting development of our youth, a pre-pubertal boy produces over 41,000 nanograms of estrogen per day and a pre-pubertal girl over 54,000 nanograms.

Great strides have been made in the efficiency of beef production over the last 30 years, retaining beef's status as a safe, affordable, and preferred staple in our larders. Most of the increase in efficiency has come from the stocker and finishing segments of our industry, but between 60 and 80% of the carbon footprint of beef production is in the cow-calf sector. Thus, the cow-calf sector is where future improvements in efficiency need to be made. In many instances, simple improvements in the husbandry practices we have in place at the local level can boost the efficiency of the entire beef production chain.

In closing, the beef industry can continue to provide a safe, affordable, and plentiful (and thus sustainable) product to consumers, as long as we have available the tools to do it. If we begin limiting technology for beef production (such as beta agonists or lean finely textured beef) then our ability to meet consumer demand will be limited as well.



Miss Rodeo of the Ozarks Kelsey Parmenter

Yesterday I received a letter from a good friend of mine who joined the military. A part of that letter read, "...I wanted to thank you. I saw you and your drive, passion and motivation to achieve your goals and every time I got to hang out with you I felt those things within me grow." You never know how much you are influencing someone else. The opportunity to affect others is what has driven me to run for a rodeo queen title. A rodeo queen is a cowgirl who represents the patriotism, sportsmanship and western tradition of one of the greatest sports around; rodeo. I assure you it is more than just wearing a cowboy hat, crown and sash; it took trial and error and a lot of hard work but I would not trade the experience because it has truly shaped me into who I am.

I do not come from a rodeo family or from a family of money; however, I do come from a family who believes that through hard work and perseverance, you can achieve anything. With four siblings, owning the best horse and having riding lessons was out of the picture. I've learned that to be your best, you don't necessarily have to have the best. From a young age, horses caught my interest. I would choose horse books from the library, point the horses out in a field, and walk to our neighbor's house just to pet them. When I was eleven my parents bought me an Appaloosa pony who was more of a companion animal, but still taught me a lot about responsibility. After my parent's divorce, my horse became someone to confide in. As my confidence grew, so did my want to learn to ride. I won't go into details about the rest of the journey because it is a long way to the top. Today, my horse is generously sponsored by Rush Springs Ranch; although he's no top notch rodeo livestock, we learn from each other daily and I could not be more blessed.

Since becoming Miss Rodeo of the Ozarks, I have had the opportunity to attend four rodeos, visit ten schools, participate in four community events and my reign has only half way began. In the spring I have a packed rodeo schedule, as well as events with local non-profit organizations. Rodeo is one of the few sports that remain family oriented and maintains its' original values of dedication and determination. These qualities play a significant role in inspiring me to represent the sport to the best of my ability. It is my dream to inspire others to achieve their dreams, regardless of how difficult it may seem. You never want to look back and wish you could do something better.



Several years ago, I sat next to my papa on the tractor complaining about how difficult juggling school, work and extracurricular involvement was and after patiently listening, he replied, "Just remember someone else always has it worse." While seemingly simple, it has stuck with me because all too often we take for granted how fortunate we are. If you have the ability to help others while bettering yourself, I hope that you will grasp that opportunity. With the New Year just beginning, I want to encourage you to set a goal of your own. Dream it. Work for it. Achieve it.

If you have a public event or rodeo you would like me to attend, help with or speak at feel free to contact me at 479-426-7542 or parmenterkelsey@yahoo.com

Hay!

Northeast Rep– Monica Paskewitz

Thanks to regular rains most producers in our area were able to harvest a good hay crop this year. Producers either baled hay from owned or leased land this past summer or purchased hay from another source. If you baled your hay then you removed a large portion of the fertility (Nitrogen, Phosphorus and Potassium) from the soil. Research shows, nutrient removal per ton of dry forage (approximately 2½ 4x5 bales) is 38.6 pounds of nitrogen, 8 pounds of phosphorus, and 43.9 pounds of potassium. The cost of replacing these nutrients onto a hayfield with fertilizer can be very costly. Mature livestock will excrete nearly 100% of the nutrients after digestion with 35% of the nitrogen and 65-85% of the phosphorus and potassium retained by the soil. How do you as a producer redistribute these nutrients when feeding hay? Do you distribute these nutrients uniformly back in your hayfields and pasture or do they become lost in a concentrated feeding area?



Redistribute your nutrients by:

- | | |
|-----------------------------------|---------------------------------------|
| 1. Moving hay rings every feeding | 2. Unrolling hay |
| 3. Dragging manure piles | 4. Feeding hay in low fertility areas |

Hay waste is costly and in some cases can be avoided.

Hay storage techniques include:

- | | |
|--|-------------------------|
| 1. Place bales at the top of a sloping site | 2. Break ground contact |
| 3. Place bales running north and south | 4. Butt bale end tight |
| 5. Leave space between rows to allow air and sun | 6. Use tarps |

Hay feeder selection can also help to reduce waste and prevent hay from being pulled or pushed onto the traffic area.

The hay feeder characteristics needed to help include:

- | | |
|--|-------------------------|
| 1. Hay feeder selection | 2. Skirted bottom |
| 3. Natural grazing position | 4. Defined feeding slot |
| 5. Slanted bars (discourages cow from pulling head out as often to chew) | |

**The Website is open as of February 4, 2014 for
online conference registration.**

Visit ARWIA website for more information.

www.arkansaswomeninag.com

Living Self Sufficient Southwest Rep– Jenny Lanier

Back in the old days, people would homestead by taking off and staking claim on new land to raise their family and start a life. In today's term of homesteading, people generally want to become self-sufficient and independent.

Having nice things like hot running water, electricity, central heat and air, are all things we enjoy and take for granted every day. The convenience of a grocery store, microwave meals, fast food chains are also just a few modern day amenities we like.

While all of these amenities are nice, wouldn't it be self-rewarding to know that your hard work provided the food you ate or the shelter you lived in? Just to know where your food came from and exactly what was put into your food would be mind settling. Self-sufficiency is something all Americans need to think about just in case the economy fails. A family backup plan would give piece of mind should the future call for desperate measures. Subsistence agriculture, home preservation of foodstuffs, alternate heat and water sources are all things that every family should consider. There are many things you can do now to save for the future. Begin building a storage pantry. Think of supplies that are non-perishable that you can stock up on now or when you can catch items on sale. Plant some fruit trees. Not only are fruit trees beautiful when they are blooming but if properly taken care of they will bear plenty of fruit. Consider alternate water sources like creeks or wells. Learn how to can food for storage. It is so wonderful to eat delicious food from your garden in January! Certain things are just better knowing you used you own two hands to prepare.



There are great health benefits of eating organic foods and working your land. Many homesteaders express deep satisfaction with their standard of living and feel that their lifestyle is healthier and more rewarding than more conventional patterns of living. There are numerous financial benefits as well.

Self-sufficient living will unlock your imagination of how your resources can benefit your resources. The leftover or wastes from one item can be used for something else, it's called recycling your resources.

Self-sufficient living is good physically, financially and environmentally. Getting back to the basics, it's just good all the way around!



Agricultural Leases: Get it in Writing

Rusty Rumley, Staff Attorney



Though more common than written leases, verbal leasing arrangements are often not enough to fully protect the interests of either the renter or the landowner. Major problems can, and are, caused by verbal leasing agreements.

Oral leases are typically relied on when there is an established relationship between the renter and the landlord. The response that I typically hear when discussing this issue is: “We’ve done it this way for years! Why should we change now?” The answer to that question is that there are many important reasons to have a written lease agreement.

One issue that may arise is that a verbal lease is only legally enforceable for up to one year. Long-term planning and multi-year crops may not be a safe investment for the renter if the lease can be cancelled after the investment is made. But what about the long-established relationship between the landowner and the renter? While you may believe that the relationship will save the lease, circumstances change. What happens if the owner dies or become incapacitated? In this situation, the lease does not end and the heirs of the deceased person, usually a spouse or children, take their place. Do you have the same relationship with the heirs as you did the person that passed away? On the opposite side of the coin, what if the renter passed away? If this happened, the heirs may have the ability to assign or sublease the remainder of the lease to another person without any input from the landowner. These issues, and more, can be resolved through the use of a written lease.

Another issue is the question of how a verbal lease can be ended. While verbal leases cannot last more than one year, they do have the ability to roll over to the next year if they are not terminated correctly. In Arkansas, the landowner must give written notice by certified mail on or before June 30th that the lease will not be renewed for next year. This is assuming that the lease begins on January 1 and ends on December 31. This means that you need to give at least six months notice to end a lease or it continues for another year without some other agreement between the parties.

Verbal leases may still be commonplace in agriculture, but the potential concerns that they may cause should encourage landowners and renters to put their lease in writing.

Facebook, Check It Out

Arkansas Women in Agriculture wants to hear from you! One of ARWIA goals is to provide a network with other Arkansas women involved in agricultural and rural community issues. Be sure to “Like” our Facebook page and look for our weekly posts in your newsfeed. We share a variety of interesting information and educational material. Please feel free to comment and tell us your opinions and experiences. We want you to get involved and have fun. We are also hoping to have a few friendly Facebook contests this upcoming year as well. Our Facebook page is a great way for you to keep up with the latest news from ARWIA. We hope to hear from you soon!



“Like” us on Facebook -
www.facebook.com/arwia

**ARKANSAS WOMEN IN AGRICULTURE
2014 CONFERENCE AND TRADESHOW
MEMBERSHIP AND PARTICIPANT REGISTRATION FORM**

(Please print legibly)



Name: _____

Address: _____

City, State Zip: _____

County: _____ Date: _____

Phone: _____ Meals: Yes _____ No _____

Email Address: _____ T-shirt size _____

Your role in agriculture: _____

Have you previously attended the conference? _____ Yes _____ No If yes, how many years? _____

How did you hear about the conference? _____

Early Registration Ends March 1, 2014

Please Check Registration Type:

- | | |
|--|---|
| _____ \$90.00 ARWIA Member Early | _____ \$110.00 ARWIA Member (after March 1) |
| _____ \$130.00 Non-member Early | _____ \$150.00 Non-member (after March 1) |
| _____ \$35.00 Student Early | _____ \$45.00 Student (after March 1) |
| _____ \$30.00 Keynote Luncheon ONLY | _____ \$30.00 Farm Bill Luncheon ONLY |
| _____ \$50.00 Pre-Conference Tour Garvin Gardens | |
| _____ \$25.00 ARWIA Membership | Total: _____ |

Make checks and money orders payable to ARWIA. Mail checks and completed Registration Form to:

*Arkansas Women in Ag Registration
PO Box 549
Prescott, AR 71857*

Questions: Contact Melissa Beck via email at info@ArkansasWomenInAg.com or by phone at 870-887-2818.
For more information, please visit our website at www.ArkansasWomenInAg.com



Please join us at the ARWIA Conference
March 13-14, 2014
North Little Rock, AR
At the Wyndham Riverfront Hotel

Special Guest Speaker– Ag Advocate and blogger Dairy Carrie

*For more information on Arkansas Women in Agriculture, visit our Web site,
www.ArkansasWomenInAg.com*

AGENDA - 2014 ARWIA CONFERENCE

WEDNESDAY, MARCH 12, 2014

10:00- 10:45 AM	<i>Check in for optional Pre-conference tour of Garvan Woodland Gardens, bus leaves at 10:45AM</i>							
10:45 AM - 5:00 PM	<i>Lunch and Tour at Garvan Gardens, bus returns to the Wyndham</i>							
	<i>Dinner on Your Own</i>							
	Track 1 - Lifestyle	Speaker	Track 2 - Technology	Speaker	Track 3 - Production	Speaker	Track 4 - Risk Management	Speaker

THURSDAY, MARCH 13, 2014

8:00-10:00 AM	Vendor booth set-up							
9:00-11:00 AM	Conference Check in							
10:00-11:30 AM	Vendor Area and Silent Auction Open							
11:30 AM -1:00	Opening Session with Lunch and Keynote Speaker Dairy Carrie							
1:00-1:10 PM	Break with Vendors							
1:10-2:00 PM	Family Finances	Rebecca Simon	Ipad/ Iphone/ Smart-phone apps	Freel/MgGinley	Beginning Farmer Rancher Loan Program	Alvin Peer	Farm Succes- sion Planning	Laura Connerly
2:10-3:00 PM	Fit in 10	LaVona Traywick	Using Maps and GPS	Caroll Guffey	Horticulture Learning Farm	Sherry Beaty	Livestock Risk Protection	TBD
3:00-3:15 PM	Break with Vendors							
3:15-4:05 PM	Family Communication	Dr. Wally Goddard	Precision Ag Technology in	Eddy Simmons	Feral Hogs	Dr. Becky McPeake	Nat'l Ag Law Center	Beth Rumley
4:15-5:05 PM	Cooking Demonstration	Chef Brian Cherry	Technology in Beef Prod	Paul Beck	Animal Health	Dr. Helms	Commodity Marketing	Scott Styles
5:10-6:00 PM	Membership Meeting/Regional Meetings							
6:00-8:00 PM	Taste of Arkansas Social with the Vendors							

FRIDAY, MARCH 14, 2014

8:15-9:00 AM	Coffee and Donuts with the Vendors							
9:00-9:50 AM	Arkansas Grown	Zach Taylor	Beginning Farmers Online Course	Dr. Don and Dr. Annie Donoghue	300 Days of Grazing, what we've learned	John Jennings	Crop Insurance Farm Bill Changes	Bobby Coats
10:00-10:50 AM	Aging Parents	Pricella Pittman	Hot Topics Pannel GMO, Feed Addi- tives, Implants etc	Dr. Troxel,Beck, Dr. KellyPowell	Invasive Pests	Dr. Sam Kim	Hot Topics in Ag Law	Beth Rumley
10:50-11:15 AM	Break - check-out of hotel							
11:15 AM-12:05 PM	Community Involvement Panel	Kevin Steel, Jennifer Victory, Amber	Social Media	Janeal Yancey	Row Crop Irrigation	Charlotte Bowie	Balance Sheets	Denise Sweat
12:15-1:45 PM	Closing Session with Lunch and Farm Bill Panel Cynthia Edwads, Dr. Bert Greenwalt, Harrison Pittman, Scott Sullivan, Senator John Boozman							

Please note: this is a tentative agenda and is subject to change without

*For hotel guests, there is a complimentary breakfast served in the hotel restaurant.



Arkansas
Women in
Agriculture

Arkansas Women in Agriculture
c/o Karen Chapman
4853 North State Highway 23
Booneville, AR 72927



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www.arkansaswomeninag.com

Let us know what you want to see in the Newsletter!

