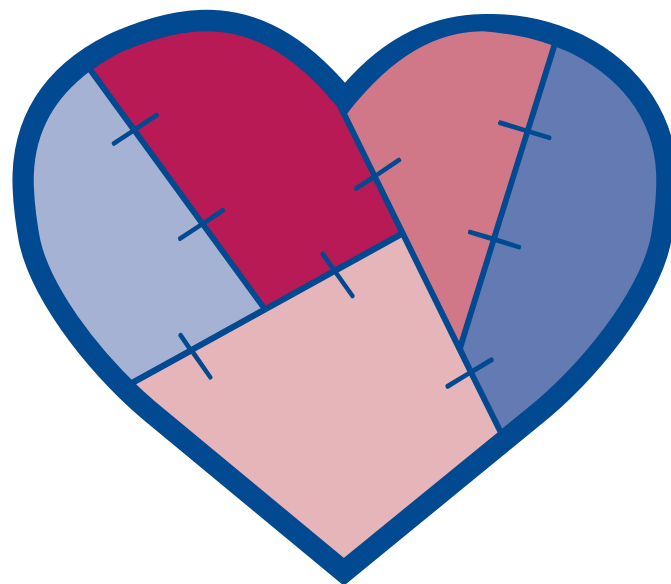


Celebrating Women of Rural America
Women in Blue Jeans



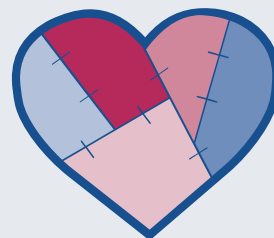
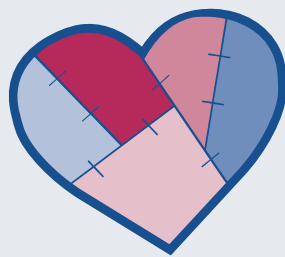
January 26-28, 2006
Mitchell Holiday Inn

Early Bird Registration (before January 10, 2006) - \$25.00

Regular (walk-in) Registration - \$40.00

*Come spend 48 hours to benefit yourself,
your family, and your community.*

You deserve it!



Accommodations...

A block of rooms has been reserved at the Holiday Inn in Mitchell for Thursday and Friday, January 26-27, 2006, at a rate of \$50.00 per room for double occupancy. Call 605-996-6501 or 800-888-4702 for reservations and mention that you're with the Women in Blue Jeans Conference.

Women in Blue Jeans Inspiration Award...

Nominate a woman whose example inspires you, motivates you, makes you feel good about being a Woman in Blue Jeans. In a brief paragraph, explain why she is an inspiration. Include both your contact information and hers (name, address, phone, email).

Spirit of Women in Blue Jeans Award...

Nominate a company/individual/sponsor/organization that exemplifies the spirit of Women in Blue Jeans. In a brief paragraph, explain why this individual/organization truly has the spirit of Women in Blue Jeans. Include both your contact information and theirs (name, address, phone, email).

Nominations due by January 10, 2006. Winners will be announced Friday, January 27, 2006, at the opening session. Send your nominations to: diana@mit.midco.net or WIBJ Awards, PO Box 53, Mitchell, SD 57301.



Mark Your Calendar...

Fifth Annual WIBJ Conference

January 25, 26 & 27, 2007

New this year...

Sweet South Dakota Expo

Thursday • 5-10 p.m.

This is a great way to have fun, eat chocolate, mix and mingle, eat chocolate, visit home-based business booths, eat chocolate, visit SD Tourism booths, eat chocolate, visit non-profit organization booths, eat chocolate...do you see a pattern here? Everyone will enjoy this "mini reunion". Door prizes will be given at the conclusion of the evening - you must be present to win!

If you are a director of a non-profit organization, a SD tourism organization or destination, or a home-based business owner, contact WIBJ for an entry form. Please submit the form and your \$25 fee to Women in Blue Jeans before December 30, 2005 to guarantee your spot.

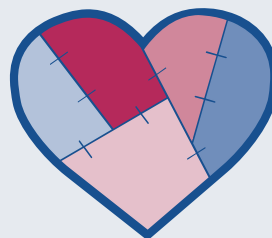
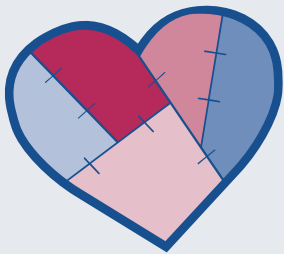
Mini Health Fair

Thursday • 6-8 p.m.

As the caretakers for our families, it's easy to put our own health at the end of the list. Take this time to care for yourself by visiting a variety of booths geared toward helping you stay healthy.

For more information or to reserve booth space contact:

Women In Blue Jeans
PO Box 53
Mitchell, SD 57301
diana@mit.midco.net
www.womeninbluejeans.org

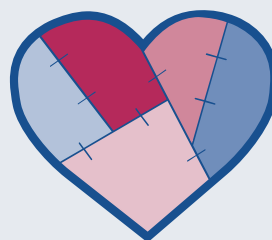
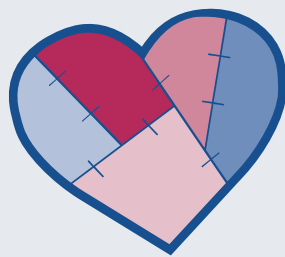


Thursday, January 26th • 5:00-10:00 p.m.

	GHI Room	JK Room
5:00pm	<i>Dinner in the Roadhouse – Everyone Welcome! (Meal not included in the conference fee)</i> <i>Registration in the Pre-Conference Corridor</i>	
Ending at 10:00pm	<p><i>Sweet South Dakota Expo</i> <i>5 - 10 p.m.</i></p> <p><i>Exhibitors Include:</i> Arbonne At Home America Big Yellow Box by Crayola Cookie Lee Jewelry Creative Memories Dakota Discovery Museum Discovery Toys Enchanted World Doll Museum Glyconutrients Home & Garden Party Homemakers Idea Company Legacy Scrapping and More The Purse Lady Red Barn Woodworking SD ValueAdded Agriculture Development Center Silpada Designs Tastefully Simple TS Wellness - Nikken Usborne Books</p>	<p><i>Mini Health Fair</i> <i>6 - 8 p.m.</i></p> <p><i>Exhibitors Include:</i></p> <ul style="list-style-type: none"> • Curves for Women. Workout and diet supplement information and the option to weigh or measure your body fat percent. • Mitchell Diagnostic. Information on skin rejuvenation procedures. • Hearing Plus. Information on hearing tests. • Mabee Eye Clinic. Information on vision testing and screening. • SDSU Extension. Information on sun damaged skin and the dermascreen to test your skin, nutrition information, and information on Medicare Part D. • Mitchell Area Safehouse. General safety tips and domestic violence facts. • MAPP. Information on Meth awareness. • Avera Queen of Peace Health Services <ul style="list-style-type: none"> – Bone Density. Screenings at a cost of \$15 will be available as well as general information. – Colon Cancer. Screening strips to take home and complete will be free of charge as well as information on the importance of screening early. – Breast Cancer. Information and instructions on how to do monthly self-examinations – Blood Pressure. Professional nursing staff from the hospital will be available to provide accurate blood pressure readings and information.
	<p><small>*All sessions, speakers and descriptions subject to change without notice.</small></p>	

Friday, January 27th • 8:00 a.m. - 10:00 p.m.

8:00am	<i>Registration in Pre-Conference Corridor</i>		
9:00am	<i>Opening Session – Judy Carter: Live, Laugh and Eat Chocolate!</i>		
	GH Room	IJ Room	K Room
11:00am	<p><i>Farm Insurance Needs – Ron Beukelman, American Family Insurance</i> What should your farm insurance cover? How much coverage do you need? If a natural disaster strikes your farm, would you have what you need to rebuild? What about your machinery – do you have rock damage coverage on your combine? Attend this session for answers to these and other questions.</p>	<p><i>Digital Imaging – Linda McEntee, Mitchell Technical Institute</i> You have digital pictures, now what? You can learn some simple techniques to get the most out of your photos – whether you took them with your digital camera or scanned them in. We'll show you techniques that you can use on most popular digital imaging software available today.</p>	<p><i>FSA Online – Steve Cutler, SD FSA</i> It's easier than ever to manage your federal farm programs. You can do a number of things with online access rather than having to drive to town. Come to this session to find out what and how.</p>



Friday, January 27th (cont. from previous page)

*All sessions, speakers & descriptions subject to change without notice.

GH Room

IJ Room

K Room

Noon

Lunch Buffet

Served in corridor, eaten in GHIJK Room

1:00pm

SD Women and Their Quilts – Louise Maeschen and Ruby Pattison
See a collection of quilts from 1840 to 2005 with expert advice on how to care for these pieces of history.

Wills vs. Trusts: Which is right for your family? – Jean Koehler, First Dakota Bank
Why do I need a will or trust? What is the difference between the two? Learn why having a will or trust is important and which is right for your family.

Distillers Co-products in Beef Cattle Diets, Cody Wright, SDSU
Are you familiar with distillers co-products and how you can use them in your beef cattle diet? Come to this session for information on how it can work for you.

2:00pm

Mommyhood: the first 5 years – Deb Bigge (Division of Child Care Services), Kristie Larson (Head Start), Connie Fergen (County Health Nurse), and Coleen Smith (Mitchell Area Safehouse)
Are you at your wits end with the smallest people in your life? What does a 'good mom' look like? If you have ever felt like you don't know what you're doing, come to this session for reassurance – and a few tips.

What's New in Women's Health – Dr. Michael Krause, OB-GYN, Dakota Women's Clinic
So many things are new in women's health. This session will let you in on the best ones out there.

NRCS Conservation Programs and You – Janet Oertly, USDA-NRCS
NRCS conservation programs, such as the Conservation Security Program (CSP), can help you meet your farm and ranch management goals. Local staff still provides free assistance! Come find out how these programs can fit your operation.

3:00pm

8 Risk Factors of Unhealthy Aging – Dr. Melanie Puetz, Chiropractic Center for Healthy Living
Learn 8 proactive steps each of us can implement in our daily lifestyles that will prevent unhealthy aging.

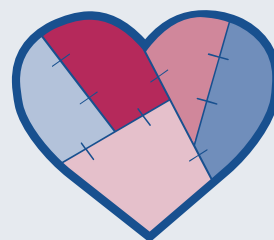
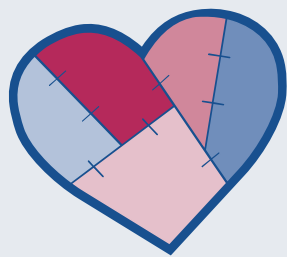
How To Determine What Kind of Home Based Business is Right For You – Bernie Schramm, Center for Women Business Institute
You've always wanted to start a home based business, but there are so many options. Should you choose a franchised business and become a consultant? Or would you be better off taking your special talent and starting from scratch? Come to this session to help determine what is right for you.

Crop Insurance Updates for 2006 – Wes Chambers, Farm Credit Services of America
It's that time of year again! Time to review your crop insurance policy and make any changes before March 15. Come to this session to find out what to look for in 2006.

4:00pm

Why Daffodils and Daylilies Should Date – Brenda Bode, SDSU Master Gardener
Plants that partner well providing maximum color. Tips on incorporating perennials, bulbs, grasses, and annuals in your flower beds.

Turn Your Problems into Punchlines – Judy Carter
Don't get mad, get funny. Judy will give you tips on handling your stress by handling it with humor. You won't want to miss this!



*All sessions, speakers & descriptions subject to change without notice.

GH Room

IJ Room

K Room

5-7pm

Social Hour...Dinner in the conference area on your own.

7:00pm

Surround Yourself with Color and Texture – Without Blooms – Brenda Bode, SDSU Master Gardener
Achieve an attractive yard through use of trees, shrubs, vines, and more. How to's on pruning and shaping.

Life Is A Juggling Act And I Keep Dropping The Balls! – Tonya Schoenfelder
Is your life constantly on the run? Does your mind have difficulty slowing down at the end of the day? If you are ready to reduce the chaos, release the tension and refocus your energy then this is the session for you! Participants will leave energized, focused and armed with an individualized wellness plan to create better balance in their lives.

Working with Your Ag Banker – Dave Knudsen, First Dakota Bank
What does your ag banker really want from you? What can you do to speed up your loan process? Your financial statement/net worth and a look at your credit report. This session will give you tips on how to improve your lending relationship and explain what all those numbers mean.

8:00pm

Quickbooks – Pam Olinger and Lisa Brown, Endorf, Lurken and Olson
Are you the business manager of your farm? Quickbooks can automate many of your monthly tasks and make financial decisions easier to make. Attend this session and find out how to make your record keeping duties take much less time.

Become the CEO of Your Life – Judy Carter
Who's in charge of your life? If it's not you, it should be! Come to this session to find out how to have fun becoming the CEO of your life.

Cattle ID Program – Steve Johnson, University of Nebraska Lincoln
A step beyond ear tags, these ceramic 'earrings' for cattle will help track cattle and improve consumer confidence in our beef supply

9:00pm

Social Opportunity

Saturday, January 28th • 8:30 a.m. - 12:30 p.m.

8:30am

The One Woman Farm – Becky Moore, State Farm Insurance
Whether you're suddenly farming with out him or you just want to be prepared to go it alone, this is the session you need to attend to determine what kinds of insurance you need.

Tension Busters – Tonya Schoenfelder
Are your shoulder and neck muscles tied up in knots? Does your brain become overwhelmed by all the responsibilities? Join us as we learn how to bust through the tension with stretching, breathing and relaxation techniques. This is one class where it's ok to fall asleep.

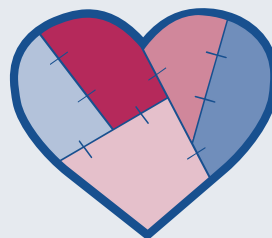
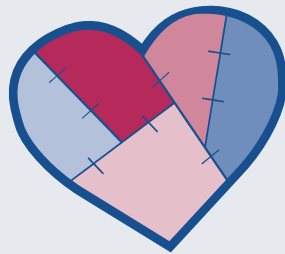
Investing Basics – Dick Fredericks, Edward Jones Co.
Looking for a way to diversify your nest egg? New to investing? This session is geared for the beginner.

9:30am

What Do You Mean, 'He ate the worms?!' – Amy Novak, Dakota Wesleyan University
Whether we are parents, grandparents, friends or community leaders, our lives are about constantly learning. This session explores the value of a positive attitude or life-long learning on our overall physical, spiritual, and emotional health.

Oh, I Meant to Say... – Tonya Schoenfelder
Do you get tongue-tied during important conversations? Does your mind blank out when searching for words? Join us for this fun, hands-on workshop for decreasing the impact of stressful moments and increasing communication skills.

Marketing in the Majors – Janelle Guericke, Midwest Grain Marketing
He's finally determined that selling off the combine isn't the best way to sell. Or maybe you've finally gotten up the nerve to jump into the marketing game. Whatever the case, you can learn the basics of cash grain marketing and gain the confidence to start helping your farm improve its bottom line. You'll learn the basics of cash grain marketing and find out how to learn more.



Saturday, January 28th (cont. from previous page)

*All sessions, speakers & descriptions subject to change without notice.	GH Room	IJ Room	K Room
10:30am	Women's Health – Nikki Porter, BSN CNP, Dakota Women's Clinic One last chance to find out what's new in women's health. Find out the facts.	Weird Computer Things – Doug Greenway, Mitchell Technical Institute Does your computer catch every virus? Live on spam?? Does it need to defragment? If you want to help your computer but don't know where to start, this session is for you.	Domestic Violence – Jen Schurz, Mitchell Area Safehouse If you have a friend who's living in an unhealthy or unsafe environment, find out how you can support her without endangering yourself or your friend. It's a horrible thing to live in fear. Find out what you should – and shouldn't – do.
11:30am	Closing Session — Scott Novotny • Door Prizes (must be present to win)		

Keynote Address...Judy Carter – “Live, Laugh and Eat Chocolate”



Judy Carter -- master teacher, author, and humorous speaker -- started her career as a magician and later as a stand-up comic, appearing on over one hundred television shows. Ten years ago she formed Comedy Workshop Productions, a school for wanna-be comics. Carter also produces the annual California Comedy Conference, which is attended by top Hollywood VIPs including executives from HBO, Warner Bros, William Morris Agency and others. She is the author of Standup Comedy: The Book (Dell Books, 1989) which has sold over 150,000 copies. Her latest book – The Comedy Bible (Simon & Schuster; September 2001) – is the definitive guide to making a career out of making people laugh.

Carter's expertise at teaching others to use comedy to transform their lives and careers has created a nationwide demand for her as a corporate and college speaker and workshop leader. An outstanding motivational speaker, Carter has inspired thousands of people to use humor to deal with change, increase sales and punch up speeches – in short, to turn problems into punchlines.

Carter's success in corporate comedy has generated feature stories in the Wall Street Journal, LA Times, New York Times and Success Magazine. She has brought her “don't get mad, get funny” philosophy to Fortune 500 companies such as Boeing, Lucent Technologies, Fedex, Blue Cross and Pacific Bell. They have found her “tell-it-like-it-is” (only funnier) approach advantageous when tackling sensitive issues like downsizing, layoffs, and dealing with diversity.

Her pioneering approach to turning “problems into punchlines” has been profiled on CNN, ABC World News and Oprah. She recently sat on Tom Peter's Board of Directors and is a popular speaker at the American Society for Training and Development conference which caters to professional trainers and speakers.

Carter has also organized a wide variety of fund-raising events, such as “HIV: Humor is Vital,” -- a comedy workshop for people living with AIDS. In addition, she has worked with groups such as Wellness Community cancer patients and Cedars Sinai social workers.

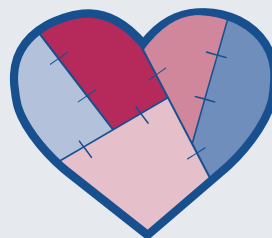
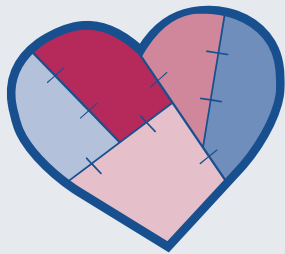
In addition to mastering comedy, Carter is a professional magician, being one of the first women to work at the prestigious Magic Castle in Hollywood, creating quite a stir with her “death-defying” escape from her grandmother's girdle. Carter is also a passionate snowboarder and phenomenal matzo-ball soup maker. Her cat and two dogs allow her to share their home in Venice, CA.

Closing Session...Scott Novotny

Scott Novotny has been described as “the new Red Skelton”, “a live cartoon on stage” and “Robin Williamsque”.

“Audience members are always coming up to me after my show and telling me, ‘We haven't laughed that hard in years! My cheeks hurt. I had tears in my eyes. It's really refreshing to hear good CLEAN comedy!’ and my favorite, ‘I wish I had been wearing Depends!’ That really cracked me up. I love to perform, and pride myself in doing my comedy without profanity or vulgarity.”

Scott has been in the comedy “business” for over 20 years. He is quickly becoming the most sought-after entertainer for corporate parties, awards banquets and conventions throughout the Midwest. He has the ability to play to a wide range of audience members while keeping the performance professional and appropriate. A versatile performer, Scott headlines comedy clubs throughout the United States, has acted in numerous stage productions, worked at the “Brave New Workshop” as an improvisational actor/writer, owned and operated The Comedy Cabaret-- MN's first fulltime comedy theatre, and has written for “Saturday Night Live” and the comic strip, “Strange Brew”.



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CITY	STATE	ZIP
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HOW MANY YEARS HAVE YOU ATTENDED WOMEN IN BLUE JEANS? _____ YEARS <input type="checkbox"/> THIS IS MY FIRST YEAR!		

PAYMENT

Check # _____ TOTAL AMOUNT DUE \$ _____

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Please make checks payable to: WOMEN IN BLUE JEANS

NOTE: If already registered by phone, fax or online, please check the box below when returning this form. Payment must be made to guarantee your spot at the seminar. Your check is your confirmation. Please mail your payment to: Women In Blue Jeans, PO Box 53, Mitchell, SD 57301.

PREVIOUSLY REGISTERED BY: PHONE FAX WEBSITE E-MAIL

CONTACT

PHONE: 1-866-273-CORN (605-996-8089 Evenings & Weekends)

FAX: 605-996-8273

WEBSITE: www.WomenInBlueJeans.org

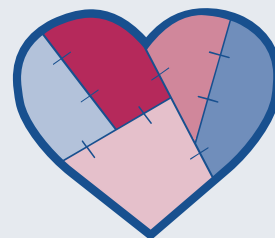
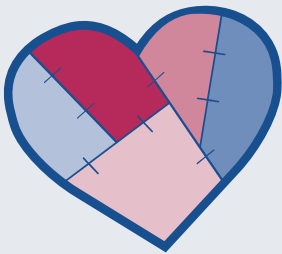
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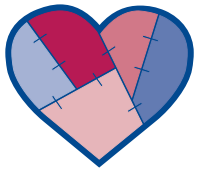
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Women in Blue Jeans
PO Box 53
Mitchell, SD 57301

*Come spend 48 hours to
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Celebrating Women of Rural America

Women in Blue Jeans

January 26-28, 2006 • Mitchell, SD

Sessions Include...

- ♥ The One Woman Farm
- ♥ Wierd Computer Things
- ♥ Quickbooks
- ♥ FSA Online
- ♥ What's New in Women's Health
- ♥ Turn Your Problems Into Punchlines
- ♥ Tips From a Master Gardener
- ♥ Domestic Violence
- ♥ Digital Imaging
- ♥ SD Women and Their Quilts
- ♥ Cattle ID Program
- ♥ Investing Basics

