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**Northwest Kansas  
Conservation &  
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# Press Release

## **NWKCEA's Women in Denim Event: Life Happens, Learn to Bounce**

Today, women involved in agriculture are a NEW kind of agricultural pioneer and leader.

Northwest Kansas Conservation & Environmental Alliance is celebrating women in Northwest Kansas by hosting their 7th Annual Women in Denim Event: Life Happens, Learn to Bounce. This event will be held on October 7 & 8, 2016 at Mt. Sunflower Bed & Breakfast in Sharon Springs, KS. We are expanding this event for a fun evening of activities prior to a full day of various sessions.

The keynote speaker this year will be Susie Oberdahlhoff of Bowling Green, Missouri. SusieO is a city born preacher's kid, who married a farmer and learned firsthand what life is all about. Her humorous presentation focuses on her introduction into farm life as a young married wife and mother. Her 4 P's of Prosperity is laced with the importance of learning to bounce through life's twists and turns. "Life isn't about how fast you run or how high you jump; but how well you bounce!"-SusieO.

The latest home décor craze is all about Restoration! Bounce into Style with Troy and Jennifer Rall of Rall Restoration of Colby, Kansas. This married couple and parents of 2; began their business in 2013 after Jennifer decided to redo a dresser that she could not believe sold! The Rall's have been refinishing kitchen cabinets for 3 years and have begun creating backsplashes and concrete overlays for countertops. Learn how to bounce into style by creating a new and improved look for out of date furniture and style!

Learning to bounce through life is a challenge in itself, but can be even more difficult when we cannot physically do so. Tina Harris will educate us on how we can improve our well-being with effective therapy and how to physically bounce back into health. Tina is the owner of Tina Harris Physical Therapy. Tina specializes in manual therapy, post-surgical rehabilitation, functional restoration, corrective exercises and balance training.

Today's woman has to juggle so many responsibilities in her life. Learning to bounce from one thing to another can be exhausting and time consuming. Patty Eckhardt of Goodland, Kansas has developed the key to managing day-to-day operations as a career woman and a full time wife and mother. Patty is a Farm Loan Manager, serving Greeley, Wallace, Sherman, Cheyenne and Rawlins Counties. Patty has lived and worked in various states before moving to Western, Kansas and marrying her farmer/rancher husband. Patty is a phenomenal example of how successful women can manage their career, kids and husband while smiling and bouncing all the way.

Are you overwhelmed with clutter that makes it impossible to bounce forward out of it? There are thousands of techniques and ideas out there that are geared to helping you declutter which is overwhelming in itself. We have done the research and have found practical solutions and methods that will get your closets, kitchen and house in tip top shape in no time! You will finally find the motivation to get organized.

The Northwest Kansas Conservation & Environmental Alliance (NWKCEA) is a group of Conservation District Managers from Cheyenne, Decatur, Gove, Logan, Rawlins, Sheridan, Sherman, Thomas and Wallace counties who work together to provide educational programs for the citizens of our districts.

This event is made possible by the following sponsors: NWKCEA, Western Prairie RC&D and participating Conservation Districts.

If you would like to attend the Women in Denim: Life Happens, Learn to Bounce event, please submit your registration and either \$100 for both days or \$45 for 1 day registration fee to: Bev Elder, Wallace County Conservation District, 115 E 6<sup>th</sup> St, PO Box 608, Sharon Springs, KS 67758. For more information, please contact Bev Elder, Wallace County Conservation District Manager, at 785-852-4262 x. 3 or your local Conservation District. Registration deadline is September 23, 2016. Space is limited, so be sure to get your registration in early.

NWKCEA and the U.S. Department of Agriculture are equal opportunity employers and providers.