

A woman silhouette is shown from the back, holding up a large green shield. The shield contains several circular icons: a laptop with a line graph and a dollar sign, a family silhouette, a cow, a chicken, and a pig, and two corn plants. The text 'AG-ceptional Women' is written on the shield.

# AG-ceptional *Women*

Friday, November 16, 2012

**Northeast**  
community college  
Agriculture Department



# Welcome

Welcome to the 4th annual AG-ceptional Women's Conference! Each year since its inception, the conference has provided a venue to educate, motivate and celebrate women in agriculture. With great appreciation for what you do, we have planned this conference as an opportunity to share resources and provide support. Women in agriculture are known for their strength and resilience, and often take it upon themselves to lift others up in tough times. Today is a day to offer you the support and encouragement that you so richly deserve. We believe you will find this day to be truly inspiring with dynamic keynote presentations, excellent workshops, great food and fantastic networking opportunities. Feel free to ask questions; the presenters are prepared to help you. Feel free to share; you have a lot to offer. This day is planned for you, to help you stay strong and achieve your goals because we know that you are truly AG-ceptional! Thank you for all you do!

*AG-ceptional Committee photo taken at the 2011 Conference*



# AG-CEPTIONAL COMMITTEE

Conference Director: Corinne Morris  
Interim Dean of Agriculture, Health & Science at Northeast  
Community College

Conference Assistant: Hilary Maricle  
Interim Associate Dean and Agribusiness Instructor at  
Northeast Community College & Farmer

Administrative Assistant: Kathy Neidig  
Neidig Farms Cattle Company

Emcee: Susan Risinger  
Farm Director, WJAG/LiteRock 97.5/106 KIX

Megan Baldwin – Rancher, Bomgaars

Sara Borgelt – Pfizer

Liz Doerr – Pork Producer, Office Administrator and Zoning  
Administrator

Kristine Donnelly – Farm Credit Services of America

Traci Ebel – Roth Feedlot

Kimberly Fehringer - USDA Rural Development Area  
Specialist

Shanelle Grudzinski – Northeast Renewable Fuels Technology  
Coordinator/Instructor

Karen Grant – Farmer/Livestock Producer

Megan Hanefeldt – 4-H Extension Assistant

Mary Pat Hoag – Agriculture Editor, Norfolk Daily News

Kally King – Grain Merchandiser, Agrex, Inc.

Lydee Jo Krueger – US 92 Radio

Phyllis McCain – Homestead Farm/Hightree Ranch

Jan Miller – Pork Producer, Nebraska Pork Producers Director

Deb Neidig – Producer

Tracy Neidig – Beef Cattle Producer

Sarah Polacek – 4-H Extension Assistant/Madison County  
Extension

Joan Ruskamp – Cattle Feeder/Farm Wife

Bonnie Schulz – Northeast Agribusiness Instructor

Beverly Soper – Office Manager at Norfolk Implement Inc.

Debb Strate – Executive Assistant, Northeast Ag Division



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# Agenda

Friday, November 16 • Lifelong Learning Center • Norfolk, Nebraska

- 8:00 - 8:30 am CHECK IN (Lifelong Learning Center)
- 8:00 - 9:00 am EXHIBITS, NETWORKING & BREAKFAST  
Cinnamon Rolls sponsored by Nebraska Wheat Board
- 9:00 - 10:45 am OPENING SESSION  
Welcome & Opening Comments  
Video Presentation  
AG-ceptional Woman of the Year
- KEYNOTE SPEAKER SPONSORED BY DUPONT PIONEER  
JULIE CLARK “Pour Your Heart Into Life!”
- All participants receive a copy of Julie’s book,  
“Inspirational Coffee Breaks for Women,” compliments of  
**Monsanto Gothenburg Water Utilization Learning Center**
- 11:00 - 11:50 am WORKSHOPS SESSION A
- 12:00 - 1:30 pm LUNCH & SPECIAL PRESENTATION  
SPONSORED BY FARM CREDIT SERVICES OF AMERICA  
Enjoy exhibits and networking opportunities
- 1:30 - 2:20 pm WORKSHOPS SESSION B
- 2:30 - 3:20 pm WORKSHOPS SESSION C
- 3:20 - 3:45 pm AFTERNOON BREAK  
Snacks, Exhibits, Networking
- 3:50 - 4:30 pm WORKSHOPS SESSION D
- 4:45 - 5:30 pm SPEAKER: America’s Farmers Mom of the Year 2012  
Debbie Lyons-Blythe  
“Shining the Light on Women in Agriculture!”  
Sponsored by DeKalb
- Closing Remarks
- 



**Julie Clark** is a national award-winning author, professional speaker, life fulfillment and success coach and founder of The Inspirational Coffee Club.® She is an invigorating coffee break companion, empowering women to live each day to the fullest. Julie has been studying, speaking, writing and teaching self-improvement for years. She is a fun-loving, inspiring coffee lover who never stops learning and never stops teaching others how to get every last drop out of each and every day. Julie has been described as a blend of heart, humor and hope.

Julie knew from an early age that coffee was far more than just a drink to her. At 3 years old, she started drinking coffee and dunking sugar cookies with her Norwegian Grandma, and since then, she has never missed a day without coffee. She's developed a creative way to blend her passion for personal growth and love for coffee. Today, through her Inspirational Coffee Club®, Julie shares one-of-a-kind strategies (what she calls "Ground Rules") that teach others how to pour their hearts into a life that overflows with fulfillment. Julie's Ground Rules for Life© are a reflection of her own journey, along with the wisdom and knowledge of other personal growth experts she's received over the years.

Julie's first book, "Inspirational Coffee Breaks for Women: 12 Ground Rules for Pouring Your Heart into Life," was released in November 2010, and it did not take long for it to capture the hearts of readers across the country. It became an Amazon.com bestseller and was named a finalist in the prestigious National Best Books 2010 Awards from USA Book News, which honors the most outstanding books in the self-improvement genre. It also received the 2011 National Indie Excellence Award, recognizing the "best of the best" in book publishing. She has also been honored with the Young Women of Excellence Award from the Sales & Marketing Executives Inc. of Sioux Falls, SD, given to celebrate women who influence the lives of other women with their integrity and accomplishments. She was recently named the

recipient of the 2012 Horizon Award from Augustana College, recognizing alumni who have made outstanding achievements in career and service to their community.

Julie reaches people well beyond her book, being a popular keynote speaker, seminar/workshop trainer and life coach. Julie's unique, simple and practical formula for success is helping women create the extraordinary lives they've always wanted. She enjoys creating products and programs to help improve women's lives. She loves to read, laugh, take coffee breaks, bake and sample sweets to accompany her coffee habit, and watch the sunrise over her morning cup of coffee. She resides in Sioux Falls, SD. Julie's keynote address for the 2012 AG-ceptional Women's Conference is sponsored by DuPont Pioneer.





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# Session Schedule

	Session A 11:00 - 11:50	Session B 1:30 - 2:20	Session C 2:30 - 3:20	Session D 3:50 - 4:40
Lifelong Learning Center Suite B	A1 The Alzheimer's Disease Time Bomb: a Global Epidemic -- Dr. Keith Vrbicky	B1 Beef Myth Busters -- Ann Marie Bosshamer	C1 Marketing 101 - Reducing Stress in Marketing Decisions -- Wade Johannes	D1 Market Update from ProEdge Marketing -- Wade Johannes
Lifelong Learning Center Suite C	A2 Redefining Design -- Michele Figgner	B2 Understanding Your Options in Estate Planning -- Tim Lemmons	C2 What's the score? -- Ann Finkner	D2 Transfer of Rural Wealth -- Scott Gray & Jared Faltys
Lifelong Learning Center Suite D		B3 Ready, Set, Freeze! -- Kayla Hinrichs	C3 Ready, Set, Freeze! -- Kayla Hinrichs	D3 Healthy Flavors, Healthy Nebraskans -- Kayla Hinrichs
Lifelong Learning Center Main Room (Suites G, J, F, I)	A3 Finding Your Special Blend -- Julie Clark	B4 Yoga for Stress Relief -- Molly Zimmerman	C4 Embracing a Gratitude Attitude -- Bonnie Schulz	D4 8 to Great -- Vicki Haddock & Julie Wragge
Lifelong Learning Center Suite K	A4 Utilizing Your iPad and Other Mobile Devices -- Patty Schinstock	B5 - Utilizing Your iPad and Other Mobile Devices -- Patty Schinstock		
Lifelong Learning Center Suite L	A5 Farm Taxation-Planning for 2012 -- Nancy Brozek	B6 Farm Taxation-Planning for 2012 -- Nancy Brozek	C5 - What in the World Do You Know About Recycling? -- Vicki Haddock and Julie Wragge	D5 - Cattle Health Management Birth to Weaning: What to Do and When -- Dr. Richard F. Randle, DVM
Lifelong Learning Center UNL Classroom (RM 193)			C6 AG-ceptional Ag Literacy -- Megan Hanefeldt, Jennifer Hansen, Sarah Polacek & Jackie Steffen	D6 Community Coaching - the Anchor to Rural Revitalization -- Eric Johnson
Lifelong Learning Center ESU		B7 Communications Needed for Successful Cash Leases of Farmland -- Allan Vyhnalek	C7 The Women of LEAD -- Dr. Terry Hejny	D7 Communications Needed for Successful Cash Leases of Farmland -- Allan Vyhnalek
Cox Activities Center	A6 A Women's Influence - the Key to Generational Transition -- Dave Specht		C8 A Women's Influence - the Key to Generational Transition -- Dave Specht	D8 Zumba - Ditch the Workout... Join the Party! -- Kristi Heng



*Debbie Lyons-Blythe*, On her Twitter profile, says she lives 30 miles from Walmart and raises cows and kids! Debbie and her family live at White City, KS, on the farm her husband's family homesteaded in 1890. She and her husband both earned bachelor of science degrees in agriculture at Kansas State University—where they met in Livestock Entomology class. She manages the day-to-day activities on the ranch, as her husband Duane Blythe has an off-farm job, which makes for busy weekends and evenings working side by side with family to keep the ranch running.

Their ranch consists of 200 registered Angus and 150 commercial cows, as well as 350 commercial bred heifers. They have five kids: Meghan, 21, is a senior at KSU in ag econ; Allie, 19, is a sophomore at KSU in hotel and restaurant management; Trent, 18, is a freshman at KSU in wildlife and outdoor enterprise management; and Tyler and Eric, 17, are juniors at White City High School (planning to go to KSU in a couple of years!). Debbie and Duane have included the kids in daily labor, as well as management decisions on the ranch for many years. "What better way for a kid to grow up, than connected to the land and cattle," Debbie often says.

Mother's Day of 2012 was the best for Debbie, as her children had secretly nominated her for America's Farmers Mom of the Year, and she received a phone call on Mother's Day that she was the national winner! In the nomination essay, her kids wrote, "Not only did mom give us her eye color and smile, she shared with us her values and love of agriculture. She raised us five kids alongside her in the truck checking pastures, sorting cattle, and selling bulls." Debbie also works hard to connect with consumers through her blog *Life on a Kansas Cattle Ranch*, and promotes her blog through Twitter, Facebook, YouTube and Pinterest. She travels to speak to agricultural groups about advocacy and encourages others to get involved in telling the story about agriculture. In addition, Debbie is involved in industry organizations, serving on the board of directors for the National Cattlemen's Beef Association and the Kansas Livestock Association.





A man with short brown hair, wearing a black long-sleeved shirt and blue jeans, stands with his arms crossed in a golden field under a blue sky with white clouds.

# Sometimes Things Can Get a Little Crazy in the “COUNTRY”

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We want to personally invite you to visit us to see and learn about our latest developments.

The Gothenburg Learning Center Team

To book a tour or meeting at the  
Gothenburg Water Utilization Learning Center,  
please contact Khri Jinks or Jessi Korinek at:  
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[jessica.korinek@monsanto.com](mailto:jessica.korinek@monsanto.com)



# Workshops Group A

## FINDING YOUR SPECIAL BLEND

Julie Clark, Professional Speaker, Award-Winning Author & Success Coach

- Taking risks
- Living your unique path
- Putting life's priorities in perspective so you can truly enjoy life!

## REDEFINING DESIGN

Michele Figgner CRS, ICRS

- Redesign any room in your home using color, lighting, and placement
- These key elements can make your home more comfortable, functional and beautiful. You'll be inspired by the before and after photos to start your own project with confidence, creating an amazing new look!

## FARM TAXATION - PLANNING FOR 2012

Nancy Brozek, CPA

- Tax law changes for 2012
- Prepaid farming expenses - maximize your deduction
- What's new for bonus depreciation and Section 179 expenses
- What you can expect for 2013

## UTILIZING YOUR IPAD AND OTHER MOBILE DEVICES

Patty Schinstock, Adjunct Faculty, Northeast Community College

- Many applications can be downloaded on iPad, iPhone and other mobile devices, which makes using information more productive and accessible.
- What applications are available for these devices and how can they give you more time for the fun things in your life?
- Some of the topics include: video conferencing, coordinating files between laptop and mobile devices, social media, and popular apps for business

## A WOMAN'S INFLUENCE - THE KEY TO GENERATIONAL TRANSITION

Dave Specht, Sponsored by: Lincoln Benefit Life & Ash Bokerage

- Perpetuating the family business
- Preserving the family relationships
- Nudging the process forward
- Bridging the conversation between generations

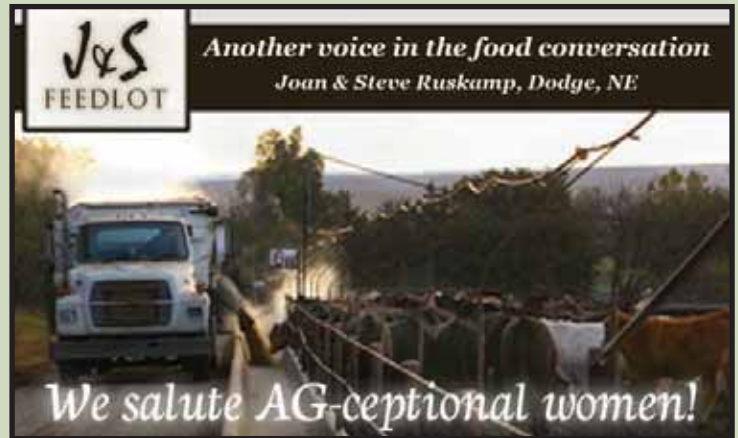
## THE ALZHEIMER'S DISEASE TIME BOMB: A GLOBAL EPIDEMIC

Dr. Keith Vrbicky, MD, FACOG - Midwest OB/GYN

- Over the age of 65, your risk of getting Alzheimer's or Parkinson's disease will increase exponentially. By 2050, there will be about 32 million people in the

United States over the age of 80, and unless we do something about it, half of them will have Alzheimer's disease and three million more will have Parkinson's disease.

- Alzheimer's disease starts when a protein that should be folded up properly misfolds into a kind of demented origami. Learn about designer drugs that function like molecular Scotch tape and hold the protein in its proper shape.
- What you can do for yourself to lower your risk?







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# Workshops Group B

## YOGA FOR STRESS RELIEF

Molly Zimmerman, Yoga Fit Level 4 Certified Yoga Instructor and Group Exercise Instructor at Select Fitness in Norfolk

- Discover the health benefits of yoga, specifically for stress relief. Learn yoga breathing techniques and stretches that you can take home with you and use as a method of relaxation. Relax and unwind in this session with a guided meditation.

## UNDERSTANDING YOUR OPTIONS IN ESTATE PLANNING

Tim Lemmons, Extension Educator, Northeast Research and Extension Center, Specializing in Business Management Research and Education

- Provide a general understanding of estate planning concepts
- Provide a scenario approach to starting the process of estate plans
- Provide understanding of various estate planning vehicles and alternatives based on goals and objectives
- Program is intended to prepare and educate the participant to meet with their attorney or estate planning professional and is not an alternative to professional consultation and document preparation

## FARM TAXATION - PLANNING FOR 2012

Nancy Brozek, CPA

- Tax law changes for 2012
- Prepaid farming expenses - maximize your deduction
- What's new for bonus depreciation and Section 179 expenses
- What you can expect for 2013

## UTILIZING YOUR IPAD AND OTHER MOBILE DEVICES

Patty Schinstock, Adjunct Faculty, Northeast Community College

- Many applications can be downloaded on iPad, iPhone and other mobile devices, which makes using information more productive and accessible.
- What applications are available for these devices and how can they give you more time for the fun things in your life?
- Some of the topics include: video conferencing, coordinating files between laptop and mobile devices, social media, and popular apps for business

## COMMUNICATIONS NEEDED FOR SUCCESSFUL CASH LEASES OF FARMLAND

Allan Vyhnaek, Platte County Extension Educator

- Overview of current cash lease rates
- Communications for tenants
- Communications for landlords
- Coffee shop communications
- Strategies for successful leases

## READY, SET, FREEZE!

Kayla Hinrichs, UNL Extension Educator

- Learn to cook for a day and enjoy delicious, home-cooked meals for a month (or even longer)!

## BEEF MYTH BUSTERS

Ann Marie Bosshamer, Executive Director, Nebraska Beef Council

- Identify and crush frequently heard beef myths, including safe handling and cooking, meat inspection and hormones
- Identify food safety practices in place to ensure our beef is the safest in the world
- Identify health benefits of beef that are often misconstrued

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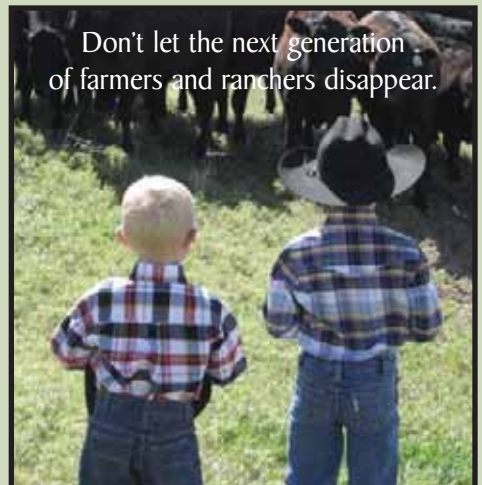
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- Provide income support to producers through a variety of commodity programs.
- Assist producers that cannot obtain commercial credit with operating and/or ownership loans.
- Provide funding & loans to restore land after a natural disaster.
- Offer interim financing allowing producers to hold over their crop without having to sell at harvest, often used with forward contracts.
- Provides youth (10-20 years old) loans for 4-H & FFA projects.

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# Workshops Group C

## THE WOMEN OF LEAD

Dr. Terry Hejny, Director, Nebraska LEAD Program

- Understanding the LEAD experience
- Get to know a few of our participants
- Learn how they are making a difference

## WHAT IN THE WORLD DO YOU KNOW ABOUT RECYCLING?

Certified 8 to Great Trainers: Vicki Haddock, District Manager - Waste Connections of Norfolk, and Julie Wragge, Information & Education Specialist-Lower Elkhorn Natural Resources District

- Do you want to learn what you can do in your own corner of the world to help save it?
- Do you want to recycle, but don't know where to start or who to talk to?
- Would you like to know what happens to your recyclables once they leave your house?
- Join us for a session filled with important information on how you can make recycling work for your community.

## AG-CEPTIONAL AG LITERACY

Megan Hanefeldt, Extension Assistant, Holt & Boyd Counties; Jennifer Hansen, Thurston County Extension Educator; Sarah Polacek, Madison County Extension Assistant; Jackie Steffen, Cedar County Extension Educator

- Importance of ag literacy to today's youth
- Learn how the Nebraska 4-H program is bringing ag literacy to a school near you
- Receive ideas and tips on how to bring ag literacy into your everyday interactions

## WHAT'S THE SCORE?

Ann Finkner, SVP - Chief Administrative Officer of Farm Credit Services of America

- What is a credit score and why is it so important?
- What makes up your score?
- How do you find out what your score is?

## A WOMAN'S INFLUENCE - THE KEY TO GENERATIONAL TRANSITION

Dave Specht, Sponsored by: Lincoln Benefit Life & Ash Bokerage

- Perpetuating the family business
- Preserving the family relationships
- Nudging the process forward
- Bridging the conversation between generations

## READY, SET, FREEZE!

Kayla Hinrichs, UNL Extension Educator

- Learn to cook for a day and enjoy delicious, home-cooked meals for a month (or even longer)!

## MARKETING 101 - REDUCING STRESS IN MARKETING DECISIONS

Wade Johannes, Commodity Risk Manager for the ProEdge Marketing Team at Central Valley Ag

- The fundamentals of marketing - 7 pillars for marketing success
- Why is marketing so stressful? Pitfalls to avoid

## EMBRACING A GRATITUDE ATTITUDE

Bonnie Schulz, Agriculture Technology Instructor, Northeast Community College

- Building a gratitude toolbox
- What is a gratitude journal?
- Speak it, write it, live it

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# AG-ceptional

## Woman of the Year

### 2011

During the fall season of 2011, *Jan Miller* thought she was participating in a documentary film about women in agriculture. When her name was announced as the AG-ceptional Woman of the Year during the video at the conference, her family gathered around, all smiles; they had really pulled one over on her. The video was a tribute to the many contributions she has made as a woman in agriculture.

Explaining her involvement with agricultural initiatives, Jan stated: “The reason I am so involved in ag is that farming has been good to us. Neither Jim nor I ever dreamed that we would be so blessed with family and the ability to grow our operation to what it is today. I am very proud to say that we (farmers) feed America and beyond.”

Jan is a true advocate for agriculture. She believes that people in agriculture should give back to the industry that has given them so much. By serving on various boards, Jan makes a difference in how agriculture is viewed today. She works to stay ahead of major breaking trends in farming. Jan sees it as her responsibility to keep senators and congressmen aware that agriculture is what drives the economy in Nebraska. “Our leaders must be well-informed before they make key decisions that affect agriculture.”

Jan was born in Tilden, and attended two country schools: District 27, south of Meadow Grove, and then District 95, south of Tilden. She attended Elkhorn Valley High School where she made her mark in track and field. She still holds the record for the mile run. She laughed, “Not that I can do that again!!!” Jan earned an associate of arts degree in business administration from Northeast Community College. In reminiscing about her college days, she shared, “I worked at JC Penney and Delay Bank-- my how times have changed. The Penney’s that I worked at is now the food court in the mall – makes me kind of old.” She continued, “I met Jim when I was in college. He had already graduated from Northeast’s farm and ranch program and was farming in the Belden area. We got married in November of 1980. We have three wonderful children: Valerie married to Josh Gulicksen, Lucas married to Becky (Lance), and Jason who is a student at Northeast. We have four grandchildren. Jordan, age 5, is just getting started in school and has a new baby sister Zoey who was born on July 2, 2012. They keep Valerie and Josh very busy. Lucas and Becky became the parents of twin sons, Adam and Elijah, on October 25th. Three new babies in just a few months make great fun for Grandma and Grandpa.”

Jan has always been active in church, serving as a Catholic education teacher and various committees at St. Michael’s in Coleridge. She also serves on the Coleridge Community Education Foundation, raising scholarship funds for students. And, of course, while the kids were in school, there were many booster clubs and fundraisers to keep her busy. She also loves to garden and enjoyed the summer harvest of green beans, peas, and lettuce and was glad to be able to freeze 100 bags of corn. All of that extra watering paid off last summer.

These days, Jan focuses her energy on the AG-ceptional Women’s Conference and the pork industry. She recently finished her term of serving a year on the National Pork Board but still serves on several committees for the Pork Board.

She currently serves as president-elect of the Nebraska Pork Producers and will be president next year, which she admits “may not be a real good year to take the reins as the outlook for the pork industry is kind of gloomy with the high feed costs that could be coming down the way. We are constantly bombarded with challenges from animal rights groups that have a negative agenda when it comes to production ag in Nebraska. I keep very busy with pork promotions and meetings.”

The video tribute to Jan can be viewed online at: <http://www.northeast.edu/Agceptional/Past-Conferences.aspx>



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## Norfolk Daily News' Award-Winning Journalist

### Mary Pat Finn-Hoag Agricultural Editor



Known for her agricultural feature stories and in-depth reporting, Mary Pat has been the Agricultural Editor at the Norfolk Daily News since 1977. In addition, she also is the Youth Editor, covering numerous youth-related events and organizations, including FFA and 4-H. For 35 years, she has coordinated the *Daily News' 4-H special edition* for the 23-county Northeast & North Central Nebraska coverage area.

She is a Nebraska Leadership Education/Action Development (LEAD) Program alumna and has been named to the Nebraska Hall of Agricultural Achievement, which has nearly 200 members statewide dedicated to preserving and improving Nebraska agriculture.

We appreciate and honor the dedication and contributions she has made to Women in Agriculture.

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# Workshops Group D

## 8 TO GREAT

Certified 8 to Great Trainers Vicki Haddock, District Manager - Waste Connections of Norfolk, and Julie Wragge, Information & Education Specialist - Lower Elkhorn Natural Resources District

- Learn what the happiest, healthiest, and most successful people have in common
- Discover how re-training the way you think can help you become who you've always wanted to be!
- Explore the 8 Highways that can make each day GREAT, developed by MK Mueller

## ZUMBA - DITCH THE WORKOUT... JOIN THE PARTY! (Exercise clothing and shoes are suggested.)

Kristy Heng Fitness Instructor - Zumba Basic I, Zumba Basic II, Zumba Gold, Zumbatomic Certified

- Zumba is a dynamic, high calorie-burning workout that combines easy-to-follow steps to motivating Latin music
- It's fun - exercise in disguise
- It's different - like no other class
- It's easy - designed for everyone
- It's effective - cardio/sculpting = results

## TRANSFER OF RURAL WEALTH

Scott Gray, Attorney, Member of Norfolk Area Community Foundation Fund Advisory Committee; Jared Faltys, CPA, PFS (Personal Financial Planning), Member of Norfolk Area Community Foundation Fund Advisory Committee

- Transferring the family farm to the next generation
- Family farm entities
- Utilizing agricultural assets in charitable giving

## CATTLE HEALTH MANAGEMENT BIRTH TO WEANING: WHAT TO DO AND WHEN

Dr. Richard F. Randle, Extension Beef Cattle Veterinarian, Department of Veterinary & Biomedical Sciences, University of Nebraska-Lincoln

- Combating calf scours
- Vaccines and vaccinations
- Parasite control
- Preparing for weaning

## COMMUNICATIONS NEEDED FOR SUCCESSFUL CASH LEASES OF FARMLAND

Allan Vyhnales, Platte County Extension Educator

- Overview of current cash lease rates
- Communications for tenants
- Communications for landlords
- Coffee shop communications
- Strategies for successful leases

## COMMUNITY COACHING - THE ANCHOR TO RURAL REVITALIZATION

Eric Johnson, Dean of Business, Math and Technology, Northeast Community College

- Learn the strategy of the Rural Revitalization Initiative.
- Develop an understanding of how the community coaching model was developed and how it has impacted local communities.
- Learn how the community coaching model utilizes local and government resources to help aid in the revitalization of Northeast Nebraska communities.

## MARKET UPDATE FROM PROEDGE MARKETING

Wade Johannes, Commodity Risk Manager for the ProEdge Marketing Team at Central Valley Ag

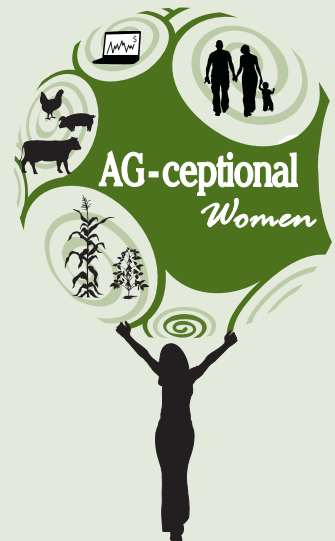
- Update fundamentals - supply & demand
- Corn and soybean highlights - what is important moving forward?
- Outside market factors to keep an eye on

## HEALTHY FLAVORS, HEALTHY NEBRASKANS

Kayla Hinrichs, UNL Extension Educator

- Learn the benefits of a healthy diet that includes food with a lot of flavor
- Incorporate more whole grains, fruits and vegetables into your family's diet
- Get the most nutrition for your food dollar

# Save the Date



## AG-ceptional Women Conference

November 22, 2013

# PORK FARMERS CARE

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## Pork Tenderloin

CALORIES: 120 \*for a 3 oz tenderloin

TOTAL FAT (G): 3

SATURATED FAT (G): 1

CHOLESTEROL (MG): 62

# BE145°

recommended internal cooking  
temperature followed by a three  
minute rest time



## ADOBOMARINADE

Prep Time: 5 minutes

Calories: 15

Marinating Time: 2 hours

Carbs: 4 grams

1/2 cup orange juice

2 tbs lime juice

2 tbs wine vinegar

3 chipotle chiles,

canned

3 garlic cloves

2 tsp oregano

1/2 tsp black pepper

1/2 tsp salt

1/2 tsp ground

cumin

  
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## Pohlman Honored for 40 Years of Service



Chuck Pohlman built the agricultural program at Northeast Community College from the ground up.

It was 1972 when the first farm and ranch management classes were held at the then-Northeastern Nebraska College. Chuck and his three students, Miles Jenkinson and Tim Spatz of Plainview and Darwin Blank of Madison, held classes in a room in a building on the Norfolk

Regional Center grounds. Labs were conducted in the bulk tank room of the old dairy barn.

"Our facilities weren't real good," Chuck told Mary Pat Hoag of the Norfolk Daily News.

But they persevered. Two years later, Jenkinson, Spatz and Blank made history by being the first to graduate with ag degrees from Northeast. All three remain in farming.

Enrollments continued to increase from that time forward. But it was special legislation passed in 1983 that allowed agricultural programming at Northeast to come into its own. The college was able to purchase the property from the state. "The college farm made the whole (Northeast ag) program possible." Just a few years later, programs of turf and horticulture and veterinary care were added, and classes moved from the 543-acre college farm to the main college campus.

Today, more than 200 students enroll annually in Northeast's ag programs, obtaining a wide variety of degrees.

Chuck says one of the biggest highlights of his 40-year career was the opening of the Northeast Agriculture Complex in April, 2004. He was instrumental in the finance campaign to get the 40,000-square-foot building constructed. "It sets us apart from other colleges," he said.



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In recognition of Chuck's contributions to Northeast and the agricultural industry, the College Agriculture Complex will now bear his name (pictured left).

Agriculture has always been a big part of his life. Now that he has retired, Chuck said he and his wife, Linda, will remain on the family farm.

It's the same farm where it all began. "I can remember when I was 4 or 5 years old, I always had to be carrying a bucket. Dad would say, 'He's going to be a farmer.'"

Chuck, thank you for being Northeast's farmer.

# Notes



# Thank you

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