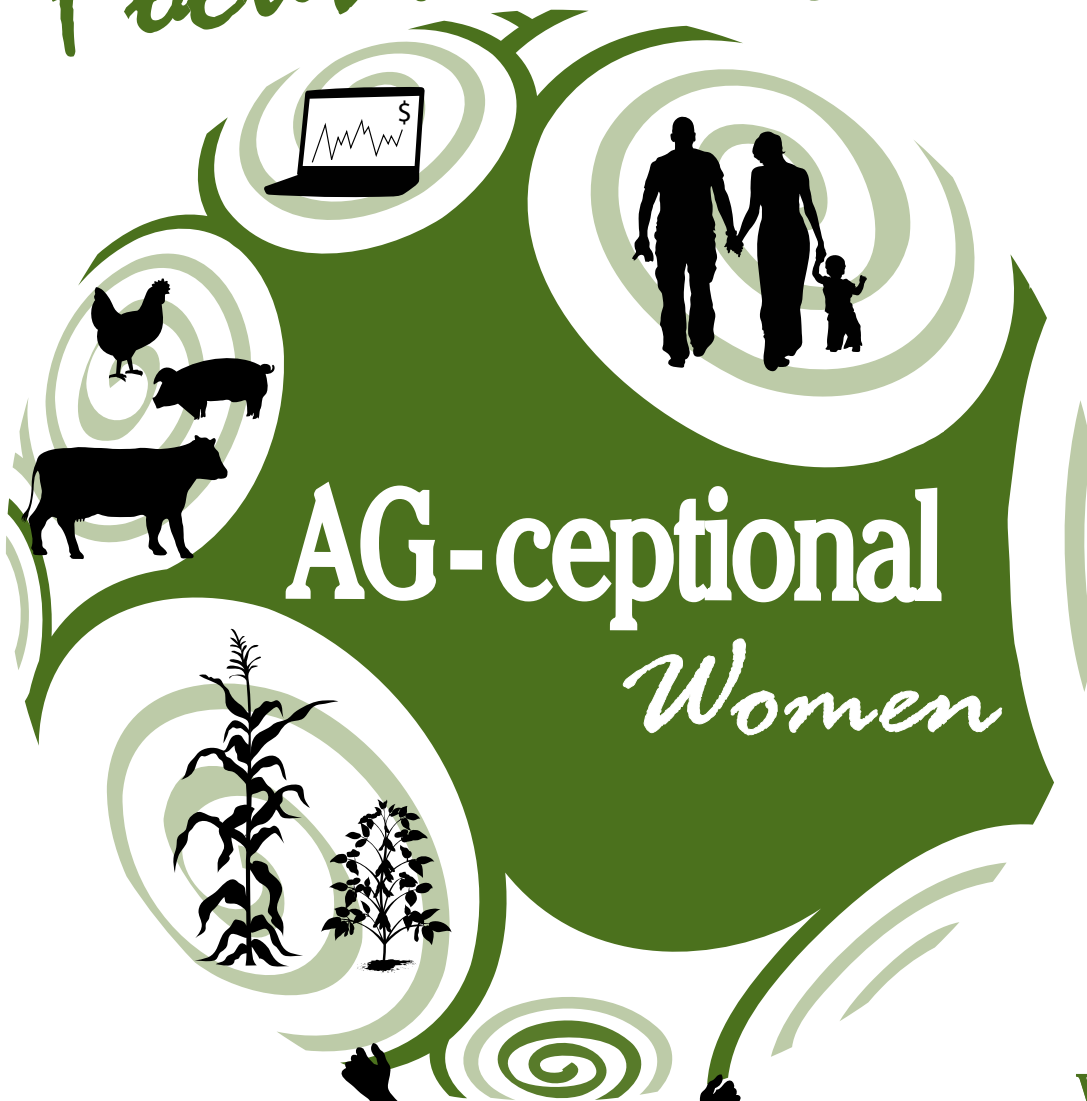


Focused on Ag



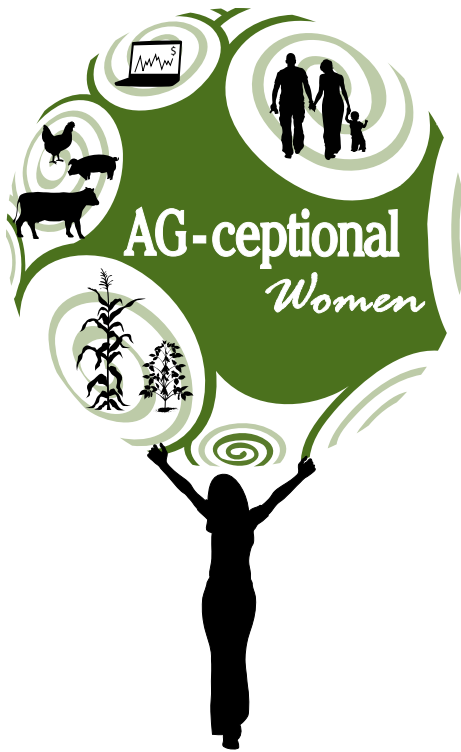
AG-ceptional Women

Who will the 2014
AG-ceptional Woman
of the Year be?

Friday, November 21, 2014

Northeast
community college
Agriculture Department

Welcome



Welcome to the AG-ceptional Women's Conference! Each year we strive to educate, motivate and celebrate women in agriculture. As we "focus on agriculture," it is easy to see the many roles women play in agriculture. We invite you to use this conference as an opportunity to share resources and provide support for each other. There are many sponsors that make this conference possible who are passionate about your contributions. Women in agriculture are known for their strength, resilience and ability to guide the consumer to appreciate the effects agriculture has on their daily lives. We believe you will find the conference to be truly inspiring with dynamic keynote presentations, excellent workshops, great food and fantastic networking opportunities. The presenters and sponsors are here to help and support you; feel free to visit with them throughout the day. Today is about you and your ability to make a difference. You truly are AG-ceptional!

Thank you for attending; may you be blessed with a bountiful day!

Photo by Marji Guyler-Alaniz of Cindy DeGroot for the FarmHer Project



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Dean of Agriculture, Math & Science at Northeast
Community College

Conference Assistant: Hilary Maricle

Associate Dean of Agriculture, Math & Science at Northeast
Community College & Farmer

Administrative Assistant: Kathy Neidig

Cattle Operation and Business Owner

Emcee: Susan Risinger

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Brandy Balzer - Farm Credit Services of America

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Roxanne Dusel – Farm Wife/Grain Producer

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Deb Neidig – Producer

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Joan Ruskamp – Cattle Feeder/Farm Wife

Bonnie Schulz/Social Media Person – Farm Business Owner

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Agenda

8:00 - 8:30 am **Check-in (Lifelong Learning Center)**

8:00 - 9:00 am **Exhibits, Networking & Breakfast**

9:00 - 10:45 am **Opening Session**

WELCOME & OPENING COMMENTS

VIDEO PRESENTATION, AG-CEPTIONAL WOMAN OF THE YEAR
sponsored by: Farm Credit Services of America

KEYNOTE SPEAKER: CONNIE REIMERS-HILD, PH.D., CPC

“Go Wild, Be Happy: 4 Simple Strategies Designed to Instantly Improve Your Life!”

Sponsored by: Nebraska Farm Bureau Federation & local county Farm Bureaus

*Participants receive a copy of Connie's book, “Go Wild with Confidence!”
Compliments of: Bank of the West & Bank of the West Wealth Management*

11:00 - 11:50 am **Workshops Session (RED)**

12:00 - 1:30 pm **Lunch & Special Presentation**

Enjoy exhibits and networking opportunities

Pork provided by Nebraska Pork Producers Association

1:15 - 1:35 pm **Mini Ag-Infomercials Session**

1:45 - 2:25 pm **Workshops Session (WHITE)**

2:35 - 3:25 pm **Workshops Session (BLUE)**

3:25 - 3:50 pm **Afternoon Break**

Snacks, Exhibits, Networking

Sponsored by Midwest Dairy Association

3:50 - 5:00 pm **FARMHER PROJECT WITH MARJI GUYLER-ALANIZ**

FOCUSED ON AG-CEPTIONAL WOMEN!

Sponsored by: Aurora Cooperative & Dale's Flying Service

CLOSING REMARKS



Keynote Speaker

Connie Reimers-Hild, PhD, CPC unleashes leadership and innovation in people, organizations and communities. Dr. Connie is a Certified Professional Coach, thought leader, trend watcher and '80s hair band fanatic. Her award-winning work provides resources on future-focused leadership and innovation with an emphasis on entrepreneurial behavior, self-leadership, well-being and fun. She has had the pleasure of teaching over 25,000+ people and is continually expanding her reach by authoring books, ebooks, downloadable educational resources (averaging 500 downloads per month and growing) and blogging (follow her on AskDrConnie.com & KimmelTV.org).

Dr. Connie's educational background is a mix of both hard and social sciences. She holds a doctorate in Human Sciences with a focus on Leadership Studies, a Master's of Science degree in Entomology and a Bachelor of Science degree in Natural Resources. Connie is also a Certified Professional Coach with a passion for the spirituality of innovation. This rare blend of expertise provides her with a unique and emerging perspective on leadership. One of Dr. Connie's talents lies in linking leadership and innovation concepts to the laws of nature. Learning about leadership and life from our global ecosystem is becoming increasingly important in an era of globalization where knowledge, social responsibility, environmental sustainability and innovation are vital components of success and growth.

Connie is currently working with teams to develop Next Generation Extension and Engagement techniques and technologies ranging from educational Apps (Get ready to play Happy Orchard) to interactive children's books. Dr. Connie is also President & Founder of Wild Innovation, a consulting firm passionate about developing future-focused leaders.



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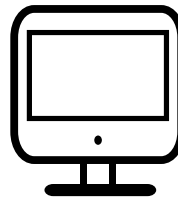
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Sometimes Things Can Get a Little Crazy in the “COUNTRY”



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Session Schedule

Room	Red Workshops 11:00 - 11:50	AG-Infomercials 1:15 - 1:35	White Workshops 1:45 - 2:25	Blue Workshops 2:35 - 3:25
Lifelong Learning Center Suite B	Red-1 Strategies and Techniques for Avoiding Back Pain – Dr. Greg Jorgensen, DC, and Dr. Jon McManaman, DC	Info-1 Getting Heart Healthy One Step at a Time – Larry Bockelman, MSE	White-1 Symbols in Stone – Roy “Soy Roy” Smith	Blue-1 Personalities and Profits – Roy “Soy Roy” Smith
Lifelong Learning Center Suite C	Red-2 2014 Tax Update and Planning Tips – Nancy Brozek	Info-2 “Let’s Dance” Learn a Line Dance in 20 Minutes – JaVae Ermels	White-2 Understanding Your Options Under the 2014 Farm Bill – Tim Lemmons	Blue-2 Understanding Your Options Under the 2014 Farm Bill – Tim Lemmons
Lifelong Learning Center Suite D		Info-3 Shooting Isn’t Just “Shooting” – Crystal Junck	White-3 Quickbooks-Hints for Farmers – Kristina Osborne	Blue-3 Healthy Holiday Tips – Ann Fenton
Lifelong Learning Center Main Room (Suites G, J, F, I)	Red-3 GO WILD with Your Vision – Connie Reimers-Hild, PH.D., CPC	Info-4 From Junk to Centerpieces in a Jiffy – Kim Fehringer	White-4 Healthy Holiday Tips – Ann Fenton	Blue-4 Color Confidence – Diane Miller
Lifelong Learning Center Suite K		Info-5 Scrapbooking for Making Memories and Keeping Them – Veronica Pflepsen	White-5 Shifting the Herd – Tim Bickett	Blue-5 When Activist Groups Come Knocking, Who’s Answering the Door? – Jeff Windett
Lifelong Learning Center Suite L	Red-4 The Violent Tornadoes of June 16, 2014 – Brian Smith	Info-6 Nebraska Ag in the Classroom – Providing You with the Tools to Share Your Agriculture Story – Deanna Karmazin and Courtney Schaardt	White-6 The Violent Tornadoes of June 16, 2014 – Brian Smith	Blue-6 We Just Think Differently - Or Do We? – Corinne Morris
Lifelong Learning Center UNL Classroom (RM 193)		Info-7 Quick Tips for Thinking Through Your Cattle-Handling Setup – Van Neidig	White-7 Grading America’s Beef – Mark Hanson	Blue-7 Building Better Cattle Is a Lifetime Event – Liz Senn
Cox Activities Center	Red-5 Transitioning the Farm to the Next Generation – Dan Wintz			Blue-8 Transitioning the Farm to the Next Generation – Dan Wintz

Closing Session:

FARMHER

Marji Guyler-Alaniz

Marji was born and raised in rural Iowa. She has loved photography since she was a small child. That love turned into a college degree in Graphic Design, Journalism and Photography at Grand View University in Des Moines, IA. In the spring of 2013, she launched FarmHer, a project documenting women in agriculture. FarmHer is a long-term project and she intends to continue photographing women in all areas of agriculture, from all backgrounds, reaching as far as she can.

Through FarmHer, she has a goal of changing society's perception of farmers by infusing these photographs of women into farm imagery.



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Red Workshops Session

2014 TAX UPDATE AND PLANNING TIPS

Nancy Brozek, CPA/PFS with Christensen, Brozek, Faltys PC

- What's new for 2014
- Small partnerships – exempt from partnership filing
- Planning tips before year-end

GO WILD WITH YOUR VISION: DESIGN YOUR DESTINY IN 10 FUN AND FULFILLING STEPS

Connie Reimers-Hild, Ph.D., CPC, Certified Professional Coach, Unit Leader & Extension Educator

Most people spend more time planning their vacations than their actual lives. The goal of this session is to change all of that. Attend this session and take time to focus on your vision of the future.

How? Get creative and release your inner artist! Be prepared to uncover your truth while charting a course for future growth. Leave with the confidence it takes to make your inspired vision a reality!

STRATEGIES AND TECHNIQUES FOR AVOIDING BACK PAIN

Dr. Jon McManaman, DC and Dr. Greg Jorgensen, DC,
Advanced Chiropractic and Wellness, P.C.

- Chiropractic and how it can help
- Proper lifting techniques
- Strategies/techniques for avoiding future back pain

THE VIOLENT TORNADOES OF JUNE 16, 2014

Brian Smith, National Weather Service

- Tracks of 4 violent (EF4) tornadoes, two within ½-mile of each other
- Highlights of the weather conditions that preceded the tornadoes
- Warnings that were issued for the event
- Summary of the damage that occurred, particularly in Pilger

TRANSITIONING THE FARM TO THE NEXT GENERATION

Dan Wintz, Partner with Fraser Styker, Omaha

- Transitioning to the next generation while also providing for non-on-farm heirs
- Memorializing and promoting family values and visions
- Real-life scenarios and solutions to address those issues

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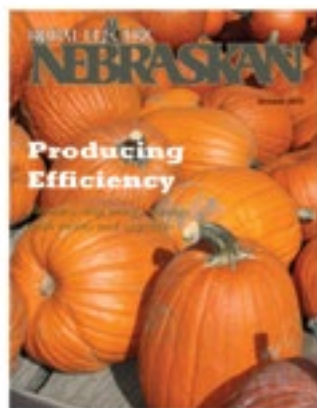
Yes, Soybeans are found just about everywhere these days. They are no longer just for food or fuel. Soybeans are a key ingredient in many consumer and industrial products that not only improve the quality of the product but make life better for you and the environment while helping out our farmers.

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Mini AG-Informercials

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quick tips and information just for you!

FROM JUNK TO CENTERPIECES IN A JIFFY

Kim Fehringer, AG-ceptional Women Committee Table Decoration Chair

- Learn NOT SO SECRET secrets used for this year's table decorations
- Go wild with Your Imagination...Create Something out of nothing

GETTING HEART HEALTHY ONE SIMPLE STEP AT A TIME

Larry Bockelman, MSE, Elkhorn Logan Valley Public Health Department, Health Educator – Operation Heart to Heart

- A few good choices can help you feel better and stay healthier
- The seven factors and behaviors that have the biggest impact on your heart health

"LET'S DANCE" LEARN A LINE DANCE IN 20 MINUTES!

JaVae Ermels, Instructor for Ballroom/County Dance

- Dancing is good for your body, mind & soul
- Life may not be the party we had hoped for, but while we're here we might as well dance
- Life...The music is different to each of us, but how beautiful the dance

NEBRASKA AG IN THE CLASSROOM – PROVIDING YOU WITH THE TOOLS TO SHARE YOUR AGRICULTURAL STORY

Deanna Karmazin – Executive Director, Nebraska Farm Bureau Foundation for Ag, and Courtney Schardt – Program Assistant

- What is Ag in the Classroom?
- How to get schools in your area involved in Ag literacy
- How to become an Ag pen pal
- What resources are available through the Ag in the Classroom Program
- What programs are offered through Ag in the Classroom

QUICK TIPS FOR THINKING THROUGH YOUR CATTLE – HANDLING SETUP

Van H. Neidig – BC Design LLC - Director, Research & Development of Livestock Equipment

- Utilizing the pen setup for a human and bovine Stress-Free Environment for sorting and working cattle
- Applying natural cattle movements for calmer flow and handling

SCRAPBOOKING – MAKING MEMORIES AND KEEPING THEM!

Veronica Pflepsen

- The things that will matter in years to come
- Documenting the family heritage

SHOOTING ISN'T JUST "SHOOTING"

Crystal Junck, Owner of Generations Photography

- Using the background to your advantage
- Looking at different camera angles
- Lighting up the subject

Photo by Marji Guyler-Alaniz of Karen Grant for the FarmHer Project





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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 farm 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 contracting
- Offer loans for construction of farm commodity storage facilities/structures.
- Provides youth (10-20 years old) loans for 4-H & FFA projects.

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White Workshops Session

GRADING AMERICA'S BEEF

Mark E. Hanson - USDA Supervisory Agricultural Marketing Specialist,
Quality Assessment Division

- Upholding the USDA standards by which meat animals are graded
- The value added services to maximize the potential value and profit for the producer

HEALTHY HOLIDAY TIPS

Ann Fenton, UNL Extension Educator

- Making healthy meals and snacks for the holidays
- Tips and techniques to keep you and your family on the right track during the hustle and bustle of the season

QUICKBOOKS - HINTS FOR FARMERS

Kristina Osborne, Quickbooks Certified Advisor –
Christensen, Brozek, Faltys PC

- Setting Up QB for 1099 Filing
- Clean Up Chart of Accounts
- Memorizing Reports

"SHIFTING THE HERD"

Tim Bickett, System Consultant – Hoop Beef System LLC

- Beef cows in a controlled environment production system; breakdown of costs and opportunities
- From 2005 to 2012, the US Beef Industry lost 26,000 operations; some reasons why and how to stem this tide
- Keeping your operation competitive in the future

SYMBOLS IN STONE

Roy "Soy Roy" Smith

- What can the inscription on a tomb stone tell us about a deceased person's life?
- How have grave markers changed over the years?
- What hidden meaning is found in certain symbols?

THE VIOLENT TORNADOES OF JUNE 16, 2014

Brian Smith, National Weather Service

- Tracks of 4 violent (EF4) tornadoes, two within ½-mile of each other
- Highlights of the weather conditions that preceded the tornadoes
- Warnings that were issued for the event
- Summary of the damage that occurred, particularly in Pilger

UNDERSTANDING YOUR OPTIONS UNDER THE 2014 FARM BILL

Tim Lemmons, UNL Extension Educator

- Provides an explanation of how the program works and how guarantees and payments are calculated
- Examines the various program options available to producers
- Explores how the specific program selected will affect current and future farm bill program payments
- Provides insight for producers to help them select the program that offers the greatest risk protection for their operation

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AG-ceptional

Woman of the Year 2013

As I looked out into the audience from the stage at last year's AG-ceptional Women's Conference and spotted numerous familiar faces, my first thought was "there are lots of women here who deserve this award!" I was totally surprised, but I must admit also grateful that my family nominated me...I felt very special and appreciated by my husband and three daughters, plus the day was a lot of fun!

I was raised on a farm south of Battle Creek, NE where purebred hogs and cattle, corn, soybeans and four children were raised by my parents, Jim and Stella Volk. Growing up, we were actively involved with the daily activities on the farm, and our chores and responsibilities grew as we grew. I remember creep feeding baby pigs after getting off the school bus, and helping pen up sows and process baby pigs as new litters were born. I also liked to help keep records on the cattle herd and maintained pedigrees for both the swine and cattle herds. Being around livestock was part of my daily life, and I've always enjoyed it. This led me to pursue a degree in Agriculture at the University of Nebraska-Lincoln with a major in Animal Science. I also met my future husband, Craig Frenzen, while attending UNL. I was an active member of the Block and Bridle Club, and especially liked the trips we made to farms and ranches on spring tours and honoree visits. Being on the meats and livestock judging teams also gave me lots of opportunities to visit livestock operations in Nebraska and throughout the country, as well as establishing some life-long friendships. When Craig and I were married in 1987, I brought some purebred Yorkshire sows with me to Fullerton and began our own Specific Pathogen Free swine herd, selling health and performance tested breeding stock to swine producers throughout Nebraska and the Midwest and also exporting to Mexico and China. We exited the swine business after the birth of our third daughter and expanded our beef cow herd and increased our crop acres.

Craig and I feel that raising our children on the farm has provided them with many opportunities to grow and learn about agriculture, just as our parents did for us. We share many of the same family values and traditions that have remained important throughout the years. All three of our daughters have been involved in 4-H and FFA, showing livestock and doing numerous projects that have helped develop their own love of agriculture. Our oldest daughter, Katie is the Agricultural Education Instructor/FFA Advisor at Amherst Public Schools. Our second daughter, Jamie will graduate in December from Wayne State College with a major in Foods and Nutrition, and the youngest, Emily, a junior at Fullerton Public Schools, hopes to pursue a career involving agriculture and working with people.

Work on the farm can be difficult and challenging. We have endured some hard times and personal losses. It is in those times we have relied on our faith to carry us through. I want to set an example for my daughters...it is important to take care of yourself, and it's never too late to set a goal and try to achieve something new. I enjoy running, quilting and reading. For the last two years, I have run the Lincoln Half Marathon as a member of Nebraska Team Beef, promoting beef as part of a healthy diet. Some of my other activities include being an active member of Mt. Calvary Lutheran Church and Lutheran Women's Missionary League; Nance County 4-H Council member and Westerners 4-H Club leader; Fullerton Band Boosters Treasurer and Nebraska Farm Bureau Ag Promotion Committee member.

As I mentioned, last year I saw familiar faces of many women I know who are deserving of the AG-ceptional Woman of the Year Award, but I cannot think of anyone more deserving than my late mother, Stella Mae Volk. She was a person who could make sunshine on a cloudy day; she had great imagination, instilled in her children a love of reading, an appreciation for simple pleasures, and had a delightful sense of humor. She took on daily tasks on the farm with an adventurous spirit and yet was never too busy to get down on the floor and play with her children and grandchildren. I miss her every day and can only hope to be a little bit more like her as time goes by. Stella Mae Volk was an AG-ceptional Woman, and I credit her for instilling in me the qualities of an AG-ceptional Woman.






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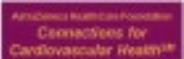
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Blue Workshops Session

BUILDING BETTER CATTLE IS A "LIFETIME" EVENT

Liz Senn, M.S. Diamond S Consulting, Mid Ne Feeds/Purina, Cattle Consultant & Outside Sales

- What is Fetal Programming (historical background)?
- Preconditioning nutrition is just as important as vaccines and management

COLOR CONFIDENCE

Diane Miller, Manager, Diamond Vogel in Norfolk

- Adding color to your home
- Selecting the right color for each room
- What is an accent wall?

HEALTHY HOLIDAY TIPS

Ann Fenton, Extension Educator

- Making healthy meals and snacks for the holidays
- Tips and techniques to keep you and your family on the right track during the hustle and bustle of the season

PERSONALITIES AND PROFITS

Roy "Soy Roy" Smith

- Why is marketing so difficult and frustrating?
- Are women really better marketers than men?
- How can a knowledge of personality help in making better marketing decisions?

TRANSITIONING THE FARM TO THE NEXT GENERATION

Dan Wintz, Partner with Fraser Styker, Omaha

- Transitioning to the next generation while also providing for non-on-farm heirs
- Memorializing and promoting family values and visions
- Real-life scenarios and solutions to address those issues

UNDERSTANDING YOUR OPTIONS UNDER THE 2014 FARM BILL

Tim Lemmons, UNL Extension Educator

- Provides an explanation of how the program works and how guarantees and payments are calculated
- Examines the various program options available to producers
- Explores how the specific program selected will affect current and future farm bill program payments
- Provides insight for producers to help them select the program that offers the greatest risk protection for their operation

WHEN ACTIVIST GROUPS COME KNOCKING, WHO'S ANSWERING THE DOOR?

Jeff Windett – Hoop Beef System Building Consultant, Former Executive Vice President, Missouri Cattlemen's Association

- Why get involved, they're not going to find me!
- If you don't take part, you'll get taken apart!
- Building a coalition and consensus.
- Missouri Farmers Care
- Fighting a covert warfare!
- Develop a well thought out response!

WE JUST THINK DIFFERENTLY – OR DO WE?

Corinne Morris, Dean of Agriculture, Math & Science Northeast Community College

In this workshop, we will examine relationship theories to explain how people develop and maintain relationships. Stories and metaphors will help participants to imagine their relationships in the "big picture" of their lives. Finally, suggestions for improving communication will provide direction for increasing relationship satisfaction.

- How do we judge our relationships?
- What is it we're not seeing?
- How can we increase relationship satisfaction?



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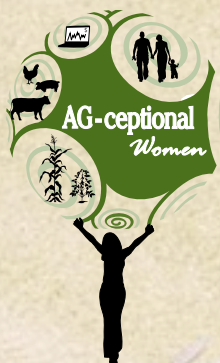
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They've been ignored for far too long.
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They make sure there's more than enough.
They work, they give, they laugh, they love.
They stand tall when push comes to shove.
Let's give credit where credit is due,
Ag-ceptional women are tried and true.

The barn, the field, and tractor too.
Office, industry, business or school.
The garden, garage, yard, or home.
Where ever they are, let it be known.
The difference they make is felt, it's real.
We cannot act like it's no big deal.

They make it through good times, they make it through tough.
They make sure there's more than enough.
They work, they give, they laugh, they love.
They stand tall when push comes to shove.
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By Corinne Morris



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