



# AG-ceptional *Women*

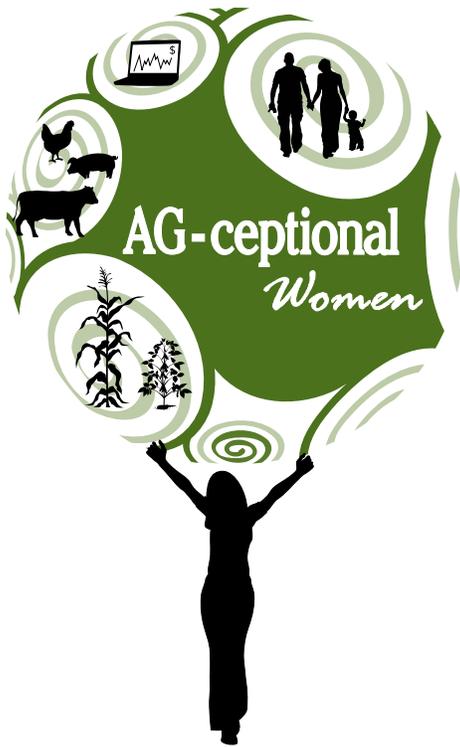
Friday, November 20, 2015



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**Northeast**  
community college  
Agriculture Department

# Welcome



Welcome to the AG-ceptional Women's Conference! We strive to educate, motivate and celebrate women in agriculture. Women empower one another and understand the unique qualities needed on any given day to complete multiple tasks at hand! Enjoy the day; learn from others and share your experiences. Today, the agriculture industry is under pressure from increased regulation, taxation and outside interest groups. Now more than ever, we need to tell our story about where food comes from. There are very few consumers who understand what goes into their food. This conference is about you and empowering you to empower others, hear dynamic keynote presentations, attend informative workshops, enjoy some great food and create endless networking connections. Presenters and sponsors are here to help and support you, take time to visit with them!

***Today is your day! Own it and be AG-ceptional!***

*Standing room only during the 2014 Opening Session*



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Dean of Agriculture, Math & Science at Northeast Community  
College

Conference Assistant: Tara Smydra Associate Dean of Agriculture,  
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Kally King – Ranch Wife

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Anna Pickhinke - Cooperative Supply Inc.

Joan Ruskamp – Cattle Feeder/Farm Wife

Bonnie Schulz/Social Media Person – Farm Business Owner

Debb Strate – Executive Assistant, Northeast Ag, Math, &  
Science Division

# Lunch Keynote Speaker



## Gary Sides, Ph.D., Zoetis, Beef Cattle Nutritionist

Gary is a beef nutritionist with Zoetis. He has been with Zoetis (formerly Pfizer Animal Health) since 2003.

Dr. Sides has extensive beef industry experience, compiling more than 30 years working with organizations such as Intervet, Cargill Animal Nutrition, Moorman Manufacturing Company, Texas A&M and Utah State University.

Sides' professional affiliations include the American Registry of Professional Animal Scientists and American Society of Animal Science. He has coauthored numerous papers and technical bulletins on estrus synchronization, feedlot growth promotion,

effects of anti-microbials on feedlot health and performance, and parasite control in beef cattle, among other topics.

Sides earned his doctorate in ruminant physiology and nutrition from the University of Wyoming in 1980 and both his B.S. (animal science) and M.S. (beef cattle nutrition) from New Mexico State University. Gary is a native of New Mexico and grew up working on family farms and ranches near Roswell and Magdalena.

He currently lives in Sterling, Colorado, with his wife Coleen. They are the parents of four sons and grandparents of two (a girl and a boy).



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# Agenda

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

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

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9:00 - 10:45 am Opening Session

WELCOME & OPENING COMMENTS

VIDEO PRESENTATION, AG-CEPTONAL WOMAN OF THE YEAR

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KEYNOTE SPEAKER: BRENDA BLACK, AUTHOR, SPEAKER & PUBLICIST  
“Were You Born In A Barn? Life lessons From the Barnlot and Beyond!”

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

12:00 - 1:30 pm Lunch

KEYNOTE SPEAKER: GARY SIDE, PH. D.  
“Modern AG In A Facebook Culture!”

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Enjoy exhibits and networking opportunities

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

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

3:25 - 3:50 pm Afternoon Break - Childhood Memories

Snacks, Exhibits, Networking

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3:50 - 5:00 pm NETWORKING..., It's Not Magic or is it?

JOHN LASKOWSKI, BIZARRE DECEPTIONS

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*Sponsored by: Aurora Cooperative & Dale's Flying Service*

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USDA CALLING AG-CEPTONAL WOMEN TO ACTION!

CLOSING REMARKS



# Keynote Speaker

## *Brenda Black, Author, Speaker & Publicist*

Brenda Black is the Missouri CattleWomen's immediate past president and a second-term appointed member to the Cattlemen's Beef Promotion and Research Board. She also serves as the Region 3 representative to the American CattleWomen's Communications Committee. In 2013 she was doubly honored as the first recipient of the prestigious Missouri State Fair Woman in Ag award, as well as being named Missouri Cattle Woman of the Year.

She grew up showing cattle and horses and employed her Ag Journalism degree from the University of Missouri upon graduation as the marketing director for a purebred cattle ranch in West Central Missouri. Today, with her husband, Alan, and adult sons, Austin and Cooper, the family runs a small commercial and purebred cow/calf herd comprised primarily of Simm/Angus genetics.

Brenda owns a freelance writing and public relations agency and is a graphic designer, an award winning author and columnist of over 2,000 published works, including breeder profile and beef industry news articles, plus six inspirational books.

She's a preacher's wife, Sunday School teacher, member of the worship team, retired home school teacher; a singer, speaker, auctioneer and former Miss Missouri PRCA rodeo queen, who loves living and working in the country.

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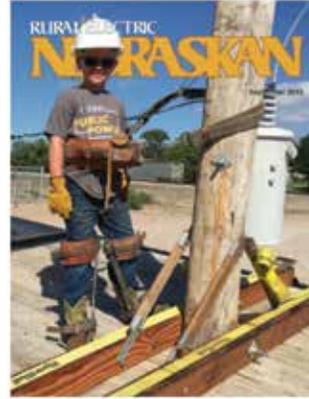
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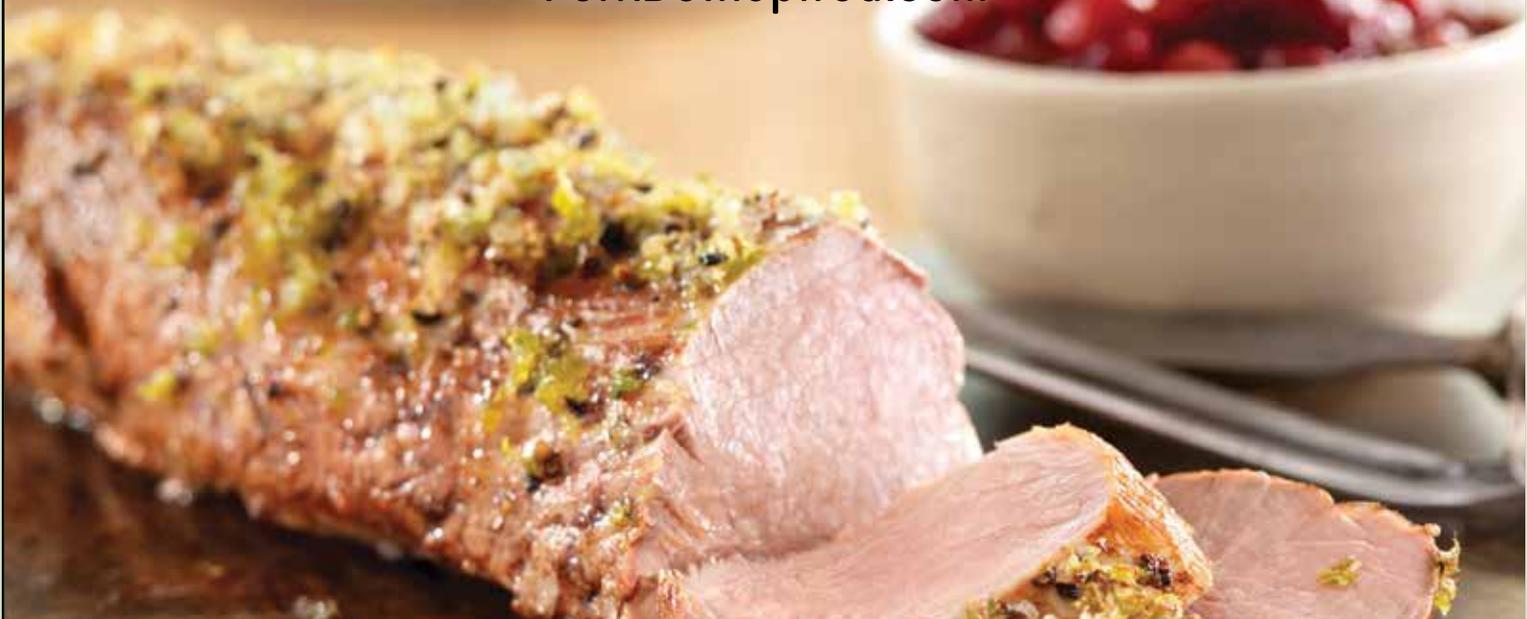
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# Session Schedule

Room	Red Workshops 11:00 - 11:50	White Workshops 1:45 - 2:25	Blue Workshops 2:35 - 3:25
Lifelong Learning Center Suite B	Red-1 2015 Tax Update - Latest and Greatest -- Nancy Brozek	White-1 Goats - They're wacky , They're Wonderful... Are They for You -- Mary Stanley	Blue-1 Nebraska Plains Picnic -- Lee Sherry and kim Bearnes
Lifelong Learning Center Suite C	Red-2 The Gut-Brain Connection -- Dr. Keith Vrbicky	White-2 Ag Estate Succession Planning - The Process Start to Finish -- Eryka Morehead	Blue-2 8 to Great -- Stacey Aldag & Jennifer Scheer
Lifelong Learning Center Suite D		White-3 Fitness Reaching Older Generations -- Jennifer Herrick	Blue-3 Useful Apps for Agriculture -- Wayne Ohnesorg
Lifelong Learning Center Main Room (Suites G, J, F, I)	Red-3 Whistle While You Work -- Brenda Black	White-4 Tree Tips 101 - Decorating Christmas Trees the Magnolias' Way -- Amy Renter	Blue-4 Tree Tips 101 - Decorating Christmas Trees the Magnolias' Way -- Amy Renter
Lifelong Learning Center Suite K	Red-4 Will It Be Bad? -- Brian E. Smith	White-5 2015 Quickbooks for Farmers -- Kristina Osborne	Blue-5 Is Diabetes Preventable? -- Dr. Michelle Brtek Zwiener
Lifelong Learning Center Suite L	Red-5 Annie's Project -- Cheryl Griffith	White-6 Who Gets Your Farm? Succession vs. Equality -- Dave Goeller	Blue-6 Who Gets Your Farm? Succession vs. Equality -- Dave Goeller
Lifelong Learning Center UNL Classroom (RM 193)		White-7 Are You Keeping Up With Beef Technology? -- Dr. Gary Sides	Blue-7 The Wonder Years - Feeding the Older Horse -- Sarah Keiser Czarnick, DVM



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## Closing Session:



### John Laskowski

Having performed throughout the Midwest, John Laskowski loves using magic to bring smiles to crowds anywhere. Children's eyes have gotten huge and nursing home residents just shake their heads, but John's main goal has never been to outwit his crowds. He just loves that magic is fun entertainment for nearly everyone. John is a psychologist and a magician and twice he has taught magic as part of the local Great American Comedy Festival.

**Women in Agriculture Mentoring Network** United State Department of Agriculture believes in you and your importance to the agriculture industry! Connect, share stories and experiences with fellow women in agriculture using USDA's Women in Agriculture Mentoring Network. The goal is to promote the image, role, and leadership of women involved in agriculture; on the farm, in the boardroom, leading youth organizations, conducting cutting edge research at universities, —etc.! Join the network by emailing USDA at [agwomenlead@usda.gov](mailto:agwomenlead@usda.gov) and gain access to monthly newsletters, feature profiles of women in agriculture, and share information on upcoming news or conferences. USDA also has seven core groups covering all manner of women in ag, from students, to government employees, to farmers and producers. You are invited to opt into groups that interest you. In addition to the newsletter and groups, USDA will hold a quarterly engagement call where you will hear from influential voices working to make agriculture stronger and more diverse. USDA invite's you to join the network and follow the current conversation about women in agriculture by searching **#womeninag** on your social media channels.

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# Red Workshops Session

## 2015 TAX UPDATE - LATEST AND GREATEST

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

- Paying your spouse wages
- Home-based business reporting
- Section 179 update
- New tax laws for 2015

## ANNIE'S PROJECT - EDUCATION FOR AGRICULTURAL

Cheryl Griffith, Women in Agriculture Coordinator-Nebraska Extension  
Annie's Project is designed especially for farm and ranch women to help them develop their management and decision-making skills for their operation. Sessions include presentations and discussion focused on participants' questions and topics of interest. Annie's Project gives farm and ranch women the opportunity to learn from female agricultural professionals and then network with other women in similar situations. Topics include: understand crop marketing terminology, financial statements, looking at estate planning tools and communication techniques. We will discuss how you can help bring an Annie's Project to your area. In Nebraska, Annie's is a Nebraska Extension program and sponsored by Farm Credit Services of America.

## THE GUT-BRAIN CONNECTION: WHY A HEALTHY GUT IS KEY FOR A HEALTHY BRAIN

Keith Vrbicky, MD, FACOG, Midwest OB/GYN, Midwest Health Partners, PC

- There is a superhighway between the brain and the GI system that holds great sway over humans
- Your gut microbiome is like a unique fingerprint. What is gut microbiota? Where can we find it? Why is it important? When does it start developing? How does it evolve?
- How the typical American diet, loaded with fat and sugar, can impair learning and memory by altering gut bacteria.

## WHISTLE WHILE YOU WORK - POSITIVELY TRANSFORMING THE DAILY GRIND

Brenda Black, Author, Speaker & Publicist

- You'll learn how to have Joy in the Journey.
- You'll take home creative ways to get through the day when you can't get away from your family.
- You'll discover the beautiful secret on how to Make Holey Jeans Holy.

## "WILL IT BE BAD?... WHAT TO LOOK FOR DURING A THUNDERSTORM"

Brian E. Smith, Warning Coordination Meteorologist, National Weather Service Forecast Office, Valley

- Look at cloud features in a tornadic thunderstorm
- Learn to identify look-alike cloud features.
- How to tell from radar on TV or the Internet that the storm will be bad.
- How to stay informed with warning devices and apps.

Save the date!  
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# AG-ceptional

## Woman of the Year 2014

What a shock, but also what an honor. There are so many women out there that are so deserving of this award.

I was born and raised in the small town of Pierce, NE, only nine miles north of where I am now. I graduated from nursing school at Northeast Community College. When I was younger, my dad used to drive milk truck and I would beg him to ride along. I loved visiting with all the milk producers, and I greatly enjoyed helping them milk cows. My dad also helped a dairy farmer out on weekends and I once again would beg to go along with him. My dad would do the field work and I would end up in the milk barn milking cows and feeding baby calves. I absolutely loved it.

When I met my husband, Matt Winkelbauer, he was turning an old hog barn into a milking stanchion. I was so excited. This was his first experience milking cows also; none of his family had done this before. A lot of our dates were milking cows – which I loved! One day on my way to work at the hospital in Norfolk, I stopped by his farm to say hi and he had a Holstein cow that was having a calf. I had never seen a calf being born before so I thought I better stay to watch this. I was in my white nursing dress, ready for work. He told me to call in so I could watch this cow have a calf. I did, and to my surprise, I was able to watch my first birth of a baby calf and she ended up having twins! It was amazing!

Two years later, in 1987, Matt and I were married. We turned the milking stanchion into a double four herringbone with a pit. We first had four milking machines, and then eight. We then milked eight cows at a time, wow was that a job! Matt also had a huge love for farming and cow/calf pairs. After having our own four children: Sara, Paula, Luke and Jill, all in five year, I ended up having to quit my nursing career and stay at home with the kids. We then had to decide whether to remodel our old milk barn (because it was outdated), build a new milking barn, or get out of milking cows all together. We moved into our new milking barn in January 1994. We built a 16 head herringbone barn and milked 350 cows 3 times a day. We had so many baby calves; we then had to build a calf barn. At one time, we were feeding 90 baby calves on a bottle, twice a day.

Matt and I enjoyed raising our four children on the farm and they learned so much about agriculture at such a young age. All four kids had a huge role in the dairy operation. They would milk, feed baby calves, and any other farm jobs Matt put them to work at. They weren't afraid of doing anything! They were up every morning before school to do their chores and they each had their own. They all showed dairy cattle at the Madison County Fair. One year we took 13 Holsteins to the fair, it was a lot of work, but the kids loved every minute of it! We never took many vacations, so our time together was fair time, and working cattle.

In 2005, Matt and I purchased Fore-Quarters Feedlot, which was a custom fed feed yard and was a whole new adventure for us. By 2008, we sold the milk cows and converted the dairy barn into a cattle confinement barn. As the kids graduated high school, they became more involved with farming. Many times, Matt would sit down at the desk by the DTN and do different scenarios with the kids. They enjoyed learning new things. Matt wanted them to go to college further away to further their education and get off the farm for a while to make sure they were able to do what they wanted. They all wanted to stay home and go to college close by, at Northeast Community College. All four kids graduated high school at Lutheran High Northeast and they all graduated from Northeast Community College.

Work on the farm can be challenging, but we don't call it work when we love what we do. We have endured hard times and suffered loss. On October 21, 2013, our lives changed forever. Matt was taken from our family in a tragic silage accident. We have relied on our faith in God to help us through this difficult time. Matt's children were his life and he had always hoped to instill his passion for agriculture to them. Well, he would be so proud of them now to see the progress and enthusiasm of each one of them as they have transitioned into their own roles of the business. Matt's

legacy lives on in our children and I am so proud of each one of them and thankful for them all.

Sara, our oldest daughter, has her own pharmaceutical business called Midwest Animal Health. She delivers all of our livestock medications and helps in processing cattle, not only to us but to multiple customers. Her husband, Justin Sindelar also feeds cattle with us and he and his family also have their own feedlot in Howells, NE where Sara and Justin now live.

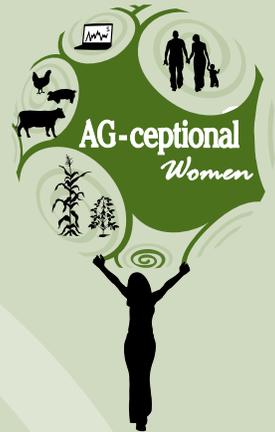
Paula, our second daughter is the secretary at Fore-Quarters Feedlot and she is in charge of the daily paperwork, record keeping and helps keep us all organized. Her husband Josh Freudenburg is also a big part of our business and has worked for our family for about six years. He helps oversee the fat cattle, cow/calf operations, and helps with the daily duties of farming.

Luke, our son, has stepped into a huge role as manager of Fore-Quarters Feedlot as well as manager of our personal feed yards, the cow/calf operation, and row crops. He tries to keep the ball rolling every day. He enjoys buying and selling cattle and figuring break evens, which he learned from his father. Luke also gets great inputs from many people, but one in particular being our hired man Curt Raabe, who has been with our farming operation since 1996. Curt does a lot of the row crop, harvesting, chopping, and pivots.

Jill, our youngest daughter just graduated with her RN Nursing Degree. She now works at Faith Regional Hospital where she greatly enjoys working with patients and caring for people. She is also very involved with the farming operation and helps wherever she can. She helps with haying, cow/calf operation and processing cattle.

As for myself, I just enjoy watching these kids and their families grow. I am always available when the kids need me and I'm willing to help with anything. My bookwork still continues daily and I take joy in providing meals for my hard working family.

It gives me such great joy to see that the farming operation still go on. And I love to see the joys these kids have in agriculture and to see the love of agriculture in the next generation is what it's all about!



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# White Workshops Session

## 2015 QUICKBOOKS FOR FARMERS

*Kristina Osborne - certified Quickbooks ProAdvisor*

- Navigation in Quickbooks
- Explanation of Lists
- Memorized Reports
- What's New for 2015

## AG ESTATE AND SUCCESSION PLANNING: THE PROCESS START TO FINISH

*Eryka Morehead, Director of Wealth Management, Farm Bureau Financial Services*

- Where to Begin
- Necessary Information to Gather
- Who You Need as Players on Your Team
- Overcoming Obstacles and Challenges in the Process

## ARE YOU KEEPING UP WITH BEEF TECHNOLOGY?

*Gary Sides, Ph.D., Beef Cattle Nutritionist, Zoetis*

- Are you using the best available beef cattle technologies that improve performance, reproduction, carcass quality and animal welfare?

## FITNESS REACHING OLDER GENERATIONS

*Jennifer Herrick, Activities Coordinator at Norfolk Senior Citizens Center*

- Demonstrate warm-ups, exercise and cool downs
- Demonstrate different weight balls and resistance bands
- This exercise program is designed to help older adults improve their mobility and strength to help prevent injuries caused by falls. The benefits are self confidence and less anxiety and improved blood pressure, blood sugar and blood fat levels.

## "GOATS - THEY'RE WACKY, THEY'RE WONDERFUL... ARE THEY FOR YOU?"

*Mary Stanley, Goat Enthusiast*

- Fun facts, myths and quirks of your everyday goat
- The different breeds, their uses and benefits!
- Goat vs. cow milk
- The nuts and bolts of owning goats

## TREE TIPS 101 - DECORATING CHRISTMAS TREES THE MAGNOLIAS' WAY

*Amy Renter, Magnolias Home Decor & Design*

- Learn the tips and tricks the pros use to create a designer christmas tree.
- Step-by-step ideas will teach you tree shaping, ornament placement

and creative use of florals in your tree.

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## WHO GETS THE FARM? SUCCESSION VS. EQUALITY

*Dave Goeller, Deputy Director of the North Central Risk Management Education Center, Department of Agricultural Economics, University of Nebraska*

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# Blue Workshops Session

## 8 TO GREAT: THE POWERFUL PROCESS FOR POSITIVE CHANGE

Stacey Aldag & Jennifer Scheer, Northeast Mathematics Instructors

- So do you need a “positive change” in your life? Come dive deep into the first highway of the “8 to Great” process. Stacey and Jennifer will take you on a journey where you will identify a life-changing picture and the power behind it.

## IS DIABETES PREVENTABLE

Dr. Michelle Brtek Zwiener, DNP, APRN-FNP, BC-ADM, HTP, Family Nurse Practitioner specializing in Diabetes Management

- Explain the signs/symptoms of pre-diabetes
- Describe the prevention strategies for diabetes
- Explore the body, mind and spirit connection of chronic disease prevention and management

## NEBRASKA PLAINS PICNIC

Lee Sherry and Kim Bearnes, Nebraska Extension Educators

- Packing it away... field bound
- Not just sandwiches anymore
- Budget-minded, safe foods for the field
- Scavenger hunt - forgot to stock up

## THE WONDER YEARS - FEEDING THE OLDER HORSE

Sarah Keiser Czarnick, DVM, Keystone Veterinary Services PC

- What exactly is a senior?
- So many feedstuff options - what to choose!
- Supplements, are they necessary?

## TREE TIPS 101 - DECORATING CHRISTMAS TREES THE MAGNOLIAS' WAY

Amy Renter, Magnolias Home Decor & Design

- Learn the tips and tricks the pros use to create a designer christmas tree.
- Step-by-step ideas will teach you tree shaping, ornament placement and creative use of florals in your tree.
- Includes a bow-tying demonstration and how to use ribbon in your tree

## USEFUL APPS FOR AGRICULTURE

Wayne Ohnesorg, Nebraska Extension Educator - Madison, Pierce & Antelope Counties

- How to find apps for ag.
- Suggested apps for ag.
- How to use apps for ag.
- Sharing of participant favorites.

## WHO GETS THE FARM? SUCCESSION VS. EQUALITY

Dave Goeller, Deputy Director of the North Central Risk Management Education Center, Department of Agricultural Economics, University of Nebraska

- Estate Planning Basics
- Contribution/compensation



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She's much more than just exceptional  
Yes, She is what we call Ag-ceptional

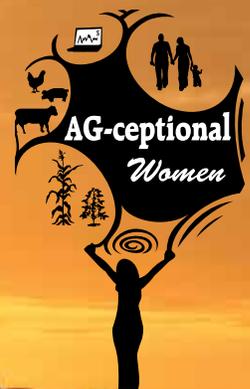
A story to tell, a lesson to learn.  
AG-ceptional women are taking their turn.  
The seeds they plant grow tall and strong.  
They've been ignored for far too long.  
Let's give credit where credit is due.  
Ag-ceptional women are making it through.

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.  
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.  
Let's give credit where credit is due,  
Ag-ceptional women are tried and true.

By Corinne Morris



# *Women in Agriculture* **MENTORING NETWORK** *Created by the United States Department of Agriculture*

This Network is a way to connect, share stories, and share experiences with fellow women in agriculture. The goal is to promote the image, role, and leadership of women!

## *Who Are Women In Ag*

From historic homesteaders to contemporary cattle ranchers, women have been the cornerstone of America's agriculture heritage. The 2012 Census of Agriculture notes that nearly 1 million women are working America's lands. That is nearly a third of our nation's farmers. Together, these women are generating \$12.9 billion in annual agricultural sales.

Women are scientists, economists, foresters, veterinarians, and conservationists. Women are in the boardrooms and the corner offices of international enterprises, and are the owners and operators of small businesses. Women are property owners and managers. Women are policymakers and standard bearers. Women are involved in every aspect of agriculture.

## *Resources*

Women have been a critical part of farm and ranch operations across the country—and around the globe—for centuries. But now, as women in agriculture, we have a unique opportunity to be the change we want to see in our industry. We must build on the incredible legacy of stewardship, innovation, and productivity and help one another succeed now and moving into the future.

## *Leadership Opportunities*

Women in agriculture have a powerful story to tell – one of stewardship, resilience, and leadership – from everywhere from the combine to the boardroom. There are many opportunities to contribute your voice and experience to the industry. Take advantage of several key opportunities now by connecting to USDA's Women in Agriculture Mentoring Network!

## *Success Stories*

From the classroom to the farm to the boardroom, women in agriculture are helping to pave the way for a better future. Meet your fellow women in agriculture! If you would like to share your story with your fellow women in agriculture, please email USDA at [agwomenlead@usda.gov](mailto:agwomenlead@usda.gov).

## *Get Connected*

Join the network by emailing us at [agwomenlead@usda.gov](mailto:agwomenlead@usda.gov) let us know how you would like to connect. For more resources, leadership opportunities and women success stories, go to <https://newfarmers.usda.gov/women-in-ag>.



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