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community college
Agriculture Department

Pumped About Ag

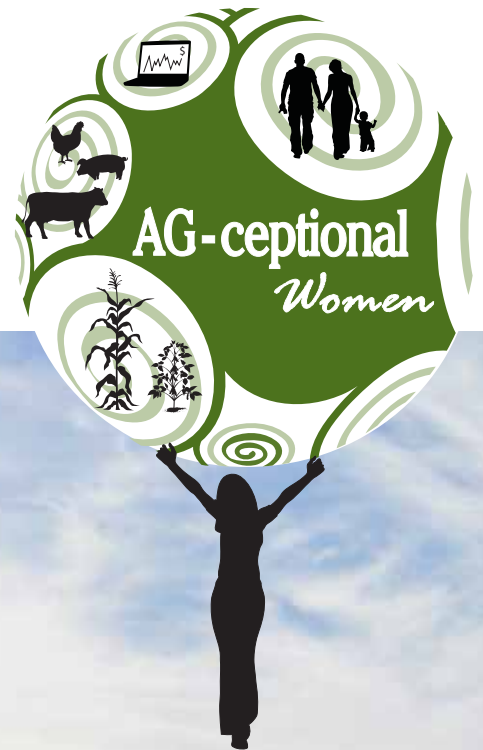
Friday, November 18, 2016



Welcome

Welcome to the AG-ceptional Women's Conference! Where educating, motivating and celebrating women in agriculture is our top priority! You hold the power to make positive changes in the day-to-day life of those you live and work with. We encourage you to share your experiences with others, make new friends, fill your buckets with agriculture and enjoy the day! This conference is for you and providing you with additional tools to make a difference! Enjoy dynamic keynote presentations, attend informative workshops, enjoy some great food and create endless networking connections.

Get Pumped, go make a difference, touch a heart, encourage a mind, inspire a soul and be AG-ceptional!



Action Changes Things

Be the force of positive change!



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Conference Coordinator: Kathy Neidig
Cattle Operation and Business Owner

Conference Oversight: Corinne Morris
Dean of Agriculture, Math & Science at Northeast
Community College

Conference Assistant: Tara Smydra, Associate Dean of
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Traci Ebel – Roth Feedlot

Kimberly Fehringer – USDA Rural Development Area Specialist

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Kayla Gubbels - Production AG

Megan Hanefeldt – Knox County Economic Development
Director

Stephanie Hecht, Farmer /Grain Producer

Mary Pat Hoag – Agricultural Editor, Norfolk Daily News

Hilary Maricle - Farmer /Livestock Producer

Jan Miller – Pork Producer, Nebraska Pork Producers President

Deb Neidig – Producer

Anna Pickhinke - Cooperative Supply Inc.

Joan Ruskamp – Cattle Feeder/Farm Wife

Bonnie Schulz-Social Media Person /Farm Business Owner

Amy Steffensmeier - Farm Credit Services of America

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

Carol Sullivan - Lifelong Learning Center Coordinator

Lunch Keynote Speaker



Jay H. Truitt, Policy Solutions

Jay Truitt has been a central figure in the United States livestock and food industry public policy arena for more than 20 years. Prior to Policy Solutions, he served as Vice President of Government Affairs for the National Cattlemen's Association. In that capacity, he led public policy efforts for the beef industry through two farm bill debates and some of the most challenging issues to ever face the industry. Truitt worked as part of the beef industries "BSE Crisis" team that received numerous awards and honors for their handling of the United States' first case of BSE. In addition, Truitt led industry efforts on animal identification, trade, labeling, tax and income management, energy and the environment over his tenure with the Cattlemen.

Truitt also has served as the CEO and Executive Vice President of the Missouri Cattlemen's Association and the Missouri's Cattlemen Foundation. Prior to his direct Cattlemen's experience, he provided policy expertise for clients across a broad spectrum of the food, fiber and beverage industry at the state and national level, as well as crisis management and strategic advocacy training for companies and organizations. Truitt received his bachelor of arts degree in communications from the USAF.



Tyson Foods, Inc.

Agenda

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

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

Sponsored by: Central Valley AG

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: KIM BREMMER, AG INSPIRATIONS
Celebrating Women in Agriculture!

Sponsored by: Midwest Dairy Association & Northeast Nebraska Milk Producers

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

12:00 - 1:30 pm **Lunch - Pork Loin Provided by Tyson Fresh Meats**

KEYNOTE SPEAKER: JAY H. TRUITT, POLICY SOLUTIONS
Passion Lobbying!

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 - Get Pumped Up with Friends!**

Snacks, Exhibits, Networking

Sponsored by Aurora Cooperative - Dale's Flying Service - Agronomy Services

3:50 - 5:00 pm **Communicate! Thrive! Lead!**

KEYNOTE SPEAKER: DR. RON HANSON, PROFESSOR

Keeping the Family Strong in Agriculture!

Sponsored by: Nebraska Farm Bureau Federation & Nebraska Farm Bureau Foundation

CLOSING REMARKS



Keynote Speaker

Kim Bremmer, Ag Inspirations

Kim Bremmer grew up as a farm girl and is a wife, mother of two, graduate of UW-Madison and was a dairy nutritionist for almost 15 years. She is a vocal champion of agriculture everywhere she goes, from the grocery store to the airport. Her true passion is sharing the REAL story of agriculture with everyday consumers.

“As a dairy consultant, I had the great opportunity to work with farms of all shapes and sizes and can share experiences and perspective on modern agriculture from the

people who are actually doing it.”

Kim is the Wisconsin State Coordinator for CommonGround, a national movement of farm women who share information about farming and the food we grow; a regular contributor on Rural Route Radio; and President of Wisconsin Women for Agriculture, an affiliate of American Agri-women, the nation's largest coalition of farm, ranch and agri-business women dedicated to protecting and advancing agriculture by increasing awareness, building alliances, communication and education. She also is an Academy Member of the National Speaker's Association and a proud member of the American Dairy Coalition.

Kim was named the UW-Madison Association of Women in Agriculture's 2014 Outstanding Woman in Agriculture. She enjoys fishing, golfing, reading and playing her guitar.

BE THE FACE OF DAIRY

Get your Milk Mustache on!



Advocating for AG... We're all in this together:
who doesn't love... a shake with their hamburger & fries,
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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 A	Red-1 Transferring the Family Farm Casey Knake	White-1 Transferring the Family Farm Casey Knake	Blue-1 GMO - Yes or No Jan Frenzen and Lisa Lunz
Lifelong Learning Center Suite B	Red-2 History of Nebraska Ground Water Law J. David Aiken	White-2 Surviving Stressful Times Amanda Milander-Mace	Blue-2 Massage Therapy 101 Kim Vogt
Lifelong Learning Center Suite C	Red-3 Can Music Be Used as Medicine? Dr. Keith Vrbicky	White-3 Farm Financial Update Tina Barrett	Blue-3 Farm Financial Update Tina Barrett
Lifelong Learning Center Suite D		White-4 Tax Update for 2016 Nancy Brozek	Blue-4 Tax Update for 2016 Nancy Brozek
Lifelong Learning Center Main Room (Suites G, J, F, I)	Red-4 Time to Speak Up! Kim Bremmer	White-5 Shabby Chic & Thrift Store Glam Rachel Rardon	Blue-5 Holiday Baking & Tips Mary Becker & Sandra Blaha
Lifelong Learning Center Suite K		White-6 Farmers and Ranchers Deliver; Livestock Benefits Your Community Willow Holoubek & Emily	Blue-6 Variable Rate Irrigation Jeff Siegfried
Lifelong Learning Center Suite L	Red-5 What's in YOUR Business Plan? Monica Braun	White-7 Skillet What's in YOUR Business Plan? Monica Braun	Blue-7 Getting Your Family Stories in Print LaRayne Topp
Lifelong Learning Center UNL Classroom (Room 193)		White-8 The Veterinary Feed Directive Dr. Benny Mote	Blue-8 Gene Editing Dr. Benny Mote

Closing Session Keynote: Communicate! Thrive! Lead!



Dr. Ron Hanson, Professor

Ron Hanson recently retired from the University of Nebraska-Lincoln and currently serves as the Harlan Agribusiness Professor Emeritus.

Ron's 46-year career teaching and advising college students earned 31 university and national award recognitions. He was selected as the Outstanding Ag College Instructor and received the John Deere Agribusiness Teaching Award of Excellence. Ron was recognized by the University Parents Association twenty-four times, the most of any UNL faculty member and was selected as the University Educator of the Year by the UNL student body.

Ron was the first University of Nebraska professor to receive the prestigious USDA Excellence in University Teaching Award from the U.S. Department of Agriculture, which is the highest national teaching honor granted in the area of agricultural and food sciences. His highest career honor was earned by being named the Nebraska Professor of the Year by the Carnegie Foundation.

Ron was raised on an Illinois family farm and earned his college degrees from the University of Illinois. He has counseled with Nebraska farm families for more than 40 years to help them resolve family conflicts in a more positive manner and to improve family relations through better communications. His most recent efforts have been directed at farm business ownership succession and the transfer of management control between generations. He has been honored by both the Nebraska Ag Youth Council and the Nebraska FFA Foundation for his dedicated service to both rural youth and farm families in Nebraska.

DOING TOGETHER, WHAT WE CAN'T DO ALONE

We're the face of agriculture and the trusted voice of Nebraska farm and ranch families. We work hard to ensure a strong Nebraska by preserving, sharing, and growing the future of agriculture.



RED WORKSHOPS SESSION

CAN MUSIC BE USED AS MEDICINE?

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

- Understand the goals of the Sync Project and its app
- Understand how biometric trackers are helping scientists tap into the body's response to songs and sound
- How music affects the body and brain and can influence a number of health conditions both physically and psychologically, e.g., Parkinson's disease and dementia.

HISTORY OF NEBRASKA GROUNDWATER LAW

J. David Aiken, UNL Water & Agricultural Law Specialist

- Evolution of NRD groundwater authorities
- History of well metering requirements
- History of water allocation requirements
- Aiken's groundwater policy wish list

TIME TO SPEAK UP!

Kim Bremmer, Founder of Ag Inspirations

- Answer the tough questions and hot button issues today
- Share snippets of science
- Work through effective ways to communicate your "message that matters"

TRANSFERRING THE FAMILY FARM

Casey Knake, CFP®, CLU®, ChFC®, CAP® Financial Advisor

- Avoid conflict
- Provide estate liquidity
- Help cover debt
- Help supplement retirement
- Considerations for adoption
- State of the art and a look at the future

WHAT'S IN YOUR BUSINESS PLAN?

Monica Braun, REAP Women's Business Center Director, Center for Rural Affairs-REAP

Do you have an idea that just might turn into a business?
Or do you already have a business going but it needs some direction? Join this session to help put your idea in order. This session will identify:

- Benefits of a business plan.
- Key elements to include.
- Resources to assist you and your business in developing a road map to success.



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- FSA assists producers who cannot obtain commercial credit with operating and/or ownership loans.
- Low prices have you holding over your grain? FSA offers interim financing, allowing producers to hold over their crop without having to sell at harvest. This allows you to receive income while forward contracting your grain.
- Have kids? FSA provides youth (10-20 years old) loans for 4-H & FFA projects, an excellent learning opportunity on financial responsibility.

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AG-ceptional

Woman of the Year 2015

Karen Grant

I am humbled to be chosen as the AG-ceptional Woman of the year. There are many women who put their whole being into their Ag career, many who put in numerous hours promoting and educating and many are so deserving of this award. I am full of joy that my daughter, Kristen, nominated me and that my family spoke so highly of me.

I am proud to be among such dedicated women. Farm women have each other's back in good times and hard times. I need to thank you all for being my rock during a few of my weakest months, which as it turned out, made me a stronger woman in agriculture. When my husband had colon cancer surgery followed by hernia surgery 8 weeks later, I took on more of the duties on our farm. Many times I would have weak moments when I wondered how I was going to do a task. A vision would come into my head of 400 Ag women attending the AG-ceptional Women's Conference. The women all gave me strength and let me know "we've got your back. You can do this." You are the women in my visions. THANK YOU. Bruce made it through. We all made it through!!!

My parents, my father-in-law and mother-in-law, my spouse and my extended family have given me the courage and the opportunity to be very involved in agriculture.

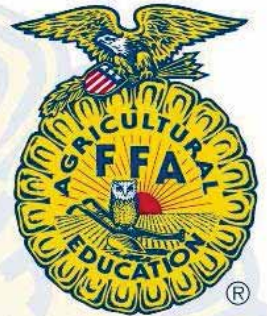
They all allowed me to work on the farm and try new ventures. I thank them for helping me to become the woman I am today. None of them ever tried to discourage me from following my dream of farming and raising livestock. Actually, they embraced it. They have been supportive.

I thank them all for letting me be me, and do what I want to do with my life. If my parents hadn't encouraged me in 4-H and FFA to try new projects, if my in-laws had said they disapproved of a woman driving the truck, if my husband told me to get a job off the farm, I would not be who I am today. I love my life, my occupation, and the joys my involvement in agriculture have provided me. I thank each of them for their support.

Roles continue to change. Lives change. I lost my mother-in-law this past June. She was a very talented, hard working woman. She put many hours into promoting pork, serving samples at stores, being on various boards, teaching others many life lessons. She leaves us her legacy of living a Christian life, working for a living, enjoying friendships, and helping our neighbors. Carol Grant was an AG-ceptional Woman. I will be one of many who help to fill a void of duties she had performed while on this Earth. She will be missed.

I believe in the future of agriculture... the FFA creed I memorized as a freshman in high school still rings true for me. Thank you for giving me the honor this past year of celebrating women involved in agriculture, of representing generations of women who have worked long, hard hours in the fields and barns. Thank you for honoring me as AG-ceptional Woman of the Year!

The FFA Creed



I believe in the future of agriculture, with a faith born not of words but of deeds - achievements won by the present and past generations of agriculturists; in the promise of better days through better ways, even as the better things we now enjoy have come to us from the struggles of former years.

I believe that to live and work on a good farm, or to be engaged in other agricultural pursuits, is pleasant as well as challenging; for I know the joys and discomforts of agricultural life and hold an inborn fondness for those associations which, even in hours of discouragement, I cannot deny.

I believe in leadership from ourselves and respect from others. I believe in my own ability to work efficiently and think clearly, with such knowledge and skill as I can secure, and in the ability of progressive agriculturists to serve our own and the public interest in producing and marketing the product of our toil.

I believe in less dependence on begging and more power in bargaining; in the life abundant and enough honest wealth to help make it so--for others as well as myself; in less need for charity and more of it when needed; in being happy myself and playing square with those whose happiness depends upon me.

I believe that American agriculture can and will hold true to the best traditions of our national life and that I can exert an influence in my home and community which will stand solid for my part in that inspiring task.

The creed was written by E. M. Tiffany, and adopted at the 3rd National Convention of the FFA. It was revised at the 38th Convention and the 63rd Convention.

IF AGRICULTURE MEANS SOMETHING TO YOU, YOU MEAN EVERYTHING TO US.

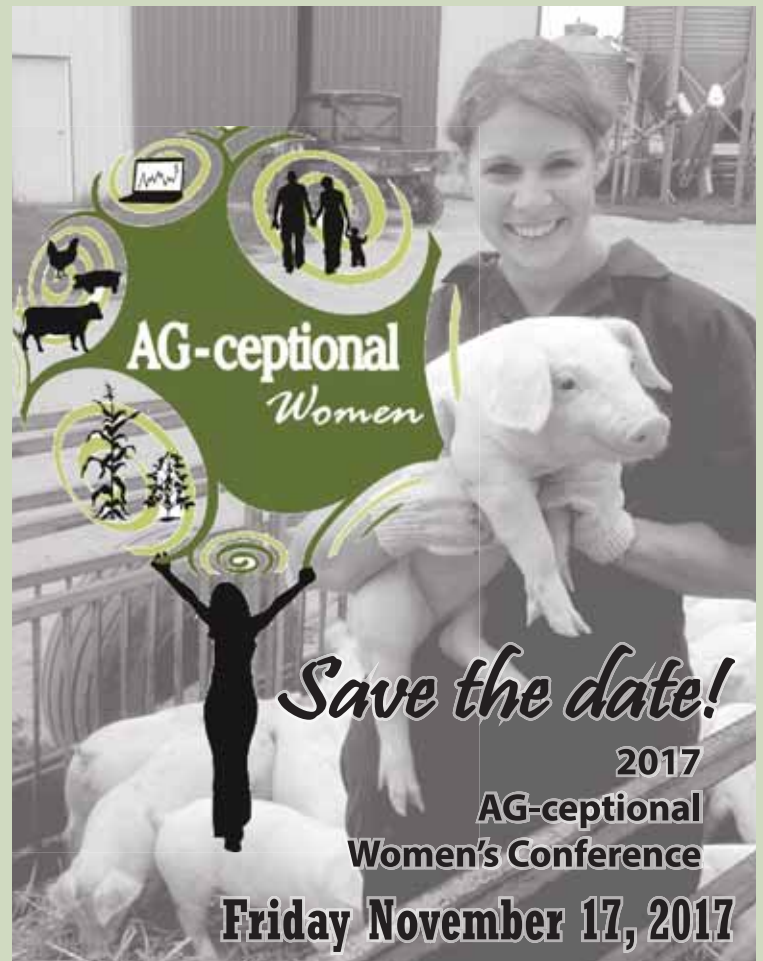
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WHITE WORKSHOPS SESSION

FARMERS AND RANCHERS DELIVER; LIVESTOCK BENEFITS YOUR COMMUNITY

Willow Holoubek, Executive Director of AFAN, and Emily Skillett, Livestock Development Coordinator AFAN

- Nebraska's livestock farmers and ranchers are a part of the community fabric, caring for the land and animals that feed their families, and yours.
- As community leaders and economic contributors, Nebraska's livestock farm and ranch families are responsible neighbors invested in their heritage, their future and the health of the community.
- Empower yourself to help make a difference in your community by sharing information with your community leaders about the benefits that livestock bring to your community through the tax base, job creation and bringing the next generation back to the farm or ranch.

FARM FINANCIAL UPDATE

Tina Barrett, Executive Director of Nebraska Farm Business, Inc

- A look at the trend history of Nebraska farm financial information
- Why is family living important?
- How the top efficient farms do it differently

SHABBY CHIC & THRIFT STORE GLAM

Rachel Rardon - Interior Designer/Owner of Rardon Design

Junking and thrift store shopping is all of the rage right now, with furniture & home decor treasures waiting to be discovered. Some of the most popular trends in decorating utilize upcycling and vintage finds. Rachel, a local interior design professional, will present a variety of these unique decorating styles, how you can be a "shabby shopping pro" and how to pull together a cohesive look in your own home.

SURVIVING STRESSFUL TIMES

Amanda Milander-Mace, LIMHP, Good Life Counseling and Support, LLC

- Tips to deal with stress
- Medical and psychological impacts of stress
- Positive vs. negative stress
- Differences between stress and anxiety
- Deep breathing and visualization relaxation methods
- Information to access mental health resources

TAX UPDATE FOR 2016

Nancy Brozek, CPA/PFS

- Nebraska credits
- Tax law update
- Major changes for 2016

THE VETERINARY FEED DIRECTIVE AND HOW BIOSECURITY MEASURES CAN REDUCE ANTIBIOTIC USE

Dr. Benny Mote, Swine Extension Specialist

- Needs and requirements for VFD, biosecurity measures to implement on farms
- Can we reduce the need for antibiotics in certain situations without affecting animal welfare?

TRANSFERRING THE FAMILY FARM

Casey Knake, CFP®, CLU®, ChFC®, CAP® Financial Advisor

- Avoid conflict
- Provide estate liquidity
- Help cover debt
- Help supplement retirement

WHAT'S IN YOUR BUSINESS PLAN?

Monica Braun, REAP Women's Business Center Director, Center for Rural Affairs-REAP

Do you have an idea that just might turn into a business? Or do you already have a business going but it needs some direction? Join this session to help put your idea in order. This session will identify:

- Benefits of a business plan.
- Key elements to include.
- Resources to assist you and your business in developing a road map to success.

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10 Commandments of a Farm Wife

1. Thou shalt not sort cattle with your hands in your pockets (husbands & cows don't like that).
2. Thou shalt cook meals that can be served 30 minutes early or 2 hours late.
3. Thou shalt learn to keep farm records. (When did we turn out the bull?)
4. Thou shalt love the smell of new hay, freshly plowed earth, sweet smelling silage and stinging the sensation of ammonia in the barn.
5. Thou shalt thrill at the birth of a new calf and at the sight of a bright new tractor.
6. Thou shalt be inspired to see the sun rise and relieved to see it set.
7. Thou shalt learn to open and guard gates.
8. Thou shalt live closer to God with faith to exceed many city dwellers.
9. Thou shalt cherish meals together, long nights of waiting for the vet to arrive, and decisions of plowing up the winter wheat.
10. Thou shalt be exalted at the brotherly hand on your shoulder, the tender kiss on your forehead and these three precious words, "Thanks for helping."



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BLUE WORKSHOPS SESSION

FARM FINANCIAL UPDATE

Tina Barrett, Executive Director of Nebraska Farm Business, Inc.

- A look at the trend history of Nebraska farm financial information
- Why is family living important?
- How the top efficient farms do it differently

GETTING YOUR FAMILY STORIES IN PRINT

LaRayne Topp, Freelance Writer

- The importance of recording family stories
- Interviewing family members
- Utilizing Create Space or similar publishing sites for your family history

GMO - YES OR NO

Jan Frenzen, Fullerton, and Lisa Lunz, Wakefield; Nebraska Farm Bureau Promotion and Education Committee

- How GMOs are made
- What products on the market are GMOs?
- Talking to consumers about GMOs

HOLIDAY BAKING & TIPS

Mary Becker and Sandra Blaha, Retired Professional Bakers

- Frostings: Buttercream, Royal, Marshmallow Fondant
- Cookies: Sugar, cutout & dip
- Cupcakes: Regular & gluten free with filling
- Candy
- Gingerbread house

HOW GENE EDITING HAS THE POTENTIAL TO REVOLUTIONIZE THE LIVESTOCK INDUSTRY

Dr. Benny Mote, Swine Extension Specialist

- The process and science behind gene editing
- Is a gene-edited organism a GMO?
- Examples of where gene editing in livestock is being explored

MASSAGE THERAPY 101 – EVERYTHING YOU NEED TO KNOW ABOUT MASSAGE

Kim Vogt, LPN, Licensed Massage Therapist

- What is massage therapy and its history
- What kind of massages are there and their benefits
- Massage etiquette – what to do before and after massage
- Learn a few massage techniques and group massage

TAX UPDATE FOR 2016

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VARIABLE RATE IRRIGATION (PRECISION IRRIGATION)

Jeff Siegfried, Precision Agriculture Instructor, Northeast Community College

- Introduction to variable rate irrigation
- How the technology works
- Considerations for adoption
- State of the art and a look at the future



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