

RED WORKSHOPS

WHEN THE UNTHINKABLE SUDDENLY HAPPENS: YOU ARE LEFT TO MAKE THE DECISIONS

Robin Wegener

- Know about your operation and where you go from here
- Plan- Compile information and answers when you still have someone to ask
- It's the little things that matter; what to consider to move forward and survive
- Things you never planned or expected
- Build your "OWN" team to navigate and create your "new" legacy and future

ENTREPRENEURSHIP: DIRECT TO CONSUMER BEEF PANEL

Amanda Beierman, 2383 Farms

Kalie Beutler, Beutler Beef

- Amanda and Kalie will share their experiences with getting started in a direct to consumer beef operation.
- Join in the panel discussion by asking questions you may have about starting your own business, what a direct to consumer beef operation does, etc.

POLYUNSATURATED FATTY ACIDS AND YOU

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

- Studies have linked high intake of Polyunsaturated fatty acids (PUFAs) to potential negative effects on health and metabolism.
- This presentation will discuss What are Fatty Acids?, The Damaging Effects of PUFAs, The Detoxification of PUFAs, The Metabolic Power of Shorter Chain Fats, and Fatty Acid Recommendations.

FEDERAL AG POLICY UPDATE: A NEW FARM BILL AND A WHOLE LOT MORE

Jordan Dux, Senior Director of National Affairs, Nebraska Farm Bureau

- There has never been a more important time for farmers and ranchers to engage with decision makers in Washington D.C.
- In this session, we will discuss the next Farm Bill, new regulations coming from the EPA, and much more.

CURRENT TRENDS IN OUTDOOR RECREATION AND AGRITOURISM

Jenna Bartja, Adventure Travel Specialist, Nebraska Tourism Commission

- The current climate in outdoor recreation and agritourism- what travelers are looking for and booking for.
- In-state resources and easy add-ons for destinations to incorporate to help them keep apprised of the ever-evolving desires of travelers.

THE DATE NIGHT YOU NEED BEFORE BUILDING YOUR NEW HOME (OR STARTING YOUR REMODEL)

Rachel Rardon, Interior Designer, Rardon Design

- Good communication with your spouse is vital, well, always- and this is true when building your new home.
- During this session, we will discuss how you can start your building process off on the right foot. You will take home a list of questions that you and your spouse can review together on the date night you need before building your new home.
- Instead of arguing about which backsplash to choose, you'll be looking forward to slow Saturday mornings with coffee in your new kitchen, or wild cookie baking parties with your grandkids.
- Your marriage is even more important than a beautiful house, and this initial date night is just the first step to keeping your priorities straight throughout the process.

FARM SERVICE AGENCY PROGRAMS FOR WOMEN IN AGRICULTURE

Morgan Sapp, FSA County Executive Director in Cuming County

Monica Dolezal-Bruning, FSA Farm Loan Manager based out of Wayne County

- USDA Farm Service Agency implements programs that provide producers with a financial safety net, can help them recover from natural disaster, and can finance the development of, ongoing operations of, or growth of an operation.
- In this session, attendees will get an overview of FSA programs and learn which ones have special provisions available to certain classifications of producers, including women.

WHITE WORKSHOPS

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TOP 5 DISCOVERIES WHEN TEACHING FARM/RANCH TRANSITION AND SUCCESSION

Allan Vyhnaek, Extension Educator Emeritus

- In this session, Allan will look at what he considers to be the top roadblocks to effective farm/ranch succession planning.
- Information will be given to avoid these roadblocks and put together an effective succession plan.

CULINARY HACKS TO MAKE THE HEALTHY CHOICE THE EASY CHOICE

Hannah Guenther, Nebraska Extension Educator

- During the busy seasons of planting, calving, and harvest, it's easy to put healthy eating on the back burner.
- This session will dive into simple tips and tricks to feed your farmer, rancher, and family quick, nutritious (and delicious) meals.
- This session will include 2 recipe demonstrations!

REACHING GOALS IN YOUR SMALL TOWN

Amanda Beierman, 2382 Farms

- Push past limiting beliefs of what others think
- Don't allow small town stigma to keep you from achieving your goals
- Resources to find that community to help build confidence

INVEST IN YOURSELF

Tina Myers, Personal Color Consultant and Stylist, House of Colour

- Color analysis
- Style analysis
- Building a capsule wardrobe

STRAIGHT TALK ON CARBON CAPTURE AND CARBON INTENSITY SCORES

Dawn Caldwell, Executive Director of Nebraska Renewable Fuels

Julie Bushell, CEO of Ethos

Elizabeth Nelson, Executive Assistant at Siouxland Ethanol

- Why does carbon capture and utilization and Carbon Intensity (CI) scores matter to Nebraska Agriculture.
- In a world searching for sustainable food, fuel and fiber, Nebraska has the opportunity to show consumers here and abroad with data and stories how Nebraska farmers are making a difference.
- This panel will be moderated by Hilary Miracle, deputy director of the Nebraska Department of Agriculture.

BLUE WORKSHOPS

STRAIGHT TALK ON CARBON CAPTURE AND CARBON INTENSITY SCORES

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SUCCULENT PLANTING BAR

Andrea Dobias, Blossom and Birch

**Limited to 30 participants, Please bring \$20 to pay for succulent and planting supplies*

- Have a beginner's green thumb or don't have the time for a high maintenance plant? A succulent is just the plant for you!
- Join Blossom and Birch for a succulent planting bar to get started with a new plant.

REAL ESTATE 101: NEGOTIATING A FARM LEASE

Randy Oertwich, Land Management Sales, UFARM

- Brief overview of ownership options.
- How to negotiate a farm lease, what is fair rent, different rental types.
- Whether to choose management, consulting, or doing it yourself.

MENTAL HEALTH MATTERS: GET SOME EXCEPTIONAL ADVICE!

Stacey Aldag, Lisa Guenther, Terry Nelson, Andrea Suhr, NECC Faculty

- Ever feel bogged down by, in author Craig Groeschel's words, "septic thoughts," "scare pollution" and negativity?
- We have solutions for "mind pollution"!
- Please join us to hear ideas on how we're managing to eliminate "deception infections" to make our busy lives joy-filled, manageable, and flourishing!

PRIDE, PATIENCE & PERSEVERANCE: PARKINSON'S & EXERCISE

Tina Collison, Group Fitness Director, Norfolk YMCA

- Living with a Parkinson's Disease prognosis can leave one feeling powerless and hopeless.
- Participating in exercise can give patients a purpose & increase their productivity, strength, and balance.
- Learn about the Parkinson's specific YMCA programs and hear the personal testimonials from people in your community.
- This presentation will be priceless.

FARM TO TABLE

Karol Swan, CommonGround Volunteer

- This presentation will help attendees keep current on local food products, examine the most recent statistics showing Nebraska's role and the economic impact of agriculture to the state's economy.
- This information will help attendees communicate the importance of agriculture with consumers.

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