

# RED WORKSHOPS

## APPRAISAL OF RURAL LAND

*Rodney Johnson, Land Manager, Real Estate Broker & Auctioneer, UFARM*

- Value influences
- Value definitions
- Valuation process
- Three approaches to value
- Uniform standards of professional appraisal practice

## ADVANCED REPRODUCTIVE TECHNOLOGIES IN BOVINE

*Vanessa Peterson, LVT, Nebraska Vet Services*

- What is Embryo Transfer?
- Let's explore the process of in vivo produced conventional flushing and IVF.
- Learn how to select the right recipient cows for your embryo transfer program.

## GRAIN MARKETING PANEL

*Chad Moyer, Farm Director, KTIC*

- A brief overview of grain marketing.
- This will be an interactive presentation-come and ask questions to our panel of grain marketing advisors.

## TRANSFORMING HOW YOU USE YOUR TIME

*Amanda Fairley, Career Coaching, Team Development, Amanda Fairley LLC*

- Explore valuable time utilizing tools for transforming the way you work.
- Pinpoint tasks and habits that drain your time and energy and develop strategies to minimize or eliminate them.
- Shift your perspective from merely managing time to utilizing it effectively, prioritizing tasks that create the most significant impact.
- Develop a plan that empowers you to use your time intentionally, creating greater satisfaction and productivity in both your personal and professional life.

## HARNESSING THE POWER OF A MINDFUL PAUSE

*Katie Hupp, Ph.D., English Instructor, Metropolitan Community College*

- Join this session for a basic overview of mindfulness practice including the benefits of pausing long enough to choose how to respond instead of knee-jerk reacting to whatever comes your way.

## ALL LEVELS YOGA CLASS

*Rachel Stratton, Yoga Instructor, Sacred Yoga*

- In this class we will focus on stretching the connective tissues, connecting breath to movement, and relaxing the mind.
- Leave feeling refreshed, revitalized, and renewed.
- If you have a mat, bring it. If not, we have some available to borrow.

## SKIN HEALTH AND THE NECESSITY OF SUNLIGHT

*Dr. Keith Vrbicky, Midwest Health Partners*

- Sunlight is arguably the most important nutrient for the human body, as avoiding it double one's rate of dying and significantly increases the risk of cancer.
- Skin cancers are by far the most commonly diagnosed cancer in the United States, and to prevent them, the public is constantly told to avoid the sun. However, while the relatively benign skin cancers are caused by sun exposure, the ones responsibly for most skin cancer deaths are due to lack of sunlight.
- Discuss the dangers of conventional skin cancer treatments, the most effective ways for treating and preventing skin cancer, and some of the best strategies for having a healthy and nourishing relationship with the sun.

# WHITE WORKSHOPS

## COTTAGE FOOD LAW TRAINING

*Cindy Brison, Extension Educator, UNL*

At the end of this training participants will be able to:

- Understand the requirements for Cottage Food sales
- Identify foods that can be sold as part of a Cottage Food business
- Understand safe food handling practices
- Implement packaging and labeling requirements for Cottage Foods
- Register with the Nebraska Department of Agriculture

## REALIZING THE TRANSFORMATIVE CAPACITY OF MINDFUL SELF-COMPASSION

*Katie Hupp, Ph.D., English Instructor Metropolitan Community College*

- Join this session for an introduction into self-compassion practice including the value of offering the same kindness to ourselves as we extend to others.

## NAVIGATING FAMILY DYNAMICS ON THE FARM & RANCH (2 HOUR SESSION WHITE & BLUE)

*Anastasia Meyer, Agricultural Economics Extension Instructor, UNL*

- Family business meetings
- Managing family members
- Job descriptions
- Navigating transitions

## TABLE SCAPING AND MORE

*Patti Stuthman, Urban Farm Décor*

- Learn how to put together a beautiful centerpiece for Thanksgiving and Christmas.

## LAKOTA EARTHSONG: CULTIVATING SUSTAINABILITY THROUGH ETHNOBOTANY

*Rachel Liester, Red Road Herbs*

- Rachel will present the results of a pilot project funded by a SARE-funded (Sustainable Agriculture Research & Education) workshop to educate underserved populations (youth, women, and BIPOC community members) of beginning, current and potential farmers in Lakota ethnobotany as a foundation for increasing sustainable agriculture practices.
- Lakota Earthsong: Cultivating Sustainability Through Ethnobotany is a collaborative endeavor with Lakota Youth Development, Lakota tribal elders and two local ethnobotanists/educators.
- This presentation will highlight the planning and development of a weekend immersion workshop and provide a template for developing regional workshops for specific bioregions and indigenous communities.

## POSTURAL RESTORATION PHYSICAL THERAPY: IT'S NOT ABOUT SITTING UP STRAIGHT BUT HOW TO ADDRESS TENSION AND PAIN NATURALLY

*Kristi Jagels, PT, PRC, Owner, Taylor Creek Physical Therapy*

- The top pain and symptoms women come in for include: neck and shoulder pain, vertigo or off balance, hip bursitis, low back pain, SI joint pain or sciatica, pelvic floor issues, and headache or migraines.
- We are Northeast Nebraska's only certified Postural Restoration Physical Therapists.

## ADVANCED REPRODUCTIVE TECHNOLOGIES IN BOVINE

*Vanessa Peterson, LVT, Nebraska Vet Services*

- What is Embryo Transfer?
- Let's explore the process of in vivo produced conventional flushing and IVF.
- Learn how to select the right recipient cows for your embryo transfer program.

# BLUE WORKSHOPS

## EMERGING TECHNOLOGY IN LIVESTOCK PRODUCTION

*Joan Ruskamp, CommonGround Nebraska*

- Key questions to ask technology providers before purchasing
- Finding trusted resources for further vetting
- Ideas of new and emerging technologies to consider

## BEEKEEPING FOR BEGINNERS

*Matt Lance, Lance Honey Farms*

- How to incorporate honeybees into any size ag program
- How to mitigate the physical demands of beekeeping
- Beekeeping products - what to do with them and who wants to buy them.

## NAVIGATING FAMILY DYNAMICS ON THE FARM & RANCH (2 HOUR SESSION WHITE & BLUE)

*Anastasia Meyer, Agricultural Economics Extension Instructor, UNL*

- Family business meetings
- Managing family members
- Job descriptions
- Navigating transitions

## I'D LIKE TO BUY A BOWEL; HOW I LOST MY COLON BUT FOUND MY TRUE IDENTITY

*Tina Collison, Group Fitness Director, Norfolk Family YMCA*

- "Authenticity is about the choice to show up & be real. The choice to be honest. The choice to let our true selves be seen." Brene Brown.
- Sharing my medical journey over the last year, will make you laugh, cry, and maybe cringe when you hear about the balloon that was inserted into my butt.
- Sharing my funny, but super crappy, story is part of the process of being authentic. It is about perseverance, prayer, and yes, a lot of poop.

## BRIDGING THE GENERATIONAL GAP: CULTIVATING LEADERSHIP IN AGRICULTURE

*Dr. Tee Bush, Horticulture Instructor, NECC*

*Courtney Nelson, Precision Agriculture Trainer, NECC*

- Join us for a workshop where we delve into the fascinating world of generational dynamics and their impact on leadership in agriculture.
- We'll kick things off by defining the different generations, from Baby Boomers to Gen Z, and explore their unique characteristics and values.
- Discover how these generational differences shape cross-generational communication and gain valuable insights on fostering effective dialogue across age groups. We'll explore the dynamics of farm families, examining how generational perspectives influence family-run agricultural operations.
- Expect lively discussions, practical tips, and a few surprises along the way as we bridge the generational gap and cultivate a thriving, inclusive agricultural community. Whether you're a seasoned farmer, an aspiring leader, or simply curious about the future of agriculture, this workshop is for you!

## SMALL FIELD - BIG OPPORTUNITY

*Stephanie Anderson, CEO, Our Lavender Co.*

- Our story, why lavender?
- How do you farm lavender as an alternative crop?
- What do you do with lavender?

## STOPPING THE STRESS CYCLE

*Hannah Guenther, Rural Health Extension Educator, UNL*

- You have to make time to take care of yourself first to be your best in the often-grueling and nonstop grind of daily life.
- You have stress - everyone does.
- This session will help you to become more aware of how it affects you and manage it in a productive way, with plenty of tangible tips and tricks to help you tackle and overcome your individualized stressors.