

AG-ceptional *Women*

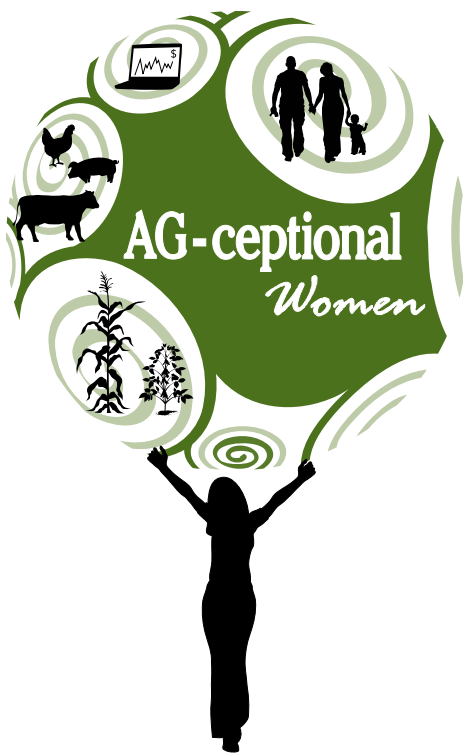
Friday, November 20, 2015



Be Empowered

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



You Can COUNT on...



to bring you...

**Nothin' But True
Country Music!**

**The Best In
Sports Coverage!**



AG-CEPTIONAL COMMITTEE

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 Agriculture,
Math & Science at Northeast Community College

Emcee: Susan Risinger
Farm Director, WJAG/LiteRock 97.5/106 KIX

Megan Baldwin – Rancher, Bomgaars

Brandy Balzer - Farm Credit Services of America

Liz Doerr – Pork Producer, Office Administrator and Zoning
Administrator

Roxanne Dusel – Farm Wife/Grain Producer

Traci Ebel – Roth Feedlot

Kimberly Fehringer – USDA Rural Development Area Specialist

Karen Grant – Farmer/Livestock Producer

Shanelle Grudzinski – Northeast Industrial Manufacturing
Coordinator/Instructor

Kayla Gubbels - Production AG

Blake Gutz - Louis Dreyfus Commodities

Megan Hanefeldt – Knox County Economic Development
Director

Mary Pat Hoag – Agriculture Editor, Norfolk Daily News

Kally King – Ranch Wife

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

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).



**FOR ANIMALS
FOR HEALTH
FOR YOU**

We're Zoetis, a company with a singular focus on animal health committed to supporting you and your operation. We are dedicated to providing veterinarians, dealers and producers with the medicines, vaccines, and services you need. We look forward to working with you in ever better ways. Learn more at ZoetisUS.com



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: 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!”

Sponsored by: Zoetis

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

Sponsored by Midwest Dairy Association

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

JOHN LASKOWSKI, BIZARRE DECEPTIONS

Sponsored by: Aurora Cooperative & Dale's Flying Service

USDA CALLING AG-CEPTIONAL 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.

Central Valley Ag
GROWING AGRICULTURE TOGETHER

Central Valley Ag is committed to delivering you the best value in farm planning, supplies, services, and support to continue earning your business long into the future.

cvacoop.com

new in 2016
PRECISION AGRICULTURE

Data-Based Decision Making
Data Collection and Accuracy
GIS Programs
Guidance Systems
Variable Rate Application

Northeast
community college

Doing together
what we can't
do alone.



madison county farm bureau

JOIN TODAY! To learn more about the benefits of
membership stop by our booth



FAITH REGIONAL
HEALTH SERVICES

Carson Cancer Center

Medical, Radiation and Surgical Care
Experienced, Highly-Trained Team
Advanced Technology
Certified Cancer Wellness
Clinical Trials

110 N. 29TH ST., NORFOLK, NE frhs.org



The *Rural Electric Nebraskan* magazine is distributed monthly to 60,000 rural households across Nebraska. It contains news and feature articles of interest to customers of Nebraska's rural public power districts and electric cooperatives.

For information regarding advertising, contact Wayne Price, *Rural Electric Nebraskan* editor.

402/475-4988



Be inspired[®]

PorkBeInspired.com



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



FARM BUREAU FINANCIAL SERVICES
Insurance • Investments



Joe Herian, LUTCF
Agent & Commercial
Specialist

402.371.1520
fax 402.371.2953
res 402.371.8652
cell 402.640.5566
Joe.Herian@fbfs.com
401 E. Norfolk Ave.
Norfolk, NE 68701



NRCS Natural Resources
Conservation Service

**Helping "AG-ceptional
Women" Help Their Land.**

www.ne.nrcs.usda.gov
Follow us on Twitter @NebraskaNRCS

An equal opportunity provider and employer.

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 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.

Keeping your operation a step ahead.

The Aurora Cooperative is treading new ground for its growers.

With giant leaps of innovation and forwardthinking. Through small steps in precise management that make a big difference. Keeping pace with new ideas and opportunities. Helping you make great strides in productivity and profitability.

Discover how Aurora Cooperative can make a lasting impression on your farm.



Growing opportunities.

**AURORA
COOPERATIVE**

800.642.6795 • auroracoop.com

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!
2016
AG-ceptional
Women's Conference
Friday November 18, 2016
AG-ceptional
Women

Ruth Bloedorn
ruthbloedorn@yahoo.com
402-640-3446
www.mymaryandmartha.com/ruthbloedorn

MARY & MARTHA
INDEPENDENT CONSULTANT

Alice Klitz
aliceaklitz@gmail.com
402-380-3303
www.mymaryandmartha.com/klitz

Elkhorn Valley BANK AND TRUST
Northeast Nebraska's Locally Owned, Independent, Community Bank

Ag Producers who happen to also be bankers...
There IS a Difference!!

www.elkhornvalleybank.com Member FDIC



INVESTING IN THE FUTURE



When you buy Pioneer® brand products you're growing a lot more than crops

DuPont Pioneer is proud to support education programs that help ensure the successful agriculture of tomorrow. In the past 10 years, Pioneer has donated more than 1 million dollars to helping Nebraska communities grow stronger.

Pioneer® brand products are provided subject to the terms and conditions of purchase which are part of the labeling and purchase documents. ®, TM, SM Trademarks and service marks of DuPont, Pioneer or their respective owners. © 2015 PHIL 15-3251

*Today's afternoon
snack sponsored by:*



Healthy
www.DAIRYMAKESENSE.COM
PEOPLE | COMMUNITIES | PLANET



The Elkhorn Valley Cattlemen Association is committed to growing and promoting the beef industry in Madison and Stanton Counties.

Annual Scholarships

- Madison County Students
- Stanton County Students

Sponsors of:

- Nebraska Junior Beef Expo
- Norfolk Beef Expo
- Madison County Fair Feeders Show
- Stanton County Fair Feeders Show



Brady Revels
Sales Representative
Cattle North

Elanco Animal Health

2500 Innovation Way
P.O. Box 708
Greenfield, Indiana

E-mail: revelsbr@lilly.com
Telephone: 317.775.3883



**EVERY STEP.
EVERY RECOMMENDATION.
EVERY SEASON.**

THAT'S SEEDSMANSHIP AT WORK.

I've got a guy who keeps me steps ahead with the Channel® Field Check Up Series. He's my Channel Seedsman. Find yours at channel.com.

Channel. 
SeedsmanSHIP At Work®

Follow us @ChannelSeed

Channel® and the Arrow Design® and SeedsmanSHIP At Work® are registered trademarks of Channel Inc. LLC. ©2015 Monsanto Company.



**COMMUNITY IS
PRESERVING TRADITIONS**

WhyCommunityMatters.com

 **Pinnacle
Bank**

MADISON
108 S. Main St., 402.454.6515
pinnbank.com

MEMBER FDIC



Kim Neidig Throckmorton | 211 S 8th St
District Sales Coordinator | Battle Creek, NE 68715
kim_throckmorton@us.aflac.com | 402.315.0055 cell
We've got you under our wing! | 402.371.0418 home office

An Independent Associate Representing Aflac



**THANK YOU
AG-CEPTIONAL
WOMEN.**

EDUCATE • MOTIVATE • CELEBRATE

**YOU BELONG HERE.
JOIN TODAY!**

 **NEBRASKA
FARM BUREAU**
WWW.NEFB.ORG | 800-742-4016

The News You Need and the Music You Love



At home on the farm, in the barn or in the tractor, we're with you all day long!



- Beginning and/or Veteran farmer or rancher? FSA wants to help you with operating, ownership, and/or down payment loans.
- FSA helps owners protect their land by providing payments for conservation through the CRP, WRP & CREP programs. General CRP signup opens December 2015. Continuous CRP remains open. NEW in 2015, payments on grazing land!
- FSA provides income support to producers through a variety of commodity programs. 2014 Farm Bill provides revenue protection.
- FSA assists producers that 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. Excellent learning opportunity on the finances of a project.

Contact us at:

Nebraska Farm Service Agency
(402) 437-5581

www.fsa.usda.gov/ne

USDA is an equal opportunity provider and employer.

Stop by our
booth at the
conference.

BOVAMAX

Central Plains Milling

Ask Us About Bovastart and
Your Cattle Nutrition Needs

CPM
CENTRAL PLAINS MILLING

1-888-200-2037

Russ Vering

David Claycomb

*Proud to Support
AG-ceptional Women*

centralplainsmilling.com





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.

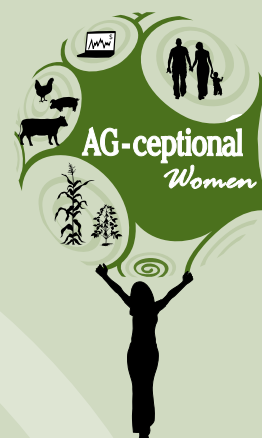
Paula, our second daughter is the secretary at Fore-Quarters Feedlot and she is in charge of the daily paperwork, record keeping and helps keep us all organized. Her husband Josh Freudenburg is also a big part of our business and has worked for our family for about six years. He helps oversee the fat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



FCSAMERICA.COM

COUNTRY HOME FINANCING WORKS HERE.

When you're ready to buy or build a home in the country or a rural community, make sure you talk to us. We offer attractive rates, remarkable terms and money-saving options.



**NOBODY FINANCES COUNTRY HOMES LIKE
FARM CREDIT SERVICES OF AMERICA. SEE
FOR YOURSELF BY CALLING 800-777-1853.**

AGRICULTURE WORKS HERE.®



Crop Insurance // Real Estate Loans // Operating Loans // Country Home Loans® // AgDirect® Equipment Financing // Cash-Back Dividends

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.

- Includes a bow-tying demonstration and how to use ribbon in your tree

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

 **Louis Dreyfus**
Commodities



Located just
Northeast of Norfolk



We are interested in buying your corn and
furthering your animal rations
with distillers grains.

Contact us at 402-844-2680
For Details

OPERATION HEART TO HEART
Choose a Heart Healthy path
with Health Coaching...

We are currently enrolling people from Burt, Cuming, Madison & Stanton counties in our health coaching program:

- Monthly health coaching visits for 6 months
- Achieve your weight, fitness and nutrition goals
- Health screenings to measure your progress
- Motivation and Inspiration!

READY TO GET STARTED?

Call Elkhorn Logan Valley Public Health
Department at 402-529-2233

Funding for this project provided by:


MidAmerica HealthCare Foundation
Connections for
Cardiovascular HealthSM

Frontier
COOP

Providing for your Future

800.863.0379

www.frontiercooperative.com



your news, your way



print | web | tablet | mobile

www.norfolkdailynews.com • 402-371-1020



NORFOLK
DAILY NEWS



Futures ♦ Options ♦ Co-Products

402-428-9020

**Debbie Pfeifer
Lindsay, Nebraska**

Feed 402 - 428 - 9020

aci@acifeed.com

Trading 402 - 428 - 9021

trading@allcommodities.net

*"The finest compliment I can ever receive is a referral
from my friends and customers."*

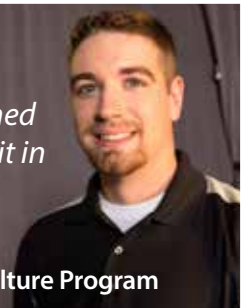


**REAL EDUCATION.
REAL EXPERIENCE.
REAL SUCCESS.**

*"For the rest of my life
I'm going to take the
knowledge that I learned
at Northeast, and use it in
what I do everyday."*

– JARED

Diversified Agriculture Program



**Northeast teaches more than basic
farm operation skills. Our students
collect and research data to achieve
more consistent results in their
farming operations – improving their
yields and their legacies.**

This is real education with real success.

Northeast
community college

success starts here.

northeast.edu



LAKESIDE
Livestock Equipment

Built... Tested... & Improved... by CattleMen and Women

www.LakesideLivestock.com



Grossenburg
servicing your **GROWING** needs

www.grossenburg.com

South Dakota	Nebraska
Winner (605) 842-2040	Bloomfield (402) 373-4449
Pierre (605) 224-1631	Hartington (402) 254-3908
Philip (605) 859-2636	Wayne (402) 375-3325



JOHN DEERE



UNIVERSITY OF NEBRASKA-LINCOLN
College of Agricultural Sciences and Natural Resources **BIG**

Start Your Story
IN CASNR

SCIENCE
with a
PURPOSE

SECURE YOUR FUTURE
If you participate in the Ensuring Your Future program, CASNR guarantees you a job offer within six months of graduating.

STUDENT-FOCUSED LEARNING ENVIRONMENT
A wide range of unique opportunities for undergraduate research, entrepreneurship, international experiences and collaborative relationships with faculty and your fellow students.

DIVERSE PROGRAMS
CASNR prepares you for careers in everything from animals to plants, soil to climate, golf to business, mechanization to leadership, and food to forensic science.

SCHOLARSHIP OPPORTUNITIES
CASNR awards more than \$1 million in scholarships yearly.

COLLEGE OF AGRICULTURAL SCIENCES AND NATURAL RESOURCES
103 Agricultural Hall | Lincoln, NE 68583-0702
800-742-8800 (ext. 2541) | casnr.unl.edu

UNL does not discriminate based upon any protected status. Please see go.unl.edu/nondiscrimination

Nebraska
Lincoln



Don't Miss the 29th Annual
Northeast Nebraska Farm & Equipment Show!

January 13th & 14th, 2016
Wed., 9 a.m. to 5 p.m. and Thurs., 9 a.m. to 4 p.m.

Chuck M. Pohlman Ag Complex
Northeast Community College
Hwy 35 and Benjamin Ave., Norfolk, NE

DOOR PRIZES!

FREE Admission
To Show And All Seminars!

LIVE DEMOS!

EXPANDED EXHIBIT AREA!
OVER 135 EXHIBITORS!

WJAG
NEWS TALK
780 AM • 105.9 FM

106 Kix
Country

www.nebraskafarmshow.com



Enola Elevator

P.O. Box 1323
Norfolk, NE 68701

(402) 454-3366
(800) 523-8181

Laurel Elevator

P.O. Box 217
Laurel, NE 68745

(402) 256-1200
(800) 874-5356



JOHN DEERE



GREEN LINE

RUN WITH THE BEST

www.greenlineequip.com

VITALIX INC.™

The Leader in Controlled-Consumption
Cattle Supplements

800-423-TUBS | Alliance, Nebr. | Vitalix.com

Get the tubs!



920 South 20th Street - Norfolk, NE 68701

402.379.1524

holidayxnorfolk@younes.com
www.younes.com

"Strengthening
The Demand
For Beef
In The
Global
Marketplace"



www.nebeef.org



HomesteadBank

your journey. your bank.

Member FDIC

West Point Implement & West Point Design
YOUR SOLUTION CENTER
Since 1973

2074 HWY 275 - WEST POINT, NE 68786 - (402) 372-2408 - WWW.WESTPOINTIMP.COM

Seeking Caring, Compassionate CAREGiversSM

Supplement your income by providing non-medical care for the elderly. Home Instead is currently seeking CAREGivers in the following counties: Platte, Nance, Boone, Antelope, Holt, Knox, Cedar, Pierce, Wayne, Thurston, Madison, Stanton, Cuming and Colfax counties.

- o Training and Support Provided
- o Flexible Shifts
- o A Job that Nurtures the Soul

Call today to find out more about this rewarding opportunity or services available in your area.

1.800.732.2577



to us, it's personal.

HomeInstead.com/104

Each Home Instead Senior Care® franchise office is independently owned and operated. ©2014 Home Instead, Inc.

Calling all Nebraska farm women!

We would love to have you join us as an **advocate!**



commongroundTM

Conversations About Farming and Food

Learn more at www.CommonGroundNebraska.com
To volunteer email karen@brokawmarketing.com



Heritage Financial Services, LLC



Casey Knake, CFP®, CLU®, ChFC®, CAP®
Financial Advisor
(402) 379-1811

*Working with the family farmer for over 25 years
"Building Relationships...Leaving Legacies"*

SECURITIES AND INVESTMENT ADVISORY SERVICES OFFERED THROUGH SECURIAN FINANCIAL SERVICES, INC. MEMBER FINRA/SIPC. SECURIAN ADVISORS OF THE HEARTLAND, LLC DBA HERITAGE FINANCIAL SERVICES, LLC, 1010 SOUTH 120TH STREET, SUITE 200, OMAHA, NE 68154. IS INDEPENDENTLY OWNED AND OPERATED. TR1320516DOFJ10/2015

Protecting Lives, Protecting Property, Protecting the Future

The Lower Elkhorn Natural Resources District (LENRD) serves individuals in all or parts of 15 counties in Northeast Nebraska. The mission of the LENRD is to protect our natural resources and strive to improve them for each and every Nebraskan. Water, soil and wildlife are vital to the people of our fine state. Nebraska's NRDs are here to help sustain and nurture our environment for generations to come.



Lower Elkhorn Natural Resources District

Stop by our office and browse through our Information and Education Library, or visit with our staff. We have programs to fit both urban and rural lifestyles.

Lifelong Learning Center • 601 E. Benjamin Avenue
P.O. Box 1204 • Norfolk, Nebraska 68702-1204
www.lenrd.org • Phone: (402) 371-7313

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



Equipment to last long after she's taken over.

PEARSON
LIVESTOCK EQUIPMENT
PO BOX 248
THEDFORD, NEBRASKA
(308) 645-2231

(308) 645-2231 • Thedford, NE
pearsonlivestockeq.com
Headgates • Manual Chutes • xForce Manual Hydraulics • Hydraulic Chutes • Adjustable Alleyways • Sweepers • Tru-Test Weighing Systems



Without farmers,
there'd be no food this holiday season

NW
NEBRASKA WHEAT

#thankafarmer

www.nebraskawheat.com • (402) 471-2358 • wheat.board@nebraska.gov



LET US SPRAY.

Hoping for the best when disease, pests or weeds attack your crop is one strategy. The other is to call us.

We'll respond quickly to expertly and accurately apply the fertilizer, fungicide and pesticides that your crops need. We've flown tens of thousands of acres, helping growers manage threats and maximize yield potential.

When your fields need help from above, you can have faith in Dale's Flying Service.



4100 S. 13th Street • Norfolk, Nebraska 68701 • (402) 379-2649



**Assistive Technology, Hearing Aid Bank,
Information & Referral for
Deaf, Deaf-Blind & Hard of Hearing!**
Stop By Our Booth to See How We Can Assist You!



www.ncdhh.nebraska.gov

800-545-6244



THE TILDEN BANK
SERVING YOU SINCE 1887

HOMETOWN BANKING

WWW.TILDENBANK.COM

Tilden - Creighton - Clearwater - Madison
Member FDIC



People...Products...Knowledge...

Osmond
748-3121

Pierce
329-6587

Norfolk
379-2910



AND



One Low Price.... Plain and Simple, Always!

Onelowpricene.com

Platte Valley
Equipment



**YOUR FULL SERVICE
JOHN DEERE DEALER**



CLARKSON-FREMONT-HUMPHREY-WAHOO

PH: (800) 828-7462

PH: (800) 844-8818

PH: (800) 741-1061

PH: (800) 490-7321

usbank®
All of us serving you!

333 Norfolk Avenue • 909 Norfolk Avenue
2025 Krenzien Drive
402-644-8962

Member FDIC

Today's Best Country
US92
From sunrise to sunset
92.7 FM - us92.com



Ag-ceptional Women

A woman in Agriculture can take the lead
Whatever the challenge, whatever the need
She'll rise to meet demands of the day
in her own unique phenomenal way
She's much more than just exceptional
Yes, She is what we call Ag-ceptional

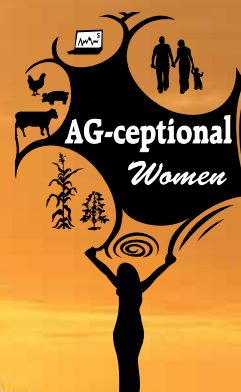
A story to tell, a lesson to learn.
AG-ceptional women are taking their turn.
The seeds they plant grow tall and strong.
They've been ignored for far too long.
Let's give credit where credit is due.
Ag-ceptional women are making it through.

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.

Get Connected

Join the network by emailing us at 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>.



Thank you

AG-ceptional Women's Conference Sponsors

HOMESTEAD

Aurora Cooperative
Dale's Flying Service
DuPont Pioneer
Farm Credit Services of America
Nebraska Farm Bureau Federation
Nebraska Pork Producers Association
Northeast Community College
Agriculture Department
Zoetis

BIG RED BARN

106 KIX Country
Lower Elkhorn Natural Resources District
News Channel Nebraska 94.7
News Talk WJAG 780 AM & Lite Rock 97.5 FM
US 92 Radio Today's Best Country

HAYSTACK

Agrex, Inc - Enola Elevator
All Commodities, Inc./Debbie Pfeifer
Central Valley Ag Cooperative
Channel
College of Agricultural Sciences
& Natural Resources
University of Nebraska-Lincoln
Columbus Motor Company
Helena Chemical Company
Heritage Financial Services
J Miller Farms
Madison County Farm Bureau
Midwest Dairy Association
Nebraska Wheat Board

Nebraska Wheat Growers Association
Norfolk Daily News
Norfolk GM Auto
USDA/Farm Service Agency

FEED BUNK

AFLAC
Central Plains Milling
Commonground Nebraska
Corinne's Costumes
Elanco Animal Health
Elkhorn Logan Valley Public Health Department
Elkhorn Valley Bank & Trust
Elkhorn Valley Cattlemen Association
Faith Regional Health Services -
Carson Cancer Center
Farm Bureau Financial Services,
Joe Herian, Agent
Frontier Cooperative
Green Line Equipment
Grossenburg Implement Inc.
Holiday Inn Express & Suites
Home Instead Senior Care
Homestead Bank - Schuyler, Albion, Howells
Lakeside Livestock Equipment
Louis Dreyfus Commodities
Mary & Martha
Ruth Bloedorn, Independent Consultant
& Alice Klitz, Independent Consultant
Natural Resources Conservation Service
Nebraska Beef Council
Nebraska Commission for the Deaf
and Hard of Hearing
Pearson Livestock Equipment

We would not have been able to offer this conference without the generous support of many sponsors and presenters. Please take time to write a thank you note to at least one of the sponsors and/or presenters listed. They need to know that their time, money and products are appreciated. If your registration was sponsored by one of the sponsors or by your local lender, please let them know how much you appreciate their support. These sponsors are “**AG-ceptional!**”

Pinnacle Bank
Platte Valley Equipment
Producers Hybrids
Reigle Cattle Company
Rural Electric Nebraskan -
 Nebraska Rural Electric Association
The Tilden Bank
US Bank
Vitalix, Inc.
West Point Implement & Design Inc.

PITCHFORK

AK Fehringer Seeds & Service
ALPHA Workforce Health -
 Sunny Meadow Clinic
Battle Creek State Bank
Bopp Trucking LLC
Cargill Community Enrichment Committee
Citizens State Bank
Cuming County Farm Bureau
Dinkel Implement Co.
Dusel Farms
Edward Jones -Pflueger Office
F & M Bank
Farm Bureau Federation - Knox County
Farm & Ranch Building Supply
Farm & Ranch Photography by Todd
Farmers Pride
Feller & CO.
First Dakota National Bank &
 Dakota Mac
Frontier Bank
J&S Feedlot (Steve & Joan Ruskamp)
Ken's Trailer Sales and Repair

Madison County Bank
McDonald's
Midwest Bank
Midwest Health Partners
Nebraska Harvestore Systems, Inc.
Nebraska Vet Services
Norfolk Implement, Inc.
Petersen Ag Systems
Platte County Farm Bureau
Reynoldson's Shell
Security Bank
State Nebraska Bank & Trust Company
Wayne County Farm Bureau

FRIEND

Bomgaars
Boone County Farm Bureau
Elkhorn Valley Equipment
Jerry's Sinclair
Nebraska Life Magazine
Northeast Ag Consulting
Scooters Coffee House
Thurston County Farm Bureau

WITH SUPPORT FROM

Northeast Community College Staff
Nebraska Department of Agriculture
UNL-Madison County Extension

For more information about AG-ceptional Women, visit northeast.edu/Agceptional or contact Northeast Community College Agriculture Department at 402-844-7180.

WITH YOU
FROM THE WORD

GO



HIGH-YIELDING
PRODUCTS

TEAM OF
PROFESSIONALS

ON-FARM
AGRONOMY TRIALS

Pioneer.com



DuPont[™]
Lumivia[™]
Insecticide seed treatment



TruChoice

Science with Service Delivering Success[®]

PIONEER[®] brand products are provided subject to the terms and conditions of purchase which are part of the labeling and purchase documents. Unless indicated, trademarks with [®], [™], SM are trademarks of DuPont, Pioneer or affiliates. © 2015 DuPont. DUPPBR15028VAR2 15-3251