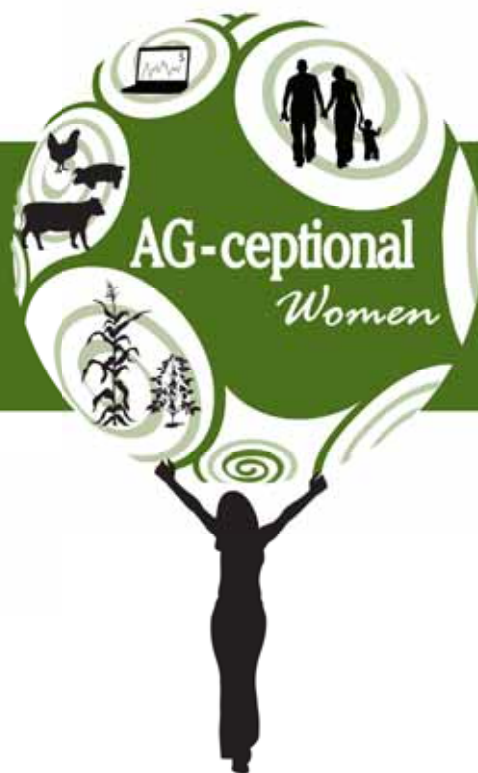


# Branching Out



Friday, November 17, 2017

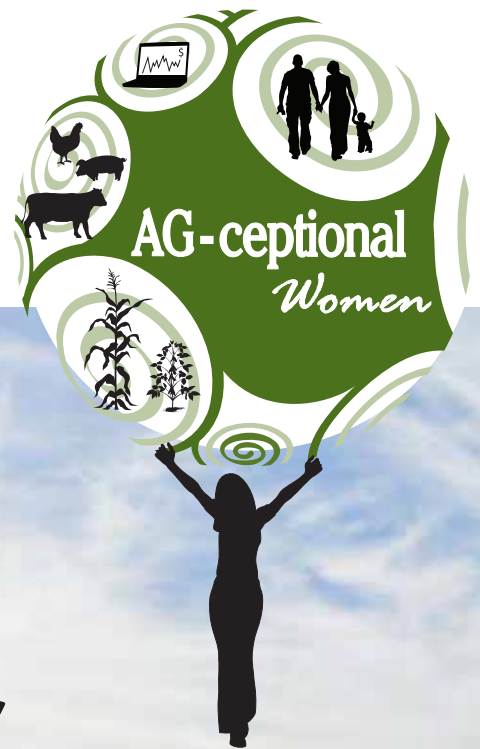


**Northeast**  
community college  
Agriculture Department

# 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, and make new friends. Today, someone is going to say something you need to hear, and it will make a difference in your life. You may even be that someone for someone else. Enjoy dynamic keynote presentations, attend informative workshops, enjoy some great food and create endless networking connections.

*Branch out, make a difference, touch a heart, encourage a mind, inspire a soul ---- for you are AG-ceptional!*



**Action  
Changes  
Things**

*Be the force of positive change!*





## ***AG-CEPTIONAL COMMITTEE***

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

Co-Director: Tara Smydra, Associate Dean of Agriculture, Math  
& Science at Northeast Community College

Emcee: Susan Risinger  
Northeast Community College Campaign Coordinator

Coletta Motacek – Ag-Ceptional Administrative Assistant

Megan Baldwin – Rancher, Bomgaars

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 – Associate Dean of Applied Technology at  
Northeast Community College

Kayla Gubbels – Production AG

Stephanie Hecht – Farmer /Grain Producer

Julie Hegemann – Midwest Bank

Mary Pat Hoag – Agricultural Editor, Norfolk Daily News

Hilary Maricle – Farmer /Livestock Producer

Jan Miller – Pork Producer, Nebraska Pork Producers President

Deb Neidig – Producer

Kathy Neidig – Cattle Operation and Business Owner

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

# Keynote Speaker



## Steve Bergeron—Speaker, Trainer, & Coach

Certified Dale Carnegie Leadership Instructor and public speaker Steve Bergeron offers an enthusiastic & customized approach to his presentations, aimed at teaching and coaching individuals to increase effectiveness in confidence, people skills, communication, leadership, stress and attitude.

With his powerful messages delivered through impactful stories and learner participation Steve Bergeron will capture your attention and inspire you to make changes in your way of thinking that will make a positive difference in your life and in the lives of those you influence.

Since starting in 2004 as a Certified Instructor with Dale Carnegie Training, he has worked with such corporate clients as Con Agra, Union Pacific, Hormel Foods and the Strategic Air Command. He strongly supports the Commission for the Blind

by conducting Generation Next Leadership Programs designed to increase self-advocacy skills for the visually impaired youth members.

Bergeron is also an independent contractor and trainer with ConAgra foods and travels the country facilitating a customized “Foundations of Leadership” program to their current and future leaders.

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WHAT WE CAN'T  
DO ALONE**

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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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*Sponsored by: Central Valley AG*

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**9:00 - 10:45 am**      **Opening Session**

WELCOME & OPENING COMMENTS

VIDEO PRESENTATION, AG-CEPTIONAL WOMAN OF THE YEAR

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*Sponsored by: Farm Credit Services of America*

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KEYNOTE SPEAKER: STEVE BERGERON, COMMUNICATE WITH CONFIDENCE  
Branching Out to be the Best Version of Yourself

---

*Sponsored by: Nebraska Farm Bureau Federation and Nebraska Farm Bureau Foundation*

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

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

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NORTHEAST INTERNATIONAL STUDENTS

High School Exchange Year - A global perspective on American agriculture

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**

Snacks, Exhibits, Networking

---

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

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**3:50 - 5:00 pm**      **Closing Session**

AG-CEPTIONAL WOMEN'S COMMITTEE

Deeply Rooted, Standing Tall, and Reaching for the Sky!

---

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

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CLOSING REMARKS

## High School Exchange Year

A global perspective on agriculture. Enjoy a presentation on the experiences of foreign exchange students. These students share perceptions on how American agriculture compares to agriculture in their homelands.

# Lunch Speaker

**Branch Out** to the world by bringing culture to your own home by hosting an exchange student!

**Ruth Bloedorn**

**402-640-3446**

Wisner, Nebraska

**Luella Hodson**

**402-750-4146**

Osmond, Nebraska



**High School Exchange Year**



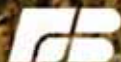
# WE ARE CVA

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

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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 2 Take a Seat and Relax: Chair Yoga Class <i>Molly Zimmerman</i>	White 2 Take a Seat and Relax: Chair Yoga Class <i>Molly Zimmerman</i>	Blue 2 Where There's A Will There's A Way <i>Chris Tudor</i>
Lifelong Learning Center Suite C	Red 3 How Important Is Sleep? <i>Dr. Keith Vrbicky</i>	White 3 Do I Need a Permit For That? <i>Liz Doerr</i>	Blue 3 Growing Hops On A Commercial Scale In Nebraska <i>Annette Wiles</i>
Lifelong Learning Center Suite D	Red 4 How Important Is Sleep? <i>Dr. Keith Vrbicky</i>	White 4 Progress and Promise: A Discussion About The Pork Industry <i>Industry Professionals</i>	Blue 4 Getting Your Money's Worth <i>Steve Pritchard and Dennis Bauer</i>
Lifelong Learning Center Main Room (Suites G, J, F, I)	Red 5 Relationship Building <i>Steve Bergeron</i>	White 5 Adding Magic To Your Holidays <i>Amy Renter</i>	Blue 6 Adding Magic To Your Holidays <i>Amy Renter</i>
Lifelong Learning Center Suite K	Red 6 Where There's A Will There's A Way <i>Chris Tudor</i>	White 6 Your Voice, Your Vision, Your Values <i>Joan Ruskamp</i>	Blue 6 Your Voice, Your Vision, Your Values <i>Joan Ruskamp</i>
Lifelong Learning Center Suite L	Red 7 Farm Tax Update For 2017 <i>Nancy Brozek</i>	White 7 Betting The Farm On Fish <i>Braden Garwood</i>	Blue 7 Farm Tax Update For 2017 <i>Nancy Brozek</i>
Lifelong Learning Center UNL Classroom (RM 193)	Red 8 ATV Aware: Why Injuries & Deaths Keep Escalating By Nebraska Agribility <i>Susan Harris-Broomfield and Emily Freudenburg</i>	White 8 Not Thirsty, Just Succulent <i>Sarah Sellin and Kim Feringer</i>	Blue 8 Ask The Ag Teachers <i>Northeast Faculty</i>



# *Closing Session*

## *Deeply Rooted, Standing Tall and Reaching for the Sky*

Women in Agriculture give much to their families, their operations and their communities. This closing presentation by the AG-ceptional Women's committee will provide inspiration on what it means to be deeply rooted, and to stand firmly, all while reaching for new heights. A presentation on Branching Out.



# Tyson

# RED WORKSHOPS SESSION

## HOW IMPORTANT IS SLEEP?

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

- Sleep Disorders- more than 70 sleep disorders have been described, most of which can be managed effectively once they are correctly diagnosed. The most common include insomnia, sleep apnea, restless leg syndrome, and narcolepsy
- Sleep problems and Mental Disorders
- Long term effects on the Brain, the Heart, Weight, Life Length, and the Immune System of not getting proper sleep

## TAKE A SEAT & RELAX: CHAIR YOGA CLASS

*Molly Zimmerman, Yoga Teacher*

- Gentle, easy, accessible yoga class with chair-supported yoga poses and stretches
- Guided relaxation and breathing exercises
- Reduce joint pain; improve flexibility, mobility, and balance; reduce stress and tension from the comfort of your own chair
- Chair yoga is for anybody and everybody. All levels and all ages are welcome

## RELATIONSHIP BUILDING

*Steve Bergeron*

- Learn nine essential tools to enhance your current and future relationships
- Creating stronger rapport
- Building trust with everyone around you

## WHERE THERE'S A WILL THERE'S A WAY

*Chris Tudor, Northeast Community*

*College Foundation Development Officer*

- Every year, 50 to 70% of people die without a will
- We'll discuss the options for Last Will and Testaments
- What about our IRAs?

## FARM TAX UPDATE FOR 2017

*Nancy Brozek, CPA*

- New Tax Laws
- 1099 Reporting and Fines
- Health Insurance changes

## ATV AWARE: WHY INJURIES & DEATHS KEEP ESCALATING BY NEBRASKA AGRIBILITY

*Susan Harris-Broomfield and Emily Freudenburg*

- Startling statistics
- 10 Behaviors to save your life & keep family safe
- Unknown Nebraska statutes regarding ATV use

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A woman in Agriculture can take the lead  
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She'll rise to meet demands of the day  
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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*



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## *Don't Miss the 31st Annual* **Northeast Nebraska Farm & Equipment Show!**

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- FSA provides income support to producers through a variety of commodity programs. The 2014 Farm Bill provides revenue protection.
- 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 2016*

*Anne Meis*

To say I am honored to receive this award would be an understatement. I think back to my first Ag-ceptional Woman's Conference and I remember going home with excitement and full of energy. That first conference started me on a journey I could never have imagined. I felt empowered, and the contributions I was making to our farm now seemed to hold more value. I heard about the Nebraska LEAD program at a break out session and decided to apply. After being accepted, I began an incredible 2-year journey learning agricultural leadership skill and meeting extraordinary people passionate about agriculture. After the LEAD program, I ran for the Nebraska Soybean Board (NSB) and now begin my third year working to create markets for Nebraska's second largest cash crop. As the

only woman on this nine-person commodity board, I believe I bring a unique perspective and hope I contribute in valuable ways. I also currently hold a seat on the United States Farmers and Ranchers Alliance (USFRA) Board of Directors. USFRA consists of more than 100 farmer and rancher led organizations and agricultural partners representing virtually all aspects of agriculture, working to engage in dialogue with consumers who have questions about how today's food is grown and raised. Now I get to be part of telling our story of growing healthy food with less resources in a sustainable way on a much larger scale.

I have been blessed to marry into a hard-working family who made farming a way of life. We work together when weeds need chopped; hay is mowed, raked, and baled; cattle need vaccinations and treatment; and during long days of planting and harvest. Working on a farm means that our children work alongside us. Jim and I hope to have raised 3 authentic children who value working until the job is done and find ways to develop their talents to make this world a better place. 4-H and FFA are an integral part of our family life weaving the values of agriculture in almost everything we do. Justine pursued her love of all things that grow with a horticulture degree from SDSU in Brookings, SD and found work with Zangger Popcorn developing quality genetics for seed. She has blessed us with a remarkable son-in-law from Burwell who works with his hands in building construction. Jonathon received his degree in Agronomy from Northeast and is pursuing a second degree in Diesel Technology – we are so fortunate to have a quality community college in northeast Nebraska preparing young men and women for careers in ag. Marie is a senior at Pope John Central Catholic this year and plans to share the message of growing food and raising livestock through an agricultural communications degree.

Growing up on a farm raising hogs near Tilden with my mother and father and six siblings, I learned solid values and importance of family. After marrying Jim in 1987, Jim (Sr.) and Shirley Meis welcomed me into their family and I've watched them go from very humble circumstances to a legacy we hope to continue. Working beside my brother-in-law Joe and his wife Pam, I witness solid never-ending commitment to building a farm operation to be proud of. Most of all, my husband Jim, with patient persistence, has shown me that we could work side by side and work toward common goals. I would like to thank Mrs. Julia Schwartz for nominating me. Every day she teaches young people about ag and has built an admirable FFA program that benefits our community and so many students.

I would also like to thank Dennis and Lynelle Morgan who produce a quality newspaper in our town promoting agriculture and spoke so highly of me in the video. I look around my neighborhood and see real farm women whom I admire like Alice and Nancy who never leave the house without their pliers. Or Linda who carried on her farm after her husband Randy passed away, way to young, and left her to manage the farm and raise two young children.

And finally, thank you to the truly Ag-ceptional women led by Corinne Morris who work tirelessly to organize the best darn conference around!



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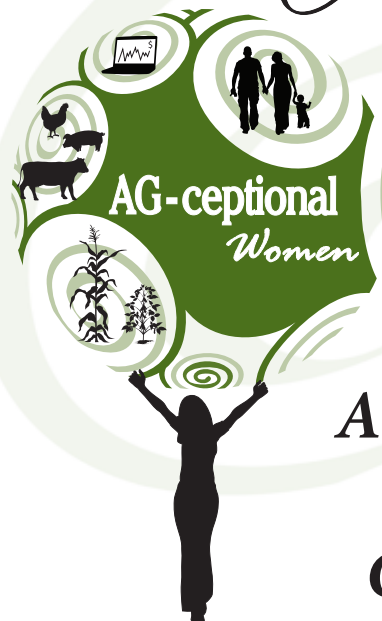


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Woman of the Year*

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**2018**

**AG-ceptional  
Women's  
Conference**

**Friday, November 16, 2018**

# WHITE WORKSHOPS SESSION

## TAKE A SEAT & RELAX: CHAIR YOGA CLASS

*Molly Zimmerman, Yoga Teacher*

- Gentle, easy, accessible yoga class with chair-supported yoga poses and stretches
- Guided relaxation and breathing exercises
- Reduce joint pain; improve flexibility, mobility, and balance; reduce stress and tension from the comfort of your own chair
- Chair yoga is for anybody and everybody. All levels and all ages are welcome

## DO I NEED A PERMIT FOR THAT?

*Liz Doerr, Knox & Antelope County Zoning and Floodplain Administrator*

- Various types of permits and when they are needed
- Public Hearings and Planning Commission meetings
- Planning Tools

## PROGRESS AND PROMISE: A DISCUSSION ABOUT THE PORK INDUSTRY

*Dr. Amy Schmidt, Emily Skillett, John Csukker, Shana Beattie, Steve Martin, and Tim Chancellor*

- You are invited to learn about the pork industry as it is today. If you have not been inside a pig barn in a while, this is the next best thing to know about modern pig barns, as well as the latest innovations in pork production. Our goal in this session is to provide conversations and experiences to understand modern pork production from environmental, social, and economical positions.

## ADDING THE MAGIC TO YOUR HOLIDAYS

*Amy Renter, Designer and Co-Owner at Magnolias Home Decor & Design*

- Top tips for creating a festive and welcoming look in your home for the Holiday Season
- From your front door to your fireplace, these clever finishing touches will inspire you to get started with your own Holiday transformation
- Amy will share DIY ideas for Floral Accents, Table Decor, Tree Design Tips, Mantel and entry table display accents

## YOUR VOICE, YOUR VISION, YOUR VALUES

*Joan Ruskamp, CFO J & S Feedlot*

- Learn the four pillars of effective communication with consumers, colleague's and family members
- Practice techniques to build common ground when a tense conversation arises
- Develop opportunities to share your ag story

## BETTING THE FARM ON FISH

*Braden Garwood, Manager at Cardinal Farms Greenhouse and Aquaculture*

- Cardinal Farms is an affiliate of Garwood Enterprises, Inc., which is a 6th generation family farming business with a history that dates back to the purchase of the ground in 1868
- An overview of different aspects of Cardinal Farms as it exists today including the Hydroponic Greenhouse and Aquaculture facility
- Educating our customers on the ways their food is produced fosters an environment of trust. Our goal is to be as transparent as possible, and provide high quality produce for our community
- A deeper look at the indoor fish farming operation at Cardinal Farms

## NOT THIRSTY, JUST SUCCULENT

*Sarah Sellin and Kim Feringer*

- Learn to care succulent plants
- Ideas on how and where to plant
- Plant your very own succulent to take home





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## 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

## Lower Elkhorn Natural Resources District

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# BLUE WORKSHOPS SESSION

## WHERE THERE'S A WILL THERE'S A WAY

*Chris Tudor, Northeast Community  
College Foundation Development Officer*

- Every year, 50 to 70% of people die without a will
- We'll discuss the options for Last Will and Testaments
- What about our IRAs?

## GROWING HOPS ON A COMMERCIAL SCALE IN NEBRASKA

*Annette Wiles*

- What are hops? And what are they used for?
- Going from row crops to a new specialty crop
- Who we are and where we farm

## GETTING YOUR MONEY'S WORTH

*Steve Pritchard with Dennis Bauer, Nebraska Extension Educators*

- Value added cuts from the Beef Chuck Roll include juicy and tender steaks and boneless beef ribs
- This presentation will include an actual cutting demonstration of the Chuck Roll
- Step-by-step instructions to fabricate the Chuck Roll into beef ready cuts for the grill or oven for the do-it-yourselfer
- You even have the opportunity to sample these value added cuts

## ADDING THE MAGIC TO YOUR HOLIDAYS

*Amy Renter, Designer and Co-Owner at Magnolias Home Decor & Design*

- Top tips for creating a festive and welcoming look in your home for the Holiday Season
- From your front door to your fireplace, these clever finishing touches will inspire you to get started with your own Holiday transformation
- Amy will share DIY ideas for Floral Accents, Table Decor, Tree Design Tips, Mantel and entry table display accents

## YOUR VOICE, YOUR VISION, YOUR VALUES

*Joan Ruskamp, CFO J & S Feedlot*

- Learn the four pillars of effective communication with consumers, colleague's and family members
- Practice techniques to build common ground when a tense conversation arises
- Develop opportunities to share your ag story

## FARM TAX UPDATE FOR 2017

*Nancy Brozek, CPA*

- New Tax Laws
- 1099 Reporting and Fines
- Health Insurance changes

## ASK THE AG TEACHERS

- Northeast Community College Ag Instructors share expertise in Q & A session
- All questions welcome—agricultural subject areas, industry trends, College programs, etc.
- Share ideas, ask questions, find answers, solve problems



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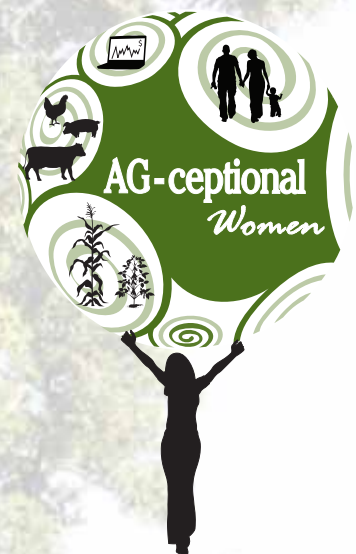
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# Branching Out

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Agriculture Department







# trade matters to Nebraska's corn farmers.

**95%**

of the world's population  
lives outside the U.S.

**TOP 5**

export markets for U.S. corn

MEXICO  
JAPAN  
COLOMBIA  
SOUTH KOREA  
PERU

Exports account for

**38%**

of annual farm cash receipts

**1 IN 3**

bushels of U.S. corn is exported in some form

Red meat exports add

**45¢** PER  
BUSHEL

to the price of corn

The U.S. exports ethanol to

**77**

countries

Nebraska  
Corn



# Thank you

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