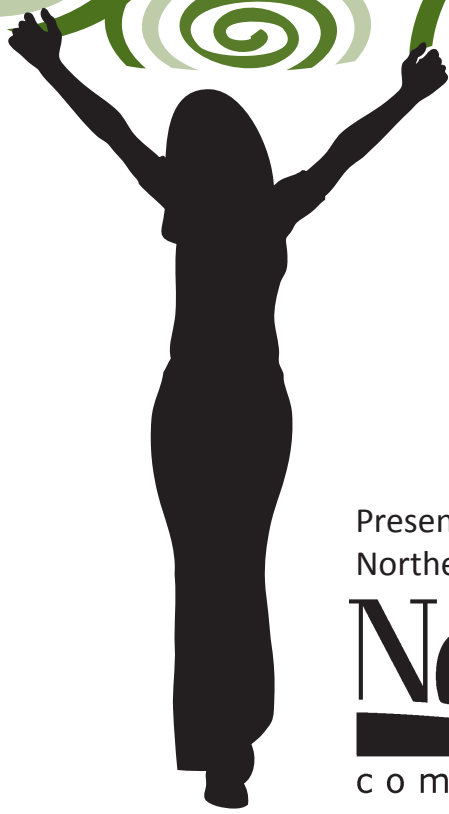




AG-ceptional *Women*



Friday, November 20, 2009

**Northeast Community College
Lifelong Learning Center
601 East Benjamin Avenue
Norfolk, Nebraska**

*Advance Registration Begins
September 10*

Presented by the
Northeast Agriculture Department



Welcome to AG-ceptional



Attention All Farm Wives, Country Gals, Agribusiness Women!

Empower yourself to meet the challenges of a diverse industry. This conference will provide a networking venue where women in agriculture can gain knowledge to develop management skills, confidence in decision making, and information to achieve an overall sense of well-being.

Thanks to many generous sponsors we were able to keep the registration fee affordable. Please take time to thank the sponsors who made this possible.

KEY BENEFITS

- Network and learn from other ag women
- Improve your management expertise
- Learn practical management skills

WHO SHOULD ATTEND

- Women who want to learn more about farm/ranch management
- Women landowners
- Women who are involved in day-to-day business and family decisions
- Women involved in agribusiness

KEYNOTE SPEAKERS

Mary Kay Mueller, known as “The Gratitude Guru,” is the author of the book “Taking Care of Me: The Habits of Happiness”. As the popular bumper sticker puts it, “If Momma ain’t happy, ain’t nobody happy!” While some of us grew up believing the goal of being happy was selfish, now we’re all understanding that our own happiness is one of the greatest gifts we can give those around us.

In this inspirational and insightful presentation, author and international trainer MK Mueller reminds us that greater happiness and increased energy have been found to be the result of specific beliefs and behaviors. Based on her highly acclaimed book by the same title, this presentation covers the four reasons we run from happiness; the habits of the happiest people; how to make our happiness contagious; and much, much, more. It’s a guaranteed feel good!

Lynette Brown, dairy farm wife, Harlan County Extension Assistant, mother and grandmother who loves to make people laugh and smile. “Ag-ceptional Women” A humorous look at the role that ag women have in farming and ranching and how it is different than that of our mothers’ and grandmothers’ roles and how it is the same. We will answer the question: What would farming be if there were no Ag-ceptional Women? Take time out for yourself, improve your overall sense of well-being and, embrace your role in agriculture.



Enjoy Soy Donuts for breakfast to start your day!
Sponsored by the Nebraska Soybean Board.

Soy for a healthy heart. As part of a healthy diet, soy foods may help reduce the risk of heart disease. The donuts are made using soybean flour and cooked in soybean oil. To learn more about soy foods, visit www.soybean.org

AGENDA

Friday, November 20 • Lifelong Learning Center • Norfolk, NE

8:00 - 9:00 AM	Registration/Continental Breakfast
9:00 - 9:30 AM	Welcome
9:30 - 10:45 AM	Keynote Speaker Mary Kay Mueller
11:00 - 11:45 AM	Workshop Session 1
12:00 - 1:30 PM	Lunch (<i>Fashion Show By RENEGADE - Work, Western, and Weekend</i>)
1:30 - 2:15 PM	Workshop Session 2
2:30 - 3:15 PM	Workshop Session 3
3:15 - 4:00 PM	Afternoon Break
4:00 - 4:45 PM	Workshop Session 4
5:00 - 5:30 PM	Finale Speaker Lynette Brown
5:30 PM	Closing Comments/Door Prizes

Bonnie Schulz, Conference Director
(402) 844-7185 • bonnies@northeast.edu
Corinne Morris, Conference Director
(402) 844-7361 • corinne@northeast.edu

Workshops to Choose From...

The World's Most Powerful Positive Attitude Formula

Mary Kay Mueller, Author of "8 to Great: The Powerful Process for Positive Change"

- A two-minute formula for starting every day in a feel-good way
- How to feel good and stay positive no matter what
- A powerful process for getting in touch with your goals and dreams

How to Say What You Mean and Mean What You Say

Mary Kay Mueller, Author of "8 to Great: The Powerful Process for Positive Change"

- How to avoid third-party communication at work and home
- How to ask for what you want and get it
- An exciting new communication skill that breaks through defensiveness

Farm Tax Strategies

Nancy Brozek, CPA, PFS CHRISTENSEN BROZEK FALTYS, Wealth Management, CPAs, Business Consultants

- Year-end tax planning ideas to minimize taxes
- Medical reimbursement plans
- Farm income averaging

Commodity Marketing 101

Paul Sedlacek, President, Advantage Commodities, Inc.

- Fundamental analysis
- Technical analysis
- Seasonal trends

Grain Marketing Strategies: What Really Works on My Farm

Paul Sedlacek, President, Advantage Commodities, Inc.

- Forward contracting cash grain
- Futures contracts
- Options on futures contracts

Nebraska Tourism: Is It for You

Lora Young, Director, Norfolk/Madison County Convention and Visitors Bureau

- Day trips
- Overview of tourism in Nebraska with an emphasis on Northeast Nebraska
- What is a CVB and what can it do for you

Agritourism

Jan Jorgensen, RC&D Coordinator, Northeast Nebraska RC&D/NRCS

- What is agritourism
- Ideas for tapping into agritourism opportunities
- How Resource Conservation & Development (RC&D) Councils can help

Freezing for Fast Meals

Susan Hansen, Extension Educator, UNL Extension in Colfax County

- Identify which foods freeze well and which foods to keep out of the freezer
- Learn the habit of make two, freeze one
- Use your own freezer foods for nutritious, quick meals

The Animal Rights Agenda – Fact or Fiction

Roger Berry, Field Director, Alliance for the Future of Agriculture in Nebraska (A-FAN)

- Learn about the importance of livestock in Nebraska
- Discuss the threat of animal rights to Nebraska's livestock industry
- Discussion on what you can do to help

Career BINGO

Jill Brown, Career Specialist, UNL College of Agricultural Sciences and Natural Resources

- Current job market analysis and predictions for the coming years
- Strategies on how to obtain your dream jobs
- Keys to successful networking

Careers—Finding the Fit

Vickie Davis, Advisor/Recruiter, NECC; Rose Ann Rogers, Career Services, NECC. "Self-awareness leads to self-acceptance, which leads to self-confidence."

- Exploring ME
- Accepting ME ("Saying YES to who I am")
- Moving ME forward with confidence

Taking an Online Course: What Do I Need to Know

Greg Sunderman, Instructional Designer, NECC

- Learn how an online course is different from an on-campus class
- Learn how to be a successful online student
- Learn about the technical requirements for taking an online course

Sustaining Innovation: Food, Feed, and Fuel

Don Hutchens, Executive Director, Nebraska Corn Board

- Corn farmers can deliver enough corn for food, feed, and fuel
- Corn taking a bad rap for higher prices
- Challenges ahead

Using Technology to Enhance Your Farm Operation

Dave Varner, Extension Educator, University of Nebraska-Lincoln

- Discover an array of existing and emerging agricultural technologies
- Learn about the benefits of adopting technology today
- Discuss implementation on your farm

A Simple, Effective Method of Making Financial Decisions Based on the Value and Cost of Gain

Twig Marston, NEREC District Director, University of Nebraska-Lincoln

- Easy math solutions to make tough cattle production decisions
- Explaining the theory behind the procedures
- Example to work through and to improve understanding

"Less Stress" Marketing

Debbie Pfeifer, All Commodities, Inc.

- How do I ask the questions when I don't understand the "lingo"
- Choosing the right contract for your operation
- Q & A on risk management



Putting Fun Into the Family Farm

Lynette Brown, Harlan Co. Extension Assistant, and Lydee Jo Krueger, Farm Wife

- Quick and easy tips for taking meals to the field
- Teaching family values in a fun setting
- Taking the bore out of chores

Join this mother-daughter team for a fun workshop filled with great tips, tricks, and family fun!

Power Up Your Plate With Beef

Kaiti Roeder, Director of Nutrition and Education, Nebraska Beef Council

- Explain how Americans' waistlines are increasing, yet people are increasingly undernourished. Highlight ways to get the most nutrition from the foods you eat
- Highlight the nutritional qualities of lean beef, including the fat profile
- Showcase the role of dietary protein in a healthy diet and give tips on how to increase protein to meet recommended needs

Getting Started with Quickbooks for Farming (for beginners)

Tami Zierke, TK Consulting, Consultant with Quickbooks for over 20 years

- Simple steps for getting started in setting up Quickbooks for your operation
- Benefits of having your records set up in a financial software package
- Reporting

Quickbooks Revisited (for existing users)

Tami Zierke, TK Consulting, Consultant with Quickbooks for over 20 years

- Hands-on how to set up inventory
- Setting up Payroll
- Q & A

Connecting Today's Technologies Tomorrow

Dennis Kahl, UNL Extension Educator, Seward

- Learning from home; what are my options
- Making sense of a community network, ex.: Facebook, Twitter, etc.
- Simple steps to using these valuable technologies for personal and business applications

Future of Irrigation Water Management

Dan Gillespie, NE No-till Specialist, NRCS

- Cultural practices that reduce soil erosion and increase rainfall infiltration on cropland
- Surface and groundwater issues that have developed will affect us all
- Utilizing modern soil water monitoring technology and Mother Nature's oldest recipes for soil conservation

How to Find Time for Fitness With a Busy Lifestyle

Janine Podany, Fitness Director, Norfolk Family YMCA

- It's not impossible to stay fit and lead a healthy lifestyle
- Discover what you already know and how to put it to work for you
- Learn to make a commitment to stay fit and make it count

"Who Is FSA? What Do They Do?"

Shanna Waterman – CED, Pierce County Farm Service Agency

- History of agency and overview of services
- FSA Records – What is a farm
- Producer eligibility, commodity and loan programs to socially disadvantaged
- Opportunities – employment and advisory

FSA – 2008 "Farm Bill"

Julie Hall – CED, Burt County Farm Service Agency

- General farm bill provisions
- Socially disadvantaged provisions
- Women as primary and joint operators

Spending Your Dash – Planning to Impact Your Life and Your Legacy

Kathy J. Koch, LUTCF, RFC

- Maximizing retirement resources and minimizing taxes, freeing you to focus on what's really important
- The difference between a will and a trust, and the impact of each on you and your heirs
- Commitments to help you follow through with legacy planning goals

Online Grain Marketing Opportunities Utilizing MarketPoint

Clint Fuchs, MarketPoint Field Marketing Manager, Pioneer Hi-Bred Int'l

- View up-to-date local grain bids from one Web page
- Make freight-adjusted offers to one or multiple buyers
- Learn how MarketPoint tracks every tick of the market to find your price

Basic Crop Insurance

Warren L. Renter, Renter Agency Inc.

- How it works
- Limiting risks
- Why crop insurance is affordable

FRAX: Using the New Fracture Risk Assessment Tool

Keith Vrbicky, MD, FACOG, Midwest OB/GYN, Midwest Health Partners, P.C.

- What is FRAX
- Understanding the limitations of FRAX
- Risk factors for US FRAX



Registration Information

REGISTER BY MAIL:

Mail completed registration form with check to:

NECC Registrar's Office
P.O. Box 469
Norfolk, NE 68702-0469

OR REGISTER BY FAX: (402) 844-7396

PRINTABLE REGISTRATION FORM IS

AVAILABLE ONLINE: northeast.edu

MAKE CHECKS PAYABLE TO: Northeast Community College

**REGISTER EARLY.
LIMITED REGISTRATIONS AVAILABLE.**

REGISTRATION FEE

Advance registration is September 10 - November 10. Advance registration is only \$25 per person and is due by November 10. After November 10, the fee is \$40. This fee includes all workshops, workshop materials, continental breakfast, lunch, and breaks.

Registrations may be transferred to another attendee at no charge. Please contact Corinne Morris 844-7361 to make registration changes.

Register early. Limited registrations available.

CANCELLATIONS:

The full registration fee is refundable up to November 10. Registration fee is non-refundable after November 10.

TAX DEDUCTIBLE:

The expenses of continuing education when taken to maintain and improve professional skills are tax deductible. Consult your tax advisor for further information.

Ag-ceptional Women's Conference Registration Form

Legal Name: _____

Last

First

Middle

Previous Last Name(s)

SSN #: _____ Date of Birth (required): _____ Gender: ___ M ___ F

Home Address: _____ City: _____

State: _____ Zip: _____ Home Phone: _____ Cell Phone: _____

Payment Options:

- Check/Money Order enclosed (Make check payable to Northeast Community College)
- Credit Card (Payment by phone is also accepted by calling (402) 844-7009)
 - Visa Mastercard Discover

Card Number: _____ Exp. Date: _____ V-code (required): _____
(3-digit number on back of card)

Was your registration fee sponsored? (ex. Employer, Bank, Business) Yes/No

If Yes, Please Include NAME OF SPONSOR: _____

Please mark one workshop per session you would like to attend.

Workshop Sessions 1

- Farm Tax Strategies (AG 0104-A1)
- Sustaining Innovation: Food, Feed, and Fuel (AG 0104-A2)
- Nebraska Tourism, Is It for You? (AG 0104-A3)
- Power Up Your Plate With Beef (AG 0104-A4)
- Future of Irrigation Water Management (AG 0104-A5)
- The World's Most Powerful Positive Attitude Formula (AG 0104-A6)
- Online Grain Marketing Opportunities Utilizing MarketPoint (limited space) (AG 0104-A7)
- Connecting Today's Technologies Tomorrow (AG 0104-A8)

Workshop Sessions 2

- Basic Crop Insurance (AG 0104-B1)
- Sustaining Innovation: Food, Feed, and Fuel (AG 0104-B2)
- Agritourism (AG 0104-B3)
- Getting Started With Quickbooks for Farming (for beginners) (AG 0104-B4)
- Spending Your Dash - Planning to Impact Your Life and Your Legacy (AG 0104-B5)
- How to Say What You Mean and Mean What You Say! (AG 0104-B6)
- Using Technology to Enhance Your Farm Operation (limited space) (AG 0104-B7)
- Career BINGO! (AG 0104-B8)

Workshop Sessions 3

- Commodity Marketing 101 (AG 0104-C1)
- The Animal Rights Agenda - Fact or Fiction (AG 0104-C2)
- Putting Fun Into the Family Farm (AG 0104-C3)
- "Who Is FSA? What Do They Do?" (AG 0104-C4)
- How to Find Time for Fitness With a Busy Lifestyle (AG 0104-C5)
- FRAX: Using the New Fracture Risk Assessment Tool (AG 0104-C6)
- Online Grain Marketing Opportunities Utilizing MarketPoint (limited space) (AG 0104-C7)
- Careers: Finding the Fit (AG 0104-C8)

Workshop Sessions 4

- Grain Marketing Strategies: What Really Works on My Farm (AG 0104-D1)
- A Simple, Effective Method of Making Financial Decisions Based on the Value and Cost of Gain (AG 0104-D2)
- Freezing for Fast Meals (AG 0104-D3)
- Farm Service Agency (FSA): 2008 "Farm Bill" (AG 0104-D4)
- Spending Your Dash - Planning to Impact Your Life and Your Legacy (AG 0104-D5)
- "Less Stress" Marketing (AG 0104-D6)
- Quickbooks Revisited (for existing users) (limited space) (AG 0104-D7)
- Taking an Online Class: What Do I Need to Know? (AG 0104-D8)

Office Use Only:

Course # AG 0102-02 AG 0104-01

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