

# 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

