

KEYNOTE SPEAKERS

KATIE DILSE

Identified as one of the Top 40 under 40 business leaders in the Midwest, The Business Watch magazine recognized Katie for professional development, community contributions, and her influential voice. The Federal Reserve Bank of Minneapolis relied on her reports to advise their agriculture decision makers. The Great American Wheat Harvest captured this North Dakota farm girl in its award-winning documentary. Katie loves tractors and work boots, yet as a guest at the National Ag Day in Washington, D.C., and a Finalist for Farm and Ranch Guide Country Woman of the Year, she is comfortable with the red carpet, and invigorating conversations with others from all walks of life.



CAREY PORTELL

Carey is a national speaker and cattle farmer located in mid Missouri. After being involved in a fatal drunk driving crash, she endured a four year recovery, including thirteen surgeries to end in a partially disabled status. She speaks of being beautifully broken, shattering barriers and thriving with disabilities. She advocates for AgrAbility, an organization who has guided her to continue farming despite her handicaps. Her and her husband are raising four children, two of which were involved in the crash with her. Carey continues her passion for photography, only photographing her farm animals instead of humans.



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MAGGIE HOLUB

Maggie is a business professional by day and a farmer and fitness fanatic the remaining hours of the day! Maggie has been with Farm Credit Services of America for 12 years and currently holds the role of YBS Relationship Officer. She has been home farming her family row crop farm since 2015 and teaching group exercises classes for five years. You may have seen Maggie in the 2018 Top Producer Magazine or on RFD TV series FarmHer November of 2020.

DEB GANGWISH

Deb hasn't always lived on a farm, but after marrying a farmer she couldn't imagine living anywhere else. Until the age of nine, Deb lived in Lincoln. One of the best gifts she ever received was to turn 10 on an old farm acreage her parents bought that summer. It was there, with the original farmhouse, squeaky windmill, red barns, brooder house, and hen house that she fell in love with agriculture and Mother Nature. Today, Deb and her husband live on a farm near Shelton, Nebraska, where they grow corn, soybean and raise cattle. Raising their five children on the farm has taught them the lasting core values of hard work, caring, and perseverance. And today, their kids' lives are shaping up to be living proof of those values. Farm life continues to bring with it hard, dirty, long hours, no matter the elements outside or the time of day. But Deb wouldn't trade it. Something inside her changes for the better when she is needed by something bigger than herself. Folks in agriculture learn this from the moment they are born. Deb learned it at 10 years of age and something she has instilled in her children and now grandchild. "Work before play. It's how we live."



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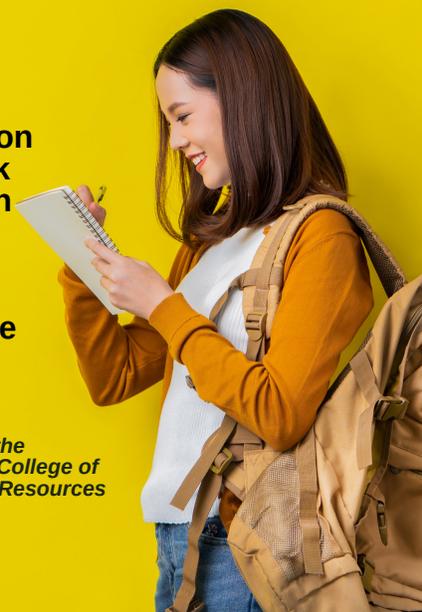
AgriSafe Network
AgWest Commodities
Central Confinement Services, LLC
Central States Center for Agricultural Safety and Health (CS-CASH)(UNMC)
Darlene Hason Family LandTrust
Multi-Min USA, Inc.
Nebraska AgrAbility
Nebraska Beef Council
Nebraska On-Farm Research Network
Nebraska College of Technical Agriculture
Nebraska Department of Agriculture
Nebraska Department of Natural Resources
Reinke Manufacturing
Simple Farms, LLC
USDA Natural Resources Conservation Service & USDA Farm Service Agency
Ward Laboratories, LLC

As of Feb. 2, 2022

Congratulations **SCHOLARSHIP WINNERS**

Manita Ale
Devry Bellomy
McKenna Darby
Kyra Hearn
Makayla Huddleston
Fernanda Krupek
Kathryn Kuhlman
Angel Mutoni
Cadence Smaus
Allison Wilkens
Kalamai Wongibe
Macy Zentner
Emily Zimmer

Scholarships provided by the
University of Nebraska - Lincoln, College of
Agricultural Sciences and Natural Resources



WORKSHOPS

We are excited to offer continuing education unit (CE) credits for Certified Crop Advisors and Veterinary Medicine. Make sure that you sign in during these sessions in order to qualify for these credits. Look for these icons to see qualifying workshops.



SESSION 1, THURSDAY 11:00 A.M.-12:15 P.M.

Estate Planning Basics Part 1

Thomas Fehringer - Fehringer & Mielak, LLP, Attorney

Mom and Dad are confused about the topic of Estate Planning. They eventually muster enough courage and confidence to consult with an attorney for advice. Mom and Dad leave the consultation with the attorney more confused than when they first walked in. And then they receive an invoice for the confusion!!! Learn Estate Planning basics, in English, from an Attorney who is a former teacher and good communicator. Practical and simple information Mom and Dad can use when planning their Estate.

Futures, Basis, Bid Sheets...I'm Confused

Britany Wondercheck - Farm Girl Next Door, Founder 

Have you ever thought to yourself: "Grain marketing is just so over my head. I don't even know where to start to get a handle on what all this terminology means." Look no further! This is where you start. In this session, Britany, the Farm Girl Next Door, will break down the basics of grain marketing. In this interactive session, you'll learn the definition of common grain marketing terms and the 3 things you can do today to become a better grain marketer! At the end, you'll walk out feeling much more comfortable and confident with your understanding of grain marketing.

Lessons Learned from Farm Families Over the Last 43 Years

Allan Vyhnaek - University of Nebraska-Lincoln, Extension Educator

This presentation will focus on the variety of lessons learned from working with farm and ranch families as they work on their succession and transition plans. Allan will review good communications needed for families to successfully transfer their operations. He will also review assumptions (correct and incorrect) and look at other lessons that can be transferred to anyone that will be ending or succeeding in their farming or ranching career.

Profits & Risk: Nebraska Cash Rental Rates & Flex Leases for 2022

Jim Jansen - University of Nebraska-Lincoln, Agricultural Economist 

How has COVID-19 and volatility in market prices reshaped the Nebraska land markets? Many landlords and tenants face uncertainty and risk from price volatility and rising input expenses. Given these circumstances, how do landlords and tenants arrive at an equitable cash rental in 2022? This presentation covers current trends in cash rental rates across Nebraska and methods for setting equitable cash rental rates using flex leases on crop and grazing land. Understanding these trends remains even more critical given the current financial circumstances faced by many operators across the state. Trends and strategies discussed provide the skills and insight necessary for implementing cash rental rates that account for the needs of landlords and tenants.

WORKSHOPS

Nutritional Management of the Disadvantaged Newborn

Karla Wilke - University of Nebraska-Lincoln, Associate Professor



Hannah Greenwell - University of Nebraska-Lincoln, Assistant Extension Educator

No calving season is complete without a calf or two doing time in the house or becoming the ranch mom's new sidekick. While adequate colostrum in the first 24 hours of life is certainly a cornerstone for success, the disadvantaged newborn requires nutrition and management beyond Day 1. To learn more about successful starts after separation and managing the bottle calf for the best outcome, plan to attend Nutritional Management for the Disadvantaged Newborn.

SESSION 2, THURSDAY 1:30 P.M.-2:45 P.M.

Estate Planning Basics Part 2

Thomas Fehringer - Fehringer & Mielak, LLP, Attorney

Continued from the previous session.

Navigating Grain Marketing for 2022 and 2023

Naomi Blohm, Total Farm Marketing, Senior Market Advisor



With nine grain and oilseed commodities that have tight ending stocks, the price volatility for 2022 will likely be intense. Join Naomi as she explains current grain supply and demand fundamentals and provides marketing strategies you can take home to implement immediately on your farm. Not only will she provide insight for the 2022 crop year, but she will also incorporate ideas for 2023 grain marketing.

When the Scale Tips

Katie Dilse, Keynote Speaker

A calendar has a big personality. Clocks don't lie. And keeping everything balanced seems impossible. It's hard to manage it all and just when you come up with a plan, life can take a crazy twist. The scale to balance farm, family, and business is rarely perfect. Learn to create opportunities to change your view on the balance of life.

Perception, Feeling and Action

Terrin Williams - Central Mediation Center, Executive Director

We all are of two minds about conflict. We say that conflict is natural, inevitable, necessary, and normal, and that the problem is not the existence of conflict but how we handle it. Conflicts may be thought of as having three dimensions: perception, feeling and action. Perception of one person's needs, or values, being incompatible with those of another person; feelings, such as anger, sadness or fear; and the actions we take to express our feelings and articulate our perceptions. In this workshop, you will learn how mediation has become an effective means of dispute resolution. Mediators affect the resolution process by supplying skills, values, procedures, energy and a sense of optimism, while allowing the parties to determine what is important to them. Come join us to learn more about how we, as individuals, perceive conflict and the best way to facilitate collaborative problem solving amongst your family.

WORKSHOPS

Who Should Consider Agritourism as an Income Option? You'll be Surprised. *Panel Discussion*

Have you ever considered agritourism as an option for additional income, but decided it wasn't for you? So many of us think of agritourism as hayrides and baked goods and quickly dismiss it. Join us for this panel discussion to learn how our panelists are exploring alternative agritourism offerings and seeing strong returns with little investment. Lead by John Hansen, former Director of Ranch Operations at Turner Enterprises, Inc., and current Head of Landowner Profitability Programs at LandTrust, along with several fellow ranchers, this conversation is sure to be enlightening and enjoyable.

SESSION 3, THURSDAY 3:15 P.M.-4:30 P.M.

Navigating Grain Marketing for 2022 and 2023

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Creating a Crop Enterprise Budget is as Easy as ABC!

Glennis McClure - University of Nebraska-Lincoln, Extension Educator 

Knowing the cost of production for our agricultural enterprises is even more critical now with volatility in input and commodity prices. Knowing your estimated cost of production can assist in making important management decisions now and throughout the production and marketing year. Creating your crop budgets now is as easy as ABC! During this session we'll walk through the program features and provide instruction on getting started in using the new Agricultural Budget Calculator (ABC).

What is Your Type? An Enneagram Workshop

Terryn Drieling, Nebraska Cattle Rancher

Discover your Enneagram type and how the Enneagram can benefit you, your relationships with others, and your operation.

Food in the Field

Hannah Guenther, University of Nebraska-Lincoln, Extension Educator

With 18+ hour work days, stress of the weather, dealing with markets and policies, and limited nutritious, one handed dining options, it is easy to put healthy eating on the back burner during the busy seasons of harvest and planting. Food in the Field is an online nutrition program seeking to nutritiously feed those who feed us in the field and everywhere in between. This breakout session will cover valuable tools to help you plan ahead to make healthy eating choices for the busy seasons of harvest and planting.

Nitrate+ and Public Health

Amy Timmerman, University of Nebraska-Lincoln, Extension Educator 

Exploring the public health impacts of nitrate+ in groundwater.

WORKSHOPS

OPTIONAL SESSIONS, THURSDAY 7:15 P.M.-8:30 P.M.

Let's Practice Using ABC! A Hands-On Session

Glennis McClure - *University of Nebraska-Lincoln, Extension Educator*

Join us for this hands-on workshop to dive deeper into the Ag Budget Calculator (ABC) program to assist you in creating crop enterprise budgets for your operation. We'll have a mobile computer lab set-up, or you can bring your own laptop computer or internet accessible tablet to use during the session for some hands-on learning!

Here's what we'll work on together –

- Creating an ABC User's Account agbudget.unl.edu/
- Downloading a UNL crop budget to start modifying as your own OR
- Where to begin to create your own budgets from scratch
- Begin entering field operations and corresponding material inputs with those operations
- Adding in other direct crop expenses
- Entering projected revenue
- Viewing enterprise reports that are created from your entries
- Entering an example into the risk module
- Use the Whole Farm tab features in reconciling expenses and allocating overhead

Calving College 101: Tips & Tricks to Ensure Your Calving Season is Successful

Becky Funk, DVM, *University of Nebraska-Lincoln*

Lindsay Waechter-Mead, DVM, *University of Nebraska-Lincoln* 

During this session, colostrum management, stages of parturition, and how to handle different calf presentation postures will be discussed. Attendees will also have the opportunity to participate in a hands-on demonstration using a life-sized calving model.

Mental Health Training Workshop: QPR for Farmers and Farm Families

Carey Portell, *Keynote Speaker &*

Linda Emanuel, *Agrisafe Network - Community Health Director*

Truth be told...Life in farm and ranch country is both fulfilling and stressful. Over the last decade, farmers and farm families have experienced increasing pressures, resulting in high levels of stress, mental health issues and suicide. PR training teaches laypeople and professionals to recognize and respond to mental health crises using the approach of Question, Persuade, and Refer. QPR for Farmers and Farm Families is a special curriculum that addresses QPR through an agricultural lens with personal farmer stories and opportunity to explore QPR approaches in hypothetical conversations with agriculture populations in crisis. Participants completing the training will be provided QPR certification documentation and many QPR resources for their use electronically.



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Community banks are four times more likely to operate offices in rural counties and hold the majority of banking deposits in rural counties and small cities.
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WORKSHOPS

SESSION 4, FRIDAY 9:00 A.M.-10:15 A.M.

Cost of Production, Why it Matters Part 1

Tara Janda, Cassidy Thompson & Melissa Elstermeier 
Farm Credit Services of America

Does the title strike you as boring? Keep reading and join us in this super session for an interactive overview of cash flows, breakevens and insurance. Learn how they all work together to help you make informed management decisions in your operation. With these presenters you're going to get a mix of fact and fun!

Intergenerational Communication & Family Business Meetings

Wes Tucker, University of Missouri Extension, Field Specialist

Family Communication – Let's face it. Operating a business with family members is hard. Sibling rivalries, dad refusing to let go, conflict between on-farm and off-farm heirs, not to mention us dreaded in-laws/outlaws. Mom is usually caught in the middle and forced to be messenger, therapist, and peacemaker. We will discuss strategies you can use to deal with many challenging business-family relationships and protect family harmony. Farm "business" meetings can develop a culture of group decision-making while family "council" meetings foster open communication. If you want your family business to flourish it's important to develop a system of intentional, structured communication.

Facing Life Head On

Carey Portell - Keynote Speaker

Have you ever wanted to start something that is big or out of your comfort zone? Do you then say, "I don't know if I can do that or I can't do something like that?" Let's work on facing those challenges head on. Find your "why" and create an action plan today!

Staying Relevant in Agriculture through Diversity

Panel Discussion, Alliance for the Future of Agriculture in Nebraska (A-FAN)

This panel discussion will talk about why and how these family farms diversified their operations with livestock. With panelists from poultry, pork, and beef sectors, this panel will offer a wide view of the opportunities in different livestock industries. The discussion will be sure to spark ideas and offer applicable tools to take back to your family farm.

More than Milk, Strong Bones and Injury Prevention for Aging Women in Ag

Linda Emanuel, Agrisafe Network, Community Health Director

Do Farmers or Ranchers really retire? Generational family operations frequently include the aging parents, the living legends of agriculture. Farmers and ranchers self-identify good health with the ability to work. The normal aging process slows down one's ability to engage in meaningful activities physically and mentally, essentially to continue working. Swirl in the postmenopausal issues incurred by the female farmer and a myriad of health hazards arise. Unlike men, who experience a gradual loss of bone mass as they age, women will lose over 30% of their bone mass in the first five years after menopause. Agriculture is a hazardous and uncertain profession. Women are working well past the age of menopause. Training measures should focus on avoiding common risk factors as well as preventative actions to decrease the likelihood of an injury. Workplace and home safety are achievable. We will also address other age-related changes such as vision, hearing, and sleep disturbance.

WORKSHOPS

SESSION 5, FRIDAY 10:45 A.M.-12:00 P.M.

Cost of Production, Why it Matters Part 2

Tara Janda, Cassidy Thompson & Melissa Elstermeier 
Farm Credit Services of America

Continued from the previous session.

Managing Risk on the High Plains Ranch

Jay Parsons - University of Nebraska, Associate Professor

Play along in a friendly competition to manage risk on the High Plains Ranch. We will explore risk management tools and concepts along the way as management teams compete against one another throughout the room to see who can make the most money on the High Plains Ranch. Be prepared for spirited conversations, lots of good questions, and a lot of fun.

Communicating with Farmers Under Stress

Brandy VanDeWalle, Susan Harris 
University of Nebraska-Lincoln, Extension Educators

Nebraska Extension, in partnership with Michigan State University Extension, offers, "Communicating With Farmers Under Stress." This workshop is beneficial for individuals who work with farmers and ranchers on a regular basis, such as bank lenders, ag suppliers, educators and consultants, healthcare professionals, and anyone involved with the lives of farmers and ranchers. In addition to being helpful for working with farmers and ranchers, the workshop educates participants about managing stress in their own lives and teaches how stressors can affect physical health and relationships with family or coworkers.

Manure Happens. Take Credit

Leslie Johnson, Melissa Bartels, & Sarah Sivits 
University of Nebraska-Lincoln, Extension Educators

With soaring fertilizer prices and high market volatility, why not use a local resource that's readily available in Nebraska? Maybe you're already using manure, but are you offsetting your fertilizer recommendations for those manure nutrients? During this session, participants will learn about soil sampling techniques, reading soil tests, and knowing how much nutrients have been applied to save money on fertilizer costs. Hands-on activities will provide tools to take back and utilize on your own operation.

Retirement Options Besides Selling the Farm

Doug Nelson - University of Nebraska-Lincoln, Adjunct Professor

Land rich and cash poor is a frequently heard lament among farmers and ranchers when reviewing their "retirement plan" options and Social Security statements. This presentation will explore alternative retirement plan strategies for building wealth and increasing Social Security benefits as alternatives to selling the farm or ranch.