January 31 - February 1, 2020

Country Inn and Suites and Sanford Center, Bemidji, MN
Thank you for attending the 2020 Minnesota Farm Bureau Federation (MFBF) LEAP (Leadership, Education, Advocacy and Promotion) Conference. LEAP is geared to promote agriculture in those four key areas by engaging Farm Bureau members and non-members on how to apply skills learned to their farms, to the betterment of agriculture and to their communities.

This year, there are many activities for you to participate in. Each activity will allow you to develop and grow your leadership skills, learn new possibilities for advocacy and gain tools that will help you advocate and promote farming and ranching not only in your communities, but beyond. We hope this positions you to discover new ways to lead, educate, advocate and promote agriculture and Farm Bureau every day not only from your farm gate, but at the steps of our state and national capitol.

We have a full agenda planned for you. Whether it is tours, workshops, the keynote speaker or networking with other conference attendees, there is something for everyone.

We encourage you to share what you learn on social media throughout the weekend. Use hashtag #MFBFleap to connect with other attendees.

We hope you enjoy your weekend and each other at the Minnesota Farm Bureau LEAP Conference.

-MFBF Young Farmers & Ranchers (YF&R) and MFBF Promotion & Education (P&E) Committees
Friday, January 31 - Grand Welcome

6:30 p.m.  Grand Welcome & Dinner
Welcome by President Paap in Ballroom 1 & 2

Keynote - Derrick Josi
Social Media - It's Time to Stop Feeding the Trolls
Derrick Josi is a dairy farmer from Tillamook, Oregon, where his family has been farming for over 100 years. Three years ago, Derrick was upset with anti-dairy activist videos circulating, so he started a blog about his life on the farm.

Since 2016, Derrick’s social media audience has grown to 122K followers on Facebook, 14K on Instagram and 16K on Twitter. His philosophy is honesty; and his raw, unflitered, truthful and often-times comical posts keep his audience engaged and entertained.

Sponsored by

8:30 p.m.  Bingo & King of the Road
Karaoke/DJ

Bingo & King of the Road
Ballroom 1 & 2

$20 donation for Bingo Cards - Bingo proceeds will go to Bemidji Community Food Shelf.

Saturday, February 1 - Workshops

7 a.m. - 6:30 p.m.  Registration
7:30 a.m.  Breakfast
Ballroom 1 & 2

Workshops

<table>
<thead>
<tr>
<th>Meeting Room 4</th>
<th>Meeting Room 5</th>
<th>Meeting Room 6</th>
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<tbody>
<tr>
<td>8:15 a.m.</td>
<td>Enbridge &amp; Petroleum Industry</td>
<td>Farm to Plate Chemistry &amp; School Gardens</td>
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<tr>
<td>9:30 a.m.</td>
<td>Policy Update on MN Wolf Population</td>
<td>MN Hemp Production Panel</td>
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<td>10:45 a.m.</td>
<td>Adding Value to Your Farm!</td>
<td>What’s in My AFBF AITC Backpack?</td>
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<tr>
<td>1:45 p.m.</td>
<td>How To Hold Consumer Event</td>
<td>Conservation</td>
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8:15 a.m.  Workshops Round 1

Enbridge Operations, Update and the Value of the Petroleum Industry
Laura Kircher, Enbridge

The Petroleum industry has a huge impact on farming and is important just like farming to our everyday life. Learn about Enbridge and their history of operations in Minnesota. Laura will discuss the Line 3 replacement project, and the value it brings to our state.

Farm to Plate Chemistry & School Gardening Success
Amy Mastin, Teacher & AITC National Winner

As a past national winner of several Ag in Classroom Awards, Amy will present on creating a school garden, and the roadblocks you may encounter. Amy will also share how she created a new curriculum using food and food production to teach chemistry.
It’s Your Future, Let’s Protect It
Cary Knudson, Farm Bureau Financial Services
Jon Louwagie, Farm Bureau Financial Services

Your Money. Your Retirement! Learn how you can better position yourself to maximize your income during retirement.

9:15 a.m.          Break
9:30 a.m.          Workshops Round 2

State & National Policy Update on Minnesota’s Wolf Population
Representative Nathan Nelson
Amber Glaeser, MFBF Public Policy Director

MN State Representative Nathan Nelson and MFBF Director of Public Policy Amber Glaeser will discuss the impacts of the gray wolf on MN agriculture, how politics affect the management of this species, and what the future of the Endangered Species Act could look like.

Minnesota’s Hemp Production Panel
Bob Roelofs, Farmer & MFBF Board Member
Margaret Wiatrowski, MDA, Industrial Hemp Program Coordinator
John Strohfus, Minnesota Hemp Farms, Inc.
Sara Keitzer, Minnesota Hemp Association

State law changes have enabled individuals to grow industrial hemp. While many things are still being explored, this workshop offers an opportunity to learn and ask questions from the experts.

Building Partnerships with FFA & 4-H
Ann Marie Ward, Beltrami County 4-H and
Shawn Linder, Grand Rapids FFA

Join us to learn how your county Farm Bureau can partner with FFA & 4-H in program development and in leadership development that will help all organizations.

10:30 a.m.          Break
10:45 a.m.          Workshops Round 3

Adding Value to Your Farm!
Mark and Sara Hewitt, Sweet Cheeks Honey
Keith and Morgan Allen, Saucy Goat Caramel
Paul and April Damhof, Simply Shrimp

Join past and present Minnesota YF&R Committee members as they share how they added value to their farms by producing some unique and interesting “crops” or products. Ask questions and learn from each of these panel members.

What’s in my American Farm Bureau Foundation AITC Backpack?
Renee McCauley, AFB Foundation

Are you interested in helping teach agriculture in your community? Learn about the American Farm Bureau Foundation for Agriculture and their resources for agricultural education. See the latest tools, recommend books and opportunities for funding.

Emotional Stress on the Farm
Monica McConkey, Rural Mental Health Specialist

The past several years in agriculture have been difficult at best. This session will provide an overview of what chronic stress looks like, its impact on decisions, warning signs to watch for in yourself and others, and effective strategies to cope.

Noon          Leadership Luncheon
              Sponsored by

1:00 p.m.          The Resource Course
Ballroom 3 - Lesson on the Minnesota Forestry Industry
Sponsored by
1:15 p.m.  Discussion Meet Orientation
Meeting Room 4 - Judges
Meeting Room 5 - Participants
Meeting Room 6 - Timekeeper/Moderator
Meeting Room 7 - Tabulations

1:45 p.m.  Workshops Round 4

How to Hold a Consumer Event - Grocery Store Style
P&E Committee
Have you ever wanted to host a consumer event in a grocery store but just didn’t know how? The Minnesota P&E Committee has tools that will help you be comfortable planning and executing a successful consumer event.

Conservation Financial Assistance, Connecting the Dots
Tom Gile, Resource Conservation Section Manager with BWSR
Martin Larsen, Olmsted County Feed Lot Technician
State, local and federal funds are out there, but they come with strings. Why do some strings exist, and how can you use this when applying for/using funding?

Farm to Table Pop-up Restaurant
Amber Lynne, Farm to Table for 7
Amber Lynne is a restaurateur but how she does it is unique. Learn from her how she uses her talents to create a “pop up restaurant” right here at the Sanford Center. As a farmer herself, she emphasizes the importance of local farm to table food in communities.

2:45 p.m.  Break

3:00 p.m.  YF&R Discussion Meet
Meeting Room 4, 5, 6 & Ballroom 3

5:00 p.m.  Leadership Banquet
Ballroom 1 & 2

6:00 p.m.  Hockey at Sanford Center
Bemidji Beavers vs Bowling Green Falcons

Volunteer!

#MFBFleap
# Promotion and Education Committee

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<thead>
<tr>
<th>District I</th>
<th>Tony Seykora</th>
<th>Melissa Burrow</th>
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<td>Freeborn County</td>
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<td>Angela Guentzel</td>
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<td>Shantel Koering</td>
<td>Ann Marie Ward</td>
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# Young Farmers and Ranchers Committee

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<tr>
<th>District I</th>
<th>Jason &amp; Caitlyn Keck</th>
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<td>Cassy Griebel</td>
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<td>Seth &amp; Rachel (Chair) Connell</td>
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<td>Brady &amp; Katie Lee</td>
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DON'T JUST SET YOUR GOALS. GO GET YOUR GOALS.

LET'S MAKE YOUR PLANS A REALITY, TOGETHER.

We see the potential in your plans. Our unique perspective is born from decades of working in agriculture to offer insights to overcome your challenges. We provide solutions — from operational loans to crop protection programs — designed to give you the tools needed to succeed. And our experienced financial team will guide you every step of the way.

Partner with us to make your goals possible.

COMPEER.COM/GOALS

Choice Sponsor

AgCountry Farm Credit Services

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BNSF RAILWAY

Thank you!
Choice Sponsor

Thank you!

Volunteer at the Minnesota State Fair
August 27 - September 7

Volunteers Receive:
- FREE State Fair Admission
- FREE T-shirt
- Entry in a drawing for $50 of State Fair Bucks

Executive Sponsor

Thank you!
Thank you!
LEAP Activities

Let’s Fill a Ford!
for the Bemidji Community Food Shelf

Items most needed:
• Personal care and cleaning items - toothbrushes, toothpaste, shampoo, bar soap, laundry detergent, dishsoap, diapers, etc.
• Spices/salt and pepper
• Dairy items - assorted cheeses and yogurts
• Canned meat - tuna, chicken, turkey, etc.
• Whole grain pasta
• Non-sugared cereal
• Cooking oil
• Baking and cooking items - vanilla, cake mixes, jelly, ketchup, etc.

Donations collected through February 1.

LEAP Conference
Farm Bureau Market

Connect with other Farm Bureau members and purchase a variety of products and goods!

Saturday, February 1 during the LEAP Conference.

Let us know!

We want to know! Take the LEAP Conference survey here:

fbmn.org/leap-conference

We need YOU to take our communications survey!

fbmn.org/survey

Complete to win one of six $25 gift cards!
YF&R Leadership Development Contests

COMPETITORS WANTED!

Achievement Award
Due: September 15
The Achievement Award is an application-based contest judged on farm goals, success, financial planning and leadership skills.
- Top 4 Minnesota Winners Travel to Washington D.C.
- Winner Travels to San Diego, California.
- Winner also receives $500 Cash.

Excellence in Agriculture
Due: September 15
Excellence in Agriculture is a presentation-based contest which asks participants to list accomplishments, experiences and leadership involvement in Farm Bureau and the community.
- Top 4 Minnesota Winners Travel to Washington D.C.
- Winner Travels to San Diego, California.
- Winner also receives $500 Cash.

For more information or access to applications, visit fbmn.org or contact Ruth Meirick at ruth.meirick@fbmn.org or 651-768-2115.

Farm Bureau Beliefs

- America’s unparalleled progress is based on freedom and dignity of the individual, sustained by basic moral and religious concepts.
- Economic progress, cultural advancement, ethical and religious principles flourish best where people are free, responsible individuals.
- Individual freedom and opportunity must not be sacrificed in a quest for guaranteed “security.”
- We believe in government by legislative and constitutional law, impartially administered, without special privilege.
- We believe in the representative form of government...a republic...as provided in our Constitution, in limitations on government power, in maintenance of equal opportunity in the right of each individual to freedom of worship and in freedom of speech, press and peaceful assembly.
- Individuals have a moral responsibility to help preserve freedom for future generations by participating in public affairs and by helping to elect candidates who share their fundamental beliefs and principles.
- People have the right and the responsibility to speak for themselves individually or through organizations of their choice without coercion or government intervention.
- Property rights are among the human rights essential to the preservation of individual freedom.
- We believe in the right of every person to choose an occupation; to be rewarded according to his/ her contributions to society; to save, invest or spend; and to convey his/her property to heirs. Each person has the responsibility to meet financial obligations incurred.
- We believe that legislation and regulations favorable to all sectors of agriculture should be aggressively developed in cooperation with allied groups possessing common goals. We support the right or private organizations to require membership as a prerequisite for member services.
Minnesota Farm Bureau is an advocate for agriculture driven by the beliefs and policies of our members.

Stay Connected!

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Minnesota Farm Bureau
Farmers • Families • Food