

# 57th Annual Rural Energy Conference

February 14-15, 2019  
and

## Pre-Conference Workshop

**Crucial Conversations:  
Identifying and Reducing Stress**

February 13, 2019

Embassy Suites Minneapolis Airport  
Bloomington, Minnesota



### Sponsored by

Midwest Rural Energy Council

Universities of Wisconsin, Minnesota, Iowa and South  
Dakota State Extension

University of Wisconsin Biological Systems  
Engineering Department

University of Minnesota Bioproducts and Biosystems  
Engineering Department

Iowa State University Agricultural and Biosystems  
Engineering Department

South Dakota State University Department of Agricultural  
and Biosystems Engineering

## Workshop Agenda Crucial Conversations: Identifying and Reducing Stress



This year's pre-conference workshop will be presented by two educators and faculty members from UW-Extension, John Shutske and Lori Zierl. John is a professor and Extension Specialist at the University of Wisconsin – Madison and Lori is a Family Living Educator and Wisconsin state program liaison whose work focuses on issues of health, families and finances. Together, John and Lori have nearly 60 years of combined experience on issues that include stress management, wellness, health, family communication and financial decision making.

The workshop will cover the basics about how “chronic” stress develops over time for those who live and work in agriculture, rural communities and closely related businesses and services. This understanding of the biology and chemistry of stress will help participants examine how unmanaged chronic stress can negatively affect decision-making and healthy relationships and potentially lead to

physical and mental health problems such as addiction, depression and even suicide. Shutske and Zierl will present and engage participants in thinking about and committing to at least ten SPECIFIC POSITIVE actions both for self-care for those who attend as well actions and activities that can help your customers and clientele.

### Wednesday, February 13

#### Course Schedule:

12:45 pm Registration (lunch on your own)

1:00 pm Workshop begins

3:00 pm Break

3:20 pm Workshop resumes

5:00 pm Workshop ends (dinner on your own)

**Please note:** The conference and workshop are two different events. You can register for either one or both. Please see the registration panel.

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<sup>\*</sup> Member of MN Rural Electric Association (MREA)

<sup>\*\*</sup> Member of WI Electric Co-op Association (WECA)

<sup>+</sup> Member of SD Rural Electric Association (SDREA)

<sup>\*\*</sup> Member of IA Association of Electric Co-ops (IAEC)

## Conference Agenda

This year's annual conference will focus on energy issues in agriculture. All of the breakouts will be presented twice so that you can choose from both tracks to design your own conference agenda. Note that conference speakers and presentations are still being finalized and changes may occur. Please check the website of the Midwest Rural Energy Council for updated information at: <https://mrec.org/>

### Thursday, February 14, 2019

- 7:30 AM Registration & Refreshments  
8:00 **Welcome and Conference Overview - Reggie Gassman**, Sioux Valley Energy, MREC President  
8:15 **Experiences with Robotics on Large Dairy Farms - Brandon Treichler**, Select Milk Producers  
10:00 Break  
10:15 **Drones and How They are Used by Utilities - Lyle Korver & Gabe Roetman**, NW REC, Iowa  
11:00 **Electric Vehicles and Fast Charging Infrastructure - Matthew Blackler**, ZEF Energy  
12:00 PM Lunch  
1:00 **Breakout Session 1**  
2:00 **Breakout Session 2**  
3:00 Break  
3:15 **Breakout Session 3**  
4:15 **Breakout Session 4**  
5:30 Buffet Dinner and Round Table  
**Discussion of Current Issues**

**Exhibits and posters** will be on display all day Thursday. Presenters will be available during breaks.

### Friday, February 15, 2019

- 7:30 AM Refreshments  
8:00 **MREC Business Meeting - Reggie Gassman**, Sioux Valley Energy, MREC President  
8:15 **Unmanned Aerial Vehicles (UAV's) in Agriculture - Brian Luck**, University of Wisconsin-Madison

### Friday, February 15 (continued ...)

- 9:00 **Veterinarian Perspective on Emerging Dairy Animal Health Issues - Brandon Treichler**, Select Milk Producers  
10:00 Break  
10:30 **A. I. (Intelligence) is Here! How Do We Get Prepared For It? - Chuck Dallas**, iConsult Inc.  
11:30 AM **Adjourn**

### Thursday Breakout Sessions

#### Track 1: Farm Wiring and Electrical Safety

- Standby Generator Program**, *Dave Kvidt*, Star Energy Services
- Beneficial Electrification League**, *Steven Koep*, Westinghouse Water Heaters
- Engineer Ethics: Walking the Fine Line**, *Chuck Clanton*, University of Minnesota
- UAV's in Agriculture**, *Brian Luck*, University of Wisconsin-Madison

#### Track 2: Energy Issues on the Farm

- Robotics on the Farm**, *Brandon Treichler*, Select Milk Producers
- On-Farm Energy Audits**, *Jessica Mlsna*, Focus on Energy, & *Fred Daniels*, Franklin Energy Services
- Electric Vehicle Ride and Drive**, *Matthew Blackler*, ZEF Energy
- Electric Vehicle Ride and Drive**, *Jeff Springer*, Dairyland Power



### Registration

Please refer to the registration panel for workshop and conference fees. **Crucial Conversations: Identifying and Reducing Stress Workshop fee includes** materials and breaks (meals are on your own). Hotel accommodations are not included in the fee. Please note that breakfast is included with your guest room reservation at the Embassy Suites Minneapolis Airport Hotel.

The **Conference registration fee includes** materials, breaks, lunch, reception, and dinner buffet Thursday. A break is included on Friday. Hotel accommodations are not included in the fee. Please note that breakfast is included with your guest room reservation at the Embassy Suites Minneapolis Airport Hotel.

**Make check payable to:** UW-Madison

#### Mail or fax to:

CALS Conference Services, 640 Babcock Drive  
Madison, WI 53706; Fax: (608) 262-5088

**Or register on-line at:** <http://www.mrec.org/>

**Cancellations:** In order to receive a full refund, you must cancel by contacting CALS Conference Services at (608) 263-1672 on or before February 1, 2019. If you fail to cancel by February 1, the full fee will apply. Substitutions are welcome at any time.

**Questions:** Call CALS Conference Services at (608) 263-1672.

### Location and Lodging

A confirmation notice will be mailed upon receipt of registration. The conference will be held at:

**Embassy Suites Minneapolis Airport Hotel**  
7901 34th Avenue South, Bloomington, MN 55425  
Phone: (952) 854-1000 or online:  
<http://group.embassysuites.com/MRECConference-Feb>

A block of rooms has been reserved until January 17, 2019 (or until all rooms are reserved, whichever comes first) for conference participants at the nightly rate of \$159, single or double, plus 14.525% taxes. Breakfast is **included** with your guest room reservation. Be sure to mention that you are attending the MREC Rural Energy Conference to receive the special rate.

## Registration Form

### 57th Annual Rural Energy Conference & Workshop February 13-15, 2019

Complete a separate registration form (or copy) for each registrant or register on-line at:

<http://www.mrec.org/>

**Early registration deadline is February 1, 2019**

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

E-mail \_\_\_\_\_

The workshop and conference are separate events. You can register for one or both.

#### Crucial Conversations: Identifying and Reducing Stress Workshop - February 13

\$ 195 (\$220 received after February 1)

#### Rural Energy Conference - February 14-15

\$ 395 (\$420 received after February 1)

\_\_\_\_\_ Total Enclosed

**Payment must be made at time of registration.**

**Enclose fee.** Checks payable to UW-Madison

Check enclosed

Please charge on the following account:

VISA  Master Card  American Expressor

Discover \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

**Register on-line at:**  
<http://www.mrec.org/>