# **KNOX COUNTY FARM BUREAU®**



Promoting the understanding of agriculture in our community to improve the profitability of farmers and enrich the quality of life in Knox County

**VOL. XCV** 

USPS 297-360

#### April 2018

No. 4

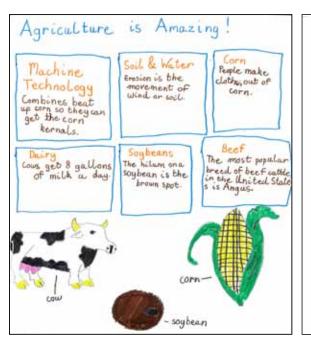
# Ag Day for Kids **Poster Contest**

"Agriculture is Amazing" was Beardsley, the theme for this year's Ag Day for Kids poster contest. Several unique entries were submitted to the Knox County Farm Bureau Education & Outreach Task Force. The students expressed their understanding of agriculture in Knox County.

The Winners are: First Place: Zoey Logsdon, Nielson Elementary School; Tied for Second Place: Brady Agan, Mable Woolsey Elementary School and Wayne

Mable Woolsey Elementary School; and Tied for Third Place: Evan Kennedy, Costa Catholic Academy and Jorgiana Donaold, Costa Catholic Academy.

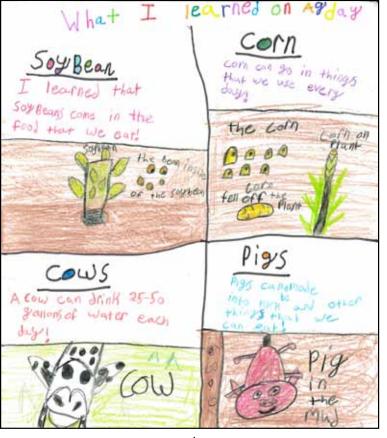
The first-place winner Zoey Logsdon won a pizza party for her class at Nielson Elementary taught by Mrs. Clevenger. The secondplace winners received ice pops for their class. The third-place winners received smarties for their class.



Tied for 2nd Place: **BRADY AGAN** Mable Woolsey Elementary School



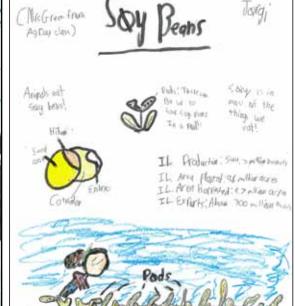
Tied for 2nd Place: WAYNE BEARDSLEY Mable Woolsey Elementary School



First Place: **ZOEY LOGSDON** Nielson Elementary School



Tied for Third Place: JORGIANA DONAOLD Costa Catholic Academy



Tied for Third Place: EVAN KENNEDY Costa Catholic Academy

#### **WELCOME NEW MEMBERS**

The Knox County Farm Bureau would like to welcome the following to our organization:

Tiffany Buckman Elijah Fancher Tim Hambsch

Lindsay Kraus Demone McClendon Timpthy Phillips



PLEASE JOIN US FOR A RETIREMENT CELEBRATION

Marc Johnson Graig Klassen John Kraus

Shawn Pitman Eugene Rossell Amanda Smith

#### **CALENDAR OF EVENTS**

#### <u>April</u>

- Young Farmers Mtg, 6 PM, KAC 12
- Pheasants Forever Pollinator Event, 9 AM 17
- KCFB Board Mtg, 7 PM Dinner, 8 PM Mtg, KAC 19
- 24 Teresa Sanford-Shipplett Retirement Party, 4:30-6:00 PM, KAC

#### <u>May</u>

- 2 Touch-A-Truck, 10-11:30 AM, Lake Storey Pavilion
- 17 KCFB Board Mtg, 7 PM Dinner, 8 PM Mtg, KAC
- 21 Farm Safety Day Mtg, 12 PM, KAC
- 28 KCFB Office Closed

#### IN HONOR OF TERESA SANFORD-SHIPPLETT

Tuesday, April 24th 4:30-6pm **Knox Agri-Center** 

#### Cards may be sent to:

Ms. Aggie **Knox County Farm Bureau** 180 S. Soangetaha Rd. Ste. 101 Galesburg, IL 61401



#### Page 2 • KCFB Bulletin • April 2018

Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



No. 4

#### **Published Monthly**

KNOX COUNTY FARM BUREAU, Inc. cooperating with the **ILLINOIS AGRICULTURAL** ASSOCIATION and the AMERICAN FARM BUREAU **FEDERATION** 

The Knox Co. Farm Bureau Bulletin (ISSN 0892-1156) is published monthly with a subscription price of \$.50 per year. Periodicals Postage paid at Galesburg, IL 61401-9998. POSTMASTER: Send address changes to KNOX CO. FARM BUREAU, 180 S. Soangetaha Rd., Galesburg, IL 61401.

#### **BOARD OF DIRECTORS**

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Managers, Affiliated Organizations Hailey Weyhrich - Mgr., Knox Agri Center Hailey Weyhrich - Reg. Agent, Knox County Farm Bureau Foundation Joe Youngman - Agency Mgr. Country Financial Jim McNelly - West Central FS



#### provide lasting lessons

From his bed one night, our son verbally mapped the new design plan for his bedroom. "We just need to take out that wall and open up this space," he said as he motioned toward the south wall. Our son wants a bigger room, but his demolition plan would eliminate the stairwell to reach his sister's dwelling. We then realized the influence of the Fixer Upper TV show and its infamous "demo day."

The home improvement show buys old homes, knocks out walls, opens living spaces, and mixes old and new décor with a farm-style vibe. The show inspires my



First and Second grade classrooms across Knox County were learning about the weather and clouds in the month of March. Because spring weather in the Midwest can be unpredictable and sometimes dangerous, safety procedures were discussed. Students explored safety behavior for tornadoes and thunderstorms, and were able to identify safe practices if they were at school, at home, or out in the community. Schools within the same districts often have different procedures, so it was important to review them. Students participate in a variety of drills every year, and the lesson was a timely reminder of how to be safe in the event of a tornado.

First graders listened to a story about clouds called Shapes in the Sky by Josepha Sherman. Students were asked to use their imagination in seeing shapes in clouds. They learned to identify happy day clouds, also known as cumulus clouds, and angry bad weather clouds called cumulonimbus clouds. Students demonstrated the altitude of clouds by holding models of our cloud friends at different heights. Students were encouraged how to identify the angry storm clouds and to help friends and family find a safe place in the event of bad weather. Some classes played in shaving cream for their activity by creating clouds from the messy foam. Students drew a horizon on their paper, similar to the picture in our book, and wax

How well do you know Farm Bureau policy?

In order to better understand it, KCFB will run monthly excerpts from the 2017 policy book.

Interested in learning more about how our

policy system works? It all starts with you! For

1. Eligibility guidelines for publicly financed

more info contact the office!

HIGHER EDUCATION

We support:

morning treadmill commitment these days and entered our lives over the winter, when we succumbed to more than antenna TV and began streaming a few channels over our new fiber optic lines (kudos to the rural communications cooperative!).

Fixer Upper makes me look at homes differently. The show makes me realize the vision that some people come by naturally and encourages the rest of us to see the potential for new life in something outdated or neglected. It reminds me of my parents, who embody a 40-year fixer-upper story.

About the time I turned a teenager, my parents bought a farm that eventually transitioned into today's "Home Farm" when the eldest generation retired. My brother and I remember touring the farmstead's old house before they bought it. We called it the "haunted house" and said we'd never live in it. We soon learned this decision wasn't made by dependent children.

Our parents bought this mediocre house on a scenic and productive piece of farmland that came with a couple small grain bins and a few farm buildings. They knocked out house walls and took the upstairs bedrooms down to the studs. Dad hung drywall and plumbed sinks. My brother and I pulled nails from old woodwork, and Mom stripped layers of paint to expose the wood's original

paper covered it. Students created each kind of cloud, using their new cloud vocabulary, with the help of Mrs. Green. Once students had finished practicing their clouds, they made their own picture adding trees, barns and grain bins. Other classes used their imagination to make a cloud they might see floating by in the sky. They were each given a cotton ball and asked to create something with it, using their imaginations. Mrs. Green's cloud, using her imagination, was a bunny. Some students thought it was a dog, others saw a cat and one saw a skunk! It was fun explaining how we saw each shape.

Second grade students also reviewed safety procedures and the different types of clouds, but were given a chance to see inside a cloud. Using an online science website called Mystery Science, students were able to skydive into a cloud. Before the skydiver left the plane, students made predictions about how a cloud feels. Some students suggested it would feel like the fluff in a pillow, others thought it might be more like cotton candy. As students watched the skydiver fall through the cloud, first they saw white.....then water.....then the ground. We could conclude that clouds are visible water vapor that is simply a gas. Students also were able to conclude that not all clouds rain on us, but that they need to fill up with water before the rain leaves the cloud. An experiment was set up for students to observe over time. They were given a clear cup with water, and a line was drawn on the cup where the water reached. The plan was to see if we could trap the water using beauty. We spent lots of evenings and weekends in that shell of a house when our family wasn't planting corn or harvesting soybeans. It transformed into a lovely home with farmhouse charm, priceless memories and a pleasing view of the small river valley from the wrap-around front porch.

Likewise, they took their fixer upper mindset to the old shop building, then to the barn, and always to the fields. Sunday was and remains family day, whether work or play, and I remember when we spent afternoons in the fields picking up rocks together and cleaning overgrown fencerows on that farm. Still today, our family and employees remove weed trees encroaching on fields, add waterways to protect soils, and plant grassy field borders to improve crop production, water quality and wildlife habitat.

Meanwhile, today's modern technology and research give us better tools than before to finetune soil health and nutrient management. Those results may provide less visual impact, but secures a solid foundation, as needed for any fixer upper of a house.

About the author: Joanie Stiers works in the office for her family's farm, which grows corn, soybeans and hay and raises beef cattle in West-Central Illinois.



clear saran over the top, and a rubber band to hold it tight. Because most classes were ready for spring break, it would allow plenty of time to see what would happen. Students predictions ranged from no change, to less water, no water left in the cup and some predicted more water. Results pending!

Students also made the four types of clouds demonstrated in class using a cotton ball. Each student was reminded about the location of each type of cloud in the sky and were given a guide on blue paper, with the name of each cloud. They made fluffy cumulus clouds and wispy cirrus clouds. They placed stratus clouds near the ground, as they can also become fog clouds, and cirrus clouds at the highest altitude. Everyone made great connections to weather, clouds and our water cycle lesson from January.

#### Getting to Know Your Farm Bureau Policy

ensure farm youth have equal opportunity.

2. Retention and enhancement of agricultural curriculum and research at institutions of higher learning.

3. A coordinated long-range plan developed by the state institutions of higher learning to maintain quality agricultural education and research facilities.

4. Student loans and continued efforts to recover principal and interest from persons

who have defaulted on their government backed guaranteed student loans.

5. Co-Curricular agricultural organizations which allow hands-on experience for students to further develop their leadership skills.

6. A balance between professors' classroom instruction and research time at institutions of higher learning.

#### **Telephone:** 309-342-2036

#### **Office Hours**

Monday thru Friday 8:00 a.m. to 4:30 p.m. We reserve the right to reject any or all news material or advertisements offered to this paper.

**PLEASE** REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.

#### Thank You KNOX COUNTY FARM BUREAU

#### college scholarships, loans and grants to

On March 11, the Knox County Farm Bureau along with the Warren-Henderson County Farm Bureau hosted a showing of the movie Food Evolution at the Orpheum Theatre in Galesburg. This showing was made possible by the Consumer Communications Grant from the Illinois Farm Bureau. Illinois Farm Bureau worked with the US Farmers and Ranchers Alliance to offer counties in the state the opportunity to show the movie, free of charge. The showing drew in over 85 attendees who enjoyed Pilot Knob Comforts popcorn and a panel discussion afterwards. The panel consisted of four panelists led by the moderator, Ken McMillan, Pattee Professor in Political Economy and Commerce at Monmouth College. Those four panelists were; Jared Kunkle, Warren-Henderson County Farm Bureau President, Krista Swanson, Knox County Farm Bureau Member and Research Specialist for the Gardner Agriculture Policy

#### Movie and Panel Discussion

team, Andy Knepp, Certified Crop Adviser and member of Monsanto Company's Global Sustainability Development Team, and Dr. Joel Gruver, Associate Professor of

Soil Science and Sustainable Ag at Western Illinois University. The panelists all engaged in an hour-long discussion on topics the crowd submitted by cards and electronically.



Panelists from left to right: Jared Kunkle, Warren-Henderson County Farm Bureau President, Krista Swanson, Knox County Farm Bureau Member and Research Specialist for the Gardner Agriculture Policy team, Andy Knepp, Certified Crop Adviser and member of Monsanto Company's Globa Sustainability Development Team, and Dr. Joel Gruver, Associate Professor of Soil Science and Sustainable Ag at Western Illinois University.

# These area businesses are proud to be a part of our 2018 Discount Program for members of the Knox County Farm Bureau®

The Knox County Farm Bureau does not intend the Membership Discount Program as an endorsement of any business or products/services on which discounts have been obtained, and assume no liability for any service rendered under the Membership Discount Program. Benefits may change without notice and some restrictions may apply.



# **NEWS FROM COUNTRY FINANCIAL**

# AGENT SPOTI



Jeremy Kleine

COUNTRY

Name: Jeremy Kleine Years with COUNTRY: 12 years as a financial representative; Client for 30 + years

<u>Office Address</u>: 415 N. Henderson St., Galesburg, IL 61401 Phone: 309-342-3177

eMail Address: jeremykleine@countryfinancial.com

Spouse: Molly Kleine Education: BA in Sociology from Knox College; MA in Sociology from Western Illinois University

Community Service: Sunrise Rotary International, Former YMCA Board member, Galesburg Xtreme Baseball Coach

Designations: Investment Solutions Representative

Awards: All American 11 years, 1988 State Baseball Champions - Galesburg High School Mission Statement: "If you see a turtle sitting on a fence post, you know it had help getting there

#### Don't Let Your Financial Security Get Washed Away

Before floodwaters lap at your front door, make sure your financial security isn't in danger of being washed away.

Floodwaters can be a nasty cocktail of water, mud, sewage, animal waste and chemicals. A flood can ruin your home and belongings. Without flood insurance, you're likely to be on your own to pay for damage caused by flooding.

Many homeowners have a false sense of security because they believe that their homeowner's insurance covers flooding. Homeowner policies typically do not cover flood damage.

Other people believe that federal disaster assistance will provide them with full compensation in the event of a flood. This assistance often comes in the form of a low-interest loan to help rebuild after flood damage. This is often insufficient compensation for the losses of flood victims.

Plus, federal disaster assistance loans are only available if the federal government formally declares a disaster. Few flood events are declared federal disasters, according to National Flood Insurance Program (NFIP) officials. That's not a gamble you want to take!

There's only one way to rest easy during wet months – purchase flood insurance through the NFIP. You must live in a community that participates in the NFIP to qualify for National Flood Visit http://www.fema. Insurance. gov/fema/csb.shtm to find out if your community participates in the program.

You may be eligible to buy federal flood insurance through your local COUNTRY® Financial representative. You might be surprised how inexpensive it is. Rates depend on whether you live in a low-to-moderate or a high-risk flood zone as well as the amount of coverage you need.

You may believe you don't need flood insurance because you live in a lowrisk area. Almost a quarter of all flood insurance claims come from areas with low-to-moderate flood risk. Those living in low-risk areas may qualify for the lower cost Preferred Risk Policy, which provides contents coverage beginning at \$49 per year and building plus contents coverage starting at \$129 a year.

Don't wait to shore up your financial security until it's too late. There is a 30day waiting period for federal flood insurance to take effect.

Visit your COUNTRY Financial representative to learn more about flood insurance. Check out www.floodsmart. gov for more information about the NFIP.

AUTO | HOME | LIFE | BUSINESS | RETIREMENT



# Take charge of your future

Planning for your financial future isn't about numbers - it's about you. Your situations and goals are the basis for creating a solid plan for your future financial security. I can help you get the peace of mind that comes with step-by-step guidance based on your goals. Call today to get started!

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309-342-1607

**MICHAEL WHITE** 309-342-3177

JOE YOUNGMAN AGENCY MANAGER 309-686-7050

Auto, home and business insurance policies issued by COUNTRY Mutual Insurance Company<sup>®</sup>, COUNTRY Preferred Insurance Company<sup>®</sup> and COUNTRY Casualty Insurance Company<sup>®</sup>, Life insurance policies issued by COUNTRY Life Insurance Company<sup>®</sup> and COUNTRY Investors Life Assurance Company<sup>®</sup>, Bloomington, IL.

0415-545HC-16904-3/16/2018

# April is **Distracted Driving** Month

# **BOARD HIGHLIGHTS**

#### The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on March 15, 2018

Education & Outreach – Becky King

3 submissions for the 4-H & FFA Ag Safety Campaign were collected.

The Ag Month Baby basket was delivered on March 12 by Lori Engel and Stacey West.

Farm Business Taskforce – Jarid Cain Some 2016 Knox Co. Plat Books are still available. 2018 Knox Co. Commemorative Plat Books are available and Peoria County plat books are for sale in our office now.

position has been extended until April 1. That is available at http://www.knoxcfb. org/summer-intern

#### **PrimeTimers - Hailey Weyhrich**

The February meeting heard from Stacey Rucker from Carl Sandburg College about activities the College offers.

#### Young Farmer's - Jeff Grady

The YF's met on March 8 for a social

About 15 Farm Bureau members met with Dan Swanson, Jil Tracy, Norine Hammond and a rep from Cheri Bustos' office at the Legislative Luncheon with Mercer CFB on March 2.

The Governmental Affairs Leadership Conference in Springfield was very informative. More members were encouraged to attend next year. This year, Knox County had eight members present throughout the two days.

create two subcommittees and continue with the normal Program of Work while implementing new ideas.



COUNTRY

#### Government and Policy Taskforce – Joe Webel

Sign up for FB Act text alerts by texting the word FARM to 52886.

#### Member Relations – Hailey Weyhrich

The Knox County Farm Bureau History Video interviews are all available on DVD in the office for \$10.

The Centennial Committee met on February 13 to continue finalizing plans for the summer celebration event.

#### Foundation – Hailey Weyhrich

The Foundation met on February 27 and finalized their yearly budget. They also chose scholarship winners.

The time to apply for the internship

meeting at Iron Spike and finalized upcoming details for events.

The YF's will be hosting the Tractor and Lawnmower Safety School on March 15 at ACMcCartney's in Wataga.

#### **KAC - Terry Boydstun**

The KAC board met on February 27 and set the office Spring Clean Up Day to be March 29 starting at 9AM.

#### IFF - Lori Engel

Like the Knox Warren-Henderson Illinois Farm Families page on Facebook! Send farming pictures to Tara Bohnert Yoder to use with educational posts.

#### **OLD BUSINESS**

Becky King attended the Leaders to Washington trip and felt it was a great chance to express Farm Bureau policy to our Senators and Representatives.

#### **NEW BUSINESS**

#### **Programs of Work**

Government & Policy priorities are to encourage FB Act, keep contact with local legislators, visit LaShawn Ford's district, host a fall candidate forum, thank legislators for the articles they contribute to the Bulletin.

Farm Business priorities are to continue the Steve Johnson seminars and marketing club, find sponsors for a bus trip to the Farm Progress Show, host a February weather and marketing meeting.

Member Relations priorities are the possibility of companies providing PM membership for employees and celebrating KCFBs 100th year.

Education & Outreach priorities are to

Dewley, Deau	F	P	A
Bohnert Yoder, Tara		Р	Р
Boydstun, Terry	Р	Р	Р
Cain, Jarid	Р	Р	Р
DeSutter, Drew	—	Р	Р
DeSutter, Jim	А	_	_
Engel, Lori	Р	Р	Р
Erickson, David S	А	Р	Р
Goedeke, Phil	Р	Р	Р
Grady, Jeff	Р	Р	Р
Hennenfent, Matt	Р	Р	A
Hoben, Tom	Р	_	_
Hulsizer, Matt	Р	Р	Р
King, Becky	Р	Р	Р
Link, Jeff	Р	Р	Р
Link, Nathan	Р	Р	Р
Main, Tim	Р	_	_
O'Connor, Tom	Р	Р	Р
Seiboldt, Pat	Р	_	_
Stevens, Monica	А	Р	Р
Strom, Grant	Р	Р	Р
Swanson, Brett	Р	Р	Р
Swanson, Krista	_	_	_
Webel, Joe	Р	Р	Р
West, Todd	Р	Р	Α

## Finding Affordable Health Care for Farmers

You may be aware that delegates to the Illinois Farm Bureau annual meeting in December asked IFB to identify affordable health care options for farmers. They did so as premiums and other health care costs continue to increase, and farm families have trouble finding affordable coverage.

IFB is responding with a two-pronged approach; focusing on what can be done for members from a practical standpoint while also taking a long-term policy approach.

IFB hosted a health care summit in Bloomington on March 13. The summit explored the history between IFB and health insurance, how other farm bureaus are addressing health insurance for their members, what's currently available for farmers under the Affordable Care Act, the ways in which professional associations might be helping their members with health coverage, and health sharing programs.

Two groups within IFB are working on the issue. A health care working group includes representatives from all 18 IFB districts and a Young Leader. That group is charged with finding solutions for our members based on what is available in the marketplace. A SWAT team will look at the issue longerterm. That will include a review of IFB policy on health insurance to understand whether it is relevant in today's world and whether it meets members' needs. Both groups will consider and analyze information presented at the March summit.

The working group will meet in July. Based on material presented at the recent summit as well as an ongoing stream of information, the group will work toward a report for both the board of directors and for delegates at the 2018 annual meeting.

### **Don Teel Scholarship**

The Don Teel Scholarship is a product of many who were privileged to experience the contribution Don made to agriculture. Members of Knox County agricultural organizations and individuals have joined together in hopes of helping provide an opportunity for young people to pursue higher education in an agricultural or related field.

Each year applicants will be considered for

one \$500 scholarship. Applicants must have a home address within Knox County and be a past or present 4-H member. They must be enrolled as a full-time student in a university or community college with a declared agriculture or related course of study.

Applications are available at the Knox County Farm Bureau. Completed applications must be submitted no later than June 1, 2018 to the Knox County Farm Bureau.

#### Women in Ag Conference

2018 Women in Agriculture The Conference took place at Jumer's Casino in Rock Island on March 16th. Knox County had nine attendees and Hailey Weyhrich served on the planning committee alongside 12 other county managers. Attendees listened to three speakers throughout the day and then attended breakout sessions in between. The speakers were Michelle Miller, AKA Farm Babe, Paul Stoddard, University of Illinois Professor, and Kim Bremmer, creator of Ag Inspirations.



Knox County attendees were Teresa Sanford-Shipplett, Adrienne DeSutter, Tara Bohnert Yoder, Pat Nelson, Krista Swanson, Katie Grady, Nancy Erickson, Cheryl Erickson, and Melanie DeSutter.

We don't answer to WE ANSWER PARENT COMPANIES.

# Hailey's Update

And just like that, we are already through March! This has been a theme of my updates since January but I really cannot believe how fast my time here is going! April begins my official seventh month here in Knox County. I've told multiple people that they "make my job easy." I am so thankful to have such passionate and caring volunteers and Directors that all have the same goal of helping the Farm Bureau succeed and supporting our landowners and farmers. There is no way I would be where I am today either without the continued encouragement, support, and most of all, laughs from Jackie, Mary Beth, Roxanne, and Teresa. Our time as an office of five is winding down. We will all get to celebrate Teresa on April 24 at the Agri-Center at 4:30 for her retirement party. Please join us to celebrate all the memories



Miss Aggie has made in Knox County with cake and punch. We hope to see you there! Happy April!

## **Nursing Scholarship Application Available**

Applications are now available for nurse practitioner scholarships through the Illinois Farm Bureau® Rural Nurse Practitioner Scholarship Program. There will be five scholarships, worth \$4,000 each, granted this year.

The scholarship program, now in its twenty sixth year, helps encourage and develop the pool of rural health practitioners to help meet primary health care needs in rural Illinois. Students who receive scholarships agree to practice for two years in an approved rural area in Illinois.

To be eligible for the scholarship, students must be Illinois residents and be a Registered Nurse accepted or enrolled in an accredited Nurse Practitioner Program. Funding is provided by the Rural Illinois Medical Student Assistance Program.

Applications are available at county Farm Bureaus® throughout the state, on the Rural Illinois Medical Student Assistance Program website at RIMSAP.com, or by writing Donna Gallivan, Program Manager, Illinois Farm Bureau, PO Box 2901, Bloomington, IL 61702-2901. Applications are due May 1. For additional information, contact Donna

Gallivan at 309-557-2350, or via e-mail at dgallivan@llfb.org.



# Need help financing your veterinary education?

Illinois Farm Bureau can help!



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Contact: Jason Beard 309-368-5396

The Illinois Veterinary Education Training (IVET) Program is sponsored by the Illinois Farm Bureau (IFB) and offers low interest loans up to \$40,000 total to as many as three veterinary students each year. Loans are repaid over a 5-year period after graduation and students must commit to an Illinois farm animal practice and work in this field for five years.

# Learn more at www.ilfb.org/IVET Applications due by May 1



This program is sponsored by the Illinois Farm Bureau.



Health on the Farm

# Women, Infants and Children (WIC) Program

The Special Supplemental Nutrition Program for Women, Infants, and Children - better known as the WIC Program-serves to safeguard the health of pregnant, postpartum, and breastfeeding women, fathers, infants, and children up to age 5. This is carried out by providing nutritious foods to supplement the diets, information on healthy eating including breastfeeding promotion and support, and referrals to health care.

#### 1. Who is eligible for WIC?

a. Pregnant, postpartum and breastfeeding women, fathers, infants, and children up to the age of 5 are eligible. Families must meet income guidelines and reside in Illinois. For example, a pregnant woman and her unborn baby are counted as 2 people. The addition of her spouse brings the number in the household to 3 people. If the couple's annual gross income equaled \$30,000 – income eligibility would be met.

#### (Income guidelines effective 07/01/2017 – 06/30/2018)

		•
Number in	Monthly	Annual
Household	Income	Income
2	\$2,504	\$30,044
3	\$3,149	\$37,777
4	\$3,793	\$45,510
5	\$4,437	\$53,243
6	\$5,082	\$60,976

#### 2. How to Apply to Participate in WIC.

a. The Knox County Health Department offers the WIC program on a Walk-in basis Monday thru Friday between the hours of 8:00am – 4:00pm or contact the Health Department at 309-344-2224. Classes are held on Fridays between the hours of 8:00 and 4:00. Appointments are available by request.

# 3. What food benefits do WIC participants receive?

a. WIC participants receive vouchers to purchase specific foods each month that are designed to supplement their diets with specific nutrients that benefit WIC's target population. WIC foods may include infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, canned fish, soy-based beverages, tofu, fruits, vegetables, baby foods, whole-wheat bread, and other whole-grain options.

b. WIC recognizes and promotes breastfeeding as the optimal source of nutrition for infants. For women who do not fully breastfeed, WIC provides ironfortified infant formula. Special infant formulas and medical foods may be provided when prescribed by a physician.

# 4. What is the WIC Farmers' Market Nutrition Program?

a. Established in 1992, the program provides additional coupons during the summer months to WIC participants in order to purchase fresh fruits and vegetables at participating farmers' markets. This program has two goals: To provide fresh, nutritious, unprepared, locally grown fruits and vegetables, from farmers' markets to WIC participants who are at nutritional risk; and to expand consumers' awareness and use of farmers' markets.

Even when it is difficult to make ends meet, proper nutrition is vital for pregnant women, fathers, infants, and children. WIC hopes to impact your family directly by providing nutritious foods, nutrition education, breastfeeding help, and referrals. Please call the Knox County Health Department at 309-344-2224 for more information.

# **Budget Tight?**

# Are you pregnant or have a child under the age of five?

Even when it is difficult to make ends meet proper nutrition is vital for pregnant women, infants and children. Let WIC offer a helping hand! The WIC program helps with the foods you need. WIC is available to women who are pregnant, breastfeeding or postpartum. WIC is available for infants and children up to the age of five who meet current eligibility guidelines.

\* Pregnant women count as 2 people.

Number in	Monthly	Annual
Household	Income	Income
2	\$2,504	\$30,044
3	\$3,149	\$37,777
4	\$3,793	\$45,510
For addition	al income in	formation –
	please call!	

#### Call us or stop by to see if you qualify!



Knox County Health Department 1361 West Fremont Street • Galesburg, Illinois 309-344-0319 Monday-Friday • 8:00 a m. to 4:30 n m.

Knox County Health Department

Monday-Friday • 8:00 a.m. to 4:30 p.m. www.knoxcountyhealth.org "This institution is an equal opportunity provider"





# Check us out at: www.yemmford.com 309-342-1121 W. Main St & Linwood Rd Galesburg, IL 61401

# IL Farm Bureau Members can Save \$500 on select new models!



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#### MEMBERSHIP RECRUITER OF THE MEMBERSHIP DRIVE



The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jeremy Kleine as top membership recruiter in February. Jeremy signed 4 new associate members.

Call your COUNTRY Representative for all your insurance and financial needs.

Jeremy Kleine

#### **Primetimers News**

The PrimeTimers committee met March 20th, enjoyed a potluck lunch, and sunflower program by Willard Shaw. Over 20 members were present. The next meeting is April 17 in the Knox AgriCenter and the potluck lunch will start at 12 pm. David Amor will present the program. PrimeTimers invite all members 55+ to attend.

#### 1st Baby Born during Ag Month

March is National Ag Month and again this year the Knox County Farm Bureau Education & Outreach Task Force honored the first baby born during Ag month. The baby arrived during the weekend and the family was already settled at home when the committee learned the exciting news. The family picked up their basket at St. Mary's when their schedule allowed.

#### ~ CLASSIFIED ADS ~

To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or e-mail us at jreedy@knoxcfb.org by the last Friday of each month to place the ad.

WANTED: 300 gallon gas barrel with hose on stand, good condition. Call 309-342-1463. 4/18

FOR SALE: Kinze 3650 12/24R Planter 12-30" or 24-15" rows, Twin-Line Bulk-Fill, Mechanical Seed Metering, 12 finger pickup meters, 12 dry insecticide Lock'N Load boxes, heavy-duty dual springs for down pressure, Kinze bean brushes, unit-mounted no-till coulters, rubber tire closers, KPM II monitor, kept inside & wellmaintained, selling because we bought a wider planter, Galesburg, IL \$29,800 OBO, Brian 309-337-1600 4/18

FOR SALE: 2011 Krause Gladiator ST-PRO S/R Strip-Till Bar, 12r-30", model 1200-1230, spring reset upper link assembly upgrade, makes beautiful strips, rear hitch for NH3, low acres, can be set up for liquid, dry, and/or NH3, kept inside, wellmaintained, Galesburg, IL, \$27,900 OBO, call Brian 309-337-1600. 4/18

FOR SALE: Ferguson 2 bottom, 3 point plow. \$250. Call 309-342-6326 and leave message if no answer. 4/18

FOR SALE: Keyboard, Casio C-T 630, electronic, A.C. or battery (6 D Cell), has 40 instrument tones, comes complete with folding leg stand, light weight, less than 16 lbs, instructions in English or Spanish, includes beginner's guide for all electronic keyboards. Call 309-344-2358. 4/18

FOR SALE: Maytag side by side white refrigerator, 33" wide 68" tall 29" deep, \$1500 OBO. Call 309-483-6482. 4/18

FOR SALE: Maytag microwave over the range, \$25. Call 309-483-6482. 4/18

FOR SALE: Whirpool Electric 30" smooth top stove, white, \$125. Call 309-483-6482. 4/18

FOR SALE: GE dishwasher, white, \$50 Call 309-483-6482. 4/18

FOR SALE: Oak kitchen cabinets & white kitchen cabinets, price negotiable. Call 309-483-6482. 4/18

FOR SALE: Trailer Hitch for 1993 Chevy truck. \$40. Call Roger at 309-342-8481 4/18 **FOR SALE:** 1962 VW Dune Buggy. White with some pin striping. Chrome wheels with white lettered wide tires. Roll bar, custom steering wheel, 4 speed floor shift, fabric bucket seats, full canvas cover, chrome on engine. Excellent Sony AM-FM disc player with high performance sound. \$9500.00. Call Roger at 309-342-8481 4/18

FOR SALE: 9 small Norman Rockwell plates. Best offer. Call 309-342-5796 3/18

FOR SALE: 35 wooden picture frames, different sizes. Call 309-344-3806. 3/18

**FOR SALE:** 1 "FieldCraft" Topgrafter tool from "Hummert International", "Parafilm M" grafting film, "Bucket Boss Pro" and bucket, Nut Tree grafting video, numerous grafting style articles, and much more to start grafting trees. Call and leave a message 309-344-2358. 3/18

WANTED: Incubator for chicken eggs. Round metal or wooden cabinet style. Working or not working. Leave message on machine. Call 309-344-2358 3/18

WANTED: Henderson Women's Club Cookbooks, 1940s-1950s era. Call 309-335-1919 3/18

**FOR SALE:** Grass or alfalfa hay, both round and square bales available. All hay sold is good quality and stored inside. Call Kevin 309-208-5539. 2/18

**FOR SALE:** Two 20 month old calving ease Angus bulls, Impression and Full Power genetics, EPD's available. Call Lori 3009-368-6641 2/18

FOR SALE: Large quantities of galvanized guard rail for sale that is good and straight. Prices are: 13.5 ft sections at \$2.25/ft and 26 ft sections at \$2.50/ft. Will discount \$0.10/ft off entire purchase if you buy over 1,000 ft and \$0.25/ft if you buy over 2,500 ft. Call or text 309-368-8386 for any inquiries. 1/18

If you sell your items, please contact the Knox County Farm Bureau office at 309-342-2036 or email jreedy@knoxcfb.org, so we can provide our readers with up-to-date information.



In 1973, eighteen different hybrids were planted by dealers at a test plot in Williamsfield.

them.

chicken.

shape

chicken.





top to sandwich the chicken in-between

4. Pound the chicken flat with a meat

mallet (starting on one edge and working

around and then the center) until it's about

twice the size of when you started, being

careful not to pound so thin that it breaks.

5. Repeat with the remaining 3 pieces of

6. Spoon 1/4 of the filling mixture into

the middle of a chicken cutlet and roll the

with your hands until sealed and an oval

7. Place seam side down on a cookie

sheet and repeat with the other 3 pieces of

9. Beat the eggs in a medium bowl.

ingredients (except for the olive oil) in a

11. Heat the oil in a medium sized

12. Preheat the oven to 375 degrees (F)

13. Dip the stuffed chicken into the egg

first, then the breading mix and cook in the

14. Transfer the browned chicken to a

15. Bake in the oven at 375 degrees for

sauté pan until golden brown on all sides.

18 – 22 minutes or until a thermometer in

16. Serve with optional marinara or

the center reads 165 degrees (F).

10. Combine the other breading

different bowl and stir.

nonstick sauté pan.

baking pan.

alfredo sauce.

8. Chill the stuffed chicken for 15 minutes.

edges up around it. Turn over and squeeze

#### Cheesy Spinach Stuffed Chicken Breast

#### Ingredients

- 4 boneless, skinless chicken breasts or cutlets
- 6 oz cream cheese, softened
- 2 cups chopped spinach (raw)
- 1/2 tsp minced garlic
- 1/3 cup grated parmesan cheese
- 1/2 cup grated mozzarella cheese
- 1/4 tsp ground black pepper
- 1/8 tsp ground nutmeg
- 1/4 tsp kosher salt

#### For the breading:

- 1/3 cup superfine almond flour
- 1/3 cup grated parmesan cheese
- 1/2 tsp dried parsley
- 1/2 tsp kosher salt
- 1/8 tsp onion powder
- 1/8 tsp garlic powder
- 2 eggs
- 2 Tbsp olive oil for frying

#### Instructions

1. Combine the cream cheese, spinach, garlic, parmesan, mozzarella, pepper, nutmeg, and salt in a medium bowl and mix well.

2. Trim your chicken of any visible fat or membranes. (If they are really large, you can cut them in half lengthwise and just use two of them for four good sized cutlets once flattened.)

3. Place a layer of plastic wrap on a cutting board. Top with one piece of chicken, then another layer of plastic on

Taken from ibreatheimhungry.com

If you would like to submit a family-favorite recipe, please provide the recipe with a picture to the KCFB office.

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