KNOX COUNTY FARM BUREAU®



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December 2019

Attention Farm Bureau Members! The Knox County Farm Bureau office will be closed December 23rd through January 1st so our staff can spend time with family during the Christmas season. The KCFB will reopen on January 2nd at 8:00 am.

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

Aten North Financial Planning Tara & Chester Bahnks III Jody & Richard Booth Francis Gourley

Tarrah & Daniel Sornberger Adam Tabb Pamela & Timothy Way

Austin Lindstrom

CALENDAR OF EVENTS

December 2019

- 9 Holiday Cheese Delivery, 11 AM, Knox Agri-Center
- 18 Marketing Club, 12:30PM, Pizza Ranch
- 19 KCFB Board Meeting, 7 PM, Knox Agri-Center
- 23-1 Office Closed

January 2020

- 2 KCFB Office Open
- 8 Marketing Club, 12:30PM, Pizza Ranch
- 9 Young Farmers Meeting, 6 PM, Knox Agri-Center
- 14 Health Fair, TBD, Knox Agri-Center
- 16 KCFB Board Meeting, 7 PM, Knox Agri-Center
- 20 Office Closed, Martin Luther King, Jr Day
- 22 Marketing Club, 12:30PM, Pizza Ranch
- 24 Pork Producers Annual Meeting, 6:30 PM,
- Lake Storey Pavilion
- 25 KCFB Annual Meeting, 10 AM, Cedar Creek Hall
- 30 Winter Crop Meeting, Knox Agri-Center
- 31-1 Young Leader Conference



Illinois Farm Bureau and its affiliate companies were proud to sponsor the Illinois FFA BUILD Conference in Decatur October 14-15. Through five different sessions, FFA members learned how to BUILD their leadership, image, relationships, team, and perspective, as well as to BUILD up others. Students also heard from two keynote speakers, participated in friendly team competitions, and attended an opportunity fair. We look forward to watching these FFA members continue to BUILD on their experiences!



From The Knox County Farm Bureau Board & Staff

CHICAGO REPRESENTATIVE VISITS KNOX COUNTY

On November 20th, the Knox County Farm Bureau had the pleasure of hosting our Adopted Legislator Representative Lamont J. Robinson from the 5th District. His visit started at Jimmy's Pizza for an Economic Update by Ken Springer from the Knox County Area Partnership for Economic Development. During lunch with Representative Robinson, Representative Dan Swanson explained some of the differences to look for during the tour. Representative Swanson was unable to tour the rest of the day with us because as a hog farmer himself, he had to be cautious and courteous of his own livestock and the livestock on the other farms.

After lunch, we headed to

Triple E Farms in Altona to visit with Knox County Pork Producers Association members Dan Erickson and Brenda Schubbe. It was discussed how much care goes into raising pigs. Holding the piglets was a great experience too!

After leaving Triple E, Jason Main hosted us to learn more about cattle and the show cattle world! Having the chance to ride on a 6-seater Ranger through the pasture was an experience the Representative will never forget!

4th Meridian Farm, Nathan and Aaron Link, and Jared Higgerson were proud to host the Representative for an awesome combine ride through the cornfield to help the brothers finish harvest. We were able to learn about the technology farmers use to help their operations!

No. 12

Representative Robinson's visit concluded with dinner at The Packinghouse before he took the train back home.

This experience allowed members to gain another colleague in Springfield and Chicago as well as a friend. Thank you to the Representative for being optimistic and coming to visit as well as Christina Nourie from Illinois Farm Bureau for setting up this relationship through the Adopted Legislator Program! We look forward to visiting the Representative in Chicago once again at the IAA Annual Meeting!







Notice! Knox County Farm Bureau Annual Meeting

Notice is hereby given that the Annual Meeting of the voting members of the Knox County Farm Bureau will be held on Saturday, January 25, 2020 at 10:00 a.m. at Cedar Creek Hall, Galesburg, to elect directors and if approved confirm the reports of the officers for the year ending November 30, 2019; and for the transactions of such business as may properly come before the meeting.

The morning will begin with check-in at 9:30 a.m. The business meeting will begin at 10:00 a.m. followed by the guest speaker at 11:00 a.m. The Annual Knox County Farm Bureau Foundation Live Auction will be held at 11:30 a.m. following the business meeting. In conclusion of the live auction, a brunch buffet will be served. The Knox County Farm Bureau Foundation Silent Auction will also be taking place throughout the morning. All proceeds from both auctions will benefit Knox County's Ag in the Classroom program.

Dated at Galesburg, Illinois on December 1, 2019.

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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.



Published Monthly

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ASSOCIATION and the AMERICAN FARM BUREAU FEDERATION

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DISTRICT V

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Jeff Grady Young Farmers Representative

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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

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**



MEMORIES AROUND THE TREE GLOW BRIGHT

Six Christmas trees help set the holiday mood in our home.

My husband keeps a different tally, pointing out that our indoor forest calculates to a few dozen evergreens when you count the 12-inch trees atop the kitchen cupboards and the backdrop to our nativity display. Don't forget the tabletop trees that surround my Christmas barns, nor the set of trees cut from aged barn wood displayed on our bathroom counter. In the kitchen, we decorate a pencil tree with old family cookie cutters, a personal favorite.

I love Christmas trees. In fact, they seem to make all of us happy, so we planted a short-needled evergreen in our front landscaping last year. Their presence

LEGISLATIVE UPDATE A Challenging Year For Illinois Farmers Comes To A Close

Without a doubt, 2019 will go down as a challenging year for Illinois farmers. As I write this Monday before Thanksgiving, with about 200 acres of corn to harvest, we joke it maybe a tailgating Thanksgiving Dinner but not at the Bears vs. Lion football game. Mom and Dad both made it pretty clear we will pause to have a Thanksgiving meal as a family at their house surrounded by family. I reflect on all that we have to be thankful and the many blessings. Serving over 27 years in the military, I appreciate spending this time of year at home, but mindful of all the men and women serving away from their families.

A wet spring made it difficult for many of us to get out early, leading to late planting finishes for most Illinois farmers. Soon after we wrapped up got planting (or replanting for many of us), Illinois weather patterns shifted with below normal rainfall amounts leading to drought conditions throughout much of the Midwest. Also, cool temperatures late in the growing season hampered crop dry down with low heating degree days.

Drought led many to late harvests pushing farm equipment onto roadways much later than normal this year, raising safety concerns for many Illinois farmers and drivers in rural areas. Sub-freezing temperatures and early snow certainly didn't help matters as we often worked late into the night to harvest our fields well into November. The rate of corn harvest was well behind normal for this time of year with more risk as the calendar moves along into December. Many of us with livestock also took a hit with the hot dry summer and early snow as we had to cut into feed supplies much earlier than most years.

Several hundred farmers across Illinois diversified into a new crop for Illinois industrial hemp. For those farmers,

INTERNSHIP & SCHOLARSHIPS

Be sure to check our website for up-todate scholarship opportunities!

KCFB Foundation Summer Internship

The Knox County Farm Bureau Foundation is offering an internship with the Knox County Farm Bureau for the summer of 2020. The intern will receive a \$2,000 scholarship and is encouraged to explore the possibility of using the internship to tultill academic requirements tor his/her major.

This is the 28th year for the program, which continues to be very successful. The internship is open to Knox County residents who will be a sophomore, junior, senior, or full-time graduate student at a college or university during the fall 2020 semester. Preference is given to applicants who have a farm background and/or are studying an agricultural-related field.

For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: knoxcfb@knoxcfb.org; or visit our website: www.knoxcfb.org. Applications are due February 14, 2020.

KCFB Foundation \$1000 Scholarship

The Knox County Farm Bureau Foundation Scholarship is open to Knox County residents who will be a sophomore, junior, senior, or full-time graduate student at a college or university during the fall

and meaning bring together some of our most favorite things. Family time, farm influences and rustic decor intertwine with a Christian holiday, making our hearts and minivan radio break into Christmas songs.

This time of year, I most especially enjoy staying home in our tree-filled retreat, anticipating the moments when programmed timers cue the Christmas lights throughout the house. Our family aathers next to the lit living room tree to watch Christmas movies. I fall asleep by tree light in our bedroom. I savor the peace of early morning, rolling out cinnamon rolls before dawn with the glowing Christmas tree.

Consistent with the memories of my childhood, we shop the Christmas tree farm right after Thanksgiving, connecting with families growing a different crop for a different harvest season. We walk the farm and take a family vote for the best nine-foot fir. This tree, the only real one in our home, bears the gifts, the Christmas star, and the most sentimental ornaments. Five other trees, all six-foot artificials, take on our family's personalities through themes of hunting, fishing, the farm and

establishing relationships with processors (especially nearby processors) was a challenge major presented to an industry lo establishing late in its foothold in this new Rep. Dan Swanson market. As

^{the} (R-Alpha) Illinois Department

of Agriculture worked diligently to ensure that grower applications were processed as quickly as possible to provide an adequate grow season, opportunities for those farmers to take their product to market were less than adequate considering the huge interest by those hoping to diversify their crops. Hopefully this can be addressed more adequately in future years, as IDOA works to attract more processors to the State of Illinois.

As the 2019 season ends, we reflect on so many lessons it brought us. course, Mother Nature always delivers the toughest lessons for Illinois farmers. Farmers always work toward increased fleet-footedness and continue to adapt to challenges with unpredictable weather. The importance of crop insurance was also emphasized by this year's instability and USDA adjusting to accommodate conditions.

Illinois politicians could learn much by how farmers handle these challenges with such grace and adaptability. Like our farms, our State has been through some tough times as well. A flood of corruption, a drought of new residents and new jobs and a push to open new markets for our goods and services while increasingly

competing in ways not yet imagined. May the end of 2019 present an opportunity for us all to face these challenges and grow from the lessons they teach us. Wishing you and yours a Merry Christmas season and an improved Merry Christmas season and an improved growing season and harvest in 2020!

2020 semester. Preference is given to applicants who have a farm background and/or are studying an agricultural-related

or communication-related field. This is the third year the KCFB Foundation will award this scholarship. For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: knoxcfb@knoxcfb.org; or visit our website: www.knoxcfb.org. Applications are due February 14, 2020.

Thomas Lincoln \$1000 Scholarship

The Knox County Farm Bureau Foundation is currently accepting applications for the Thomas Lincoln Scholarship, awarded annually in memory of Thomas Lincoln, a Knox County Farm Bureau Young Farmer who died in a tragic car accident.

A \$1000 scholarship will be given in the spring of 2020 to a graduating high school senior who is a Knox County resident and has been accepted into an agricultural or agricultural-related curriculum at any college or university in the fall of 2020.

For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: knoxcfb@knoxcfb.org; or visit our website: www.knoxcfb.org. Applications are due February 14, 2020.



our alma mater.

My husband should have predicted my obsession for needled trees upon marriage to me, a farmgirl born on Christmas Eve. At our September wedding reception in the farm shop, guests placed gifts under a 12-foot, fresh-cut pine, a gift itself from the local tree farm.

A few tree tribulations since have tested the marriage. Most notably, my husband tells the story of cutting a board from the unfinished garage wall to improve the "cheap tree stand" he says that I purchased for our first Christmas together. Without elaborating, the story ends well. We've celebrated 17 Christmases since.

About the author: Joanie Stiers' family grows corn, soybeans and hay and raises beef cattle in West-Central Illinois.

Knox County GRICULTURE in the Classroom_{sm} Ag in the Classroom Update

By Paula Daniels

This month Knox County Hello! students learned all about one of Illinois top commodities, CORN! Students in Kindergarten through 5th grade Ag in the Classroom program spent time with our coordinators learning about the importance of corn to Illinois and its impact on our history. Starting with its agricultural importance to the Native Americans that raised corn as one of the three sister companion plants to beans and pumpkins. The diversity in the types of corn, the impact of the development of the dent corn we grow on our farms today, the history of flint corn, the science of popcorn, and the vast uses for corn in our everyday lives, to its importance as a renewable resource. We look forward to bringing more agriculture lessons to the students of Knox County as the year progresses!



Getting To Know Your Farm Bureau Policy

How well do you know Farm Bureau policy? In order to better understand it, KCFB will run monthly excerpts from the 2019 policy book. Interested in learning more about how our policy system works? It all starts with you! For more info contact the office.

119. FEDERAL ESTATE TAXES

We will support: 1. The repeal of federal estate taxes while still retaining a stepped-up basis at

the time of inheritance. 2. The exemption from federal estate taxes for heirs who are actively farming a farm property which is restricted by a

voluntary conservation easement. 3. Elimination of the \$850,000 ceiling and limitation on the percentage of the total value of the estate allowed in determining the existing exemption under Internal Revenue Code 2032-A for agricultural productive value.

4. Increasing the maximum gift tax exclusion per recipient to \$50,000 per year.

We oppose any reduction in the current federal estate tax exemption. Until repeal becomes politically feasible, we support an increase in the exemption to \$10 million to ease the movement of farms and small businesses from one generation to the next. The exemption should be indexed for inflation.

These area businesses are proud to be a part of our 2019 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.



COUNTRY

NEWS FROM COUNTRY FINANCIAL

COUNTRY

AGENT SPOTLIGHT Name: Jason Lumberry Office Address: 180 S Soangetaha Rd, Ste 103, Galesburg, IL 61401 Phone: 309-342-1647 eMail Address: jason.lumberry@countryfinancial.com Family: Wife - Brianna, Daughter - Collins, Son - Jackson Education: A.A Lincoln College. B.A. Western Illinois University. M.A. Western Illinois University. Designations: Investment Solutions Representative Mission Statement: My goal is to help my clients achieve true financial security. When they go to sleep at night, I want them to know that their family is truly protected if something should happen to them.

Community Service: St. Jude Research Hospital Volunteer, Big Brothers Big Sisters Volunteer, Boys and Girls Clubs of America Volunteer.

Jason Lumberry

Safety: The Best Gift to Give This Season

As you hustle and bustle this season to find the right gifts, attend parties, decorate the house and prepare holiday treats and meals, don't forget safety.

A safe holiday season may be the best gift you give (or receive) this season. It could even have a life-impacting effect on you, your family and friends.

By checking extension cords used with holiday lights for frays, you could avoid a deviating fire; by volunteering to be the designated driver at a party, you could prevent a serious roadway accident; or by double-checking to ensure your house is locked, you could deter a robber from "shopping" for presents at your house.

No one wants a tragedy to be the reason we remember this holiday season. We want to remember it for the special moments, gatherings with friends and family, traditions and good food.

That said, I have compiled this holiday safety checklist. I hope it will help provide the gift of safety to you and those around you this season.

•Check all extension cords and holiday lights for frays, loose connections or damaged plugs. Don't overload extension cords.

•Avoid using outdoor lights or lighted decorations inside; or indoor lights, lighted decorations and indoor extension cords outside

 Unplug or turn off all lighting decorations before going to bed or leaving the house. •Check to make sure smoke detectors

and their batteries are working. (Smoke

detectors also make great gifts!) •Be prepared by having an operable

fire extinguisher readily available. (Fire extinguishers make great gifts, too!) •If you prefer a real tree, be sure to buy

a fresh one. If the needles are falling off, the tree is too dry and should not be purchased. •Leave a fresh tree outside until you're ready to decorate it.

• Place the tree in a cool area of your home, away from heat sources or where it could get knocked over.

•Keep flammable items away from fireplaces and temporary heaters.

•Check and fill the water level of a freshcut tree daily.

leaving Avoid burning candles unattended. Keep them away from flammable materials, and make sure they are in an area where they won't get knocked over.

• Volunteer to be a designated driver at a holiday party.

•Make sure toxic holiday plants, such as holly and mistletoe, are out of reach of children and pets

•Stay alert while shopping and always walk confidently.

•Avoid carrying large amounts of cash by paying for gifts with checks or credit cards.

•Use the trunk of your car to keep purchases out of sight.

 Lock doors and windows when leaving your house. Avoid leaving your drapes open where presents may be seen.

•If you're going away for the holidays,



We would like to join our entire staff in wishing everyone a very Happy Holiday season.

JASON LUMBERRY 309-342-1647

JOHN RYNER 309-342-1607 **IOE YOUNGMAN**

AGENCY MANAGER

PATRICK YOUNG 309-342-5316 **ED IOHNSON**

JEREMY KLEINE 309-342-3177 MICHAEL WHITE

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309-686-7050

unplug all unnecessary electrical items, such as table lamps, electric heaters and small kitchen appliances.

•Make your house look lived-in if you are going to be away for an extended period. Use automatic timers for lights, ask a trusted friend or neighbor to occasionally park in

the driveway, and stop delivery of mail and the newspaper.

•After the holidays, don't put out for garbage empty boxes, which advertise gifts received. Instead, break down boxes and put them in a recycle bin, trashcan or a dumpster away from your home.

BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on November 21, 2019.

Education & Outreach - Becky King The next meeting will be December 19 at the Holiday Meal.

Farm Business – Todd West

The 2018 Plat Book is available and is \$30 for members and \$35 for non-members. 2018 Knox County Wall Plat Maps are available for \$50 for members and \$55 for non-members. We have Peoria County Plat Books available in the office for purchase. Marketing Club starts again on December 4. The Steve Johnson Marketing Seminar is

Monday, November 25. **Government and Policy – Joe Webel** Sign up for FB Act text alerts by texting the word FARM to 52886. Representative Lamont Robinson Jr visited Knox County November 20

Member Relations – Jennifer Beard The Knox County Farm Bureau made voting, total, and retention quota for September 1, 2018- August 31, 2019 making us a Triple Honor County. The Health Fair was November 19 at KAC.

Foundation – Hailey Weyhrich The Board will meet November 26 PrimeTimers - Hailey Weyhrich

Their Holiday Luncheon was November 19 at Pizza Ranch.

Young Farmers – Jeff Grady

The Young Farmers have been awarded \$5,000 for their cover crop introduction program through the Illinois Farm Bureau Nutrient Stewardship Grant. 10 high

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school students attended the Leadership Bootcamp November 21 at KAC. Young Leader Conference is January 31-February 1 in East Peoria. The committee will prepare and serve dinner at the Galesburg Rescue Mission.

KAC – Terry Boydstun

The Board will meet November 26. **OLD BUSINESS** The 2019 Chamber of Commerce

Legislative Luncheon was October 3 and Jennifer Beard and Terry Boydstun gave reports.

Grant Strom, David S. Erickson, and Joe Webel attended the Peoria County hog open house

KCFB Annual Meeting is January 25. Director Sullivan is unavailable to speak.

NEW BUSINESS The District 8 Resolutions meeting is November 26

The program reporting system is now called Counties Activates of Excellence, formally known as PEARS, and it was discussed together with the 2020 Quota Program. The 2020 Budget was discussed.

A Nominating Committee will be formed of members of the Board not up for re-election this year to find people to fill upcoming vacant seats.

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	nce Nov P P P P P P P P P P P	NAME Hennenfent, Matt Hulsizer, Matt King, Becky Link, Jeff Link, Nathan O'Connor, Tom Stevens, Monica Strom, Grant Swanson, Brett Webel, Joe West, Todd	Sept P P P P P P P A	Oct CCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCCC	Nov P A A P A A P P A A P P A A P



Leadership Bootcamp

By: Adrienne DeSutter and Katie Grady Student leaders from Knox County high schools participated in the 3rd leaders, and heard from a panel of annual Knox County Farm Bureau agriculture professionals consisting of Leadership Boot Camp, hosted by the Tara Yoder (Dairy Business Development county's Young Leader program. This event invites selected juniors and seniors who excel in agriculture and/or STEM (Science, Technology, Engineering, and Mathematics) fields to expand their leadership skills and learn more about the diverse career opportunities in agriculture.

This year, members of Boot Camp practiced introductions and public speaking, and had an opportunity to apply what they learned during a speed networking activity with community professionals. They also discussed cover letters and resume basics and participated in mock interviews. Steve Gannaway of Illinois Farm Bureau presented a workshop on personality styles, and participants enjoyed brainstorming how to effectively work with people who have different personality types. Students also completed

communication training, learned about Farm Bureau opportunities for young Manager), Dr. Kim Stevens (Veterinarian), Karen Corrigan (Agronomist, Professor, and Business Owner), and Tyler Main (Farmer). Ellen Burns, Dean of Career Technical Education at Carl Sandburg College was also present and spent the day interacting with students.

After the program, students rated the event highly, and were very pleased with their experience. Attending this year's event was Shelby Bailey and Katelyn Engel (Galesburg), Cole Stockton, Hunter Bush, and Alycea Burnett (Knoxville), Nathan Welch and Madison Walker (ROWVA), and Grace Little, Kennedy German, and Cora Doubet (Williamsfield).

A special thank you to the Knox County Farm Bureau Foundation for sponsoring the lunch and continued support of this event.

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Hailey's Manager Update

December is a month where we should be getting excited about the thought of snow and colder temperatures meaning the holiday season, not already dreading the cold weather because it has been here since October... with snow. We also shouldn't be thinking about our farmer friends who still have acres to harvest. We should be going to the IAA Annual Meeting relaxed and not thinking about the work at home that isn't done or if there is enough propane for the dryers. This year continues to make you wonder, 'what more can farmers take?' They continue to fight through everything that is challenging them. I have quoted Paul Harvey here before, but I think the entire speech relates to the year and is an important reminder of why we are the most important industry in the world.

"And on the 8th day, God looked down on his planned paradise and said, "I need a caretaker." So God made a farmer. God said, "I need somebody willing

God said, "I need somebody willing to get up before dawn, milk cows, work all day in the fields, milk cows again, eat supper and then go to town and stay past midnight at a meeting of the school board." So God made a farmer.

"I need somebody with arms strong enough to rustle a calf and yet gentle enough to deliver his own grandchild. Somebody to call hogs, tame cantankerous machinery, come home hungry, have to wait lunch until his wife's done feeding visiting ladies and tell the ladies to be sure and come back real soon – and mean it." So God made a farmer.

So God made a farmer. God said, "I need somebody willing to sit up all night with a newborn colt. And watch it die. Then dry his eyes and say, 'Maybe next year.' I need somebody who

can shape an ax handle from а persimmon sprout, shoe a with a horse hunk of car tire, who can make harness out of haywire, feed sacks and shoe scraps. And who, planting



time and harvest season, will finish his fortyhour week by Tuesday noon, then, pain'n from 'tractor back,' put in another seventytwo hours." So God made a farmer.

God had to have somebody willing to ride the ruts at double speed to get the hay in ahead of the rain clouds and yet stop in mid-field and race to help when he sees the first smoke from a neighbor's place. So God made a farmer.

God said, "I need somebody strong enough to clear trees and heave bails, yet gentle enough to tame lambs and wean pigs and tend the pink-combed pullets, who will stop his mower for an hour to splint the broken leg of a meadow lark. It had to be somebody who'd plow deep and straight and not cut corners. Somebody to seed, weed, feed, breed and rake and disc and plow and plant and tie the fleece and strain the milk and replenish the self-feeder and finish a hard week's work with a five-mile drive to church.

"Somebody who'd bale a family together with the soft strong bonds of sharing, who would laugh and then sigh, and then reply, with smiling eyes, when his son says he wants to spend his life 'doing what dad does.'" So God made a farmer.



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Health on the Farm

By the Knox County Health Department

Tips For A Safe and Healthy Holiday

The holidays are a great opportunity to enjoy time with family and friends to celebrate life, to be grateful, and to reflect on what's important. They are also a good time to take care of yourself.

Here are some holiday tips to support your efforts for health and safety during the season

Eat Healthy and Be Active

It can be challenging to eat healthy and stay active during the holidays. Healthy eating is all about balance and moderation. Holiday parties and big family meals may tempt us away from our healthy eating habits. Allow yourself to have your favorite foods but stick to smaller servings and balance them with healthier options. Choose fresh fruit as a festive and sweet substitute for candy.

Staying active can help you keep a healthy weight during the holiday season. Look for opportunities to work physical activities into your holiday: Go for a stroll after a family meal, play game of hide n seek outside, or dance to your favorite holiday music. It's important to move more and sit less.

Get Your Flu Vaccination

Influenza (flu) is more than a cold, or even a "bad cold." It can result in serious health complications. Few people get vaccinated against flu after the end of November even though flu activity peaks between December and February and can last as late as May. If you didn't yet get a flu vaccination this season, it's not too late! CDC recommends that everyone age 6 months and older get vaccinated now if they have not already been vaccinated this season.

Flu vaccination can reduce your risk of getting sick with flu and can prevent serious lu complications. Flu vaccine has other benefits, too, including being life saving for children, protecting pregnant women and their babies, and reducing the risk of heart attack in people with heart disease.

Cope With Stress

Everyone-adults, teens, and even children – experiences stress from time to time. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Learning nealthy ways to cope with stress and getting the right care and support can help reduce

stressful feelings and symptoms. Home Heating

Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year to keep your family safe from carbon monoxide (CO) poisoning. Install a battery-operated or battery backup CO detector where it will awaken your family at night if the alarm is triggered.

See if your family qualifies for the Home Energy Assistance Program (LIHEAP). LIHEAP is a state and federally funded energy assistance program that provides one-time benefits to eligible households to help with winter energy bills and for reconnection of energy service. A single-person household can qualify with a gross (before taxes) monthly income of up to \$1,561; a two-person household up to \$2,114; a family of three can earn up to \$2,666; and a family of four can earn up to \$3,219. Benefits are paid directly to energy vendors on behalf of eligible households. The exception is households whose heating costs are included in their rent. Call 309-344-2224 to see if you qualify or to make an appointment. Food Safety

Food poisoning can ruin even the most festive celebrations. Each year, an estimated 1 in 6 Americans get sick from eating contaminated food.

Take simple steps to protect your family's health when you prepare and serve holiday meals such as:

Wash your hands and work surfaces before, during, and after preparing food, and before eating.

Keep raw meat, poultry, seafood, and eggs separated during preparation.

Cook food at the right internal temperature to kill harmful germs. Use a food thermometer to check.

Refrigerate perishable foods, including leftovers, within two hours of buying or cooking.

For more information on flu vaccines, food safety or how to apply for LIHEAP please call your Knox County Health Department at 309-344-2224. Happy Holidays from all of us at the Knox County Health Department!



309-342-1121 W. Main St & Linwood Rd Galesburg, IL 61401

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

You Work Hard to Raise a Healthy Familiy: Let WIC Help.

WIC is a nutrition program for Women, Infants, and children.

You may qualify if you:

- Are pregnant, just had a baby, or have a child under the age of 5
- Meet income eligibility requirements
- Live in Knox County, IL



WIC provides:

- Nutrition education and health information
- Breastfeeding support
- Referrals to medical providers and community services
- Food benefits for healthy foods
- Farmers market coupons

Newly pregnant women, single fathers, migrant es! workers, and working families are encouraged to apply.

To find out more, go to https://www.dhs.state.il.us/ page.aspx?item=30513

Enroll early! Call WIC today to see if you qualify:



(309) 344-2224 or (309) 344-0319



Knox County Health Department

West Central

FS, Inc.



At West Central FS, Inc. our mission statement is to bring long term value and profitability to our patron owners. This is why for the 2020 crop season we are pleased to offer you 0% financing on both seed and crop protection.⁴

This FS Agri-Finance program allows you to book your seed and crop protection needs early and take advantage of prepay discounts without having to write a check. We hope you will take advantage of this money saving offer.

*Minimum seed purchase required

Jennifer M Sparrow Agri-Finance Specialist 309-221-5620

For more information, contact:

MEMBERSHIP RECRUITER OF THE MONTH



The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jason Lumberry as the top membership recruiter in November. Jason signed 3 new associate members.

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

PRIMETIMERS NEWS

Thirteen PrimeTimers met at Pizza Ranch for the group's annual Holiday Luncheon. The committee will not meet

in December. The PrimeTimers wish
everyone a Merry Christmas and joyous
t 2020!





3. Combine cheeses, set aside.

4. In large mixing bowl, add eggs,

milk, salt, dry mustard, dried parsley,

black pepper and paprika. Whisk until

Loaded Overnight Breakfast Casserole

combined.

10 servings - 40 min cook time

Ingredients 1 lb sage or breakfast sausage 8-10 pieces bacon, cooked and crumbled

8 large eggs

2 2/3 cups whole milk

1 ½ tsp kosher salt

1 ¹/₂ tsp ground dry mustard

1 tsp dried parsley

1/4 tsp paprika

12 oz Italian bread, cubed into ½" pieces 1 cup shredded cheddar cheese

½ cup shredded Gruyere cheese

Garnish with parsley, chives, sour cream **Directions**

1. In large skillet, cook and crumble

sausage. Drain and set aside. 2. Cube Italian bread into ½" pieces, set aside.

Taken from thechunkychef.com

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



SAVE UP TO \$100* ON ERTL®

Whether you're shopping for the hard worker, the tinkerer or the little one, light up their season with something special. And right now, get \$20 off for every \$100 you spend on Case IH Ertl toys and collectibles (up to a \$500 Purchase).*

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Looking Back



The annual meeting of the 4-H Federation was held on Saturday afternoon, Nov. 12. Over 200 attended and enjoyed a program of

number put on by several of the 4-H Club members. Results of the election were as follows: President-Jean Cunningham, Vice President-Gayle Krantz, Secretary-Vesper Shenaut, Treasurer-Samul McKie, Directors-Dora Jean Bybee, Bonnie Steck, Robert Dikeman and George Inness.

Taken from the December 1959 Bulletin

Estimates indicate that more than 60 per cent of Illinois' hogs were not vaccinated against cholera in 1959. This has lead to several serious cholera outbreaks throughout the state.

<u>Taken from the December 1969 Bulletin</u>

Illinois Farm Bureau Serum Association reelected officers and directors during the cooperative's annual meeting...Reelected to the board, in addition to the officers, were...Wilbur Quick, Abingdon and Morris E. Nelson, Altona.

~ 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.

FOR SALE: 2019 Alfalfa grass and grass round bales of hay, 1st, 2nd, 3rd cutting, no rain, priced between \$80-\$120/bale. Small square bales of straw for \$6/bale. Call 309.368.0561. 12/19

FOR RENT: Lakewood Resorts in Osage Beach Lake of the Ozarks, sleeps 6 people, \$950 for week of June 28-July 4, 2020. Call 309.368.0561 12/19

AVAILABLE: 20,000 bushels aerated/ heated drying grain storage in bins available 6 miles north of Galesburg. Recent use with semis. Contact Paul at 916-335-3991, please leave a message. 12/19

FOR SALE: Pride Victory S 710 LX mobility scooter used once, \$1200. Call 309.368.2837 12/19

FOR SALE: 2 bedroom, 1 bath home, attached 2 stall garage with large room above, washer/dryer hookups in basement, sits on corner lot in Oneida, IL. Call 309.297.9200 12/19 **FOR SALE:** 2 Boer/dairy X does 6 mos old and 2 dwarf Nigerian does 14 mos old. All in now with Kiko buck since 10/3/19. \$200 each OBO. Call 309.639.2111 11/19

FOR SALE: 300 John Deere loader tractor with shuttle transmission, Cat MT 255 Challenger 4WD tractor with 5' mower & blade, 7' pull behind Mower Shredder, & set of Forklift Forks. Call 309.289.4290 or 309.335.8330 11/19

FOR SALE: DR Trimmer-Mower in good condition. Call 309.289.4506 or 309.335.0304 11/19

FOR SALE: 99 Ford Ranger, regular cab, short bed, V6, automatic, \$1500. Call 309.343.6861 10/19

FOR SALE: Nice couch with hideaway \$100, beautiful Starck piano \$500, trombone \$50, sheet music, can send pictures. Call Donna 309.337.3174 9/19

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.



FOR SALE

2018 Knox County Plat Books \$30 for members 2018 Knox County Wall Plat Map \$50 for members

KCFB Past President's Interview DVD



5. Add cubed bread pieces to bottom of 3-quart oven safe pot or 9x13" baking pan. Top with crumbled sausage, bacon, and ¾ of the cheeses. Pour egg custard over the top, using a wooden spoon to gently push any un-soaked bread down into the custard. Sprinkle with remaining cheeses.

6. Cover pan with foil and refrigerate overnight.

7. In the morning, uncover and let sit at room temperature while oven preheats to 350 degrees.

8. Bake uncovered for 40-45 minutes. Serve hot with desired garnishes. Page 8 • KCFB Bulletin • December 2019

