

Bulletin

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

VOL. XCVII

USPS 297-360

February 2020

No. 2

Farmland Assessment Meetings to be held March 2

Representative Dan Swanson is partnering with the Knox, Bureau, and Henry County Farm Bureaus® to host a farmland assessment meeting in each of the three counties. The purpose of these meetings is to discuss increasing property assessments and adjustments due to flooding. The meetings will be held on Monday, March 2 at:

- 8:30 a.m. – 10:30 a.m. Carl Sandburg College, 2400 Tom L. Wilson Blvd., Galesburg
- 2:00 p.m. – 4:00 p.m. Bureau County Metro Center, 837 Park Avenue West, Princeton
- 5:30 p.m. – 7:30 p.m. Black Hawk East Auditorium, 26230 Black Hawk Road, Galva

Due, in part, to a change in the Farmland Assessment Act, all farmland assessments will continue to go up. The rate of increase will be largely dependent on the soil type. Poorer soils will continue to see higher than 10% increases while better producing soils can expect an increase of less than 10%. This increase in assessed values will be reflected on property tax bills payable in 2020 and for several years to come.

Additional information will be provided on the opportunity to receive a flood debasement on those acres that saw crop loss and prevented plant due last year's flooding.

The presentations, given by Brenda Matherly, Director of Local Government with Illinois Farm Bureau®, will give you a better understanding on how farmland assessments are calculated and the long-term impact on those values.

To accommodate seating and materials please pre-register with the Knox County Farm Bureau (309) 342-2036, Bureau County Farm Bureau (815) 875-6468 or Henry County Farm Bureau (309) 937-2411.

WELCOME NEW MEMBERS

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

Becky & Rigoberto Avila
Pamela Bridges
Tina Cantu
Makayla Courson
Chuck Goff
Travis Hunter
Becky Kreppert

CALENDAR OF EVENTS

February

- 14 Applications Due: Internship & Scholarships
- 15 Cattlemen's Banquet, 5:30 PM, Lake Storey Pavilion
- 18 PrimeTimers Potluck Meeting, 12 PM, Knox Agri-Center
- 18 Governmental Affairs Leadership Conference
- 19 Marketing Club, 12:30 PM, Pizza Ranch
- 20 KCFB Board Meeting, 7 PM, Knox Agri-Center
- *25 Knox Agri-Center Meeting, 5:30 PM, Knox Agri-Center
- *25 KCFB Foundation Meeting, 6:30 PM, Knox Agri-Center
- *Time Change

KNOX COUNTY FARM BUREAU HOLDS ITS 102ND ANNUAL MEETING

The 102nd Annual Meeting of the Knox County Farm Bureau was the most well attended meeting in several years with nearly 150 members and guests gathering at Cedar Creek Hall, in Galesburg on Saturday, January 25th. The event began with attendees bidding on over 30 silent auction items.

The business meeting began at 10:00 a.m. with introductions of guests and members of the Board of Directors and their spouses. Representative Dan Swanson, Representative Norine Hammond and a staff member representing Representative Cheri Bustos were recognized and addressed the crowd.

The Governmental and Policy Task Force held a drawing for those who participated in ACTION Requests in 2019. The winner, Trisha Main received a \$25 Tractor Supply Gift Card.

Each year, a COUNTRY Financial Representative is recognized for Membership Recruiter of the Year. Recognition

was given to Jason Lumberry as the top recruiter. Jason signed 32 new associate members and two voting members during 2019. We thank all the COUNTRY Financial Representatives, staff, and Agency Manager, Joe Youngman, for their support and hard work throughout the year.

Knox County Farm Bureau also recognized members who joined the organization 50 years ago. This year, there were five members who joined in 1970; Mr. David Appell, Ms. Nancy Burns, Mr. Roger Bice, Mr. Steve Josefson, Mr. Terry Leafgreen and each received a certificate of appreciation and a commemorative gate sign.

Mr. Tim Main, Vice President of the Knox Agri-Center Condominium Association presented the Meritorious Service to Agriculture Award. This year, the late Belle Steck was recognized for her outstanding contribution to the agricultural industry in Knox County. Accepting the award was Belle's granddaughter Darla Donovan and daughter-in-law Sharon Steck.

The 2019 annual meeting minutes and year end treasurer's reports were approved. President Grant Strom announced that David S. Erickson and Joe Webel are retiring from the Board this year. Two new Directors were elected to the Board; Kurt Emken and Brian Nelson.

The Young Farmers Committee held a county township fundraiser and in total earned \$310. The township which donated the most funds in the fundraiser was Walnut Grove. The money will be donated to area food banks in Knox County.

President Strom introduced Education & Outreach Task Force Chair, Becky King, who announced Diana Underwood as the winner of the Farm Woman's Valentine Gift Card of \$40 to the Packinghouse.

KCFB Executive Assistant Hailey Weyhrich gave comments and KCFB President Grant Strom addressed the crowd with the President's report.

Mrs. Adrienne DeSutter was the guest speaker and discussed ag men-

tal wellness.

Mr. Pete Holmes was recognized as he retired as the Knox County Farm Bureau Foundation Chair. Rob Link was elected and is currently serving as Chair. Ted Mottaz was also recognized for his retirement from the Foundation and Knox Agri-Center Condominium Association.

Following the business meeting, the live auction was conducted by Luke Sullivan. Over \$4,400 was raised from the live and silent auction and the money will directly benefit the Ag in the Classroom program through the Knox County Farm Bureau Foundation. Thank you to everyone who donated and purchased items. It was another successful year thanks to everyone who contributed to the great cause.

The morning concluded with a lunch buffet. Thank you to everyone in attendance at the meeting and who helped make the day a success.

Illinois Young Farmers Shine on National Stage

AUSTIN, Texas – Anyone wanting to see what the future looks like for Illinois agriculture need look no further than the American Farm Bureau Federation (AFBF) Annual Convention in Austin. Four Illinoisans competed in the national showcase against peers from across the country.

Brett and Krista Swanson, of Knox County, finished fourth in the competition for AFBF's Excellence in Agriculture Award. Grundy County's Sara Mitchell advanced to the Sweet 16 in the AFBF national Discussion Meet. And Mason County farmer Scott Garlich competed as Illinois' representative for the AFBF Achievement Award.

Video and audio clips can be found here: <http://www.ilfb.org/media/illinois-young-farmers-shine-on-stage/>.

Each award celebrates young farmers and ranchers who demonstrate knowledge, achievement and a commitment to promoting agriculture.

"We have so much talent in the next generation of Farm Bureau leadership, and Illinois showed up as well as any other state here at the national level," said Illinois Farm Bureau President Richard Guebert Jr. "With future leaders like these, there's a lot to be excited about for Illinois farmers."

The Excellence in Agriculture Award recognizes young farmers who do not make the majority of their

income from an agricultural operation. The Swansons, a husband-and-wife duo from Oneida, operate a seed dealership and custom soybean-treatment business. Krista serves as a research specialist in the Gardner Agricultural Policy Program at the University of Illinois. They're also fifth-generation farmers.

"It's definitely been an eye-opening experience traveling down here to Texas," Brett said. "We're pretty excited and honored to represent Illinois in the Excellence Award and represent ourselves, our family and our county for the state of Illinois."

The fourth-place finish earned the Swansons a prize package from Case IH, Ford Motor Company and Stanley Black & Decker also sponsored the awards.

Mitchell shined by talking about various topics likely to be relevant to ag in the future. In the Sweet 16 round, she discussed possible solutions for the mental health and opioid crises in rural America with three other competitors. In previous rounds, Mitchell tackled topics involving technology and immigration. Simulating committee meetings, the Discussion Meet is designed to produce ideas beneficial to the agriculture industry.

"There was a lot of work that came before I came here today," Mitchell

said. "So, I feel accomplished to be able to at least get to this point. There were very good contestants that I saw today and a lot of very talented young farmers across the country that have a lot of great solutions to some pretty big issues we're facing in ag right now."

In total, 38 young leaders from state Farm Bureaus across the country competed in the Discussion Meet.

Garlich competed for the Achievement Award, which recognizes young farmers and ranchers who have excelled in their farming operation and exhibited superior leadership abilities. He returned to the family farm five years ago and grows corn, soybeans, hay, popcorn, sweet corn and green beans and raises cattle and hogs near Forest City.

"We just got out of a session where I got to talk to some other finalists, and it was great networking," Garlich said. "We're all competing against each other, and we left that at the door. Everybody's got the same problems, in every different state in agriculture, and it was just kind of nice to get to work through those together as a group."

The Swansons and Garlich advanced to the national stage by winning state competitions at the 2019 Illinois State Fair. Mitchell won the state

Discussion Meet at last month's Illinois Farm Bureau Annual Meeting.

"We are extremely proud of the hard work that our competitors put into not only this competition, but for all they have done throughout their years in Young Leaders," said Illinois Farm Bureau Young Leader Committee Chairman Drew DeSutter. "Congratulations to Sara, Scott and the Swansons on their success at the AFBF Annual Convention and thank you for representing Illinois so well."



Farm Stress Resources: What you Need to Know, and Why

By: Adrienne DeSutter
January 2020

When it comes to farm stress, everyone needs to know what resources are available. Even if you feel like you have great stress management skills, you never know when someone you care about might be struggling, and when they might be relying on you to help.

According to recent research conducted in part by Josie Rudolphi, University of Illinois assistant professor, "farmers want [mental health] information face-to-face, and they want it from their innermost circle," Rudolphi told AgriNews in December 2019.

Fortunately, there are several resources that can help friends and family members become more comfortable reaching out to loved ones they're concerned with, and can provide them with information, conversation tips, and a better understanding of mental health. Here are a few resources specific to agriculture that might come in handy for you, or someone you know:

#FarmStateOfMind : Sponsored by Acceleron, the #FarmStateOfMind campaign is an online outreach and resource hub for members of agriculture. Using the hashtag on

social media, farmers can post (or view others' posts) related to stress and mental health, breaking down a barrier of isolation that helps farmers realize they're not alone. Visit the resource library at <http://www.acceleronsas.com> to learn more.

Hotlines (all available 24/7): The National Suicide Prevention Lifeline (1-800-273-TALK) is a network of crisis centers across the country that provides help to anyone in suicidal crisis or emotional distress. Whether the caller is in need of help, or help for someone they care about, the lifeline offers immediate counseling and referrals. If preferred, there are text message and web chat options available as well.

Avera, a health ministry based in South Dakota, has recently created a hotline specifically for farmers. The "Farm and Rural Stress Hotline" (1-800-691-4336) is free, confidential, and puts callers in touch with mental health professionals with an understanding of the distinctive pressures farming can present.

Similarly, the Iowa Concern Hotline (1-800-447-1985) provides crisis counseling, farm management counseling, and even legal referrals to residents with farm-related concerns. Local Therapists and Centers:

Talking with your primary care doctor is the first step if you are concerned with overwhelming stress. He/she can help you understand what types of support are available, and provide you with a referral to a mental health professional. If you don't feel comfortable talking with your doctor, you can use the Substance Abuse and Mental Health Services Administration website (<http://findtreatment.samhsa.gov>) to find local providers. You can also check with your health insurance company to find out what type of mental health coverage and in-network options you have.

It's important to know that you don't have to have a mental health condition, like depression or anxiety, to see a therapist. People talk with counselors for a number of reasons, from dealing with loss, to improving communication skills, to learning how to better prioritize, and much more. Because the farming lifestyle creates a unique set of challenges, it's also critical to find a counselor who helps you feel heard, understood, and respected. Oftentimes the first therapist you talk to isn't the right fit, and it may be necessary to try someone new.

Workshops for Friends and Family: Mental Health First Aid ([https://](https://www.mentalhealthfirstaid.org)

www.mentalhealthfirstaid.org) is a research-based, 8-hour training that teaches participants about mental health and substance-use issues. The program has trained more than 2 million people across the country, and hopes to become as common knowledge to mental health as First Aid is to physical health. Rural-specific courses are available, including one in Bloomington, IL on February 12. Visit the website above to register.

Several Illinois county Farm Bureaus have partnered with local hospitals, religious organizations, and mental health groups to host wellness events for their members. Varying in format and content, each event is designed to help friends of farming learn how to better manage stress, talk with farmers in need of support, and find local resources. Contact your county Farm Bureau manager to find out what opportunities are available in your area, and visit the Illinois Farm Bureau Mental Health and Wellness page (<https://www.ilfb.org/resources/mental-health-wellness/>) for tips and tools.

Knowing what you can do to support someone in crisis is much more than just being compassionate and responsible; it could potentially save a farmer's life.

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.



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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.

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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



BLUE EGGS, BABY BIRDS BEAT WINTER BLAHS

The promise of blue eggs from a chirping cardboard box helps beat the winter blahs at our house this season. Oh, how some tales from our household could form a nonsensical storybook. Yet, even Dr. Seuss didn't put this color of egg into rhymes nor illustrate the century-old tradition of chicken delivery via the U.S. Postal Service, America's exclusive shipper of live chicks.

Now nine-year chicken farmers, our kids this year express the most excitement about selecting a breed that lays blue-tinted eggs. The Ameraucanas on their list of laying chickens for the 4-H Fair will

add a blue hue to the current shades of brown, white and Dr. Seuss-approved green eggs that currently fill our cartons.

Personally, I love the green eggs and remain fascinated with the delivery method of the baby birds. That once-a-year moment for us arrives in mid-February with a beloved postal delivery of chirpy 4-H chicks, a shipping phenomenon God made possible. Chicks absorb yolk at hatching, giving these little guys the nutrients to sustain their first days of life without food and water, like the conditions of a cardboard box.

Upon shipment, we track the location of that box, peppered with air holes for ventilation, as it travels from an Iowa hatchery to the local post office. There, we hear the chirping package in the back room before asking for it and see it making the postal workers happier. The package draws delightful curiosity from postal patrons, regardless of the line length. And, it makes the cutest racket all the way home in the minivan.

Knox County AGRICULTURE in the ClassroomSM Healthy Soil

AITC has been busy in the month of January! We have been busy talking about conservation and all of the steps agriculturists take to make sure that our soil stays healthy! Students learned about erosion prevention, no till, strip till and other methods to keep healthy soils! We also talked about one of the important creatures that keep our soil an amazing producer of corn and soybeans, the WORM! Third graders made earthworm bookmarks while learning what earthworms do for our soils. Fourth graders talked about how earthworms help make soils more productive and made soil profile booklets. While the fifth graders are taking on a big venture with me by vermicomposting!! We talked about one of the most important things that everyone can do to better the soils around them no matter if they are a farmer or not and no matter where they live! COMPOSTING! The use of red wigglers to compost food



scraps, paper and cardboard waste. Their worm bins will serve as an in-classroom hobby until spring when their worm farms will be harvested and integrated into the soil! They are very excited to be "worm farmers" for the next few weeks while they feed, water, and observe the inner workings of their worm habitats! Thank you to all our Knox County Teachers for inviting Agriculture into their classrooms! We are also looking forward to our Ag in a Day event for 4th graders on Feb 7th at Carl Sandburg College.

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 and University of Illinois Extension Office. Completed applications must be submitted no later than April 1, 2020 to the University of Illinois Extension Office in the Knox Agri-Center.

Attend a Rules for the Road meeting near you!

Feb. 5 • 9 AM – McLean County Fairgrounds, Bloomington

Feb. 24 • 2 PM – McBride Mack, Carbondale

Feb. 25 • 9 AM – Effingham Event Center, Effingham

Feb. 26 • 8 AM – 4459 Hwy 15, Mt Carmel

Feb. 27 • 9 AM – Hancock County Extension Center, Carthage

Mar. 2 • 1 PM – Funk Building, Winchester

Mar. 5 • 10 AM – Tettens Grain, Dixon

Mar. 5 • 6 PM – Will County Farm Bureau, Joliet



At home, the kids lift the roughly 30 chirping fuzzballs from the box, where the birds shared warmth in that confine. The kids introduce each to food, water and the lamp-warmed, 95-degree environment they need in their first week. A few with unique markings will earn names right away. A couple may not make it, a fact of life. We sit for a while and watch the playful chicks, the groggy ones, and even the clumsy that toddle into the water troughs.

Within five to six months, I anticipate the arrival of the first blue egg to generate similar excitement to the very first egg the kids collected in 2012. I remember that our daughter, then age six, excitedly thanked the chickens. Then, she promptly asked for another to provide enough for a batch of chocolate chip cookies.

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

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.

11. ENERGY

We will support:

1. The development of a national energy policy to define the energy needs of the nation and how these needs can best be met consistent with the use of natural resources, protection of the environment, sound land use, and the welfare of the people. In addition, this policy should continue to reduce dependency on foreign energy sources with a focus on national energy security.

2. Independent studies that would compare the different energy programs for our nation's needs (such as the conversion of wind energy to ammonia) and see how these will impact the agricultural community.

3. Working with legislators to enable more U.S. oil and gas production by opening known oil and gas reserves in the Arctic National Wildlife Reserve (ANWR), off shore and on the U.S. mainland, exploring for additional oil and gas sites, and building new oil and gas refineries.

4. Efforts to expedite the pipeline permitting process to bring Canadian crude oil to the United States.

5. Promotion of programs encouraging the increased use of Illinois coal as an important component of a national energy policy and source of rural economic development.

6. Energy conservation and development of information programs to encourage conservation of all fuels by all sectors of our economy. We encourage universities and others to institute and conduct appropriate research and education programs designed to inform the public about energy conservation including the design and promotion of more energy efficient equipment.

7. Research, education, and incentives to further the development of methane and renewable sources such as wind, solar, biomass energy, and methane digester systems.

8. Renewable Energy Standards to encourage the development of more renewable sources for energy production.

9. The market system as the best long-term means of allocating scarce energy resources and encouraging development of adequate energy supplies.

10. Further research of coal gasification technology.

11. Upgrading the electricity generation and delivery infrastructure to provide consumers access to reliable low-cost energy.

12. The basic goals and objectives of the 25x25 Alliance in promoting renewable energy.


13. Development of electricity delivery systems that are in the best interest of rural and farm residents.

14. Exploring ways to increase propane storage on farms and at grain drying facilities.

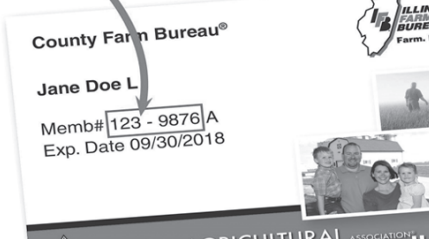
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The Knox County Farm Bureau does not intend the Membership Discount Program as an endorsement of any business or products/services on which discounts have been obtained, and assume no liability for any service rendered under the Membership Discount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

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HOW TO:
 First time users:
 •Click Register button
 •Membership Number, do not include any letters



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AGENT SPOTLIGHT



John Ryner

Name: John Ryner

Years with COUNTRY: 21 years

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Phone: Galesburg Office: 309-342-1625, Cell Phone: 309-335-7893

eMail Address: john.ryner@countryfinancial.com

Family: Wife, Cathy. Sons, Jordan, Joshua, Rodel, Jonas, Jannus.

Education: 1987 Bachelor of Science in Agri-Business from Truman State University, Kirksville, MO

Designations: Investment Solutions Representative

Awards: Four-time All American and Ten-time All Star recipient; Honor Roll recipient

Mission Statement: While adhering to the Golden Rule, I promise to give the most appropriate insurance recommendations suitable to my clients' needs and provide the best personal service every client deserves.

Avoid Surprises With Annual Insurance and Financial Reviews

According to a survey by Marshall & Swift/Boeckh, a company specializing in estimating home construction costs, two out of every three homes nationwide are underinsured. Fire damage, theft, an injury on your property or any other accident can be devastating and stressful, especially if you do not have adequate insurance coverage.

Make sure you have adequate insurance protection by meeting with your financial representative for a periodic insurance and financial review.

When should I perform a review?

An insurance and financial review will help eliminate gaps in coverage and provide a better understanding of your insurance needs to best protect you and your family.

Many believe performing a review is only necessary after major life changes, such as purchasing a new home or having a child. While these life changes are cause to review your insurance coverage, it is also important to keep little changes in mind. For example, buying a new car, changing jobs or making improvements to your home are changes that can make a difference in your insurance coverage needs. No matter how big or small your life changes, review your insurance coverages to make sure you have the best protection for you and your family.

Can you replace your home and personal property at today's prices?

Replacement cost coverage may be available on your homeowners policy to help protect you from economic fluctuations and depreciation if you have a claim. Replacement cost coverage comes in three different options: Personal Property Replacement Cost, Extended Replacement Cost and Additional Replacement Cost.

Extended Replacement Cost coverage provides replacement cost coverage on your dwelling. It will pay the amount needed, up to a fixed percentage above the policy limit. The percentage is 120 percent.

Additional Replacement Cost coverage provides the same coverage, but will pay the amount needed regardless of the policy limit.¹

When you have Personal Property Replacement Cost coverage, if damaged items cannot be repaired then your policy pays the amount needed, up to the policy limit, to replace the items with identical or similar items without a deduction for depreciation.

Annual reviews also allow you to examine rebuilding costs for your home and replacement costs for your belongings. Fluctuations in the economy and depreciation of household items often make it hard to determine the exact cost to rebuild your home and replace its contents.

Being underinsured may result in a claim payment less than the amount of the damaged



Coverage you need, savings you deserve.

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Amount and availability of discounts vary by state. Auto insurance policies issued by COUNTRY Mutual Insurance Company*, COUNTRY Preferred Insurance Company* or COUNTRY Casualty Insurance Company*, Bloomington, IL.

0819-505HC_C-13581-12/20/2019



Jeanne Bernick, to Headline Women in Agriculture Conference; Friday, March 27th

All women involved in farming and the agriculture industry are encouraged to attend the Women in Agriculture Conference, Friday, March 27, 2020 at Jumer's Casino and Hotel in Moline, Illinois. This one-day seminar empowers women within agriculture industries.

This conference, celebrating its ninth year, will feature keynote speaker Jeanne Bernick. Bernick is an agri-business consultant and market Growth Leader for national business advisory firm,

K-Coe Isom. She offers a depth of industry insights and works alongside clients with financial tools that help keep their farms and

businesses not just viable but thriving. Her presentation "How Women Change the World One Farm at a Time" will focus on how the world is changing for the better as more women are coming back to their agricultural roots. Bernick will provide tips and tricks on leading as a woman working in agriculture. She also co-authored the book, "Ceres Rising: How Women are Leading Farm Business."

The keynote address will be followed by a variety of breakout sessions that participants may choose from. Breakout sessions themes include Livestock Panel, Mental Health, Meal Planning, Contacting your Legislators, Dress for Success and Tax Planning.

item. Annual reviews and purchasing the appropriate replacement cost coverage are ways to ensure you won't be unpleasantly surprised if you have a claim.

Performing annual reviews can help you balance your need to protect what you have with your desire to build for the future. You will also better understand your insurance

coverages so you know what to expect if you have a claim. Talk to a COUNTRY Financial representative about scheduling a review and ask about replacement cost options.²

¹Coverage options may vary by state.

²Policies issued by COUNTRY Mutual Insurance Company® and COUNTRY Casualty Insurance Company®, Bloomington, IL.

BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on January 16, 2020

Education & Outreach – Becky King

The Education and Outreach Task Force met on December 19 and are planning a Spring Prep, Freeze, Cook fundraiser event and a Barn Quilt Painting class.

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.

The winter marketing club meetings have started for the 2020 year.

The COUNTRY Winter Crop Meeting will be held on January 30 at 5:30PM at the Knox Agri Center. Henn House BBQ will cater supper. RSVP's are needed at the KCFB office.

Government and Policy – Joe Webel

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

Senator Chuck Weaver has announced he will not run for re-election for the 37th district.

Member Relations – Jennifer Beard

The Health Fair was November 19 at KAC. Quota Quarter 2 ends February 29.

Foundation – Hailey Weyhrich

The Board will meet November 26. KCFB Foundation has a new logo. Scholarship and Internship applications are live on our website and due February 14. The next Foundation meeting is February 25.

PrimeTimers – Hailey Weyhrich

The committee will meet January 21 and create the 2020 program of work.

Young Farmers – Jeff Grady

On December 12, Young Farmers

prepared and served dinner at the Galesburg Rescue Mission. The Young Leader Conference is January 31-February 1 in East Peoria. FFA Acquaintance Night is February 5 at KAC. West Central FS is sponsoring the event and will provide pizza.

KAC – Terry Boydston

The Agri Center Board met on November 26. The next KAC meeting is February 25.

OLD BUSINESS

Nominating Committee recommendations presented names to fill KCFB Board seats. Hailey will purchase a TSC gift card for the Action Request recognition at annual meeting.

KCFB CAE Goals were discussed.

NEW BUSINESS

Directors were asked to consider attending the Leaders to Washington trip in March.

Included in the day is an exhibit area, with many businesses and organizations offering materials, promotional items, and give-away drawings, a breakfast and luncheon buffet and mid-day snack break. Conference cost prior to March 1 is \$60, after March 1, the cost is \$80. Walk-in registrations the day of the conference are \$100. Registration the day of the conference begins at 8am. To pre-register, contact any sponsoring Illinois County Farm Bureaus or register online at womeninagricultureconference.com.

The Conference is sponsored by the Farm Bureau Women in Agriculture Conference Committee.

Board Meeting Attendance

NAME	Nov	Dec	Jan
Beard, Jennifer	P	P	P
Bewley, Beau	P	P	P
Bohnert Yoder, Tara	P	P	A
Boydston, Terry	P	P	P
Cain, Jarid	A	P	P
DeSutter, Drew	P	P	A
Engel, Lori	P	P	P
Erickson, David S	P	P	A
Goedeke, Phil	P	A	P
Grady, Jeff	P	P	P
Hennenfent, Matt	P	P	P
Hulsizer, Matt	A	P	A
King, Becky	A	P	P
Link, Jeff	P	A	P
Link, Nathan	A	P	P
O'Connor, Tom	P	P	P
Stevens, Monica	P	P	P
Strom, Grant	P	P	P
Swanson, Brett	A	P	A
Webel, Joe	A	A	A
West, Todd	P	P	A

Hailey's Manager Update

My January Manager Update ended with "I hope you have a very refreshed January- February will be here before we know it!" February was sure here quick but maybe it will slow down since there are 29 days and not 28 this month! This means, all those voting memberships are good for one day longer than usual!

February is one of my favorite months since I have a ton of family and friend's birthday's in the month. My best friend and I were born three days apart in February and were actually born on each other's due date which totally fits the people we are- I am always early and he is always late no matter what the event! February is also important as it wraps up the Farm Bureau meeting season, otherwise known as wintertime. We have wrapped up our travels for the American Farm

Bureau Annual Convention where I traveled to Austin, Texas with 8 other Knox County Farm Bureau members as well as our County Annual Meeting. What a great event that is! Not every county still holds an actual county annual meeting with a meal and program, but I am thankful we do. The event serves as a great time for people to catch up with each other and support our organization. Thanks to all who attended and continue to support the Knox County Farm Bureau!



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- Pond treatment.
- Removal and follow up chemical treatment of large stands of Honeysuckle, Autumn and Russian Olive, Locust, and Multiflora-rose.
- Tree spade, grapple and tilling service.

Herbaceous invasive plants can be mechanically removed and treated any time of the year. Follow-up chemical maintenance is required to bring your land back to its original state.

Mike McKim
309-981-9716 • Invasiveprm@gmail.com

309.981.9716



One evening in December, the Young Farmers had an eye-opening and humbling experience preparing and serving dinner at the Galesburg Rescue Mission. The group also provided extra sides for dinner and dessert as well toiletries and paper products. We look forward to working with them in the future and are so very thankful for all they provide for Knox County!



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Health on the Farm

By the Knox County Health Department



Smoking and Your Teeth Quitting Tobacco: You Can Do It!

Do you smoke or use chewing tobacco? Rarely a day goes by without a magazine, newspaper, or TV news report carrying a message about tobacco-related medical problems — the dangers of lung disease, cancer, heart problems and low-birth weight babies. Perhaps you even tune out those messages because you don't want to quit just yet—or you think you can't.

Tobacco is harmful to your mouth, not to mention your social life. Here are just a few reasons why: Smelly breath, stained teeth, loss of teeth and jawbone, loss of taste, gum recession, outrageous cost, oral cancer, mouth sores and wrinkles!

Tobacco's negative effects on the body, particularly the mouth, are well documented. Smoking impairs the body's defense mechanisms and makes users more susceptible to infections like gum disease. Smoking also interferes with healing, a particular problem for patients who need treatment for periodontal disease. Once the ingredients in tobacco get into the bloodstream, they reduce the delivery of oxygen and nutrients to mouth tissues.

Chewing (spit) tobacco is not a safe substitute for smoking. It can cause oral cancer and lead to addiction. The bloodstream quickly absorbs the extremely addictive nicotine. Chewing tobacco users have similar or even higher levels of nicotine than the smoker who uses a pack or more a day. Chewing tobacco users are more susceptible to tooth decay due to the product's higher sugar content. And, chewing tobacco contains at least 28

known cancer-causing chemicals.

It's no secret that tobacco use is difficult to stop—it takes willpower and determination. Tobacco use is not just a habit; it's an addiction. You must be ready to face this challenge before you commit to quit.

Remind yourself of the benefits of quitting. You'll reduce the risk of cancer. You'll taste and enjoy food again. You'll feel more relaxed without the jitters of nicotine. You won't be plagued by smoker's breath. Your sense of smell will be sharper. Your family and friends will thank you.

Here are some tips to get you started:

- Get help from loved ones, friends and co-workers when going through the quitting process.
- Ask another smoker to quit with you.
- Call organizations such as the Illinois Tobacco Quitline at 1-866-784-8937 or American Cancer Society at 1-800-227-2345 for cessation help and support groups in your area.
- Get ready by setting a date to quit.
- Get help by talking to your dentist or physician about nicotine cessation aids.

The Knox County Community Health Center and the American Dental Association remind everyone to take care of their teeth. Good brushing and flossing habits, starting at an early age can lead to a lifetime of healthy teeth. Children should brush their teeth with the help of an adult at least twice a day and floss at least once a day. Please call the Knox Community Health Center at 309-344-2225 to schedule an appointment with one of our dentists.

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Routine mammograms, breast exams and pap tests can detect cancer early and provide you with better treatment options and results. IBCCP provides FREE mammograms, clinical breast exams and pap tests, with the provider of YOUR choice, to those who qualify!

You may be eligible for this program if:

- You are living in Knox, Warren or Henderson County.
- You are between the ages of 35 and 64.
- You have no Medicaid or Medicare Part B.
- Your health insurance will not cover these services, the deductible is a financial hardship, or you have no health insurance.

For more information about the program, or to make an appointment, call the Knox County Health Department at (309) 344-2224.



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- March 1, 2021 loan maturity date
- \$10,000 Loan Minimum
- FS InVISION™, FS HiSOY®, DEKALB®, Asgrow, AgriGold, Credenz® & NK seed brands
- Seed treatments qualify
- Final seed sales must be equal to or greater than prior year's seed sales
- Seed cancellations of over 25% are subject to a 6% return fee

0% Crop Protection

- Purchase 50% of your seed needs to qualify
- 0% to December 31, 2020
- Effective January 1, 2021, rate changes to Prime + 4.00% variable rate until maturity
- March 1, 2021 loan maturity date
- \$10,000 Loan Minimum
- Only name brand chemicals qualify (no generics)

Input Loans

- All prepay and in-season crop input purchases
- Full term variable rate

Seed Plus Chemical

- 4.25% fixed to December 31, 2020
- Effective January 1, 2021, rate changes to Prime + 4.00% variable rate until maturity
- March 1, 2021 loan maturity date
- \$5000 Loan Minimum
- FS InVISION™, FS HiSOY®, DEKALB®, Asgrow, AgriGold, Credenz® & NK seed brands
- Seed treatments qualify
- Only name brand chemicals qualify

*A 0% Seed loan will not be set up until the customer's seed is invoiced and all returns completed. If the customer's final seed purchase does not meet the program requirements, a 0% seed loan will not be set up. If a 0% seed loan is set up and drawn on and over 25% of the customer's seed purchase is returned, a 6% return fee will be charged.

For more information contact:
Jennifer Sparrow
Agri-Finance Marketing Manager
(309) 221-5620.



MEMBERSHIP RECRUITERS OF THE MONTH



Patrick G. Young

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representatives Patrick Young and Jason Lumberry as the top membership recruiters in January. Patrick and Jason each signed 1 new associate member.

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



Jason Lumberry

PRIMETIMERS NEWS

Eleven PrimeTimers met to plan the PrimeTimers 2020 monthly meeting guest speakers and outings. They enjoyed a catered lunch together. The February potluck lunch will be on February 18 at

the Knox Agri-Center. Lunch starts at noon and Al Curry will explain the installation process of the solar panels on his home. The PrimeTimers invite all members 55+ to attend.

~ 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: Paperback westerns \$0.25. Call 309.344.3806 1/20

FOR SALE: 2013 30' cargo trailer, 9950# GVWR, 5900# cargo weight, \$5500 OBO. Call 309.299.2594 1/20

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

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 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

**2018
Knox County
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**2018
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**KCFB
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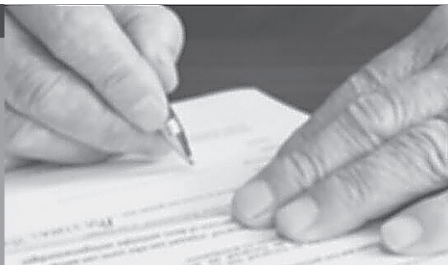
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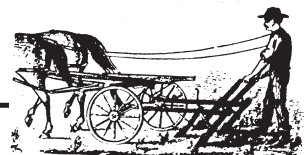
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Looking Back



Taken from the February 1960 Bulletin

Machinery maintenance costs for a 150 to 200-acre farm average more than \$1700 a year. Three pounds of silage will replace one pound of hay in the dairy ration.

Taken from the February 1970 Bulletin

The 51st annual meeting of the Knox County Farm Bureau was called to order at 12:35 p.m. by President Main, in the Cafetorium of the R.O.W.V.A. High School, Oneida, Illinois, on February 8, 1969...Motion carried; meeting adjourned at 1:30 p.m.

Taken from the February 1980 Bulletin

The Knox County Farm Bureau Young Farmers Agricultural Seminar topics included "Alcohol Fuels Production in Perspective", "Livestock Outlook; Analysis on the Beef Business", "Machinery Repair and Maintenance", and "Futures, Hedging...Where Are We Headed...A Forecast".

RECIPE OF THE MONTH



FEBRUARY IS NATIONAL HOT BREAKFAST MONTH! Brisket Hash and Eggs

Ingredients

- 1 bag/32 ounces hash brown potatoes (diced)
- 2 cups barbecue beef brisket (chopped)
- 1 small onion (diced)
- 1 medium red bell pepper (seeded and diced)
- 1 to 2 cloves garlic (minced)
- 2 tablespoons olive oil (more if needed)
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 4 to 5 large eggs (double amount if needed)
- Optional: 1 cup warmed barbecue sauce

Steps to Make It

1. Heat olive oil in a large skillet.
2. Cook onions over medium heat for 3 minutes, until translucent.
3. Add garlic and diced red pepper.
4. Cook for 1 minute.
5. Add potatoes and cook for 15 minutes, flipping with a flat spatula every few minutes so all ingredients

brown evenly.

6. Dice or shred brisket into small pieces.

7. Remove any excess fat from meat and add to pan with potatoes, garlic, and peppers.

8. Season with salt and black pepper and cook for an additional 5 to 7 minutes until beef has browned and potatoes are tender.

9. Remove from heat and keep warm.

10. Cook eggs to preference; over easy or over medium is good for this recipe. However, scrambled, poached, or well-done eggs work well too. Double the amount of eggs called for in the recipe if you wish to serve 2 eggs per person.

11. If you'd like to add barbecue sauce, simply warm in a microwave for 30 seconds to 1 minute and stir.

12. To plate, add 4 to 5 equal-sized portions of hash onto plates, spoon on the desired amount of barbecue sauce, and top with cooked eggs and serve.

Found on thespruceeats.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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