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 USPS 297-360 **VOL. XCVI July 2019**

WELCOME NEW MEMBERS

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

Kwami Agbekponou Robyn & John Bartley Jr. Erin & Michael Bern Brittany & Steele Boughton Jerry Downin Alex Dymit Amy & Walter Edmonson Patricia Bynum & Steven Edwards Joan & Jack Gladfelter Kendall Hocker Huong Hua Lori & Thomas Hueser Michael Jones Blayne & Ryan Kohl

Kailey Senner Caleb Stover Megan Lee & Alejandro Varela

Wyatt Lee

Seth Lekies

Derek Oler

10

Lindsay & Eugene Wulf Starla & Kent Yelm

Pond Clinic and Leider Greenhouses Tour

Join us at Leider Greenhouses, on August 5, 2019 for a Pond Clinic presentation given by Rob Hilsabeck, Fisheries Biologist with the Illinois Department of Natural Resources. Afterwards, attendees will tour Leider Greenhouses to learn about their specialty ag operations. The Knox County SWCD 75th Annual Meeting will follow the tour before the provided supper.

Featuring:
Rob Hilsabeck, IDNR Fisheries

 Pond Site Selection Watershed Management

 Pond Fish Management Leider Greenhouses - Mark

Leider, David Hennenfent • Specialty Ag Production: Drip Irrigation, Ornamentals, Annuals,

Wholesale Productions The Knox County Soil & Water Conservation District 75th Annual

Meeting will take place prior to the provided dinner. In lieu of a registration fee, donations are accepted.

Supper includes fried tilapia fillets, baked beans, coleslaw, cookies, brownies, and choice of water, tea, or lemonade.

3:00 p.m. Monday, August 5th, 2019 at Leider Greenhouses, 1403 Knox Road 1250 E, Knoxville, IL From US 150 - east of Knoxville, head north on Knox Road 1250E for a little over one mile. The driveway is on the east side of the road...look for signs!
It is recommended to wear long

pants and sturdy shoes due to walking on uneven ground.

Individuals requiring reasonable accommodation should contact (309) 342-5138 ext. 3.

Determinations on requests for reasonable accommodation will be made on a case-by-case basis.

Reservations are required by Thursday, July 25, 2019: Knox County Soil and Water

Conservation District 233 S. Soangetaha Rd.

Email: nicole.miller@il.nacdnet.net

Agricultural Education Coordinator Position Available

Knox County The Farm Bureau is actively searching to fill its Agricultural Education Coordinator position.

The Agricultural Education Coordinator will be responsible for providing and creating science-based curriculum material, presentations, monthly classroom lessons, and training opportunities audiences to Third grade through Fifth grade throughout Knox County. The coordinator will be responsible for agricultural, environmental, natural resource programs and other curriculum. The full position description is available on our website.

Qualifications of this position include strong leadership and organizational skills, excellent verbal and written communication skills, and strong public speaking abilities. Physical requirements include the ability to drive to and from classrooms, coordinate lessons, and some light lifting of materials. A Bachelor of Science degree in teaching and/or agriculture is preferred. Classroom management experience is preferred but not required.

Qualified candidates can submit a cover letter and resume to Hailey Weyhrich, knoxcfb@ knoxcfb.org by 4:30 pm on July 26, 2019. Selected candidates will be contacted for an interview by Hailey Weyhrich.

Inquiries about the position may be made to Hailey Weyhrich, Manager, Knox County Farm Bureau (309) 342-

For L ease Galesburg, IL 61401 Phone: (309) 342-5138 ext. 3 Office space available in a

building. professional office Locally owned and managed property that is well maintained by a Condominium Association. Easy access from Interstate 74 and Main Street in Galesburg. 246

square feet available in Suite 107. Space improvements negotiable with lease. \$300/month includes utilities only. For more information, please contact the Knox Agri-Center Building Manager at 309-342-2036 or at knoxcfb@knoxcfb.org

CALENDAR OF EVENTS

<u>July</u>

Marketing Club, 12:30 PM, Pizza Ranch 8-13 Knox County Fair 13-16 Knox County 4-H Fair Tractor Driving Contest, 15 Fairgrounds, Knoxville 16 PrimeTimers Potluck, 12 PM, KAC 16 Ag Olympics, Showring-Fairgrounds, Knoxville 18 KCFB Board Mtg, 8 PM, KAC

19 KCFB Foundation Golf Outing, 8 AM, Oak 25

Taste of Galesburg, 4-10:30 PM, Downtown Galesburg

<u>August</u>

8 Young Farmers Mtg, 6:30 PM, KAC KCFB Board Mtg, 8 PM, KAC IL State Fair, Springfield 27-29 Farm Progress Show, Decatur

Renew your membership today! Thank you for being an Illinois Farm au[®] member. Please visit www.mylFB.org.

When Stress is More than a Season

By: Adrienne DeSutter

Raise your hand if this spring was one of your most stressful planting seasons. Did you notice that it rained a little?

Even before the imperfect conditions, farming has been listed as one of the most stressful occupations. Regardless of the torrential rain, the trade war, and the low commodity prices, several factors make farming more stressful than most other constant uncertainty, financial investments, generational accountability, risktaking personalities, an isolated environment, and working with family, to name a few.

As a farmer, you know how to recognize stress in your livestock, your crops, and your equipment, and you know there are serious consequences if you intervene when something seems wrong. But do you know how to recognize when your own stress is too much? And do you know what consequences you could face if you don't intervene?

Stress isn't always bad. In fact, it's a completely normal and healthy part of life. It can our alertness, give us adrenaline, boost our immune system, and improve our learning and memory. Researchers even suggest that managing stress is as straightforward as simply being aware of it and practicing techniques that help you navigate it rather than eliminating it. It's what motivates us to accomplish tasks and prepares us to respond to potentially serious situations. Farming may be a stressful job, but it's full of the most ambitious, conscientious, and driven people as a result.

On the other hand, stress can be extremely serious, and even fatal. It's normal to feel stressed as a result of a serious event (like #noplant19), and you might experience symptoms like

muscle tension, irritability, low headaches, sadness, sleeplessness, or even digestive issues. But if your symptoms don't lessen once you're out of danger, or you have constant symptoms, your stress is no longer healthy.

The way you manage your symptoms can be equally as helpful or damaging as the symptoms themselves. It's easy to rely on trivial projects, food or alcohol to distract you from what's stressing you out. Having a drink to socialize and take the edge off is a common habit among adults, but be careful; farmers are at highrisk of developing alcoholism and drug abuse. And while distraction can be a positive tool for shortterm stress, it can easily turn into avoiding the problem altogether.

Without proper intervention, chronic stress can lead to mental health conditions (like depression or anxiety), breathing problems, high blood pressure, strokes or heart attacks, diabetes, body aches, low testosterone, and a higher likelihood of injury and illness. Just like your old run-down tractor, if you fail to keep yourself maintained, you'll eventually fall apart and quit working.

In the world of agriculture, some seasons are much more stressful than others. But when the stress doesn't go away, or you're not able to cope with it in a healthy manner, it's time to reach out for help. Talk with your doctor about what options are available to manage your stress (and stay tuned for more stress-management tips), because if you end up out of commission, so does your farm.

If you, or someone you know, is struggling with suicidal thoughts, please call the National Suicide Prevention hotline at 1-800-273-1-800-FARM-AID Call for crisis assistance specific to agriculture. In an emergency, call 911 or go directly to the nearest ER. For more resources, visit www.

SAVE THE DATE!

3-Club Scramble

Oak Run Golf Course **July 19, 2019**



7:00 am - Registration 8:00 am - Shotgun Start

Proceeds to benefit:



GOLF RESERVATIONS

\$60 per person/\$240 per foursome (Includes 18 holes of golf, cart, and lunch)

Foursome Members:

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Team Contact:

Name:

Address: City, State, Zip: ___

Email:

Phone:

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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.



July 2019

No. 7

Published Monthly

KNOX COUNTY FARM BUREAU, Inc.

cooperating with the

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and the

AMERICAN FARM BUREAU FEDERATION

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> Telephone: 309-342-2036

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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



Storm of stressors strike farm country

Some call this spring's collision of farm stressors the perfect storm. Unprecedented planting delays trouble farmers throughout the Corn Belt. Long-duration flooding halts barge movement of crops and fertilizer. A trade agreement with our nation's neighbors needs ratified to improve markets. Agency actions reduce ethanol volumes and thus corn demand. We fear the uncontrolled swine fever in China may spread. And the trade war that has depressed our crop markets threatens plural tense with recent White House warnings, adding bug bites to a tender sunburn. (Yes, that happened These issues swirl around our heads like

the season's onslaught of gnats, and no amount of swatting makes them go away. This spring is the most emotionally charged of my generation, and we don't know whether to laugh, cry or take a ball bat to the rain gauge. The issues facing the agriculture industry change like the weather forecast, so perhaps my thoughts will represent merely a diary entry from shortly after Memorial Day 2019. We cannot recall any other time with so many international, national and state issues impacting farming's profitability all at once. On top of that, farmers face the real possibility of not being able to plant some or most of their crop.

That fear bothered us the most, particularly in late May when most of our fields still awaited a crop and the extended forecast showed clouds and lightning bolts. It was standing room only at a local

prevented plant insurance meeting, an option that generally doesn't pencil out as well for us nor our agribusiness friends. If Illinois fields sit idle, the ripple effect looks as ugly as a one-inch rain on a ponded field. Returns of seed and pesticides reduce revenue. Fewer manhours to plant, fertilize and spray means less overtime income for employees. The revenue loss continues into

We hold onto hope for better weather (finally improving now), positive trade agreements and better markets. We find reprieve in family time and laugh-outloud Twitter posts, like farmers who have found fish in their fields. Photos of stuck lawnmowers and tractors buried to their axles in mud make us realize that we're not alone, as farmers throughout the nation navigate this storm of stressors together.

About the author: Joanie Stiers, a wife and mother of two farm kids, writes from westcentral Illinois, where her family grows corn, soybeans and hay and raises beef cattle.



The End of Another School Year / Another Summer Ag Institute

May is the month that Ag in the Classroom coordinators spend time supporting other programs, attending meetings, organizing for the fall and wrapping up classroom visits, such as our Adopt a School in Chicago and finalizing plans for our Summer Ag Institute. In June, a two-day professional development workshop is held for area educators.

In early May, Mrs. Green and Ms. Aggie were involved in Environmental Day at Lake

Storey for first graders in Galesburg. Students from Galesburg came to the lake for a morning of learning. This year was the first year ALL Galesburg schools were able to participate! Every first grader in Galesburg had the chance to put their hands in dirt by planting for pollinators, learn about insects and those insects in danger, worm composting, and water conservation.

Just before Memorial Day, students at St. Symphorosa had a visit from Mrs. Green and Ms. Aggie. Ms. Aggie met with preschool and kindergarten classes and Mrs. Green visited first and second graders. They learned about pollinators, got to look at monarch eggs, create a monarch life cycle and learned about vegetables. Mrs. Green shared the story Tops and Bottoms while students learned which part of the plant we eat... top or bottom!

Summer Ag Institute was held in Knox and Warren Counties this year. Teachers across five counties had the opportunity to learn about Ag in the Classroom and other aspects of agriculture. Teachers visited the Knox County Brewing Company and Hidden Hills Winery and learned about the process of making beer and wine! We also visited the Martin Farm near Alexis and learned about Precision Planting and the use of GPS in the tractors. Several outside presenters came and spoke about different topics. Local growers, an Agriculture Engineer and a Master Gardener/Master Naturalist talked about what they do. All teachers participated in a Make and Take Session which allowed AITC coordinators to share lessons and activities about agriculture that teachers could use in their classrooms.

Legislative Update

First, I would like to thank each of you for reaching out to me and providing vital perspective on crucial legislative issues during the spring session. As a member of the Senate Agriculture Committee, it is



Jil Tracy, State Senator, 47th District

always an honor to serve you and to support Illinois agriculture in Springfield.

I'd like to start by reporting some good news for the district. This spring, we approved a \$45 billion capital plan that will provide for significant upgrades to our state's roads and bridges. These upgrades will ensure that Illinois remains a transportation hub providing a valuable economic boost for our state and supplying the infrastructure needed to distribute Illinois' agricultural commodities throughout the nation.

Beyond simply providing funding for improvements to our roads and bridges, as part of these negotiations, lawmakers also worked with the Farm Bureau and other agricultural stakeholders to stop anti-farm bills that would have hurt our family farmers. In a year where local farmers are facing so many challenges, we were able to provide some relief.

This spring, thanks to bipartisan action, we managed to repeal the commercial distribution fee, which will save \$300 per truck. When the commercial distribution fee was established in Illinois, many trucking companies left Illinois, which added to our disastrous out-migration.

We managed to stop legislation that would negatively impact Illinois companies' expansion plans and take away choices in construction contractors they hire. Senate Bill 1407, the Hazardous Materials Workforce Training Act, was filed in February by

State Sen. Michael Hastings, a Democrat from Frankfort. The bill states the Illinois Department of Labor shall develop a curriculum of advanced safety training for workers at high-hazard facilities.

In other news, the cutoff date for over-thetop dicamba applications is moving from June 30 to July 15 for June planted soybean

My door is always open to Illinois farmers and the agribusiness community. Illinois agriculture isn't just an important part of Illinois' economy, it is part of a larger system that supplies food to the nation and the world. I hope anyone who works in this key industry will reach out to my office when issues arise. Please call my district office at (217) 214-9704 or contact me on my legislative website at senatorjiltracy.com.

Sincerely,

Jil Tracy

State Senator, 47th District

IDOA To Offer Free Recycling Program For Agrichemical Containers

SPRINGFIELD, IL – The Illinois Department of Agriculture (IDOA) is encouraging farmers and agrichemical facilities to save their empty agrichemical containers as they will once again be hosting free container recycling days throughout the State.

Beginning the middle of August and continuing into September, sites throughout the State will collect the empty containers which will be recycled and made into shipping pallets, plastic lumber, and other useful products.

"This program offers farmers and grichemical facilities a convenient agrichemical opportunity to dispose of empty pesticide containers while also helping to protect the environment," said John Sullivan, Director, IDOA. "I encourage farmers to gather any containers they may have been planning to throw out and take them to the nearest

Getting To Know Your

collection site to be repurposed."

pesticide and household containers are not eligible for the recycling Collection sites will accept only high-density polyethylene, #2 plastic agrichemical containers that are clean and dry. Participants are responsible for rinsing them and removing all caps, labels, booklets, and foil seals.

The program is a cooperative venture between the Illinois Department of Agriculture, Agriculture Container Recycling Council, GROWMARK, Inc., Illinois Fertilizer and Chemical Association, G. Phillips and Sons, L.L.C., Illinois Farm Bureau, and the University of Illinois Extension.

Additional information can be found on the IDOA website at agriculture.illinois.gov, click on the "Environment" tab and then "Agrichemicals".

The collection sites and dates for the 2019 Pesticide Container Recycling Program are

PERMANENT COLLECTION SITES:

Greene County - Carrollton. CHS Inc., Bryan 217-942-6991. McMurtrie, Lawrence Lawrenceville. Klein Flying Service, Robert Klein, 618-884-1040. **SINGLE DAY COLLECTION SITES: AM Site** hours are 9 a.m. to 11 a.m. **PM** Site hours are 1 p.m. to 3 p.m. *** Site hours are 8

a.m. to 11 a.m. 8/21 AM - McDonough County -Blandinsville. Nutrien Ag Sol., Inc., Travis Weaver, 309-652-3694. 8/21 PM - Mercer County - Viola. Nutrien Ag Sol., Inc., Todd Bennett, 309-596-2102 8/29 PM - Peoria County - Hanna City. Ag-Land FS, Mark

Alvey, 309-565-4315

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!

40. WILDLIFE MANAGEMENT

We believe agriculture maintains a vital role in ensuring a safe food supply for future

The role of farmers in this system is to be responsible managers of the land and the business operations. In order to achieve these goals, effective wildlife management

The following basic principles are key to effectively implementing wildlife management:

- 1. Programs that strengthen a landowner's and operator's ability to control wildlife that cause damage on property they own or
- 2. Educational and informational programs for landowners and operators that promote

wildlife management and provide additional income opportunities. **TRESPASSING**

We support:

1. Efforts to protect rights of farmers and farm owners with problems of trespassing or unauthorized entry by individuals and to require potential users to ask for written permission from landowners or tenants before using the land. 2. Legislation that would make trespassing,

vhen associated with deer driving, a class

We oppose the release of elk in Illinois.

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.

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AGENT SPOTLIGHT

Office Address: 180 S Soangetaha Rd, Ste 103, Galesburg, IL 61401

Phone: 309-342-1647

Name: Jason Lumberry

<u>eMail Address</u>: jason.lumberry@countryfinancial.com <u>Family</u>: Wife - Brianna, Daughter - Collins, Son - Jackson

<u>Education</u>: A.A Lincoln College; B.A. Western Illinois University; M.A. Western Illinois University

Designations: Investment Solutions Representative

Jason Lumberry

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.

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Summertime Activities: Are You Covered?

As summer approaches, take a minute to make sure you have sufficient insurance coverage in case an accident happens.

Did you know that if your vehicle is insured under an auto policy and you pull your trailer or camper to a campsite for temporary vacation use, your vehicle liability insurance may provide liability coverage?

However, if you plan to leave your trailer or camper at a campsite, you should see your financial representative to make sure you have the additional coverage needed for ample protection.

Before you hit the water, you may want to check to see if your boat has the right coverage. For example, boats with inboard motors require a different coverage than boats with an outboard motor.

You will need additional coverage if your boat has an inboard or inboard-outboard motor of more than 50 horsepower, if it's 26 feet or more in length, or if it's powered by one or more outboard motors totaling more than 25 horsepower.

Vacations are a time to relax, not a time to worry about whether or not you have adequate insurance.

When you make your list of things to do before you leave, put your financial representative's name on that list. Most times a phone call is all it takes to give you the peace of mind you need to help you really enjoy your vacation. Contact a COUNTRY Financial representative for an insurance and financial review to ensure you have adequate coverage.



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Jeremy Kleine 309-342-3177

Ed Johnson 309-342-1646

John Ryner 309-342-1607

Michael White 309-342-3177

Patrick Young 309-342-5316

Joe Youngman Agency Manager 309-686-7050

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BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on June 20, 2019.

Education & Outreach – Becky King

A Prep, Freeze, Cook class will once again be held in the fall. It was decided at the E & O meeting on June 20 that the committee will have a booth at the Monarch Festival and not the Taste of Galesburg.

Farm Business – Todd West

Steve Johnson Seminar was June 18 and Marketing Club starts June 26 at Pizza Ranch 12:30 PM.

Government and Policy – Joe Webel

The Knox County & Mercer County Farm Bureau Board of Directors and Soil and Water Conservation Districts will be meeting with legislators during their Legislative Luncheon on June 21 at noon at the Packinghouse.

Member Relations – Jennifer

The Knox County Farm Bureau made its third quarter goals for the 2019 Quota

Program. Tickets for the Craig Morgan concert at the Knox County Fair on July 11 are being sold at the Farm Bureau office. Tickets for the track, standing room only, are \$30 and tickets for the grandstand are \$20.

Foundation - Hailey Weyhrich

2019 KCFB Foundation scholarship winners are; Dalton Engel-Thomas Lincoln Scholarship, Evan Link and Hannah Hawkinson- O'Connor Family Hannah Scholarship, Libby Blake Hennenfent- KCFB Foundation Scholarship. The KCFB Foundation interviewed potential candidates for the internship program on April 22 and Sean Welch has been chosen as the 2019 Summer intern. The Knox County Farm Bureau Foundation met on May 28 and approved Knox County Fair Sponsorships, discussed a new logo and the upcoming Golf Outing. Ted Mottaz has resigned from the KCFB Foundation Board of Directors. The Summer Ag Institute was held on June 11 and June

12. June 11 was hosted in Galesburg with 23 teachers in attendance. June 12 was hosted in Alexis with 16 teachers in attendance.

PrimeTimers - Hailey Weyhrich

On May 21, the PrimeTimers met at Hidden Hills Vineyard and Winery for lunch, a tour of the facility, and participated in a wine tasting. On June 18, PrimeTimers met at the Agri Center at noon for a potluck lunch and presentation from Dot Hopkins from Cottage HealthCare.

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. Applications are still being accepted. The 2019 Hunter Safety Course is set for June 28-29 at the Knox Agri-Center. Registration and more information is available on the website. A quiz bowl will not take place on Ag Day at the Illinois State Fair this year. Instead, a trivia tournament will be held. The date for Ag Day at the State Fair is August 13.

KAC - Terry Boydstun

The Knox Agri Center Condominium Association Board met on May 28. Nominations will be accepted for the Meritorious Service to Agriculture Award. Dower's Roofing will be patching areas of the roof. Ted Mottaz has resigned from the KAC Condominium Association Board of Directors.

OLD BUSINESS

The Galesburg Area Chamber of Commerce 2019 Local Elected Official Luncheon was at Discovery Depot.

COUNTRY Agent Appreciation Contest June 1- August 12 and golf outing is August 16 at Oak Run Golf Course. 4-H Fair is July 13-16, Ice Cream Social 4 pm July 13 Knoxville High School, Lawn mower and Tractor Driving Contest July 15, Ag Olympics & E&O Ice Cream Social 3 pm

NEW BUSINESS

Farm Income and Innovations Conference is July 31.

The Soil and Water Conservation District will have a pond clinic and 75th Annual Meeting August 5. RSVP by July 25.

The lease is being developed for the former Salazar office and the listing will be posted soon.

Mary Beth Bowman is retiring from one of two part-time Ag in the Classroom coordinators at KCFB.

Board Meeting Attendance

JAME Beard, Jennifer Bewley, Beau Bohnert Yoder, Tara Boydstun, Terry Cain, Jarid DeSutter, Drew Engel, Lori Erickson, David S Boedeke, Phil	Apr P P A P P A P P P	May C C C C C C C C C C	June P P P P P
Cain, Jarid	P	00000000000000000000	P
DeSutter, Drew	A		P
Engel, Lori	P		P



Hailey's Manager Update

It sure doesn't feel like summer is flying by like it usually seems to. As I write this update, we are finally going to have our hottest day of the year- yay! If you've read my update before, you know I prefer the warm over the cold any daysorry snowmobiling friends! I think it may start to feel more like summer with the weather turning around. Would it really be County Fair or 4-H Fair time without high temperatures, humidity, and the occasional downpour and thunderstorm though? In this edition of the Bulletin, you will see the events we will be at during the 4-H Fair but during the County Fair, I will be working at our commodity groups food stands. This is one of the hardest parts of my job... working at the Knox County Cattleman's and the Knox County Pork Producers food stand while trying not to

sample of all the good food is a struggle! the shifts seem longer when you are waiting for your chance to eat, this is



such a good way for me to get to know people better and volunteer my time to these groups that work so hard and passionately to highlight their part of agriculture across the county. When you attend the County Fair, be sure to visit the Knox County Cattlemen's Association and the Knox County Pork Producers to thank them for all they do and enjoy a ribeye sandwich or pork chop- my favorites!

2019 Farm Bureau 4-H Fair Events

ICE CREAM SOCIAL - JULY 13TH

The Knox County Farm Bureau will be serving ice cream in Knoxville High School on Saturday, July 13th following the rocket launch. The rocket launch begins at 4:00 pm, so be sure to stick around to enjoy some delicious Prairie Farms ice cream!

TRACTOR AND LAWN MOWER DRIVING CONTEST – JULY 15TH

The Knox County Farm Bureau Young Farmers and COÚNTRY Financial® are sponsoring the Tractor and Lawn Mower Driving Contest on Monday, July 15th at the 4-H Fair. Participants who attended the Tractor and Lawn Mower Safety School held in March are invited to enter the contest. The contest will begin at 6:00 pm. Those who participate in either the Tractor or Lawn Mower Driving Contest will drive a course and take a written exam.

If you were not able to attend the Tractor and Lawn Mower Safety School and would like to participate in the contest, please write a one-page essay on tractor or lawn mower safety and submit it to the KCFB office before July 12th.

AG OLYMPICS - JULY 16TH

The Knox County Farm Bureau Young Farmers are sponsoring the Annual Ag Olympics at 3:00 pm on Tuesday, July 16th. Youth 7 and under can compete in the balloon scramble. 4-H Clubs are invited to form teams of five to compete in various activities for cash prizes to be given to 4-H Clubs. Sign up the afternoon of July 16th. The Education & Outreach Task Force will serve ice cream after the Ag Olympics!

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Intern Update

June has been a very busy month here at the Knox County Farm Bureau. It has been fantastic to meet and work with Members from all across the county and state, and I truly appreciate all the help I've received so far during this internship.

On June 4th I traveled to our home office in Bloomington for the annual County Farm Bureau Intern Seminar. We spent the day learning about the inner workings of Farm Bureau, Country Financial, and the IAA Family of Companies. It was interesting to hear stories from Farm Bureau employees and other interns about their experiences working all throughout the state. I came away from that meeting with a new knowledge of the Farm Bureau, but also excitement for the summer ahead.

After the Intern Seminar things started to take off at full speed. We went from days in the office working on paperwork to brewery tours without much hesitation. Our first major event of the summer was our Summer Ag Institute for area teachers. We had 21 teachers from 5 counties come and hear presentations from Illinois Ag in the Classroom, the Knox County Brewing Company, Illinois Farm Bureau's Specialty Crop division, and many more local and state entities. As an Ag Education major, it was interesting to me to see all the resources available in the county and state to help educate students and adults alike.

The next week was full of late nights and long conversations. On Tuesday I was able to meet with PrimeTimers for the first time as well as listen to Dr. Steve Johnson give his presentation on market futures. We had around 110 people show up for the seminar itself, but the information presented on has an impact far greater than that number. We had people from several counties come and listen to Dr.

Johnson, and already we have plans for him to come and speak in November again.

On Thursday of that week



I was able to sit in on my first board meeting. There were several people around the table who I've known for all of my life, and there were others who I was meeting for the first time. It was interesting to see the dynamic of the Board and listen to the decisions being made that have an impact on all Knox County Farm Bureau members. The next day was spent going over some of the information we had already discussed earlier in the week at our Legislative Luncheon alongside Mercer County Farm Bureau at the Packinghouse in Galesburg. We heard presentations from State Representative Dan Swanson as well as aids from Senator Chuck Weaver and Representative Cheri Bustos's offices. Hearing their opinions on issues that affect farmers and consumers gave government more of a down to earth feel. It was nice to hear what they thought the next step was in the legislative process for the state and the country.

As we head into July, I am continuing to focus on our Foundation Golf Outing on July 19th, County and 4-H Fairs, and many more events to come. I know this next month will be just as exciting as the last. I am ready to learn more about Farm Bureau, Knox County, and myself.

Thank you,

Sean Welch KCFB 2019 Summer Intern

Thank You Sponsors!

Over 100 members enjoyed a program by Dr. Steve Johnson, Farm & Ag Business Management Specialist from Iowa State University Extension on June 18, 2019. His marketing seminar was titled "Crop Marketing Strategies Survive the Current Farm Economy". Thank you to Warren-Henderson Farm Bureau for hosting the meeting

with us. Thank you to Abingdon Banking Center, First Midwest Bank, North-And Co, Tompkins Bank, State Walt Dagen Construction, and West Central FS, Inc. for your





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Health on the Farm

By the Knox County Health Department



is sweet and they're good for you! It's farmer's market season! The WIC WIC participants can find many benefits department at the Knox County Health Department will be starting their WIC Farmer's Market Nutrition Program (FMNP) back up this month. Already a current WIC participant, make sure that you drop by to ask to be a part of this program. Not a WIC participant yet? Call the Knox County Health Department at 344-2224 if you are pregnant, postpartum, breastfeeding, a father,

quality. How does the WIC Farmers' Market Nutrition Program Work?

infant, or have children up to the age of

5 to make an appointment and see if you

Active WIC family members receive \$20 in vouchers to redeem at participating vendors (i.e. mom and baby = \$40 in farmers 'market vouchers) These vouchers may be used to purchase a variety of fresh, nutritious, unprepared, locally grown fruits, vegetables and herbs. These can be redeemed at any time between July 10th and October 15th. Look for signs showing which stands accept FMNP vouchers.

Items that are not allowed with FMNP

Popcorn, Nuts, Dried beans/peas, Potted Plants, Eggs, Flowers, Cheese, Honey/syrup, Ornamental Pumpkins/Gourds/Corn, Jellies/Jams, Juices/Cider, Vegetables, Canned Baked goods, Caramel Apples and other

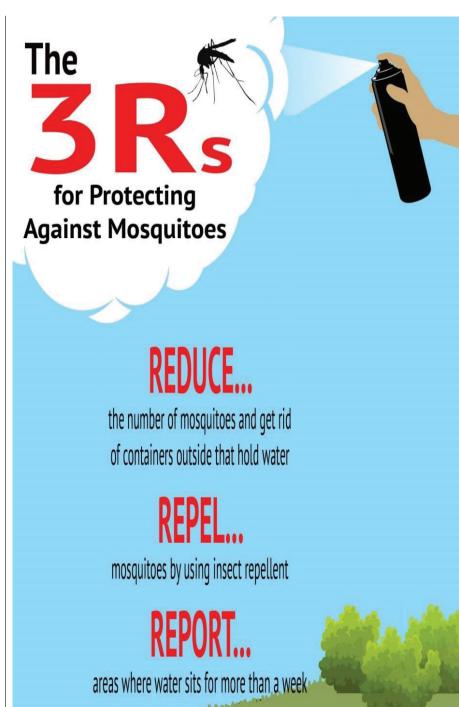
Farmers' markets are an integral part of communities, their food systems, economies, and social networks. Markets offer a place to connect with neighbors, meet local farmers, support local businesses, and provide nutritious food to neighborhoods and families in need.

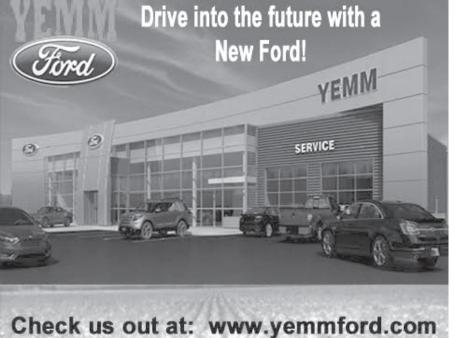
to shopping at famers' markets including having the option to buy fresh, local produce, speaking to the farmers and finding a variety of seasonal fruits and vegetables that can help improve families'

Farmers' markets benefit people by giving them a chance to improve their health through eating nutritious fresh fruits and vegetables. You will often save money compared to a grocery store and the produce you buy at a farmers' market will also last longer since it hasn't been sitting in a truck being shipped all over the country. You will also spend more time outdoors. Doing your shopping here allows you to enjoy the sunshine, which has been shown to improve health and mood. As a bonus, sellers at the farmer's market often have plenty of free advice about how to cook the foods they are selling, and can teach you about how and where food is produced

Are you a local farmer wanting to sell more of the fruits and vegetables you grow? Become authorized to accept Farmers' Market Nutrition Program coupons. Call the Knox County Health Department at 309-344-2224 to get more

Even when it's 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. Call the Knox County Health Department at 309-344-2224 for more information regarding the Farmers Market Nutrition Program and WIC.





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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 June. Jason signed five new associate members.

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

Jason Lumberry

~ 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 ireedy@knoxcfb.org by the last Friday of each month to place the ad.

FOR SALE: 410 John Deere Backhoe with heated cab, 4x4, Extendahoe, two buckets, power beyond, Knoxville, IL, retiring. Call 309.289.4141 or 309.368.0666 7/19

WANTED: Broken concrete or bricks. Call 309.484.2160 7/19

TAKING ORDERS: for small, square bales of wheat straw out of field on wagon for \$3/bale for 100+ bales or \$4/bale for 99 or fewer bales. Call 309.230.7227 6/19

WANTED: to buy 20-40 square bales of alfalfa hay. Call 309.333.5447 6/19

FOR SALE: Full sized, clean and neat whirlpool refrigerator in good working condition. \$175 OBO. Call 309.342.5796 6/19

FOR SALE: 22+ total acres, includes 3 +/- acres tillable or bldg site, 2 +/acre pond, the rest in timber. Copley township. Call 309.879-2932. 5/19

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.



Cowboy Corn on the Cob

Ingredients

6 ears corn

¼ cup butter

1 ounce sour cream or cream cheese

½ tsp paprika

½ tsp chili powder

¼ tsp cayenne pepper Salt and black pepper

2 scallions - green parts only, finely

chopped

1 lime cut into 6 wedges Instructions

1. To prepare the corn, peel back the husks, remove the silk, and place the

husks back over the corn cob. Soak the corn in a large bowl of cold water for 30 minutes.



2. Meanwhile, heat the grill to mediumhigh heat. Place the corn directly on the grill grate, cover, and grill turning once or twice using tongs, about 15 to 30

3. While the corn is grilling, in a small saucepan, place the butter, sour cream, paprika, chili powder, and red pepper over medium-high heat. Stir occasionally until butter is melted and the ingredients are incorporated. Season to taste with salt and freshly ground black pepper. Pour into a baking dish.

4. Shuck the corn and place into the butter bath and coat evenly, using a pastry brush to cover the ends and sides. Garnish with scallions and serve.

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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TAKEN FROM THE JULY 1989 BULLETIN

"Know Whut I Mean, Vern?" State Fair Manager Merle Miller's recent announcement mean that Jim Varney, the ventriloquist who repeatedly

asks his dummy that very question, will be the 1989 Illinois State Fair's Twilight Parade Grand Marshal.

TAKEN FROM THE JULY 1999 BULLETIN

Child Passenger Safety Awareness – Singing this proclamation, we are attempting to tell everyone about the necessity of child safety seats; that they are more than 70 percent effective in reducing fatalities; nearly 69 percent effective in reducing the need for hospitalization/and 50 percent effective in preventing minor injuries.

TAKEN FROM THE JULY 2009 BULLETIN

Cell phones on the farm have become as important as a pair of pliers to the daily attire. Farmers have grown as dependent on the mobile device as the 87 percent of Americans who own one. Even farmers in their seventh decade in the business carry the service, though some avoid voicemail. -Joanie Stiers

PRIMETIMERS NEWS

The June meeting was held at the Knox Agri-Center with about 12 members attending. Dot Hopkins from Cottage HealthCare was the guest speaker. The next meeting is July 16 at the Knox Agri-Center. Mary Anne & Jerry Link and Barb & Mike Link are filling in for

the Boydstun's as hosts. Bring a dish to pass and your own table service for the potluck at 12 pm. Ken Springer from Knox County Area Partnership for Economic Development will be the guest speaker. The PrimeTimers invite all members 55+



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