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

Do you want to be more

VOL. XCIV

USPS 297-360

March 2017

LL MEMBERS ARE INVITED!

No. 3

Force/Committees

Thank a Farmer!

DID YOU KNUW?

Agriculture is Everywhere!

The Knox County Farm Bureau wants to showcase our local farmers throughout National Ag Month! With the average consumer being three generations removed from the farm, the Knox County Farm Bureau wanted to introduce the Knox County community to local farmers and educate about agriculture! Our local farmers will be featured in the Young Farmers Committee's "Faces of Farming" celebration on the Knox County Farm Bureau's Facebook page. Each day in March, a different Knox County farmer will

be featured on Facebook. Make sure you like and share the images to help promote the importance of agriculture in Knox County.

The Education & Outreach Task Force is hosting a "Thank a Farmer" event at both HyVee locations in Galesburg. Throughout the store, local farmers will be featured next to products they grow or raise. There will also be agricultural facts throughout the store. Make sure you stop by either HyVee location to support your local farmers!

Knox Agri-Center. Dinner will be involved in Knox County Farm are Education and Outreach, Youth Development, Business Bureau programs and events? provided so contact the office if All members are invited to attend you'll be attending. We'd love to Innovations, Government & Policy, and Membership Development. the first planning meeting on see you there!

March 16th at 6:30 p.m. at the

griculture Conference omen in

The Women in Agriculture Conference is scheduled for Friday, March 17th at Jumer's Casino & Hotel located at 777 Jumer Drive in Rock Island, Illinois. This conference is a one day seminar to help women become

empowered in agriculture.

The conference will begin at 8:00 a.m. and will conclude around 4:00 p.m. Cost of conference registration is \$75. Walk-ins the day of the conference will be \$100. Cost of registration

includes a light breakfast and a luncheon buffet.

register, То visit womeninagricultureconference. com or contact the Knox County Farm Bureau at 309-342-2036.



The Knox County Farm Bureau served as a sponsor for the "Leaders In Training Workshop" held at Carl Sandburg College for High School Students on January 27th. Shown in this picture are students participating in the Team Building session co-taught by Caitlin Chrzanowski, Knox County Farm Bureau . Manager.



A SWEKERS contains Corn & Soybeans which are grown here in Knox County!

DeSutter Family Farm

Drew DeSutter and his family grow corn and soybeans near Woodhull.

ON-THE-ROAD TRUCKING SEMINAR

Monday, March 13th at 1:00 p.m.

Presented by Kevin Rund, Senior Director of Local Government, Illinois Farm Bureau

1:00 p.m. – Truck "walk around" Inspection Parkin's Trucking Facility, 1291 N 6th St. Monmouth
2:00 p.m. – On the Road Seminar W-H Farm Bureau, 1000 N Main St, Monmouth
3:00 p.m. – Refreshment Break
3:10 p.m. – Seminar Continues
4:00 p.m. – Adjourn

Trucking regulations are complicated and farm exemptions compound the complexity. Come and learn about the latest rules and have all of your questions addressed by Kevin Rund who has specialized in farm transportation issues for the Illinois Farm Bureau for more than 35 years.



Sponsored by Knox, McDonough & Warren-Henderson Farm Bureaus

Welcome New Members

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

Jessica Burress & Joshua Ropp Ryan Cardwell Patricia Craig Katelynn Doubet Eric Elias Carin & Bob Franey Gracey & Evan Green Kimberly Harper

Natalie & David Ingle Jessica Kemp **Clifton Kirven** Donald McDougall III Jocelyn & Gary Saline Stormy Sargent

Huong Hua

The Knox County Young Farmers had 20 members attend the Illinois Farm Bureau Young Leader Conference at the Embassy Suites in East Peoria on January 27, 2017. Pictured from left to right: Grant Strom Kristen Strom, Brian Nelson, Brett Swanson, Krista Swanson, Abby Newell, Tyler Main, Amy Newell, John O'Connor, Adrienne DeSutter, Drew DeSutter, Katie Roesler, Jeff Grady, Caitlin Chrzanowski, and Silas Parker.

CALENDAR OF EVENTS

March

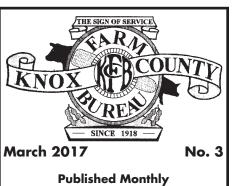
- 4-H Family Fun Picture Night 6:30 PM, Agri-Center 7 9 Young Farmers Mtg, 6:30 PM, Knox Agri-Center 13 On the Road Trucking Seminar, 1 PM, Monmouth 16 KCFB Planning, Dinner & Mtg 6:30 PM, Knox Agri-Center
- 16 KCFB Board Mtg, 8 PM, Knox Agri-Center
- 17 Women in Ag Conference, 8 AM, Jumer's Casino & Hotel, Rock Island
- 21 PrimeTimers Potluck, 12 PM, Knox Agri-Center

<u>April</u>

- Young Farmers Mtg, 6:30 PM, Knox Agri-Center 13
- 14 KCFB Office Closed, Good Friday
- 18 PrimeTimers Potluck, 12 PM, Knox Agri-Center
- 20 KCFB Board Mtg, 8 PM, Knox Agri-Center

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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.



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

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BOARD OF DIRECTORS

DISTRICT I

Jarid Cain, Treasurer Jim DeSutter David S. Erickson, Secretary Monica Stevens

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DISTRICT III

Brett Swanson Tom O'Connor Tom Hoben Nathan Link

DISTRICT IV

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DISTRICT V

Todd West Grant Strom, President Beau Bewley Joe Webel

Krista Swanson Young Farmers Representative Lori Engel Education & Outreach Task Force Chair

Farm Bureau Staff

Manager - Caitlin Chrzanowski Administrative Assistant - Jackie Reedy AITC Specialist - Teresa Sanford-Shipplett AITC Specialist - Mary Beth Bowman AITC Specialist - Roxanne Green

Managers, Affiliated Organizations



memories

Our farm neighbor called simply to verify my phone number, part of a list that perished along with his former cell phone. Yet, we proceeded to visit for 22 minutes, first about a project of our local FFA Alumni affiliate to highlight notable alumni achievements. I learned that our neighbor had won national 4-H and FFA awards for his farm electrification project in the early 1960s. He brought electricity to the barns on his family's farm, of particular significance to power heat lamps for newborn pigs. And I listened in

Chocolate, Chocolate, Chocolate...

has been documented that typical adult

eats their own weight in chocolate every

ten years. Here is the US we eat about

11 pounds of chocolate a year while in

Switzerland they eat 21 pounds a year!

have found that it can help your

chocolate is said to stimulate you more

than a kiss and lasts longer. These are

not topics covered in the chocolate

classes Ms Aggie taught in February.

learn that chocolate does not come from

a chocolate cow but actually does grow

on trees, it comes from the Cocao trees

that grow in tropical rain forests. 70% of

our chocolate comes from Africa. Cocao

was believed to be "food of the gods"

according to the Aztecs. The Cocao tree

can produce close to 2,000 pods per

year. These ridged, football shaped pods,

or fruit grow from the branches and oddly,

The Kindergarten and pre K classes did

heart and your memory.

Chocolate actually has health benefits and appeals to your senses. Scientists

lt

Plus eating

Almost everybody loves chocolate!

amazement.

Of late, farm lore seems a theme. A lady that once lived on a farm that our family now owns stopped to visit her old inhabitance. She called to reminisce about the tour and her fond memories of the farm. She chatted about the hogs and cattle once there, the old wood buildings her dad had built, and even the daily chores she now cherishes.

My grandpas remember farming when horsepower came from horses and when shelling corn was a neighborhood affair. But I like to think we're making new memories here on the farm and assume the farm seems as modern now as it likely felt modern then. Certainly, times have changed. The business climate of farming has intensified, the equipment more hightech and farms bigger. And presidential talk of renegotiating trade deals has me taking a studied look at the countries that buy our farm's corn and soybeans.

What fond memories will our kids share with the next generation? The hours spent with dad in the tractor or combine. Their help in painting every square inch of our new farm office. Riding pedal tractors in the shop. Seeing newborn pigs within hours of birth. Their first experience walking beans. For them, hands-free, satellite-guided steering is as commonplace as a rotary phone to my childhood, and they look at such dials with foreign eyes. We hope our kid's childhood experiences keep them connected to the farm, regardless of their future path.

Somehow, my conversation with the neighbor detoured to another family farmstead's old farm buildings, built with the red oak and white oak trees that he and relatives had logged from the property. He also talked about hauling a barge wagon of ear corn up the steep hill on Snake Den Road, a road fitting of its name. He tells me the hill was much steeper then than now, just as farming was much different. I shook my head in disbelief, truly engrossed by the story and wondering what stories we'll share generations from now.

About the author: Joanie Stiers works on a farm in West-Central Illinois, where her family grows corn, soybeans, and hay and raises beef cattle.

Ag in the Classroom Update

straight out of the trunk. The pods produce 30-40 seeds each. The pods are harvested by hand because the trees are too fragile to climb. Workers open the pods, remove the seeds and let them dry in the sun and ferment. These "chocolate beans" are bitter to taste without the fermentation process but are more edible afterward. Once they are dry, they are ready to be shipped to a factory where they are turned into chocolate we know and love. Still they go through a long process in the chocolate factories in the US or Europe.

Ms Aggie's classes had a variety of activities: The 3 year old classes heard a story entitled The Big Block of Chocolate. Pre K classes either made Chocolate chip hats like Ms Aggie's with their favorite chocolate food items hand drawn on them or colored hot chocolate mugs and added marshmallows corresponding with the number on the mugs.

Kindergarten classes used their color words to color in the M & M s on a page and then matched the colors with real chocolate M & M s. Other classes



heard the story The Door Bell Rang and used some math concepts to divide chocolate chip cookies (cookie crisp cereal) between the characters in the story. All classes were thrilled to "eat" their work when the tasks were complete!

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 2017 policy book. Interested in learning more about how our policy system works? It all starts with you! For more info contact the office!

108 / Patriotism

On January 13, 2017, at Carl Sandburg College, 486 Knox County Fourth Grade Students and their teachers world of agriculture at Ag Day for Kids sponsored by the Knox County Ag in the Classroom program. Students were able

We support:

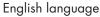
1.1 Our armed forces defending our freedom;

1.2 Teaching the flag code in the schools and practicing it when displaying the America Flag;

1.3 Regular recitation and explanation of the Pledge of Allegiance using the

Ag Day for Kids

to attend eight sessions conducted by: Corn Growers, Pork Producers, Soybean Association, St. Louis Dairy Association, were able to learn more about the Cattlemen's Association, Soil and Water, plus drones and machine technology taught by Young Farmers and a tractor on exhibit. In each session students were able to learn about the various aspects of agriculture in Knox County. The Ag Day for Kids activities were coordinated by Ag in the Classroom Coordinators Ms. Farmer (Mary Beth Bowman), Ms. Aggie (Teresa Sanford-Shipplett) and Roxanne Green. FFA members from Knoxville, Abingdon, Galesburg and ROWVA served as group leaders as students rotated to each class. Transportation was provided by the Knox County Farm Bureau Foundation so all schools were able to attend Ag Day for Kids. At the conclusion of the day each student and teacher was given a bag of brochures, Ag Mags, pencils, crayons, erasers, and bookmarks with more information about agriculture.



We oppose:

2.1 The desecration of the American flag; and

2.2 The purging of United States history by the removal of symbols that represent historic events and/or persons from our nation's past.

Students had a better understanding of where their food comes from at the end of the day. - Mary Beth Bowman

Caitlin Chrzanowski - Mgr., Knox Agri Center Caitlin Chrzanowski - Reg. Agent, Knox County Farm Bureau Foundation Mike Weber - 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**





These area businesses are proud to be a part of our 2017 Discount Program for members of the Knox County Farm Bureau®

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



NEWS FROM COUNTRY FINANCIAL

COUNTRY

AGENT SPOTI



COUNTRY

Name: Michael J. White Years with COUNTRY: 34 years Office Address: 415 N. Henderson St., Galesburg, IL 61401 Phone: 309-342-3177 eMail Address: michael.white@countryfinancial.com

Designations: MDRT; Million Dollar Round Table 2016. Life Underwriting Training Council Fellow; LUTCF.

<u>Community Service:</u> Mike is a past President of Western Illinois Estate and Financial Planners. He is a member of the Galesburg Rotary, Paul Harris Award recipient and has been active in many community organizations in the past. He is US Jaycee Senator,

Michael J. White

and past Presesident of the Galesburg Jaycees. He coached baseball locally for 16 years and served as Commissioner of the Babe

Ruth Leagues for 6 years. He is a Past President of the Galesburg Athletic Booster Club. For several years he served Chrysallis and Cursillo as a leader.

Awards: Mike was inducted to COUNTRY Financial's Hall of Fame in February 2014. Mike has qualified for the All-American Award from COUNTRY 23 times. He was recognized by COUNTRY for his community service in 1996 with the Award of Excellence.

Mission Statement: "I help people remove worry from their lives. My goal is to help my clients plan to live to 100 and prepare for a crisis in their life tomorrow,

It's Important To Keep Your Insurance Up To Date

Disaster can strike at any time. Without warning you could lose your home, your possessions and even your life in a fire, tornado or other disaster. It's important to protect yourself and your family by having adequate insurance coverage.

It's best to review your insurance policies with an insurance representative every year or two to make sure you have adequate coverage for your home, auto or life.

To help review property, periodically inventory your personal property so the insurance amounts are adequate. Being underinsured may result in a claim payment less than the loss sustained.

Documentation is of the utmost importance, so it's essential to have a complete inventory of valuable items you own. This will help you in filing a claim. Inventories and the resulting insurance amount should be reviewed especially whenever significant changes are made.

If you suffer a major loss, such as a dwelling fire, an insurance company is

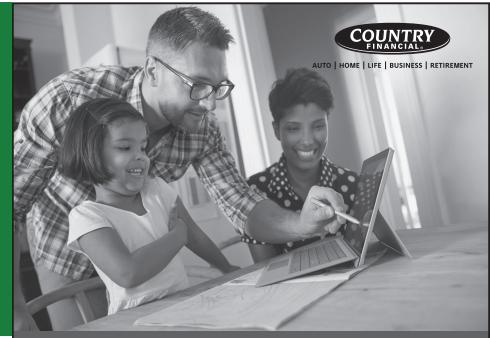
going to ask you for a complete list of your lost personal property. It's better to be prepared by completing a list now, rather than having to construct a list after the loss.

The most preferable way to inventory your personal property is by completing a written inventory. Photographs and videotapes of each room in your home may also help to establish an inventory.

High value items such as antiques, jewelry, furs and collectibles should be appraised. Then discuss with your financial representative the merits of specifically insuring those items in your policy.

It makes sense to review your insurance to see if you have adequate coverage. It also doesn't hurt to look at ways to make your premium dollars work more efficiently. You can save money by increasing your deductibles and assuming more of the initial part of the loss.

You should also review your life, health and disability income insurance policies to



Consider the what ifs

We've all heard the expression, "You never know." That's why it's important to plan ahead to protect the ones you love. Life insurance can be an easy and affordable way to help protect your family's financial future. COUNTRY Financial® can help you determine the type and amount of life insurance that's right for you. Talk to a local financial representative today.

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BOARD **H**IGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on Thursday, February 16, 2017

WOMEN'S COMMITTEE – Lori Engel The women's committee met to plan the program of work and decided that the committee needed a rebranding which will include a name change.

The E&O Task Force is celebrating Ag Month by hosting a "Thank a Farmer" month-long event at both HyVee locations. Local farmers will be featured next to products that they raise or grow along with Ag Facts throughout the store.

The Women's Committee will be bagging groceries one day in March to answer questions.

YOUNG FARMERS – Krista Swanson The Young Leader Conference was Jan. 27-28, 2017 in East Peoria. 20 Participants attended from Knox.

The YF set the Program of Work

2017 - 2,781

GOVERNMENT & POLICY TASK FORCE – Jim DeSutter

Thank you to those that have been actively participating in action requests! Sandy Pemberton was the recipient of the \$50 Thrushwoods gift card for participating in an action request.

FARM BUSINESS TASK FORCE -**Todd West**

2016 Knox Co. Plat Books are available. "Preparing to Meet with your Lender" by Nate Edlefson was hosted on January 31, 2016. 5 attendees.

The business after hours reached around 70 people through the Chamber of Commerce at 156 East.

EDUCATION - Lori Engel

The Governmental Affairs Leadership Conference is March 1-2, 2017 at the President Lincoln Hotel.

The viewpoint survey results from the annual meeting were reviewed. committee will be created for the 2018 KCFB Annual Meeting.

The business after hours reached around 70 people through the Chamber of Commerce at 156 East.

NEW BUSINESS

Committee/Task Force Restructuring was discussed and the proposed restructuring will take place on March 16th at 6:30 pm. The Women's Committee is now called the Education and Outreach Task Force. A Youth Development Task Force was created. The Farm Business Task Force will now be called the Business Innovations lask Force The Government & Policy Task Force and the Membership Development Task Forces will remain the same. Ag Education will report to the KCFB Board quarterly. The first meeting of the Task Forces will take place on March 16th at 6:30 p.m. in the Knox Agri Center all members are welcome to participate, please RSVP to the KCFB office. Planning Long-Term Session has concluded. Further discussions will take place regarding the KCFB Mission and Vision Statements. Bids for other Bulletin printing options are being researched. The Young Farmers and PrimeTimers program of works were reviewed.

late. The Knox County Area Partnership for Economic Development elected Adam Vitale as the chairman.

Matt Hennenfent reported the Knox County Health Department is looking for new board members from rural, Knox County to start on the board in June. Nominations will be accepted at the Knox County Farm Bureau office. The Galesburg Christian Academy was closed for 6 days due to the flu. An additional \$0.01 per ounce tax for sweet/ soft drinks were discussed. The proposed Knox County Mental Health Board tax was discussed.

Board Meeting Attendance NAME Jan. Dec. Feb.

The Tractor & Lawnmower Safety School is going to be scheduled at Birkey's this spring.

The Young Farmers are hosting the Blindspot Safety Drivers Ed Workshop on March 3rd at Knoxville HS.

The Young Farmers are working on a leadership boot camp for late May/early June.

MEMBER RELATIONS TASK FORCE -**Brett Swanson**

The Member Relations Task Force will provide a complimentary membership to all Knox County FFA members that receive the DeKalb Award.

IFB 2017 Quotas: Voting MIGS + 1 M Member; Total MIGS + 1%

2016: Aug. 31, 2016 - Voting Members: 856; Total Members: 2,753

NEED: Voting Members by Aug. 31, 2017 – 857; Total Members by Aug. 31,

A meeting is being scheduled with W-H CFB Manager & President to address the Knox, Warren-Henderson Farm Families Group to discuss future projects.

PRIMETIMERS – Caitlin Chrzanowski The PrimeTimers met on January 17th for lunch at the KAC and planned the POW. FOUNDATION – Caitlin Chrzanowski The Foundation is looking into hosting a

specialty, one-club golf outing fundraiser.

AGRI CENTER – Caitlin Chrzanowski The KAC is discussing building renovations.

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

OLD BUSINESS

The PM Membership requirements were discussed

Monica Stevens reported the Knox County Board is raising fees in the recorders and clerks offices. A new road will be built from the LOVES truck stop to the Knox County Nursing Home. State reimbursements are

Bewley, Beau	Р	A	Р		
Boydstun, Terry	Р	А	Р		
Cain, Jarid	Р	Р	Р		
DeSutter, Jim	Р	Р	Р		
Engel, Lori	Р	Р	Р		
Erickson, David S	Р	Р	Р		
Goedeke, Phil	Р	Р	Р		
Hennenfent, Matt	Р	Р	Р		
Hoben, Tom	Р	Р	Р		
Hulsizer, Matt			Р		
King, Becky	Р	А	Р		
Link, Jeff	Р	Р	Р		
Link, Nathan	Р	Р	Р		
Main, Tim	Р	Р	Р		
O'Connor, Tom	Р	Р	Р		
Seiboldt, Pat	Р	Р	Α		
Serven, Sam	Р	А	_		
Stevens, Monica	Р	Р	Р		
Strom, Grant	Р	Р	Ρ		
Swanson, Brett	Р	Р	Р		
Swanson, Krista			Р		
Webel, Joe	Р	Р	Р		
West, Todd	А	Р	Р		
Bohnert-Yoder, Tara	_	А	_		
- Retired Director * New Director					

PHOTO CONTEST!

participated in the Knox County Farm Bureau's photo contest. The winners of the contest will be featured on the walls of the Knox County Farm Bureau's

Thank you to all who office. The winners of the photo contest are Ali Cain (2), Scott Erickson, Ellen McRell (4), Keith Nelson, Grant Strom, and Kristen Strom.























Mental Health Board Vote

On the April 4th ballot the following yes or no question will appear. "Shall Knox County levy an annual tax of not to exceed .15% for the purpose of providing community mental health facilities and services including facilities and services for persons with a developmental disability and the substance abuser?"

multiply your "Taxable Value" by .15%. (TV) x .0015. This tax will be based on Fair Cash Value for homes and your Farmland Assessment for farmland. For example, Tax on 80 acres of farmland only with Farm Land Assessment of \$152 per acre (excluding homestead) - \$18.23 (\$0.23/acre). Tax for the owner of a \$120,000 home: \$60.00

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- Pipe Welder Specialist
- Welding/Shielded Metal Arc















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By the Knox County Health Department

"Putting Your Best Fork Forward" **During National Nutrition Month**

While the trees may be bare in March, there are still plenty of colorful and nutritious foods to fill your plate. During National Nutrition Month®, celebrated each March the Academy of Nutrition and Dietetics encourages everyone to "Put Your Best Fork Forward" by making small, healthy shifts in food choices when cooking at home

The 2015-2020 Dietary Guidelines for Americans recommend making small changes to eating patterns to include healthier ingredients while cooking at home. Choosing a variety of healthful food across and within all food groups reduced the risk of preventable, lifestyle-related chronic diseases including cardiovascular disease, type 2 diabetes and obesity.

We encourage everyone to eat more of these foods:

• Whole grains

• Fat-free or low-fat dairy including milk, yogurt, cheese and fortified soy beverages • Protein foods including seafood, lean

meats, poultry, nuts, soy products, beans and peas

 Oils including canola, corn, olive, peanut, sunflower and soy

• Fruits, epically whole fruits

• Vegetables, including dark green, red and orange, beans peas and others

Adding a splash of colorful seasonal foods to your plate makes for more than ust a festive meal. A rainbow of foods creates a palette of nutrients, each with a different bundle of potential benefits for a healthful eating plan. Healthy eating includes more than counting calories alone. In fact, most children don't get enough of all the essential nutrients critical to normal growth and development.

Brighten up your plate in every season with this quick color guide.

Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks.

Fruits: avocado, apples, grapes, honeydew, kiwi and lime

 Vegetables: artichoke, asparagus, broccoli, green beans, green peppers and leafy greens such as spinach

Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers.

 Fruits: apricot, cantaloupe, grapefruit, mango, papaya, peach and pineapple

 Vegetables: carrots, yellow pepper, yellow corn and sweet potatoes

Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health

and reduced cancer risks. • Fruits: blackberries, blueberries, plums,

raisins

• Vegetables: eggplant, purple cabbage, purple-fleshed potato

Red indicates produce that may help maintain a healthy heart, vision, immunity and may reduce cancer risks.

Fruits: cherries, cranberries, pomegranate, red/pink grape fruit, red grapes and watermelon

• Vegetables: beets, red onions, red peppers, red potatoes, rhubarb and tomatoes

White, tan and brown foods sometimes contain nutrients that may promote heart health and reduce cancer risks.

• Fruits: banana, brown pear, dates and white peaches

• Vegetables: cauliflower, mushrooms, onions, parsnips, turnips, white-fleshed potato and white corn

For more information on how to "Put Your Best Fork Forward" visit ADA's National Nutrition Month website for a variety of helpful tips, fun games, promotional tools and nutrition education resources



ACCEPTED PAYMENTS

Medicaid Medicare **Private Insurance** Cash Pay Sliding Fee Scale Program Visa MasterCard **Debit Cards**

TO REGISTER OR TO MAKE AN APPOINTMENT PLEASE CALL THE NUMBER BELOW.

MONDAY-FRIDAY

8 A.M. TO 6 P.M.

0

KCHC Knox Community Health Center

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Bringing you what's next."



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MEMBERSHIP RECRUITERS OF THE MONTH



Jason Lumberry

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representatives Jason Lumberry & Patrick Young as top membership recruiters. Jason signed six new associate members and Patrick signed one voting member in February.

Patrick Young

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

PRIMETIMERS NEWS

The PrimeTimers committee met in February at the Knox Agri-Center for a potluck lunch and 12 members listened to a program presented by Keith Erickson from the Knox County Pork Producers. The next meeting will be March 21st at

12 pm at the Knox Agri-Center. Lyonel Nelson will discuss his book From Farm to Fifth Avenue. Please bring a dish to pass and your own table service. The PrimeTimers invite 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: Woods 6 ft Rotary Mower Model M160, 3 point hitch. Call (309) 344-2358. 3/17

FOR SALE: 2013 Palomino Solaire Ultra Lite M-297RLDS bumper hitch travel trailer. Sleeps 6, 1 queen size bed, 2 slide outs, power awning, always stored inside, excellent condition. Pictures available. Altona, IL. \$17,500 OBO. Call (309) 299-2594.3/17

HELP WANTED: Machine Operator with Technology, Galesburg, IL, swine, corn & soybean farm seeks to add a fulltime, year-round position to a team of machine operators. Required: 1 yr exp with technology in the cab, valid driver's license, reliable transportation, Class A CDL or ability to get one. Call (309) 335.9920. 3/17

WANTED: Discarded, broken concrete, bricks, and clean back fill dirt. Call (309) 484-2160. 3/17

FOR SALE: Oxy-acet. cutting kit, no tanks, med. duty, regulators, hoses, torch, storage bag, cyl.cart \$350. Call (309) 299-3572 2/17

FOR SALE: 9 piece Hummel manger scene, perfect condition, best offer. Call (309) 342-5796 2/17

FOR SALE: JD 960 28 1/2' Field Cultivator, 1991-Always shedded, 6" shank spacing 9" sweeps, 5 bar spike tooth harrow, Good condition, \$6,500 OBO. Call (309) 335-7220 2/17

HELP WANTED: Full-Time Position Available for Experienced Manager at Grain/Farrow-Finish Hog Farm near Maguon, IL. References Required. Housing Available. Email information to: DSEngland@mymctc.net 2/17

HELP WANTED: Progressive Ag company is hiring for a full-time position in the Cameron, IL area. Req: Class A CDL, Farm Interest. Prefer: Farm background, Selfstarter, Mechanical knowledge. Call in person to Zack (309) 221-9842. 2/17

WANTED: Ambitious manufacturer to take over product ownership. To accept the rights to market and manufacture a developed industrial product called Jack Hoist; which is used to position massive suspended loads with infinite care. Senior developer wants to see product move. Must be serious and trustworthy. Will turn over inventory and all design data. Fully developed in capacities of 1.5 tons to 50 tons. Sales have been through industrial journals with customers buying direct. Contact Gene Carpenter at Carpenter Enterprises, 309.375.5260.

2/17 If you sell your items, please contact the Knox County Farm Bureau office





Looking Back



TAKEN FROM THE MARCH 1997 BULLETIN

School Funding

Peoria School District Unit 150 proposed a year-round school year, influencing other schools in Illinois to do the same. If they increased the number of days students are in school, it would require additional funding from the state. It is ncredibly interesting that school funding was such an issue then and continues to be today.

TAKEN FROM THE MARCH 1977 BULLETIN

Illinois Farm Bureau Leaders Visit Congressmen in Capital

Farm leaders in Illinois represented 48 counties in the state as they gathered to urge the legislature to support the extension of the federal farm program at the time during a conference in DC. They urged support of a new Locks and Dam 26 facility on the Mississippi River near Alton to move farm supplies and grain.

TAKEN FROM THE MARCH 1951 BULLETIN

In 1947 people consumed 1.5 pounds more lard and 2.1 pounds more margarine than they did before the war. The 1947 consumption of margarine of five pounds per person was slightly less than one-eighth of the total per capita consumption of fats.

Illinois Pork Producers Association Scholarships

Scholarships will be awarded to a total of nine students through the IPPA Scholarship program. The scholarships will be awarded as follows: Three Gold Scholarships at \$2,000 each; Three Silver Scholarships at \$1,500 each; Three Bronze Scholarships at \$1,000 each. Funding for these scholarships is made possible through the Keppy Foundation.

Applicants must be currently enrolled as an undergraduate or be enrolling to begin in the Fall of 2016 to be eligible. IPPA Scholarships are open to students pursuing any undergraduate degree at any two-year or four-year college.

Previous winners may apply for any scholarship level. Applicants must submit a completed application form, transcripts; and a list of activities. In addition, applicants must submit a typed essay identifying how they plan to contribute to the pork industry.

Application Deadline is April 1, 2017. Visit http://ilpork.com/producers/pork-youth/ article/ippa-scholarship-opportunities for more information.



Tuna Casserole **Ingredients**

- 1 (12 ounce) package egg noodles
- 1/4 cup chopped onion
- 2 cups shredded cheddar cheese
- 1 cup frozen green peas
- 2 (6 ounce) cans tuna, drained
- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1/2 (4.5 ounce) can sliced mushrooms 1 cup crushed potato chips
 - Taken from allrecipes.com

Directions

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water for 8-10 minutes, or until al dente; drain.

Preheat oven to 425°F

In a large bowl, thoroughly mix noodles, onion, 1 cup cheese, peas, tuna, soup and mushrooms. Transfer to a 9x13 inch baking dish, and top with potato chip crumbs and remaining 1 cup cheese.

Bake for 15-20 minutes or until cheese is bubbly.

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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