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

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May 2018

Day" Teacher Workshops Scheduled Ag in a

Join area County Farm Bureaus at the "Ag in a Day" teacher workshops for hands-on activities, farm tours, and free resources for your classroom. The workshops will be held on June 12th and 13th. The workshops are \$10/ teacher to attend and will include lunch and refreshments both days.

The "Ag in a Day" workshops are open to all teachers and educators. Teachers will have the choice to attend workshops at two different locations:

June 12: Black Hawk College East Campus, Veterinary Sciences Center (Rooms 105 & 106), 26230 Black Hawk Rd, Galva, IL 61434. Tours will take place in Galva and surrounding area.

June 13: Modern Woodmen Park (Business Center Powered by Bradfields), 209 S. Gaines St, Davenport, IA 52802. Tours will take place in Davenport and surrounding area.

Teachers are invited to attend both days, or whichever date and location is most convenient. Educators will receive free teaching materials, participate in hands-on activities, view Ag in the Classroom educational kits, and take field trips to areas of interest in order to learn more about agriculture. Cost is \$10/teacher

to attend and there will be ample opportunities for teachers to win prizes and resources for their classrooms.

Galva workshop, At the teachers will learn about resources available from Illinois Ag in the Classroom, learn about Black Hawk College's Vet Tech program, visit a farm utilizing cover crops and various other conservation practices, learn about native bees and visit their habitat, and visit a wind farm.

In Davenport, teachers will tour Modern Woodmen Park and learn from their Chef and Groundskeeper, learn about Illinois Farm Bureau's Monarch Butterfly project, receive information and free resources from Midwest Dairy Association, learn about resources and activities available at ATEEC Lab, and will visit Nahant Marsh.

The workshops are designed for Preschool - High School educators who wish to expand their curriculum to include topics related to agriculture – the world's food and fiber system. The workshops will focus on how to integrate available resources and hands-on activities about agriculture into an existing classroom curriculum.

The deadline to register is May 31, 2018. You may register by contacting the Knox County Farm Bureau. A registration form is available online at www. knoxcfb.org. You can also register by calling (309) 342-2036 or e-mailing knoxcfb@knoxcfb.org, but hurry because space is limited.

No. 5

If you have any questions or would like more information, please contact the Mercer County Farm Bureau office at (309) 582-5116. The workshops are sponsored by the Bureau, Henry, Knox, Mercer, Stark, and Warren-Henderson County Farm Bureaus.

~ SAVE THE DATE ~ **KIDS FARM SAFETY DAY Knox County Fairgrounds** Sat., June 23, 2018

Kids ages 8-13 are invited to attend... it's free!

> Topics that will be covered include: Electricity, Fire, PTO, 911, First Aid, ATV, Animal Handling, Grain, and Poison/Chemical.

Each participant will receive lunch, a T-shirt, and a goody bag.

Find more information and registration forms at www.knoxcfb.org

WELCOME NEW MEMBERS

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

Maureen & Joshua Anderson Margaret Aubrey Debrah & Jeffrey Brown Colette & Charles Carlson Wendy & Michael Doubet David Esp Madison Flack Mason Flack Greenlord, Inc Andrew Heath Angela & Dennis James Dorothy Johnson Sheryl Jones

FARM SAFETY

Sonya & Travis Jones Jessica & Nicholas Lindsey Mike McKim Ryan Molek Rebecca & James Obrien **Bailey Phillips** Jeri Raymond Mark Teel Peggy & William Trout Julie & Dusti Watson Way Insurance Services LLC

Seminar June 19 Marketing

Dr. Steve Johnson, Farm & Ag Business Management Specialist Iowa State University from Extension, will be at the Knox Agri-Center on Tuesday, June 19th at 7:00 p.m. to present a marketing seminar.

Steve serves as the Farm & Ag Business Management Specialist in Central Iowa for Iowa State University Extension. He

presents annually at nearly 100 meetings, workshops, seminars and conferences across the Corn Belt and interacts with more than 10,000 producers.

He holds BS and MS degrees from Iowa State University and his Ph.D. from Colorado State University. Steve specializes in topics related to grain marketing, government farm programs, crop

insurance, farmland leasing and other risk management strategies.

Steve posts monthly free newsletters, webcasts and updates on both ISU Extension Ag Decision Maker and the Polk County Extension Farm Management web sites. Visit knoxcfb.org to reserve your seat or call the KČFB office at 309-342-2036.

Free Hunter Safety Course June 8th & 9th

Area residents, 8 years old and above, will have an opportunity to learn basic principles of safe hunting at a Department of Natural Resources hunter safety course sponsored by the Knox County Farm Bureau Young Farmers. This free course will be held at the Knox Agri-Center, 180 S. Soangetaha Rd, Galesburg, on Friday, June 8th from 5:30-9:00 pm and Saturday, June 9th from 8:00 am-3:00 pm. Participants must attend both session days. A snack will be provided on Friday evening and lunch provided on Saturday.

Participants must be 8 years old and above. A 1996 state law requires that all hunters born on or after January 1, 1980 must successfully complete the hunter education course before they can receive their first hunting license. Participants completing the hunter education course will receive a Hunter Education Certification card verifying that they have

passed the course of instruction.

The minimum ten hour course includes instruction in wildlife management, firearms safety, hunter ethics, game identification, first aid, survival techniques and regulations. You must preregister by visiting knoxcfb.org or by calling the Knox County Farm Bureau office at 309-342-2036. This course is limited to 40 participants and will be filled on a first come, first served basis.



We thank you for your go a day without agriculture!". You continuous dedication to teaching have touched the lives of many for healthy retirement, Teresa.

We wish you a long, happy and

Addi Williams

CALENDAR OF EVENTS

May

- PrimeTimers, 12 PM Potluck, KAC 15
- 17 KCFB Board Mtg, 7 PM Dinner, 8 PM Mtg, KAC
- 21 Farm Safety Day Mtg, 12 PM, KAC
- 21 100th Celebration Mtg, 7 PM, KAC
- 22 Foundation Mtg, 6:30 PM, KAC
- 22 Knox Agri-Center Mtg, 7:30 PM, KAC
- 28 Memorial Day - KCFB Office Closed

June

- 8-9 Hunter Safety Course, KAC
- 12-13 Summer Ag Institute
- 19 PrimeTimers, 12PM, KAC
- 19 Steve Johnson Marketing Seminar, 7 PM, KAC
- 21 KCFB Board Mtg, 8 PM, KAC
- 23 Kids Farm Safety Day, Knoxville Fairgrounds

Knox County youth that "You can't over ten years as Ms. Aggie.

- Knox County Farm Bureau Directors and Staff



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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.



May 2018

No. 5

Published Monthly

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

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BOARD OF DIRECTORS

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Managers, Affiliated Organizations



Time to get trade back on track

Late March brought the worst winter storm we'd seen in some time: about 10 inches of wet, heavy snow that drifted only because the wind blew so hard. Confined to the indoors, my daughter and I baked several cakes. She used her 4-H skills to decorate them in preparation for Granny's 80th birthday party the next day. But late into the baking process, we measured one cup shy of shortening for the final batch of frosting.

With trucks stuck in nearby drifts and a local highway temporarily shut down, I phoned the neighbor in lieu of a hazardous voyage to the local food mart. She saved the day with plenty of Crisco on hand to share. I

Knox County GRICULTURE in the Classrooms

Mary Beth Bowman "Ms. Farmer"

The month of April sure had a variety of weather. Ms. Farmer had a variety of lessons as well. The month started when Ms. Farmer, Ms. Aggie and Mrs. Green attended the Spring District Ag Coordinators meeting. They traveled to Davenport to tour the ATEEC Interactive Learning Lab. While there they learned about the resources offered for use in the classroom. The coordinators were able to experiment with the mini wind turbines and mini solar panels from the energy kit. The coordinators then shared a variety of lessons and activities for Ag in the Classroom activities.

Ms. Farmer presented lessons about pineapple to the fifth graders as the study of pizza comes to an end for the year. The students were fascinated with the fact that pineapple is an aggregate fruit which means the fruit forms from a group of flowers. The classes also learned that there is a great deal of manual labor used to produce a pineapple. It takes 13-16 months for a plant to produce a pineapple. Pineapple got its name because the fruit looks like a pinecone and has a crisp sweet flavor like an apple. Students were pulled on my snow boots and walked across the field to fetch a cup of Crisco. I thanked her for being such a good neighbor. She responded, "Anytime, glad to help."

If only our government's relationships with Mexico and Canada could be so neighborly. Instead, I read daily updates on the concerning status of agricultural trade, namely through unpleasant NAFTA renegotiations or mounting trade tensions with China. As if parenting and farming didn't bring enough worries. Government policy and actions again impact farm markets and threaten profitability.

Amid unfriendly trade tactics, Mexico, the No. 1 importer of U.S. corn, has started to buy more corn from Brazil. In early April, China, the No. 1 importer of U.S. soybeans and No. 3 importer by value for U.S. pork, imposed a 25 percent tariff on pork and proposed one for soybeans and other Illinois-grown commodities. I joined other Farm Bureau members who sent emails to our lawmakers and the president, urging them to find a resolution and to prevent agriculture and farm families from becoming collateral damage.

Our government's attempt to address trade issues comes with unintended consequences that trivialize the trade of food, a basic need

surprised to learn that if the weather is too cool the pineapple will be sour and if the weather is too warm the pineapple will be too sweet. The craft of the day was to make a paper pineapple and write three interesting facts about the production of pineapple.

The timely subject Earth Day was the theme for third and fourth graders. They were able to explain the "Three Rs' (Reduce, Reuse, and Recycle). Ms. Farmer Read the book Michael Recycle to the Third Graders. The story was about how the Hero Michael saves the town by having the people clean up and recycle. Then Ms. Farmer led the children in a discussion about what the students do/ can do to "Reduce, Reuse and Recycle" at home. Renewable and nonrenewable resources were part of the discussion also. Ms. Farmer played a video so students could see how recycle items are sorted in bales to be sent to plants to make new products. It was fascinating to see cardboard boxes turned into new paper and plastic bottles turned into plastic pellets to make new items. Earth Day Catch Ball was the activity for Fourth Graders this month. The ball with the numbers 1 - 40 was tossed to the students then the child would say the number his/her thumb landed on to find a corresponding question about the Earth. Answers then lead to ideas about taking care of our Earth and the use of our natural resources.

of life, and food production, the livelihood for families who own 97 percent of U.S. farms. The world is the marketplace for American agriculture, which has annually produced a trade surplus since 1959, according to USDA. In particular, the Illinois Department of Agriculture says international markets buy 44 percent of the grain grown on Illinois farms, almost every other row of it. Illinois families may farm in the center of a continent, but the state has a tremendous asset in its waterway system. The Mississippi, Illinois and Ohio rivers serve as arteries pumping commodities that Illinois proves great at growing into international markets, where 95 percent of customers reside.

As the National Corn Growers chairman recently said, trade is a two-way street. Farm families generally have supported fair and open trade practices for decades, allowing countries to buy and sell the products they grow or make well. The idea seems as neighborly as a cup of Crisco, but the road to fair trade appears drifted and treacherous with poor visibility. It's time to clear the roads and get trade back on track.

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

The weather finally warmed up to think about baseball. Hedding Fourth Graders learned about baseball and agriculture before their annual field trip to the Burlington Bees Ballpark. The students learned the most popular wood for a bat comes from an ash tree. They also learned that corn is used in the adhesives of bandages, used in the soda pop, chewing gum, and nachos served at the ballpark. The best gloves and mitts are made from cowhide. Most ball fields are covered with a mixture of grasses for that allnatural turf. Our Illinois snack food, popcorn, is a popular treat at the ballpark as well.

Ms. Farmer presented a lesson about pollinators to the Adult and Churchill ELL classes. A great deal of the time is spent on vocabulary in these classes. Ms. Farmer used the Pollinator AG Mag to explain about the pollinators and plants pollinators depend on here in Illinois. Students enjoyed being pollinators using Cheetos to get "pollen "on their fingers and transferring it to the flower attached to a juice box to represent nectar.

At the end of the month Stacey West and Lori Engel accompanied Ms. Farmer to Neilson school to have the pizza party won by Zoe Logsdon. Zoe had the first place winning poster sponsored by the Education and Outreach Task Force at Ag Day for Kids. The pizza sure did disappear fast. Her class was also treated to a lesson about pizza.

to Know Your Farm Bureau Policy Getting

How well do you know Farm Bureau policy? In order to better understand it, KCFB will run monthly excerpts from the 2018 policy book. Interested in learning more about how our policy system works? It all starts with you! For more info contact the office!

14. SOLAR ENERGY

We support:

1. Solar energy generation as a component of the energy portfolio of the U.S.

2. Public and private efforts to develop solar energy projects in the State of Illinois.

3. The establishment of statewide standards for commercial solar energy conversion systems that provide adequate protection of public health and safety, protect private property rights, and allow for reasonable development of commercial solar energy conversion system projects. Such standards

should include, but are not limited to, farmland preservation, protection of natural resources, and ensuring adequate funds are in place for decommissioning.

4. Requiring an Agriculture Impact Mitigation Agreement (AIMA) to be filed with the Illinois Department of Agriculture for all commercial solar energy projects.

5. A statewide standard for assessing solar energy projects.

6. Legislation requiring the owner of the solar energy project to pay 100% of the property taxes associated with their solar energy generation at the time they are due.

7. Efforts to locate solar energy projects on marginal or underused lands, including brownfield sites, rather than highly productive, tillable farmland.

their county officials to develop appropriate solar land use regulations for their county.

9. Legislation allowing the landowner the option to terminate a solar lease agreement if the solar panels fail to produce energy for a period longer than 12 consecutive months.

10. Written notice of intent to construct given to drainage districts and neighbors with tile outlets passing thru the proposed solar farm. Right to repair tile shall be maintained.

We oppose:

1. Giving private solar energy or solar development companies public utility status. 2. Statewide regulations requiring a notice

of intent to construct for solar energy projects.

3. Statewide regulations requiring a public hearing prior to the construction of a solar energy project.

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

Telephone: 309-342-2036

Office Hours

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

PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.

Thank You KNOX COUNTY FARM BUREAU

8. County Farm Bureau efforts to work with

Spring Session Update

Congratulations to the Knox County Farm Bureau on 100 years of service to our agricultural community! I was honored to serve as Chief Sponsor of House Resolution 740 commemorating this event earlier this Spring. To show our esteem and respect for the Knox County Farm Bureau on your 100th Anniversary during the Bicentennial of Illinois in the 100th General Assembly was a special honor for me.

Despite the many challenges that face us in Springfield, I continue to be deeply humbled by the experience of representing the 74th District in the Illinois House. Whether it's fighting for the release of County Fair Funds, advocating for Extension Education programs, or celebrating our young people involved in agricultural education and FFA, it is humbling to meet so many working so hard to preserve our way of life in rural America.

FFA week in Springfield occurred recently. It was wonderful to see our young agricultural leaders in Springfield. I've also recently enjoyed attending the Sherrard FFA Banquet, Williamsfield FFA Banquet, LaMoille-Ohio FFA Banquet, Knoxville FFA Banquet, AlWood FFA Banquet, Amboy FFA Banquet and the Cambridge FFA Banquet. I am strongly committed, despite a sometime busy legislative schedule, to making time to support our young people as they work toward careers in agriculture and agri-business.

That's not to say I haven't also enjoyed meeting with adult leaders of the Knox County Farm Bureau, Knox County Cattlemen, Illinois Farm Bureau, and attending the Knox County Pork Hall of Fame Induction this Spring. In addition to gaining greater insights on the state budget funding issues related to our agricultural economy, these meetings have also spurred my working on legislation related to consumer solar installations, which has the

The complete list can be found on ilfb.org.

potential to help offset costs on the farm. I have been working with Rep. Charlie Meier on House Bill 4651 throughout the Spring as I am also personally exploring consumer solar for my family's hog operation. House Bill 4651 has



passed committee and Representative is now being debated **Dan Swanson** on the House Floor.

Working with groups like the Knox County Farm Bureau has given me greater, real-time insights into many of the issues we debate in Springfield each Spring. Perhaps, we in the Illinois legislature, can learn something from our farmers and do a little innovating ourselves to get Illinois growing again. Let's work to make it so.

Rep. Dan Swanson (R-Alpha)

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

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



NEWS FROM COUNTRY FINANCIAL

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 Chrysal lis 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.

Be Prepared For Tornado Season

Tornado season begins in April and lasts through June, but actually tornadoes can and do occur in every month of the year. That's why it is important to always be prepared.

The first step of tornado safety is to know the difference between a watch and a warning. These terms often confuse people. A watch always comes before a warning and indicates weather conditions are ideal for the development of a tornado. A warning means a tornado has definitely formed and has been sighted. The best way to remember the difference is to think of a watch as an advisement to be on guard.

The best time to take action is during a tornado watch. Once a tornado warning has been issued, you may not have enough time to get to safety.

If a storm hits while you are outside

• NEVER try to outrun a tornado. Tornadoes can change directions quickly and can easily lift vehicles and toss them around, making vehicles potential deathtraps. Always get out and away from vehicles.

• Take shelter inside a building immediately, if possible.

• Find the lowest point possible. Lie in a ditch, ravine or low area or crouch near a strong building and cover your head and neck, if you cannot take shelter inside.

• Leave mobile homes and get to a safe place. Mobile homes, like vehicles, can be tossed around by heavy winds.

Be aware of potential flooding.

Once you have taken shelter in a building

• Go at once to the basement, storm cellar or lowest level of the building. Go to inner hallways or smaller inner rooms without windows, such as bathrooms or closets if the building has no basement.

 Stay at the center of the room and away from corners because they tend to attract debris.

 Be mindful of where there is heavy furniture or appliances on the floor directly above you because heavy winds can weaken walls and floors.

• Get under sturdy furniture (i.e.

Stay Safe During Spring Planting

This time of year poses a high risk of njury for farmers as fatigue, stress and pressure build. Not only are hours long and the workload heavy, but farmers also deal with equipment breakdowns and weather-related issues. Staying safe during planting is challenging. Here are some tips to help farmers stay alert during this busy time of year:

- Eat balanced meals.
- Set realistic work priorities.

• Consider hiring help for the busy weeks of planting. Don't try to do it all yourself.

• Stay well-hydrated to maintain

awareness.

• Get a good night's sleep.

• Be as rested as you can be. If necessary, shut down for a few minutes to take a nap. Even a 20-minute break with a short nap can really help improve alertness.

• Take a short walk. Sitting for long periods of time is hard on your back and neck, and it can make you tired.

 Always have your cell phone on your person.

 Remember to share the roads safely with vehicles and other farm equipment.



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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workbench, heavy table) and hold on to it.

• Use your arms to protect your head and neck.

Monitor the news from your local radio station for emergency information and instructions. Make sure the storm is completely over before leaving shelter. Tornadoes often hit in groups, and it is possible that only one of many tornadoes has passed.

For more information on tornado safety visit the COUNTRY Financial website at www.countryfinancial.com.



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BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on April 19, 2018

Education & Outreach – Becky King

The 2018 Program of Work was reviewed and approved.

Farm Business Taskforce – Jarid Cain

The 2018 Program of Work was reviewed and approved.

Government and Policy Taskforce – Joe Webel

The 2018 Program of Work was reviewed and approved.

Member Relations – Hailey Weyhrich The 2018 Program of Work was reviewed and approved.

Foundation – Hailey Weyhrich

The next meeting is Tuesday, May 22 at 6:30 PM.

PrimeTimers – Hailey Weyhrich

The 2018 Program of Work was reviewed and approved.

Young Farmer's - Jeff Grady The 2018 Program of Work was reviewed and approved.

KAC - Terry Boydstun

Thanks to all those who volunteered at the Spring Clean Up Day on March 29.

IFF - Lori Engel

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

OLD BUSINESS

The only KCFB income taxed is from COUNTRY Financial. \$16,000 interest is in budget-retaining in Edward Jones account.

NEW BUSINESS

KCFB will hold an Agent Appreciation/ Membership Drive with COUNTRY Financial Agents in Knox County.

KCFB discussed sponsoring the Knox County Fair Champion Steer.

KCFB discussed renewable energy projects.

Attendance

ME	Feb	Mar	Apr
ard, Jennifer	Р	Р	Þ
wley, Beau	Р	А	Р
hnert Yoder, Tara	Р	Р	Α
ydstun, Terry	Р	Р	Р
in, Jarid	Р	Р	Р
Sutter, Drew	Р	Р	Р
gel, Lori	Р	Р	Р
ckson, David S	Р	Р	Р
edeke, Phil	Р	Р	Р
ady, Jeff	Р	Р	Р
nnenfent, Matt	Р	А	Р
lsizer, Matt	Р	Р	Α
ng, Becky	Р	Р	Α
k, Jeff	Р	Р	Р
k, Nathan	Р	Р	Α
Connor, Tom	Р	Р	Р
evens, Monica	Р	Р	Α
om, Grant	Р	Р	Р
ranson, Brett	Р	Р	Α
ebel, Joe	Р	Р	Р
est, Todd	Р	А	Ρ

Hailey's Manager Update

I don't want to jinx it, but I think Mother Nature has finally figured out that it is Spring just in time for the month of May! Now that farmers are in the field, it is important for all of us to be conscious about the Spring planting season. For farmers, remember to take your time working and take time for yourself. This is one of the best times of the year and your family is waiting at home for you to arrive safe and healthy! For everyone else, be sure to share the road and have patience when it comes to equipment moving from field to field. Illinois Farm Bureau came up with this great point, "Getting caught behind slow moving farm equipment for two miles is equivalent to waiting for two stoplights in the city. You'll survive. Stay



back, enjoy the scenery and share the road while farmers work to plant food for your table." As always, remember to think safety and farm safely!

Farm Bureau ACT Promotion

Thank you to all of our members that participated in the last FB ACT Action Request and communicated the needs of Illinois agriculture to our legislators to urge them to preserve your markets and end the Trade War. If you would like to be enrolled for text message notifications for any FB ACT Action Requests, please text the word FARM to 52886. The following members participated in the Action Request:

Adrienne DeSutter, Brett Swanson, Brian Nelson, David Bliss, Carolyn Moffitt, David C. Erickson, David S. Erickson, David Serven, Dina Serven, Drew DeSutter, Elizabeth Hulsizer, Frances Moore, Grant Strom, Hailey Weyhrich, Nathan Link, Jeff

Link, Jeffrey Grady, Jennifer Beard, Jeremiah Scholl, Joanie Stiers, Kathrin Grady, Kevin Engel, Kim DeSutter, Krista Swanson, Kyle Underwood, Lori Engel, Lori Link, Mary Bowman, Matthew Hennenfent, Patrick Seiboldt, Rebecca King, Rollie Moore, Susan Moore, Tara Bohnert Yoder, Terry Boydstun, Tim Main, Timothy Carlson, and Todd West.

These members have also been added into a drawing for a \$50 gift certificate to the Packinghouse. Each time you contact a legislator for an FB ACT Action Request, your name will be entered into the drawing, which will take place at the Knox County Farm Bureau's 101st Annual Meeting in January of 2019.

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

Applications are available at the Knox

agriculture or related course of study.

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

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

1,000 Caps and Counting!

The Knox County Farm Bureau Foundation thanks our members for collecting Prairie Farms milk caps and supporting our cause! Prairie Farms Dairy donated \$50 to the Knox County Farm Bureau Foundation through the Our Caps Your Cause program. Members collected 1,000 caps to earn the \$50 donation and more caps have been redeemed toward our next 1,000 goal.

To participate, collect Prairie Farms caps from white or flavored milk in gallon or half gallon sizes. Reveal the unique, redeemable code by peeling off the sticker and redeem the code by following the link on www. knoxcfb.org. When prompted with the choice of which organization to give to, please choose Knox County Farm Bureau Foundation, Galesburg, IL. Members may also drop off milk caps at the Knox County Farm Bureau office and staff will enter the codes for you!

- CRP / CREP Prairie Grass and Tree Planting Field Maintenance.
- Township ROW clearing and chemical application.
- Pasture ground and field borders reclamation

Eating Outdoors, Handling Food Safely

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/ freezer - all the way to the picnic table.

Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.

Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.

Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.

Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from



contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.

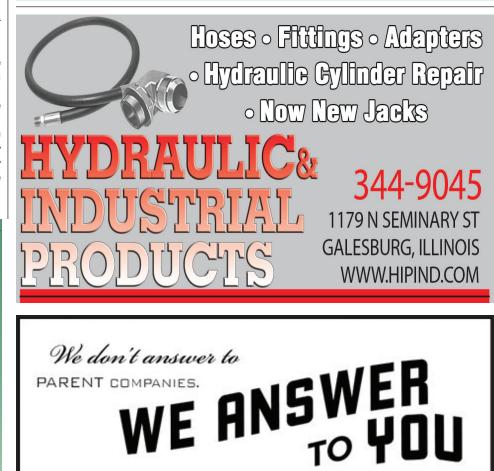
Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler - including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "readyto-eat," "washed," or "triple washed" need not be washed.

Keep Cold Foods Cold and Hot Foods Hot

Keeping food at proper temperatures indoor and out - is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the "Danger Zone" — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Article taken from www.fda.gov





- 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

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Contact:

Jason Beard 309-368-5396

Health on the Farm By the Knox County Health Department

May is Mental Health Month Fitness #4Mind4Body Theme Highlights Importance of Physical Health in Achieving **Balanced Mental Health**

dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally. That is why this year's theme for May is Mental Health Month – Fitness #4Mind4Body – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

This May, we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress,



When you or someone you love is exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy. It is important to really look at your overall health, both physically and mentally, to achieve wellness. Getting the appropriate amount of exercise, eating healthy foods that can impact your gut health, getting enough sleep and reducing stress - it's all about finding the right balance to benefit both the mind and body. Getting a good night's sleep is important to having enough physical and mental energy to take on daily responsibilities. And we all know that stress can have a huge impact on all aspects of our health, so it's important to take time to focus on stress-reducing activities like meditation or yoga.

> The Knox Community Health Center offers Behavioral Health services. We have three full-time Behavioral Health counselors and one Psych-APN available to see patients who seek counseling, Monday thru Friday 8:00 a.m. to 6:00 p.m. To make an appointment or for more information, call the KCHC at 309-344-2225. The Health Center is located in the same building as the Health Department: 1361 W. Fremont Street, Galesburg, right next to Galesburg High School.

We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes. By looking at your overall health every day - both physically and mentally – you can go a long way in ensuring that your focus on your Fitness #4Mind4Body.



"Come see us today & we'll be here when you need us later"

Monday thru Friday 8:00 am to 6:00 pm



Accepted Payments

- Medicaid
 - Medicare
 - - MasterCard

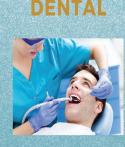
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To register or to make an appointment please call the number below.



BEHAVIORAL HEALTH



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The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jason Lumberry as top membership recruiter in April. Jason signed 4 new associate members.

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

Jason Lumberry

Primetimers News

The PrimeTimers committee met April 17th at the Knox Agri-Center. Twenty members enjoyed a potluck lunch and drone program by Scott Erickson. The next meeting is May 15th at the Knox Agri-

Center and the potluck lunch will start at 12 pm. David Amor will provide a Knox County Board update. PrimeTimers invite all members 55+ to attend.

FOR SALE: Whirlpool Electric 30" smooth

top stove, white, \$125. Call 309-483-

FOR SALE: GE dishwasher, white, \$50

FOR SALE: Oak kitchen cabinets &

white kitchen cabinets, price negotiable.

FOR SALE: Trailer Hitch for 1993 Chevy

truck. \$40. Call Roger at 309-342-8481

FOR SALE: 1962 VW Dune Buggy. White

with some pin striping. Chrome wheels with

white lettered wide tires. Roll bar, custom

steering wheel, 4 speed floor shift, fabric

bucket seats, full canvas cover, chrome on

engine. Excellent Sony AM-FM disc player with high performance sound. \$9500.00.

FOR SALE: 9 small Norman Rockwell

plates. Best offer. Call 309-342-5796

FOR SALE: 35 wooden picture frames,

different sizes. Call 309-344-3806. 3/18

FOR SALE: 1 "FieldCraft" Topgrafter tool

from "Hummert International", "Parafilm

M" grafting film, "Bucket Boss Pro" and

bucket, Nut Tree grafting video, numerous

grafting style articles, and much more to start grafting trees. Call and leave a

WANTED: Incubator for chicken eggs.

Round metal or wooden cabinet style.

Working or not working. Leave message on

WANTED: Henderson Women's Club

Cookbooks, 1940s-1950s era. Call 309-

machine. Call 309-344-2358 3/18

335-1919 3/18

message 309-344-2358. 3/18

Call Roger at 309-342-8481 4/18

Call 309-483-6482. 4/18

Call 309-483-6482. 4/18

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

6482.4/18

4/18

3/18

FOR SALE: 1959 D17 AC wide front end, 3 bottom plow & blade. Call 309-237-9673 5/18

FOR SALE: 1959 D17 AC narrow front end. Call 309-237-9673 5/18

SALE: 1994 Case IH 8465 FOR automatic baler, twine & net wrap capable, approx.100 bales/year, \$4500. Call 309-221-6310 after 4 pm. 5/18

FOR SALE: Hard rock maple coffee table, oval with glass top \$100. Two antique chairs newly upholstered. \$50 each. Call 309-299-5520 5/18

FOR SALE: 2 never been used, brand new sets of Pfaltzgraff dinnerware, 16 piece, Pattern: Rooster Meadow. Call for more information. Call 309-342-0206 5/18

FOR SALE: Bag-A-Nut 16" Large Acorn Harvester - Knox County SWCD will be accepting bids until Friday June 15th. Best offer will be notified by phone. Call 309-342-5138 ext. 3 or email Nicole.miller@ il.nacdnet.net 5/18

WANTED: 300-gallon gas barrel with hose on stand, good condition. Call 309-342-1463.4/18

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

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

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

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



John Sullivan poses while planting a field in Henderson Township during a 1950's spring.



Grilled Steak & Fresh Mozzarella Flatbread

Ingredients

- 1 to 1 1/4 lbs beef Top Sirloin Filets, cut 1 inch thick, tied
- 1 ¹/₂ tsp lemon pepper
- 2 cups packed fresh baby spinach
- $\frac{1}{4}$ lb fresh mozzarella cheese, cut into $\frac{1}{2}$ inch pieces (3/4 cup)
- 2 Tbl chopped fresh basil
- 1 ½ tsp balsamic vinegar
- 4 pita breads

Instructions

1. Press lemon pepper evenly onto steaks. Place steaks on grid over medium, ash covered coals. Grill, covered, 12

to 17 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145F) to medium (160F) doneness, turning occasionally.

2. Meanwhile, combine spinach, cheese and basil in large bowl. Drizzle with balsamic vinegar; toss to coat and set aside.

3. Remove steak from arill and let stand 5 minutes. Place bread on grill and cover 1-3 minutes or until lightly browned, turning once.

4. Carve steaks into slices. Top bread evenly with spinach and steak.

Recipe from beefitswhatsfordinner.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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