



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 2020

No. 5

AG DAY FOR KIDS POSTER CONTEST

WELCOME NEW MEMBERS

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

Bona Farms
Galesburg Order Buyers
Allison Austin
Edward Brown
Kurt Clevenger
Debra & Michael Cracraft
Hyesuk & Dillard Crawford
Sydney Dryden
James Hensley
Benna McCance
Noah Murdock
Dylan Ray
Kirk Robb
Kaylee Salter
Ashlee & Byron Snider
Jalyn Motz & Trenton Trowbridge

Fourth grade students from across the county participated in an "Agriculture is Amazing" Poster Contest after they attended Ag Day for Kids in early February. The students expressed their understanding of agriculture in Knox County on the posters.

The Education & Outreach Task Force committee

has been unable to meet to choose a winner. We asked our facebook Friends to like posters and share the post!

Here are the results: First Place: Deliyah Lovell, Mable Woolsey Elementary. Second Place: Emma Yancey, Silas Willard. Tied for Third Place: Aubrey Hagerdorn, Williamsfield Elementary and Mekhi Gonzalez, Silas Willard.

Since the students are not in the classroom, our committee will work with the teachers to award prizes.

Congratulations to the winners and thank you to all the students who submitted posters. Furthermore, thank you to the teachers for encouraging your students to participate!



First Place: Deliyah Lovell
Mable Woolsey Elementary



Second Place: Emma Yancey
Silas Willard Elementary



Tied for Third Place: Aubrey Hagerdorn
Williamsfield Elementary



Tied for Third Place: Mekhi Gonzalez
Silas Willard Elementary

Renew your membership today!

Thank you for being an Illinois Farm Bureau® member.



Please visit
www.mylfb.org.

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 2020 No. 5

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and the
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Thank You
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Planting Presses Through Another Unprecedented Season

When the wall calendar changed in January, we looked to the 2020 planting season with anxious optimism. Our family, farm friends and even fields needed a fresh start after 2019. Last year's growing season was brutal, from its unprecedented widespread planting delays and trade wars to a muddy harvest

that crept into the month of Christmas.

Then entered the novel coronavirus, a biological threat sweeping the globe and turning lifestyles and economies on their heads. We now begin another historic planting season with challenges beyond our control. As a business deemed essential, farm operations continue, and we stand determined to plant corn and soybeans in a timely manner while mindful of social distancing guidelines.

Hours in the tractor cab naturally isolate farm families like ours this time of

year. We take comfort in this seasonal confinement and the priority task of planting, a welcome distraction from the troubling news of the world. I most enjoy the swift precision of the season. The planting process takes a fraction of the time of harvest and resembles an incredible work of technological art. The tractor drives itself straight and hands-free. The high-tech planter places seed at precise spacing. Automatic sensors adjust ground pressure per planter row to sow seed at uniform depths. Software prescriptions vary the seeding rate with the guidance of global-

positioning satellites. That guidance controls automatic row shut-offs on the planter to prevent overlapped planting of seed.

A machinery breakdown and overdue haircuts (even worse than in a normal spring season) will promptly remind us of the world's issues. With non-essential businesses shut down and essential agribusinesses closed to walk-in traffic, farmers forgo haircuts and order parts by phone to pick up in parking lots. Stresses will elevate if the pandemic infects any of us or the supply chain of parts, fuel, fertilizer, pesticides and other supplies

or services necessary to plant crops. That includes grocery pickups to feed the planting crew.

At our farm's grain storage facility, a lit heart in the scale house window shares the universal message of togetherness and encouragement. It seems we have entered another year when we again hope that changing the calendar brings a better start.

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

Legislative Update



Representative
Norine Hammond

As you know, Jerry Costello was named Director of the Illinois Department of Agriculture and began in his position at the start of March. Two weeks later, Illinois was amid the Coronavirus outbreak. Fortunately, Director Costello has a vast knowledge of Agriculture and Agribusiness issues because there was little time for on the job training.

The Illinois Department of Agriculture has been ex-

tremely proactive in its implementation of policies and programs in response to the needs of those involved in agriculture and agribusiness in Illinois and the COVID-19 pandemic.

The Department learned in early March that the University of Illinois Extension who provides the training for pesticide tests could no longer provide that service because of the risk of the large group gatherings. Immediately the Department started working on contingency plans knowing that there were many farmers and commercial applicators who still needed to take a pesticide exam before the spring planting season.

Initially, the Department extended all applicator licenses to December 31, 2020. This assures that the applicators can purchase restricted use

pesticides. They worked with Illinois Farm Bureau and Illinois Fertilizer and Chemical Association to get the information out to the agriculture community.

Next, the Department talked through testing options, including testing centers, drive-thru testing, and on-line learning. Ultimately, it was determined that on-line testing was the most realistic given that preparations for spring planting were already underway in some portions of the State.

In order to protect the integrity of the exams the Department reduced the size of the exam and pulled questions from multiple exam versions. Exams are available for numerous categories including field crop, mosquito, seed treatment, private applicator, vegetable crop, fruit crop,

right-of-way, and ornamental. Illinois licenses approximately 38,000 applicators and operators.

Another challenge on the horizon for Illinois comes with Farmers Markets season. Illinois is 3rd in the nation for the number of farmers markets. The popularity of these markets has been growing exponentially and hopefully COVID-19 will not change that fact. Illinois is also a proud producer of several specialty crops for several food companies. Some of these companies bring individuals and equipment in during harvest. That may be a challenge we have to address in the future regardless of the exemption for agriculture and agribusiness.

We are also identifying positive COVID-19 cases in some of our Illinois meat

packing facilities as we have across the country. Some states, including Illinois, have been severely impacted by this even to the point of plant closures. This is a growing concern that will have far reaching negative consequences for producers and consumers alike across all our protein markets.

Planting season is upon us and while we are experiencing several challenges, I sincerely hope that you all can get your crop in with little challenge from the weather! Stay safe, stay strong and most of all treasure the blessings we have. My best to you and your families.

"A farmer has to be an optimist, or he wouldn't still be a farmer." Will Rogers

Getting To Know Your Farm Bureau Policy

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

4. FARM INCOME AND

STRUCTURE

The economic well-being of Illinois farmers will continue to be the NUMBER ONE PRIORITY issue of the Illinois Agricultural Association. We encourage opportunities for all segments of agriculture.

We support:

1. The freedom of individual farmers to make their own economic decisions.
2. Programs and legislation of an innovative nature which increase net farm in-

come.

3. Programs and legislation which could include items such as agricultural recapitalization, farm asset transfer plans, lowering input costs through technology, and beginning farmer education and loan programs.

4. Provisions that will protect farmers' investments, even as unsecured creditors, in prepaid agricultural inputs.

5. Research and development of new marketing,

finance, computer, farm business management, and personal development programs as needed to improve member income and efforts to increase members' use of those programs.

6. Monitoring and encouraging appropriate federal and state agencies, and to monitor the retail-to-farm price spreads for all major agricultural commodities.

7. Open markets to link members with economic opportunities, including cooper-

ative ventures, presented by rapid changes in agriculture.

8. Facilitating value-added opportunities for farmers.

9. Monitoring trends affecting farmers and strive to place an increased emphasis on educational programs for farmers on various opportunities available.

10. Research into the delivery location, pricing and other factors associated with grain marketing so producers may receive the best possible price for their crop.

Health on the Farm

By the Knox County Health Department



Guidance for Knox County Citizens: Parks are Open for Walking, but Congregating Prohibited, Face Covering Required

The Knox County Health Department reminds citizens that open areas in local parks are available for visitors to enjoy but congregating in groups beyond an individual household are prohibited, and face coverings are strongly encouraged.

Citizens can enjoy the walking trails, fish in the lakes, or go biking – while social distancing – but the facilities are closed. That means the campground, the tennis courts and golf course, the pools and gyms, the pavilion and public bathrooms are not open at this time.

"Getting outdoors during sunny weather and enjoying the walking trails is healthy behavior and will help revive people's spirits during this extended stay at home period," explains Michele Gabriel, administrator of the Knox County Health Department. "However, it's important to continue maintaining social distance, wear face covering, and avoid congregating in groups.

While the parks are open and enjoying the outdoors is encouraged, local po-

lice are enforcing social distancing to those who congregate with others outside their household or in groups larger than ten.

Citizens are also asked to follow the latest guidance from the Stay-At-Home Order. Beginning on May 1st, individuals are required to wear a face-covering or a mask when in a public place when they can't maintain a six-foot social distance. Face-coverings will be required in public indoor spaces, such as stores. This new requirement applies to all individuals over the age of two who can medically tolerate a face-covering or a mask. Face covering and social distancing help slow the spread of the virus and help people who may have the virus and do not know it from passing it to others.

"Face covering is a valuable tool in helping to slow the spread of COVID-19 and allows each of us to take important action to protect each other," Gabriel adds. The covering is intended to protect those around the wearer. Healthcare-grade masks are not needed for everyday wear.

"Face coverings simply prevent moisture droplets in everyday breath from floating in the air around us; however, please remember that wearing a face covering does not mean that the individual does not have to social distance; the two practices are meant to work together to provide a greater amount of protection, not one to replace the other," noted Gabriel. "Face coverings also serve as an important reminder to not touch our faces," Gabriel says.

Face covering can be anything that prevents the spread of moisture in our breath from moving into the surrounding air. That can include cloth or paper masks, bandanas, neck gaiters, or even simple scarves. "The best face covering is the one you will wear and allows you to breathe easily," Gabriel says.

Current Guidance from the CDC includes:

- Wear a face covering whenever outside your own home.
- Continue to keep social distance of at least six feet from others.
- Face covering is not

Budget Tight?

Are you pregnant or have a child under the age of five?

Even when it is difficult to make ends meet – proper nutrition is vital for pregnant women, infants and children. Let WIC offer a helping hand! The WIC program helps with the foods you need. WIC is available to women who are pregnant, breastfeeding or postpartum. WIC is available for infants and children up to the age of five who meet current eligibility guidelines.

* Pregnant women count as 2 people.

Number in Household	Monthly Income	Annual Income
2	\$2,607	\$31,284
3	\$3,289	\$39,461
4	\$3,970	\$47,638
5	\$4,652	\$55,815
6	\$5,333	\$63,992
7	\$6,015	\$72,169

For additional Income Info Please call!

Call us or stop by to see if you qualify!



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recommended for babies under two years or those who already have difficulty breathing. Those individuals should be kept well away from others outside the household – and even from those inside the household if anyone exhibits cold or flu symptoms.

The Knox County Health

Department reminds county residents to use trusted sources for the latest information on COVID-19 such as; Centers for Disease Control and Prevention www.cdc.gov and Illinois Department of Public Health www.dph.illinois.gov. The following webpage, <http://gis.ci.galesburg.il.us/COVID>

, is the official source of information on COVID-19 numbers for Knox County. For general questions about COVID-19, call the hotline at 1-800-889-3931, email dph.sick@illinois.gov or call your Knox County Health Department at 309-344-2224.

2020 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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Michael J. White

AGENT SPOTLIGHT

Name: Michael J. White

Years with COUNTRY: 37 years

Office Address: 415 N Henderson St., Galesburg, IL 61401

Phone: 309-342-3177 office; 309-621-3088 cell; Text

eMail Address: michael.white@countryfinancial.com

Designations: MDRT; Million Dollar Round Table 2014 and 2016. Life Underwriting Training Council Fellow; LUTCF

Community Service: 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, and past President 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."

Getting Married Requires Talk About Insurance

Soon you and your fiancé will promise to have and to hold each other, for better or worse, for richer or poorer, in sickness and in health, 'till death do you part.

Before or shortly after saying these vows, you need to discuss your finances, including your insurance coverage, or you might end up testing the strength of those vows. To help, here is a checklist of insurance needs to talk about:

- ✓ auto insurance
- ✓ home or renters insurance
- ✓ life insurance
- ✓ health insurance

Spend some time talking together about insurance. Then talk with a financial representative to determine what insurance coverages are best for you.

Auto Insurance

Married couples pay less than singles for car insurance. If you and your fiancé do not have the same insurance company, you should combine your policies under one company. Many companies give a multiple vehicle discount that can save money.

Couples can also save money on their auto insurance by buying cars with safety features, keeping a clean driving record and staying with one company for an extended period of time. Talk to your financial representative for specific details.

Home Or Renter's Insurance

Whether you own a home or rent, make sure you have adequate coverage for your home's structure and your possessions.

Check with the company that insures your car to see if they offer home/renter's insurance, too. Companies often offer multiple policy discounts if they insure both your car and home.

Life Insurance

Life insurance is another coverage you may want to buy or increase the amount of insurance you own. Life insurance is especially important if one or both of you have a number of debts, such as student loans, if you have bought a house or plan to have children soon.

It provides money for the surviving spouse to pay for

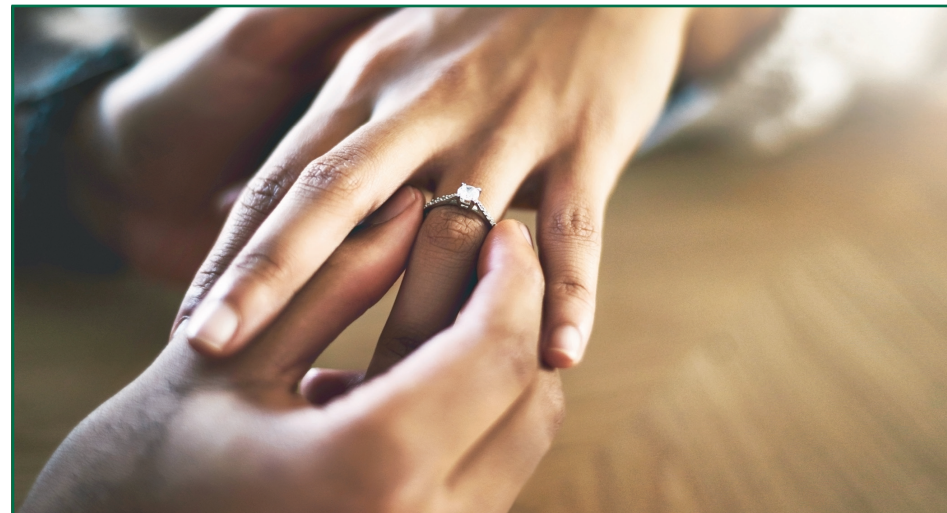
funeral expenses, as well as the mortgage and daily expenses. Even if you don't have children, you don't want to leave your spouse in a difficult financial situation.

When talking about life insurance you will need to decide between term and whole life insurance. Term life insurance only covers someone for a set amount of time, such as 15 years. Whole life insurance accrues value and can eventually earn a return. Talk to your financial representative to determine which type is right for you.

Health Insurance

If you both have jobs with health insurance coverage, then you will need to figure out how best to maximize your benefits. One of the most important issues to look at is if your doctor is covered in each plan. If you switch to your partner's health care plan, your favorite doctors may not be included under it. If this is important to you, you should consider keeping your own plan or having your partner join yours.

Also, see what each plan has to offer. If your plan has



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excellent dental coverage but no vision coverage, and your partner's has a great vision plan, you may consider switching if you have poor eyesight but rarely have dental problems. Compare the out-of-pocket expenses you

incur throughout the year with the cost of your plan.

One more aspect of health insurance to consider is disability income. If you or your spouse becomes disabled and cannot perform your job duties, you may lose an

income, while daily living expenses may rise. If you cannot afford to live on one person's salary, you should evaluate your health coverage plans to see how and if disability income insurance is provided.

BOARD HIGHLIGHTS

The KCFB Board of Directors did not meet for the April meeting.

HAILEY'S MANAGER UPDATE



Stay Positive. That was one of my biggest takeaways from the first day of the Illinois Farm Bureau's Managers Conference. As I write this, I should be in Bloomington for a 3-day conference with all the Farm Bureau Managers across the state. Instead, we have been meeting virtually... even for our Happy Hour on the first night. Talk about a little different!

As a usual negative Nelly, this is a hard one for me. Since hearing this from author Jon Gordon, one of our keynote speakers, I have found myself repeating this saying in my head and have noticed myself letting things go a little easier. This was such a great reminder to me during this challenging time. Think of all the positives during this time. More time with family, a slow down of our lives, more home cooked meals, whatever your positives may be!

As far as Knox County Farm Bureau goes, we are still working away keeping it

business as usual. With May being a slower time for us, we are still using the time to get caught up. Normally, I would also be getting ready for our summer events, my favorite time of the year, but it is just so hard to plan! As a proud, glorified event planner, this is VERY hard for me. But, I know whatever decision is made, it will be 100% wrong and 100% right. No one really knows what is best right now. I hope you all continue staying safe and finding the positives during this time. I look forward to see you all, from 6' away, soon!

Illinois Farm Bureau will match donations DOLLAR-FOR-DOLLAR UP TO \$1,000 for each of our Facebook fundraisers benefiting the food banks that serve our counties.

Central Illinois Foodbank
Eastern Illinois Foodbank
Greater Chicago Food Depository
Northern Illinois Food Bank
Peoria Area Food Bank
River Bend Foodbank
St. Louis Area Foodbank
Tri-State Food Bank, Inc.



Rural Road Safety Tips

When traveling country roads, remain alert and aware of slow-moving vehicles and be prepared to stop quickly.

During planting and harvest seasons, motorists will encounter more large, slow moving vehicles on the road as well as vehicles and equipment parked on the side of the road. Slow down anytime you are going around curves or up hills. Quickly approaching a piece of farm machinery increases your likelihood of getting into an accident. Give yourself plenty of space by slowing down and being prepared. Also, be aware that farm machinery can enter a public road from a field or driveway, so keep your eyes alert. Learn to recognize the SMV emblem. It alerts you that you are following a slow-moving vehicle, one that typically travels at less than 30 mph. It has a red-orange fluorescent triangle at its center, surrounded by a highly reflective red border. This sign is common on rural roads and drivers must heed its warning. When you see the SMV emblem - SLOW DOWN!

Farm tractors generally move at top speeds from 15 to

30 mph. When approaching from the rear, a car traveling at normal speed can overtake a slow-moving vehicle very quickly. Watch for SMV emblems and be patient. The driver will pull over to let you pass as soon as it's safe to do so. Pass only in a legal passing zone.

When driving farm equipment and semis, the bulky equipment and the sizable load can easily block part of the farmer's view, making it hard to see approaching vehicles, so it is your responsibility to slow down. It is important to remember that if you do not see the driver, then the driver cannot see you. When in doubt, assume the driver does not see you.

Many farmers haul their grain using semis. When a semi tractor-trailer is full of grain, it takes them longer to stop. Do not pull out in front of a moving semi. Also, do not follow farm equipment or semis too closely, as you want to see what is ahead (e.g. debris and other cars).

Sometimes, farm equipment will take up more than one lane. These vehicles also make big wide turns. When they are pulling to the side of the road, don't assume they are pulling over to allow you to pass. They may just be preparing

to turn. Watch for them to acknowledge your presence and signal their turn. Pay close attention to the turn signals, especially before passing.

Tips on Passing Farm Machinery:

- Check to be sure that machinery is not turning left. Look for left turn lights or hand signals. If the machinery slows and pulls toward the right side of the road, the operator is likely preparing to make a wide left turn. Likewise, sometimes to make a right turn with wide equipment, the driver must fade to the left.

- Look for roadside obstacles such as mailboxes, bridges, or road signs that may cause the machinery to move to the center of the road. Fading to the left does not mean the farmer wants you to pass on the right.

- Be sure there is adequate distance for you to safely pass, and make sure the road is wide enough for your vehicle and the farm equipment.

- Only pass where it is legal. Do not pass if there is a solid yellow center line. Furthermore, do not pass near an intersection, railroad tracks, tunnels, or bridges. These areas can be particularly dangerous.



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- Pond treatment.
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- 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.

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Knox County AGRICULTURE in the ClassroomSM

Trying to be Optimistic

Will Rogers said: The farmer has to be an optimist or he wouldn't still be a farmer.

The last few weeks have been difficult, and it's been hard to be optimistic. Ag in the Classroom coordinators are struggling, but optimism from Illinois Ag in the Classroom, has helped coordinators provide social media agriculture for teachers and students. IATC is working on an Earth Day video which will include many coordinators. District 1 Ag Coordinators met using the Zoom app to discuss ideas. Mrs. Green had delivered eggs and incubators to teachers just prior to the shelter in place order in mid-March. As chicks emerged, teachers shared their home-grown experiences with her and Facebook. Due to the abrupt end-

ing of the school year, Mrs. Green will get a head start on the state grant that is due July 19, 2020. No decisions at this time have been made regarding our Summer Ag Institute in June.

For Facebook users, there have been two places to access lessons and videos related to agriculture. Illinois Agriculture in the Classroom and our Knox County Farm Bureau have posted lessons like Eggs in the Classroom and Grow with Us and also pictures of our Knox County classroom eggs. Illinois AITC provided videos of Chris and Lincoln raising chicks. ILFB Young Leaders shared updates on Illinois Ag in the spring by showcasing the book Right This Very Minute. The book tells the story of food, farm to table. IATC is also posting videos at www.beyondthebarndoor.wordpress.com. If you know a young leader who would be willing to be highlighted about what is hap-



Mrs. Zellman's chicks from Costa meet Mrs. Fox's chicks from Knoxville.



pening at this very minute on the farm, please contact Kevin (kdaugherty@ilfb.org) You can see a segment narrated by Drew DeSutter in the April 10 episode! Watch for the IATC Earth Day video- Knox County will be represented!

Earth Day 2020 is April 22. Using the theme: Everyday is Earth Day on the Farm, AITC has been counting down the days with a connection posted on Facebook. Careers, fun facts about wind energy, bees, and soil have been some of the daily postings. Also included were some Earth Day challenges. Soon Knox County Agriculture in the Classroom will have their own Facebook page to make it easily accessible for teachers and students.

District 1 Coordinators held a Zoom meeting. They discussed ways some have used to reach students. Kevin provided some important information and reminded us that grants are still due July 19, 2020! Everyone knows many of the goals have been preempted due to Covid-19. He encouraged each coordinator to take a deep breath, support teachers and realize there

is no play book to address a pandemic! Oh, and breath.

Teachers took home eggs and incubators, and many of them raised chicks virtually. Mrs. Tucker in Williamsfield used chick egg development models so students would know what was happening inside the eggs. Mrs. Zellman from Costa successfully raised four chicks, as did Mrs. Fox from Knoxville and Mrs. Derham from Abingdon (with some help from a friend). Twelve chicks made the journey to the Shimmin Farm in Roseville. Some great examples of optimism!

Summer Ag Institute is still scheduled for June 9-10. Registration is still open, with a June 1 deadline for cancellations. Watch for updated information as the situation changes according to shelter in place policies. Those interested in registering can do so at <http://aginaday.weebly.com/>. We are staying optimistic that we can still hold our Summer Ag Institute.

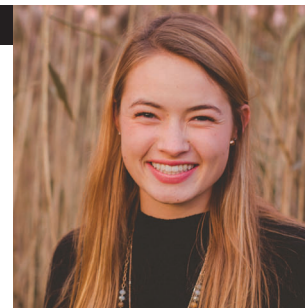
For now, right this very minute, our farmers are preparing for planting. Be like a farmer, be optimistic.

Scholarship Recipients



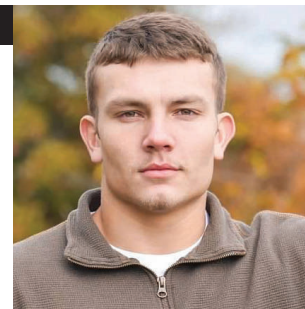
Emma Hawkinson

Emma Hawkinson is this year's recipient of the Knox County Farm Bureau Foundation Thomas Lincoln Scholarship. Emma is the daughter of Matthew and Carrie Hawkinson of Galesburg, Illinois. Next year, Emma will be attending the University of Illinois at Urbana-Champaign to major in Agricultural and Biological Engineering.



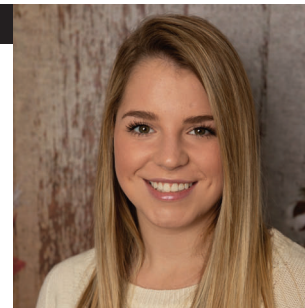
Case Hennenfent

Case Hennenfent is this year's Knox County Farm Bureau Foundation Scholarship winner. Case is the son of Bill and Becky Hennenfent of Gilson. Case is a freshman at Western Illinois University in Macomb studying Agri Business and has a strong passion for the cattle industry. This summer, Case will be at home with his family on the farm and working with their show cattle preparing for the summer show season.



Christina Seiboldt

Christina Seiboldt is one of this year's Knox County Farm Bureau Foundation O'Connor Family Scholarship Winners. Christina is the daughter of Pat and Susan Seiboldt of Victoria. In the fall, Christina will be attending Iowa State University to major in animal science and minor in agriculture business to pursue a career in veterinary medicine.



Madelyn Main

Madelyn Main one of this year's Knox County Farm Bureau Foundations O'Connor Family Scholarship winners. Madelyn is the daughter of Pete and Christi Main of Altona and is a junior at Iowa State University studying Agricultural Business. This summer, Madelyn will be interning with Cargill as a Grain Sales Intern in Kansas City.



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MEMBERSHIP RECRUITERS OF THE MONTH



Jeremy Kleine

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representatives Jeremy Kleine and John Ryner the top membership recruiters in April. Both Jeremy and John each signed 2 new voting members and 1 new associate member.

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



John Ryner

PRIMETIMERS NEWS

The committee did not meet in April and will not meet in May.

RECIPE OF THE MONTH

Smoked Pulled Pork

Ingredients

1- 6 pound pork shoulder

Dry Rub

3 tablespoons paprika
1 tablespoon garlic powder
1 tablespoon brown sugar
1 tablespoon dry mustard
3 tablespoons coarse sea salt
2 tablespoons fresh cracked black pepper

For the smoker

apple wood chips**
2 small cans fruit juice (apple or pineapple)

Instructions

Heat smoker to 225 degrees.*
In a small bowl, mix all dry ingredients. Sprinkle rub evenly over the meat. Pat the dry rub into pork shoulder - DO NOT rub it in. Set aside until smoker is up to temp.

Place wood chips and liquid into smoker containers. Spray smoker rack with nonstick spray, place pork on rack and insert into the middle section of the smoker. Insert the thermometer probe into center of meat. Close door

of smoker.

Smoke pork for 1 hour per pound. Once the internal temperature reaches 160 degrees. Remove meat from smoker. Place pork in a metal pan***. Pour approximately 1/4 cup of fruit juice into pan and cover tightly with foil. Place back in smoker. Continue to cook until internal temperature reaches 190 degrees.

Pull meat from smoker and let rest for 30 minutes. Uncover and "pull" pork using 2 forks. Drizzle on drippings from pan for extra flavor.

*** COOKS NOTES***

*You do not need an electric smoker for this recipe. You can use your gas grill. Use small metal containers for wood chips and liquid. Monitor the temperature to keep it at 225 for the whole smoking process.

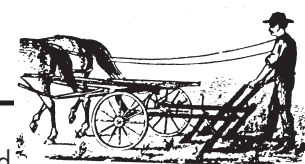
**Use whatever type of wood chip you like.

***If you do not have a metal pan, the pork can be wrapped in heavy duty foil for the last cooking time.

Recipe taken from asouthernsoul.com

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

Looking Back



Taken from the May 1960 Bulletin

A University of Illinois weed control specialist has announced that four new herbicides will be available in 1960. Atrazine, Randox-T, Benzoic Acid, and Dybar.

Taken from the May 1970 Bulletin

The "market basket" is made up of 63 foods bought in retail food stores. These foods represent all food products-such as meat, dairy products, and fruits and vegetables-that originate on U.S. farms.

Taken from the May 1980 Bulletin

The value of U.S. agriculture exports in 1980 is expected to reach a record \$38 billion, up \$1 billion from the February estimate and nearly \$6 billion more than in fiscal 1979, the U.S. Department of Agriculture said.

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

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Spring Back with Resilience

April 2020
By: Adrienne DeSutter

Wouldn't it be amazing if each day had the perfect amount of sun and rain for our crops to grow?

Of course, that's not reality. One day we get a refreshing rainfall, when other days our soybeans are nearly drowned. Some days our corn thrives under a warm sun, while other days the bitter cold stunts their growth. But despite the ups and downs of the growing season, resilient crops seem to challenge adverse conditions and spring back into shape.

And so do resilient farmers.

Resilience isn't about never experiencing pain or never making mistakes. It's not about eliminating stress, or always being optimistic. In fact, resilience is really the opposite; it's about acknowledging that life doesn't always go the way you want or expect it to, and finding ways to spring back no matter what. A resilient farmer

isn't one who makes every good decision or brushes off every ounce of negativity, he/she's one who gives him/herself permission to have moments of worry, pressure, or frustration, but also knows how to stay in control and eventually get right back to work.

It's normal to get angry when your equipment breaks down, or when you find your cattle on the wrong side of the fence. It's ok to be worried when the economic outlook isn't ideal, and it's fine to get down when the weather isn't cooperating. If you need to be upset, or you need some alone time to think, or you need a break, do it! Allowing yourself to feel and think is how we process stress. But give yourself some limits to stay in control, and figure out what works to help you spring back.

In farming, we talk a lot about being tough, brave, ambitious, and determined. It's an industry that requires grit, and the rewards of such hard work can be very fulfilling. But it's important that we don't mistake being "tough" or "brave" for ignoring conflicts and emo-

tions. Being ambitious and determined means pushing hard, but not so hard that you don't know when it's time to slow down. To be resilient farmers, we need to confront and acknowledge our stress, and we need to be responsible enough to set realistic limits and expectations for ourselves and each other. Because the longer we dig ourselves into a hole, the harder it is to spring back out. Challenging our stereotypes and expectations begins with leadership that isn't afraid to speak out. American Farm Bureau Federation recognizes how demanding farming can be, and the stresses and mental health struggles that farmers face as a result. Through their partnership with Farm Credit and National Farmers Union, they released a training program called "Rural Resilience," which helps identify farm stressors, warning signs of crisis, effective communication strategies, and appropriate resources for farm families in need of support. Whether you are experiencing personal stress or you just want to be better prepared to help

others through a crisis, all Farm Bureau members are encouraged to participate. You can access the training at https://www.canr.msu.edu/managing_farm_stress/rural-resiliency-online-course-afbf, or contact your county Farm Bureau for more information.

What will you do this season to spring back after stressful moments? Maybe you'll take a quick walk to cool off instead of yelling at a family member. Maybe you'll prioritize getting a decent amount of sleep to feel less irritable. Perhaps you'll talk out your concerns as they happen instead of bottling things up (and exploding later), or you might try setting a time limit for your worries. Add daily gratitude, challenge your negative thoughts, or focus on what you can control instead of dwelling on what you can't. Whatever your situation, know what sets you off, and be purposeful about your plan to spring back. And instead of planting defeat, root yourself in resilience.



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