

Bulletin



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

Knox County FB Foundation Scholarship Winners Announced

Christina Seiboldt

Knox County Farm Bureau Foundation Scholarship

Christina Seiboldt is the daughter of Patrick and Susan Seiboldt of Victoria, IL. She is currently a freshman at Iowa State University where she majors in Agricultural Business. Christina is a member of the ISU Block and Bridle Club and Kappa Delta Sorority. Last fall, she participated in the Iowa



State Little North American Livestock show.

Isabella Kuelper

O'Connor Family Scholarship

Isabella is the daughter of John and Jessica Kuelper of Rio, IL. She is a senior at ROWVA High School where she participates in FFA, Cheerleading, and Softball. In her free time, Bella enjoys raising and showing livestock. She is also a member of Rio 4-H. This fall, she plans to attend Black Hawk East to study



Vet Tech/Animal Science and Nutrition.

Natalie Nelson

Kreig Family Scholarship

Natalie is the daughter of David and Christine Nelson of Rio, IL. This fall, Natalie will be attending the University of Wisconsin – Madison to major in Biochemistry.



Katelyn Engel

Thomas Lincoln Memorial Scholarship

Katelyn is the daughter of Kevin and Lori Engel. She resides on a small family farm southeast of Galesburg. This fall, Katelyn will be attending University of Illinois in Urbana-Champaign, where she will major in Agricultural Communications and minor in Animal Science. She hopes to pursue a career in either



Agricultural Journalism or Agricultural Broadcasting.

Emma Hawkinson

O'Connor Family Scholarship

Emma is the daughter of Matthew and Carrie Hawkinson of Galesburg, IL. This fall, she will be headed into her second year at the University of Illinois at Urbana-Champaign. Emma is majoring in Agricultural and Biological Engineering.



Steve Johnson Summer Webinar Set For June 14

Steven D. Johnson, Ph.D. served as the Farm & Ag Business Management Specialist in Central Iowa for Iowa State University Extension and Outreach for 21 years, retiring in early 2021. He specializes in topics related to government farm programs, crop insurance, crop marketing, grain contracts, farmland leasing and other crop risk management strategies.

Annually he presents nearly 40 webinars in addition to meetings, workshops, seminars, and conferences across the Corn Belt that reaches nearly 10,000 farmers, landowners, and other agribusiness professionals.

On June 14th, Steve will present a webinar titled "What's In Your Crop Marketing Plan?" This webinar will only be available to certain Illinois Farm Bureau Members at 7 PM. Topics will include, corn and soybean supply/demand and price outlook, weather & USDA report forecasts and considerations for a crop marketing plan. To register, please



Steve Johnson

contact the Knox County Farm Bureau Office and provide your email address.

**WELCOME
NEW MEMBERS**
The Knox County Farm Bureau
would like to welcome the
following to our organization

- Bethany Cooper
- Joel Dieterich
- Shawn Keith
- Ben & Gail Olson
- Mark & Susan Ott
- Nicholas Linsley
- Anderson Family Farms LLLP
- JC 3 Sons, LCC
- Eric C. Johnson
- Margaret Karbeling
- Tammy Ramp
- Brittany Talbert

Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



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PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE

Thank You
KNOX COUNTY FARM BUREAU



**Bring on the Beef
May is National Beef Month**

The occasion marked the first time my husband's family had dined out together in at least 16 months, and we celebrated the moment of normalcy with beef. The ten of us sat in a semi-private space at a favorite steakhouse, more than six feet from anyone but our waiter. My filet was fantastic, cuttable by butter knife and made even better surrounded by family.

National Beef Month appropriately claims the month of May, when hamburgers and steaks frequent the backyard grill.

Legislative Update

Legislative Redistricting A Partisan Process

By Senator Jil Tracy

Due to COVID-19 restrictions, last year's legislative session was shortened and the fall veto session was canceled – but the lame-duck session was a whirlwind.

Even though we have two years' worth of bills to consider and vote on, the spring session has also been shorter than expected. I continue to serve on the Senate Agriculture Committee, but so far, there has not been much substantive action pertaining to agriculture.

The main issue overshadowing this session is the upcoming release of the 2020 census data and the redistricting of the Congressional and state legislative districts. Redistricting, as Illinois conducts it, is a highly partisan process.

The Illinois Constitution requires the General Assembly to pass a law by June 30 following the census year, setting forth district maps; however, the census data is not expected to be released until September 2021. This complicates the process. The map is required to be compact, contiguous, and substantially equal in population. If the map law is not passed by June 30, a commission of eight members is to be appointed, comprised of four members of each party chosen by

This American pastime also shares roots in farm family tradition. The National Beef Checkoff reports 91% of U.S. cattle farms and ranches are owned by families. In Illinois, farmers care for just over 1 million beef cows and calves on almost one-fourth of the state's farms, according to the Illinois Department of Agriculture. In some rural townships, cows outnumber people.

On our farm, the genetics of the small herd of beef cattle trace back to Grandpa's decades as a cattleman. Hedge posts harvested from the farm frame the pasture fence, and we paid the local FFA chapter to build the feed bunks in the cattle lots. Some of our farm's favorite photos have come from sunset's glow on the pasture or the cattle shading themselves under the big burr oak. Cattle live in tandem with the environment, from co-existence with wildlife to the carbon sequestration of

managed grazing on land unsuitable for growing food crops.

For generations, our farm-raised beef has taken prominent space in the chest-style freezers at family and employee homes. The practice of freezing a year's worth of beef moved mainstream during the pandemic. Many local meat processors, including ours, are so booked with work that our farm for the first time scheduled custom beef processing more than 18 months in advance for unborn animals.

Absent a social calendar for much of a year, our household commonly prepared beef for dinner. Beef tacos, smoked pulled beef, burgers, beef stew and roast beef dinners brought us around the table. I look forward to the summer meals, when we can throw a steak on the grill and cook some garden veggies for a simple, nutritious meal with protein, iron, zinc and B vitamins from the main course alone.



the leaders of each caucus.

Making matters more complicated (and possibly worse) is that years of population decline mean that Illinois will lose one of its Congressional seats for the next decade. Illinois' population, as determined by the 2020 decennial census, dropped in the past decade from 12,830,632, to 12,812,508.

Gov. J.B. Pritzker originally pledged to veto a partisan, gerrymandered map, but has since walked back his pledge and has even pretended that he never made such a pledge. This is disheartening and wor-

risome. Gov. Pritzker has also neither attended any redistricting hearings nor sent any staff on his behalf.

Senate Republicans, however, have introduced Senate Bill 1325 to create an independent redistricting commission. We have joined with House Republicans in calling for this commission, which we believe is a better option than the last totally lopsided and Democrat-controlled redistricting process and redistricted maps.

Public polls have shown more than 75 percent of Illinois voters support an independent process that puts citizens in control of drawing election districts instead of politicians.

Since the redistricting hearings began, Senate Republicans have also insisted on waiting to draw new legislative and Congressional boundaries until the full and complete U.S. Census Bureau data on the 2020 Census are available. As noted earlier, that report is expected to be released in September.

I will continue to support an independent redistricting process. Please sign my petition at <https://senatorjiltracy.com/petition/> and be sure to reach out to your other elected officials, as well.

Getting To Know Your Farm Bureau Policy

109. LEGISLATIVE BODIES

We support:

1. Legislation prohibiting members of the General Assembly from receiving remuneration from any taxing body for other than incidental services rendered on a part-time basis.

2. Legislation to provide for a "sunset" of all new state or federal rules issued by departments, agencies, executive order or commissions or explicit reauthorization of those rules at "sunset" which spend tax resources.

3. Limiting the Governor's amendatory veto power to only technical corrections and matters of form.

4. A restructuring of the Illinois legislative redistricting process that will be conducted by an unbiased third party, will not be based on political affiliation and prior election results, and districts will be compact, contiguous, and impartial to party or incumbency. Districts should follow county, township, and municipal boundaries as much as possible.

5. An amendment to the Illinois

Constitution that addresses limiting the passage of lame duck legislation and requires a 3/5 vote on all legislation in the second year of a General Assembly session after May 31.

6. Creating term limits on both minority and majority leadership positions within

the Illinois House of Representatives and Senate.

7. Creating term limits on all statewide offices and state legislators in Illinois.

8. Prohibiting state lawmakers from concurrently serving as an elected official and as a paid lobbyist.

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COUNTRY FINANCIAL NEWS FROM COUNTRY FINANCIAL COUNTRY FINANCIAL

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 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.



April Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held virtually and with some directors in attendance on April 15, 2021.

Education & Outreach

A survey will be conducted by KCFB on members and county residents on their access to broadband. The Education & Outreach Task Force will make a \$250 donation to Discovery Depot during their mailing campaign.

Farm Business – Todd West

A new plat book will be created for 2022. Available in December 2021. KCFB is working to get Steve Johnson to do a 3 county Zoom meeting since COVID-19 restrictions will not allow our big group to meet in person.

Government and Policy

A survey will be conducted by KCFB on members and county residents on their access to broadband. Members are encouraged to talk to legislators about how the sales tax exemption affects them personally on their farm. There is an Action Request right now to contact President Biden and members of Congress urging them to reconsider the "transfer tax" contained in the STEP Act and allow continued use of stepped-up basis. We do not want to see farm families unfairly targeted as part of the "one-percent" to pay for the American Jobs Plan.

Member Relations

Voting member dues are due February 28, 2021.

Foundation – Hailey Weyhrich

The KCFB Foundation awarded five scholarships for 2021. Isabelle Kuelper and Emma Hawkinson were awarded the O'Connor Family Scholarship. Natalie Nelson was awarded the Kreig Family Scholarship. Christina Seiboldt was awarded the KCFB Foundation Scholarship and Katelyn Engel was awarded the Thomas Lincoln Scholarship. A direct mail fundraising campaign will hit mailboxes on March 23, National Ag Day.

PrimeTimers – Hailey Weyhrich

Nothing to report currently.

Young Farmers – Tyler Main

The Cover Crop Project has been award-

ed another \$10,000 for 2021. The Young Farmers met on March 11 and will begin to work on their upcoming projects.

KAC – Hailey Weyhrich

Spring Clean Up Day will take place on March 30 at 9AM. Unique Landscaping will be putting in new plants in May. The Knox County Health Department should be done using the building for vaccine clinics by April 16, 2021.

OLD BUSINESS

There are two vacancies on the Knox County Farm Bureau Board. Directors are looking to fill those spots in District 2 and District 3.

NEW BUSINESS

Drew DeSutter was elected chair of the Government & Policy Task Force. Becky King was elected chair of the Farm Business Task Force. Jeff Grady was elected chair of the Member Relations Task Force. Lori Engel was elected chair of the Education & Outreach Task Force.

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AGENT SPOTLIGHT



Michael J. White

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:
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 current 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 Chrysalis 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."

PrimeTimers News

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

If you have a friend or someone you know who suffers from Dementia, call Ellen at 309-221-3436 to discuss the possibility of sending them a fidget blanket.

Hailey's Manager Update



Finally! Some sense of normalcy! When you get this May Bulletin, I will have attended the 2021 Manager's Conference in Champaign the first week of the month! Illinois Farm Bureau has already stressed the need for masks and social distancing, but it will still be fun to travel and see everyone from across the state! The theme is "Ignite Your Spirit" so I can only imagine what kind of exer-

cises we will have to do! Three speakers are scheduled with two being past Olympians; Bonnie Blair, an American Speed Skater and Devon Harris, Jamaican Olympic Bobsledder!

As I write this, we are expecting some rain and storms which will help settle the dust as well as provide a break for our farmers! The last two weeks, planting has really taken off. That means it is time for my usual Spring PSA. Please slow down and share the roads with our farmers. As the fiancé to one of them (yes, you read that right), I know firsthand that he is watching for you, so please watch for him. If he is slowing down, he is either giving the car in the other lane room to get through or he is getting ready to turn and is going to be going wide. Please, be patient, give him room and a nice wave for providing food for our families and country!

That fiancé thing - On April 10, I got engaged to Blake Hennenfent. No bells are ringing for a date yet because we have to find a venue big enough for the Hennenfent family! I am beyond lucky and blessed to be joining such a wonderful family who all share the same love of agriculture and Farm Bureau that I do!

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Health on the Farm

By the Knox County Health Department



Poison Prevention in the Home

As the temperature begins to rise and farmers get in the fields, families will also begin their annual spring-cleaning of their homes and gardens. After the dusting, scrubbing, raking, and planting is done, make sure your clean house and garden are a safe place for kids. Many things in and around our homes can be considered poisons. Cleaning products can be lethal if swallowed or inhaled. Plants, including geraniums and daisies, can be toxic if ingested and can cause skin allergies. Lead found in cracking or peeling paint can be dangerous to children if inhaled or ingested. Even common medicines like pain relievers can be toxic if used incorrectly.

More than 2 million poisonings are reported each year to the Nation's poison centers. According to the American Association of Poison Control Centers, more than 90 percent of the time, poisonings happen at home. The majority of these poisonings occur in the kitchen, bathroom and bedroom and 47 percent of poisonings involve children under the age of 6. Many fatal poisonings occur among adults, especially older adults.

Children are especially susceptible to household poisons. Children are more sus-

ceptible to household poisons because of their curiosity of the world around them. Medicine may look like candy, cleaning fluids kept in bright bottle may look like soda or juice, and flaking lead-based paint has a sweet taste much like candy.

Keeping your family safe from poisons takes a little time but can save lives.

Store cleaning products up high and out of children's reach.

Store all medications and cleaning products in their original labeled, child-resistant containers.

Work in a well-ventilated area when using cleaning products.

Teach children never to put mushrooms, berries, or any part of a plant into their mouths.

Cleaning toys and areas such as baseboards and windowsills, where lead dust may build up, at least once a week with a damp cloth, will keep dust to a minimum

Encourage children to play in mulched or grassy areas instead of dirt will help prevent exposure to lead in soil

Always return medication/pesticides/cleaning products to a locked, safe storage area immediately after use.

Cultivating Resiliency: Lessons Learned

By: Adrienne DeSutter

A few years ago, my husband, Drew, and I sat at our dining room table, saddened by the news of yet another farmer suicide. This time wasn't like the others. It wasn't someone from across the country whose story we'd read in the news. It wasn't a person we'd run into once at a random ag event. This time, it was a family friend. I remember stating this was "too close to home," until I realized this WAS home to people we loved.

It was in those moments that we decided we had waited too long to advocate for mental health in the agriculture industry. As a former school counselor, mental health wasn't a new topic of conversation in our home. We had frequent discussions about the stresses of farming, and we often wondered why the industry and media never talked about it...until it was too late. So, we quit waiting and started working. Over the past three years, I've researched the statistics, collaborated with organizations big and small, helped connect key stakeholders, and shared important resources. And while I've certainly learned much more than I've taught, here are some of the most insightful lessons I've gathered on this ag mental health journey:

We may be isolated, but we're not alone.

This mental health conversation? It's powerful stuff. It creates a sense of connectedness that we never knew we had. I can't tell you how many times I've heard people say "I didn't realize I wasn't the only one going through this." And it's not just about suicide or depression; it's about the stresses that all of us face but no one wants to talk about... so we battle them silently. But when we open up and get a little vulnerable, we battle together. And for a moment, things just get a little easier. Whether it's a daughter worried about her dad's financial woes, a husband asking for advice on how to help his wife's anxiety, a grandson wanting to know how to get through to his granddad who won't see a doctor for his uncontrollable stress, or a farmer who's been brought to tears after talking things out; the mental health discussion creates moments of relief. Even though



we come from farms across the country, we create togetherness when we realize we aren't combatting our problems alone.

We're ready to talk about it, but we're not ready to call it "mental health." For some

reason, "mental health" still feels like a dirty word. It's cringy, and it makes us uncomfortable. That said, after each group I speak with, an unprompted line forms at my podium as people come forward with their own stories of stress or losing loved ones. My inbox is often the home of people reaching out- for themselves or others. While I think normalizing the term "mental health" is super important, I personally find it more important that farm families are paying attention to the message of hope and resilience...so call it whatever you want, if it'll get people to listen.

We've come a long way, but there's a long way to go. It's been an absolute thrill to see the entire industry grow in their comfortability addressing mental health. As just one advocate, I've had the honor of working on over 100 projects related to mental health. From a social media campaign based in Ireland, to a Commodity Classic panel discussion, to the shop of a neighboring farmer, each and every conversation plants a seed. And it's been a true treasure watching those seeds grow and thrive and spread to the hearts and minds of farm families across the globe.

But it's not over yet. Until our farmers feel comfortable finding help, we've got work to do. Until our industry's business leaders value the mental health and safety of their clients as much as they value their farms, we've got work to do. Until we become growers of hope as willingly as we are growers of crops and livestock, we've got work to do.

Mental health matters, for our farmers, for our families, for our future. Let's keep talking.

Never call medicine candy.

Do not store cleaning products and food in the same cabinet.

Include the Poison Center phone number (1-800-222-1222) in the essential emergency phone list in the child's home, daycare center or relative's home.

"By educating local residents about preventative steps in the home and in their lives, we believe we can make serious progress in keeping our loved ones safe," states Erin Olson, Director of Wellness. "It is

vital that people arm themselves with basic information on poison prevention in the home, such as keeping chemicals out of the reach of children and carefully reading the labels and dosages on all products. To learn more about ways to keep people of all ages safe and help prevent poisonings, visit the Poison Help Web site at www.PoisonHelp.hrsa.gov or contact the Knox County Health Department at 309-344-2224. In case of a poison emergency, contact your local poison center at 1-800-222-1222.

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Looking Back



May 2006
Soybeans Rock!

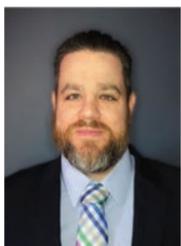
The KCFB Women's Committee took one week in April and visited willing second grade classes to teach kids about the many great uses of soybeans. Volunteers did many fun activities with students but the most fun was making "beanie babies"! Now they are not beanie babies you might be thinking of but are a way that every kid got to grow their own soybean plant. The Women's Committee had a lot of fun seeing all the different classrooms and I know kids had fun learning about a miracle crop that grows in their own backyards.

MEMBERSHIP RECRUITERS OF THE MONTH



Jeremy Kleine

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representatives Jeremy Kleine and Jason Lumberry as the top membership recruiter in April. Jeremy and Jason both signed 1 new voting member and 1 new associate member. Call your COUNTRY Representative for all your insurance and financial needs.



Jason Lumberry

~ CLASSIFIED ADS ~

To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or email us at assistant@knoxcfb.org by the second to last Friday of each month to place your ad.

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



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