## 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

**VOL. XCIII** 

USPS 297-360

December 2016

No. 12

Attention Farm Bureau Members: The Knox County Farm Bureau office will be closed December 23rd through January 2nd so that our staff can spend time with family during the Christmas season. The KCFB will reopen on January 3rd at 8:00 am.

### **NOTICE! KNOX COUNTY FARM BUREAU ANNUAL MEETING**

KNOX COUNTY PORK PRODUCERS ASSOCIATION 60th Annual Meeting Friday, January 27, 2017 6:30 PM Lake Storey Pavilion

### Calendar of Events

#### <u>December</u>

- 7 Marketing Club, 12:30 PM, Pizza Hut E. Main St., Galesburg
- 14 Winter Weather Preparedness, 4 PM, KAC
- 15 KCFB Board Mtg, 7 PM, KAC
- 15 YF Meeting, 7 PM, KAC
- 20 Livestock/Pet Preparedness,
- 4PM, KAC 21 Marketing Club, 12:30 PM, Knox Agri Center
- 23- Jan 2 KCFB Office closed, Christmas

#### January

- 3 KCFB Office open, 8 AM 10 Rural Preparedness, 4 PM, KAC
- 12 Young Farmers Mtg, 6:30 PM, KAC
- 13 Ag Day for Kids, Carl Sandburg College
- 17 Women's Committee Holiday Party, 6:30 PM, Fat Fish Pub
- 18 Preparedness 101 & Knox County Medical Reserve Corps Intro, 4 PM, KAC
- 19 Estate Planning Seminar with Rick Morgan, Noon, KAC
- KCFB Board Mtg, 7 PM, KAC
  KCFB Annual Mtg, 10 AM, Lake Storey Pavilion

Notice is hereby given that the Annual Meeting of the voting members of the Knox County Farm Bureau will be held on Saturday, January 21, 2017 at 10:00 a.m. at Lake Storey Pavilion, Galesburg, to elect directors and if approved confirm the reports of the officers for the year ending November 30, 2016; and for the transactions of such business as may properly come before the meeting.

The morning will begin with check-in at 9:30 a.m. The business meeting will begin at 10:00 a.m. followed by guest speaker Ray De-

### SCHOLARSHIPS AND INTERNSHIP 2017

KCFB FOUNDATION SPONSORS SUMMER INTERNSHIP PROGRAM

The Knox County Farm Bureau Foundation is offering an internship with the Knox County Farm Bureau for the summer of 2017. The intern will receive a \$1,500 scholarship and is encouraged to explore the possibility of using the internship to fulfill academic requirements for his/her major.

This is the 25th year for the program, which continues to be very successful. The internship is open to Knox County residents who will be a sophomore, junior, senior, or full-time graduate student at a college or university during the fall 2017 semester. Preference is given to applicants who have a farm background and/or are studying an agricultural-related field.

For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: knoxcfb@ knoxcfb.org; or visit our website: www.knoxcfb.org. Applications are due February 14, 2017.

#### **KCFB FOUNDATION** \$500 SCHOLARSHIP

The Knox County Farm Bureau Foundation Scholarship is open to Knox County residents who will be a sophomore, junior, senior, or fulltime graduate student at a college semester. Preference is given to applicants who have a farm background and/or are studying an agricultural-related or communication-related field.

This is the first year the KCFB Foundation will award this scholarship. For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: knoxcfb@ knoxcfb.org; or visit our website: www.knoxcfb.org. Applications are due February 14, 2017.

#### THOMAS LINCOLN \$500 SCHOLARSHIP

The Knox County Farm Bureau Foundation is currently accepting applications for the Thomas Lincoln Scholarship, awarded annually in memory of Thomas Lincoln, a Knox County Farm Bureau Young Farmer who died in a tragic car accident.

A \$500 scholarship will be given in the spring of 2017 to a graduating high school senior who is a Knox County resident and has been accepted into an agricultural or agricultural-related curriculum at any college or university in the fall of 2017.

For more information and/or an application, please contact the Knox County Farm Bureau office at 309/342-2036; e-mail: knoxcfb@ knoxcfb.org; or visit our website: www.knoxcfb.org. Applications fenbaugh, President Big River Resources at 11:00 a.m. The Annual Knox County Farm Bureau Foundation Live Auction will be held following the business meeting at 11:30 a.m. In conclusion of the live auction, a brunch buffet will be served. The Knox County Farm Bureau Foundation Silent Auction will also be taking place throughout the morning. All proceeds from both auctions will benefit Knox County's Ag in the Classroom program.

Dated at Galesburg, Illinois on December 1, 2016.

### **ARE YOU PREPARED?**

Join the Knox County Farm ten Bureau, in cooperation with the Knox County Health Department and the Knox County Medical Reserve Corps for free emergency preparedness trainings! All Farm Bureau members and their families are welcome to attend the series of discussion on how to become better prepared for emergencies.

Speakers will include Emergency Response Staff from the Knox County Health Department and members of the Knox County Community specifically training in emergency preparation. Each of the meetings will be held at 4:00 p.m. and last approximately 1 hour in the Knox Agri Center's meeting room.

All meetings are free of charge to anyone wishing to attend, but space will be limited to 30 participants per session. Pre-registration is requested. All who attend, will qualify for a FREE First Aid Certification and a FREE CPR Class. Attendance at a session is required to be registered for the Frist Aid Certification and the CPR Class. **Mark your calendars:** 

December 14 – Being Prepared in Winter Weather

December 20 – Livestock/Pet Preparedness

January 10 – Rural Preparedness

January 18 – What is the Knox County Medical Reserve Corps? & What is a Disaster?

January 24 – Family Preparedness

Additional sessions may be available upon request. Each session is offered at 4:00 p.m. in the Knox Agri Center Meeting room, 180 S. Soangetaha Road in Galesburg. To RSVP, please call the Knox County Farm Bureau at 309-342-2036. All ages are welcome to attend, and remember, each attendee will be eligible to participate in a FREE First Aid Certification and a FREE CPR Class.



- 24 Family Preparedness, 4 PM, KAC
- 26 Business After Hours, 5 PM, TBD
- 31 Preparing to Meet with Your Lender with Nate Edlefson,6 PM, KAC

#### Welcome New Members The Knox County Farm Bureau would like to welcome the following to our organization:

Martha & Scott Goodman Ashley McDonough Michael Sagona Heather Sargeant Deborah & Ben Sells Kyle Thierry Guelord Tshimanga Don't miss out on a great member savings! If you are in the market for a Polaris, please make your purchases by January 13, 2017, to be eligible for the Illinois Farm Bureau member discount. Members can save up to \$300 on eligible units. For more details and to obtain your Membership Verification Certificate, contact your county Farm Bureau or visit http:// www.ilfb.org/benefits/polaris.aspx

or university during the fall 2017 are due February 14, 2017.

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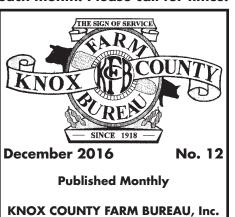
www.ilfb.org/member

ILLINOIS

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BUREAU

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.



cooperating with the **ILLINOIS AGRICULTURAL** ASSOCIATION and the AMERICAN FARM BUREAU **FEDERATION** 

The Knox Co. Farm Bureau Bulletin (ISSN 0892-1156) is published monthly with a subscription price of \$.50 per year. Periodicals Postage paid at Galesburg, IL 61401-9998. POSTMASTER: Send address changes to KNOX CO. FARM BUREAU, 180 S. Soangetaha Rd., Galesburg, IL 61401.

#### **BOARD OF DIRECTORS**

#### **DISTRICT I**

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

#### **DISTRICT II**

Sam Serven Tim Main Jeff Link Terry Boydstun, Vice President

#### **DISTRICT III**

Brett Swanson Tom O'Connor Tom Hoben Nathan Link

#### **DISTRICT IV**

Matt Hennenfent Pat Seiboldt Becky King Phil Goedeke

#### **DISTRICT V**

Todd West Grant Strom, President Beau Bewley Joe Webel

Tara Bohnert-Yoder Young Farmers Representative Lori Engel Women's Comm. Representative

#### **Farm Bureau Staff**

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

Managers, Affiliated Organizations



### global customer base

China's import needs matter to Illinois family farms. So does South America's soybean harvest, which competes for our export business. Toss in talk on the strength of the dollar's impact on corn prices, and I should have taken more college courses in economics. Shudder.

The thought of globalizing the perceived charm of any family farm complicates a stereotype often derived from preschool picture books. But trade ranks one of agriculture's most important chapters. Export markets buy in the neighborhood of 45 percent of the grain grown on Illinois farms – nearly every other row of it, the Illinois Department of Agriculture reports.

The state ranks the nation's second leading exporter of both soybeans and feed grains. If nothing else, take the news from our farm's resident expert. Grandpa says farming ranks a more complex, globalized business now than in the heart of his farming career, when exports and trade didn't earn a mention.

Fast forward a couple generations, and productive U.S. farms collectively grow more than the country can consume. Trade appropriately enters the conversation to increase global demand for what Illinois proves great at growing. Specifically, free trade agreements lower tariffs on U.S. agricultural goods. They can raise the bar for labor and environmental standards among trading countries. And evidence shows that current free trade agreements increased exports for agricultural commodities, plus added U.S. jobs and economic growth as a result.

This fall, the kids and I frequented our grain storage facility. "What is exports?" our daughter asked, as she plucked the word from the "Our Farm Exports" sign along the road. The word seemed as foreign to our daughter as the destination of some of our crops. We talked about how fuel, feed and exports dominate our farm's crop's uses. Our location within 30 miles of ethanol plants fosters that demand. So does our vicinity to the Illinois River, which serves as one of the arteries pumping American-grown and -made products to the 95 percent of customers who live outside the United States. In this season of reflection, we should count our barge-worthy blessings. Illinois uniquely globalizes our customer base with access to navigable waterways at its western and southern borders and through the interior.

The Farm Bureau for a long time has advocated for trade. Agriculture now experiences a stronger need for deals like the pending Trans-Pacific Partnership. A Henry County farmer this fall told FarmWeek that her young son loves seeing the cows every day, but he doesn't understand the herd's financial loss to the farm. She traveled to Washington, D.C., and informed politicians that free trade deals could counteract this scenario. Soon enough, her young boy will grow into a young man who understands this picture beyond the story book image. When will our country's leaders?

Learn more about why trade matters at www.ilfb.org/17960.aspx.

About the author: Joanie Stiers writes from her family's grain and livestock farm, where she works and raises two kids in West-Central Illinois.

#### Pomazal Grant Winner

Bloomington-The Illinois Agriculture in the Classroom program and the IAA Foundation, along with the Illinois Farm Bureau® have released the names of the 2016-2017 Teacher Grant Winners. Lisa Pomazal of Mable Woolsey Elementary in Knoxville has been awarded a grant for the project: Water & Soil Conservation Unit. Ms. Pomazal stated she will be using the grant money for purchasing a Soil Erosion Simulator Kit, materials for water filtration experiments, and ten books to teach a water and sold conservation lesson.

The mission of the Illinois Agriculture in the Classroom program is to bring accurate and authentic agricultural information to the student in grades PreK-12 across Illinois. "Each year our teacher grant program is very competitive, and our judging panel is amazed at the unique programs teachers use to infuse agriculture into their curriculum," said Kevin Daugherty, Education Director, Illinois Agriculture in the Classroom. Susan Moore, Director of the IAA

#### 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 2016 policy book. Interested in learning more about how our policy system works? It all starts with you! For more info contact the office!

Foundation added, "We are so pleased Illinois support to educators with funds to implement more agrelated lessons, and always look forward to seeing what a impression positive these special activities have in classrooms across the state." Partner organizations

of the Illinois Agriculture the Classroom

program include Illinois Farm Bureau, Facilitating Coordination in Agricultural Education (FCAE), University of Illinois Extension, Illinois Beef Association, Illinois Corn Growers, Illinois Pork Producers, Illinois Soybean Association, Midwest Dairy Association, Illinois Department of Agriculture and the Association of Soil and Water Conservation Districts. In addition, annual donors include agribusiness and many partners

#### 145 / Agricultural Education

1. High school career and technical education programs for agriculture and the National FFA Organization are vital programs for development of the talent and leadership needed in farming and agricultural service industries.

2. We urge the U.S. Department of Education to retain the two professional staff positions, including the National



event participants with an interest in supporting the future of agriculture. More information on the IAA Foundation can be found at www.iaafoundation.org

The IAA Foundation, Illinois Farm Bureau's charitable arm, funds the work of IAITC through generous contributions. More information about IAITC can be found at www.agintheclassroom.org, and information on how to contribute can be found at www.iaafoundation.org.

FFA advisor, in the Office of Career, Technical and Adult Education and FFA. These positions should be maintained at the current grade level, receive the necessary support for current functions and responsibilities, and be filled by individuals possessing the knowledge, experience and skills to provide leadership in Agricultural Education and FFA.

At this time of year, we gratefully pause to say...

Caitlin Chrzanowski - Mgr., Knox Agri Center Caitlin Chrzanowski - Reg. Agent, Knox County Farm Bureau Foundation Mike Weber - Agency Mgr. Country Financial Jim McNelly - West Central FS

#### Telephone: 309-342-2036

#### **Office Hours**

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

PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.

Thank You **KNOX COUNTY FARM BUREAU**  Thank You, and Best Wishes

for the Holidays, and a Happy New Year.





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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.





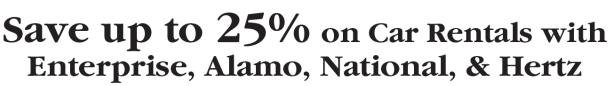
### \$200-\$300 Off UTVs, ATVs & GEM Vehicles!

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Contact the Farm Bureau Office at 342-2036 for Details.













# **NEWS FROM COUNTRY FINANCIAL**

### AGENT SPO Name: Ed Johnson



COUNTRY

Years with COUNTRY: 11 years Office Address: 635 N. Seminary St., Galesburg, IL 61401 Phone: 309-342-1646

eMail Address: ed.johnson@countryfinancial.com

- Family: Carie wife; Daughters Cora and Ellie
- Education: Bachelor of Science Agriculture Business, Western Illinois University

Designations: Investment Solutions Representative

Awards: All American, Executive Club, Million Dollar Round Table Mission Statement: To deliver honest, straightforward answers to everyone; turning clients from being customers into being

lifetime friends.

#### Safety: The Best Gift to Give This Season

As you hustle and bustle this season to find the right gifts, attend parties, decorate the house and prepare holiday treats and meals, don't forget safety. A safe holiday season may be the best gift you give (or receive) this season. It could even have a life-impacting effect on you, your family and friends.

By checking extension cords used with holiday lights for frays, you could avoid a devastating fire; by volunteering to be the designated driver at a party, you could prevent a serious roadway accident; or by double-checking to ensure your house is locked, you could deter a robber from "shopping" for presents at your house.

No one wants a tragedy to be the reason we remember this holiday season. We want to remember it for the special moments, gatherings with friends and family, traditions and good food.

That said, I have compiled this holiday safety checklist. I hope it will help provide the gift of safety to you and those around you this season.

- Check all extension cords and holiday lights for frays, loose connections or damaged plugs. Don't overload extension cords.
- Avoid using outdoor lights or lighted decorations inside; or indoor lights, lighted decorations and indoor extension cords outside.
- Unplug or turn off all lighting decorations before going to bed or leaving the house.
- Check to make sure smoke detectors and their batteries are working. (Smoke detectors also
- make great gifts!) Be prepared by having an operable fire extinguisher readily available. (Fire extinguishers make great gifts, too!)

• If you prefer a real tree, be sure to buy a fresh one. If the needles are falling off, the tree is too dry and should not be purchased.

- Leave a fresh tree outside until you're ready to decorate it.
- Place the tree in a cool area of your home, away from heat sources or where it could get knocked over
- Keep flammable items away from fireplaces and temporary heaters.
- Check and fill the water level of a fresh-cut tree daily.
- Avoid leaving burning candles unattended. Keep them away from flammable materials, and make sure they are in an area where they won't get knocked over.
- Volunteer to be a designated driver at a holiday party.
- Make sure toxic holiday plants, such as holly and mistletoe, are out of reach of children and pets
- Stay alert while shopping and always walk confidently.
- Avoid carrying large amounts of cash by paying for gifts with checks or credit cards.
- Use the trunk of your car to keep purchases out of sight.
- Lock doors and windows when leaving your house. Avoid leaving your drapes open where presents may be seen.
- If you're going away for the holidays, unplug all unnecessary electrical items, such as table lamps, electric heaters and small kitchen appliances.

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# **Happy Holidays**

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• Make your house look lived-in if you are going to be away for an extended period. Use automatic timers for lights, ask a trusted friend or neighbor to occasionally park in the driveway, and stop delivery of mail and the newspaper.

• After the holidays, don't put out for garbage empty boxes, which advertise gifts received. Instead, break down boxes and put them in a recycle bin, trashcan or a dumpster away from your home.

## **BOARD HIGHLIGHTS**

#### The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on Thursday, November 17, 2016

#### WOMEN'S COMMITTEE Lori Engel

The women's committee will donate a gift basket of children's farm toys to the discovery depot's festival of trees fundraiser.

The women's committee holiday party will be a wine glass painting party at Fat Fish Pub on Tuesday, January 17th at 6:30 p.m. It is \$20 per person, which includes the supplies for the paint party. RSVP to the KCFB.

#### **YOUNG FARMERS** Tara Bohnert-Yoder

A leadership training will be available for all high school Ag Classes to schedule.

to all Knox County FFA members that receive the DeKalb Award.

#### **GOVERNMENT & POLICY TASK** FORCE

#### Jim DeSutter

Thank you to those that have been actively participating in action requests! Your names have been placed into a drawing for each participation. The prize has not yet been determined.

#### FARM BUSINESS TASK FORCE **Todd West**

2016 Knox Co. Plat Books are available

The Farm Business Task Force is hosting a preparing to meet with your lender workshop on January, 31st at 6:00 p.m.

transportation for all 4th grade classrooms to attend Ag Day for Kids.

**PRIMETIMERS** 

#### Caitlin Chrzanowski

The PrimeTimers hosted the holiday meeting at Cherry Street on Tuesday, November 15th.

#### FOUNDATION Caitlin Chrzanowski

The Foundation will be conducting the annual direct-mailing fundraiser in early December.

#### **AGRI CENTER** Terry Boydstun

An efficiency audit conducted by the IFB, Ameren, and Ruyle Mechanical Services took place on July 13th and discussed.

Terry Boydstun attended the Knox County Board meeting and reported that there are EPA grants for brown site cleanup and 3,000 people visited the welcome center.

Becky King was unable to attend the Knox County Health Dept. meeting, however she has minutes available upon request.

<b>Board Meeting</b>
Attendance

NAME	Sept.	Oct.	Nov.
Bewley, Beau	С	Р	Р
Boydstun, Terry	С	Р	Р
Cain, Jarid	С	А	Р
DeSutter, Jim	С	Р	Р
Engel, Lori	С	Р	Р
Erickson, David S	С	А	Р
Goedeke, Phil	С	Р	Р
Hennenfent, Matt	С С С С С С	А	Р
Hoben, Tom	С	А	Р
King, Becky	С	А	Р
Link, Jeff	С	Р	Р
Link, Nathan	C C C	Р	Р
Main, Tim	С	Р	Р
O'Connor, Tom	С	Р	Р
Serven, Sam	С	А	Р
Seiboldt, Pat	С	Р	Р
Stevens, Monica	С	Р	Р
Strom, Grant	С	Р	Р
Swanson, Brett	C C	А	Р
Webel, Joe	С	А	Р
West, Todd	C C	Р	Р
Bohnert-Yoder, Tara	С	Р	Р
C-Canceled			

COUNTRY

The Young Farmers have challenged the board of directors to a Hunger Wars food drive until the Holiday Party on December 15th. Please drop off nonperishable food items or money. The winning group will decide where the food will be donated.

#### **MEMBER RELATIONS TASK FORCE** Brett Swanson

The Knox County Farm Bureau has made Top Five Total Quota (Number 2 with 139.87%) and Voting Quota. The KCFB will receive \$500 for achieving voting quota.

KCFB has received triple quota honors – receiving Voting, Total, and Retention Quotas.

The Member Relations Task Force will provide a complimentary membership

to help educate our members on how to efficiently meet with your lender. A meal will be provided, so reservations are required.

An article will be published in the January Bulletin that lists all of the places to recycle farm products locally.

On January 27th, the Knox County Farm Bureau will host a business after hours through the Chamber of Commerce.

#### **EDUCATION** Lori Engel

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

A budget is being created to provide

energy suggestions will be provided to the KAC Board.

Door handles are in the works. The KAC is discussing building renovations.

#### **ILLINOIS FARM FAMILIES** Lori Engel

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

#### **OLD BUSINESS**

The KCFB Annual Meeting is January 21, 2017 at the Lake Storey Pavilion in Galesburg

#### **NEW BUSINESS**

The proposed bylaw amendment discussing the PM Membership was Page 5 • KCFB Bulletin • December 2016

### MS. AGGIE's EIEIO News for November 2016

In November corn crops were a hot topic. Students learned how important it was in the lives of Native Americans as well as how much we use it today in our own society. Corn, aside from being used for livestock and ethanol is found in a majority of our own food products! Did you know corn is also found in toothpaste, makeup, band-aids, fingernail polish, camera film, and plastic just to name a few? Ms Aggie explained the difference between the kinds of corn we use (Flint Corn, Flour Corn, Pop Corn, Dent Corn, Sweet Corn, and Maize and how corn looked when it first grew thousands of years ago).

November is often the time when Native Americans are discussed. They were, of course, the first farmers in America. Their importance to the pilgrims should not be dismissed. Without the "Indians" the pilgrims that arrived may not have survived at all. They were also instrumental in teaching the pilgrims the best practices (at the time) for growing crops that were not familiar to the new immigrants. The "three sisters" concept used by the Native Americans put three seeds in one hole; that alone is a time saver! These seeds included a bean, a pumpkin or squash seed and corn. The corn grew straight and tall so that the bean could wrap its vine around the stalk while the vine added shade to the ground to help keep moisture and weeds from over taking the area.

Turkeys were also stuffed into the curriculum (pardon the pun). Along with learning some turkey facts (some can fly 45 mph!) the children also learned more about corn they like to eat. Corn cereals and popcorn were discussed and the best part was the kids were able to eat the leftovers!

Looking Ahead: A visit to St Symphorosa is coming up December 5th in Chicago. Work will begin on the winter newsletter, the Annual Farm Bureau meeting on January 21th , and Ag Day for Kids—set for January 13th as of right now! Yes, it's early this year due to local school schedules and Carl Sandburg College schedules.

#### **AITC Gourmet Dinners**

Dinners purchased at the 2016 Knox County Farm Bureau Annual Meeting to support the Ag in the Classroom program were recently enjoyed. Teresa SanfordShipplett, known to her students as Ms. Aggie, and Bob Shipplett donate the meal each year at the live auction and the meal is a highly anticipated auction item!



Teresa Sanford-Shipplett, AITC Coordinator, helped prepare the meal purchased by Brenda and David Bliss at the 2016 KCFB Foundation live auction. All proceeds benefit the Ag in the Classroom program in Knox County.



Jeff and Julie Emerick, Linnea and Doug Meadows, enjoyed a delicious meal prepared









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Contact: Jason Beard 309-368-5396

by Bob Shipplett and Teresa Sanford-Shipplett. David and Barb Serven (far right) purchased the meal at the 2016 KCFB Foundation Live Auction which help support the Ag in the Classroom program in Knox County.

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By the Knox County Health Department

### Joy To The Holiday Season Of Safe Cooking

Enjoying food with family and friends is one of the highlights of the holiday season and frequently everyone wants to join in to help, but too many cooks in the kitchen can result in an increased risk of foodborne illness. Here are some tips to avoid common kitchen blunders when preparing meals, buffets and even homemade food gifts this holiday season.

- Wash hands before, during and after food preparation. Proper hand washing may eliminate nearly half of all cases of foodborne illnesses. Remember to wash hands between tasks, such as handling raw meat and then cutting vegetables.
- Keep kitchen surfaces such as appliances, countertops, cutting boards, and utensils clean throughout meal preparation with hot, soapy water.
- Always use two cutting boards: one for raw meat, poultry and fish and the other for ready-to-eat foods such as fruits and vegetables. Make it easy to remember by using color-coded cutting boards, one for raw meats and one for ready-to-eat foods.
- Use separate spoons and forks to taste, stir and serve food.
- Use a metal-stem food thermometer to check temperatures of the food. It is the ONLY reliable way to determine if food is cooked to proper temperatures. Do not rely on "clear juices" to tell that the turkey is done. Use the thermometer inserted into the thickest part of the leg being careful not to touch the bone; ensure that it reaches an internal temperature of 165°F before serving. If the turkey is stuffed, temp the stuffing to ensure it reaches 165°F.
- Refrigerate food within two hours of being served to prevent the growth

of harmful bacteria that can lead to food poisoning. This is especially important when serving buffets.

- Use a refrigerator thermometer and make sure it is running below 40°F.
- Never allow foods to defrost at room temperature, on the counter, or in warm water. Defrost food only in the refrigerator or in the microwave. When defrosting food in the refrigerator, remember to cover raw meat and place it on the bottom shelf so juices won't drip onto other foods. When defrosting food in the microwave, cook it immediately afterward.
- If taking food to parties, make sure to observe the same safety habits as at home — keep foods wellrefrigerated and cook them to proper temperatures.
- When baking, avoid eating foods containing raw eggs like cookie dough or cake batter. Raw eggs may contain harmful bacteria that can lead to food poisoning.

When done eating, follow these simple tips with your leftovers to ensure you don't get sick the second time around:

- Store leftovers in shallow containers (two inches deep or less).
- Refrigerate or freeze leftovers within two hours of cooking the food.
- Remove turkey from the bone and store it separately from the stuffing and gravy; slice breast meat; legs and wings may be left whole.
- Use turkey within three to four days; and stuffing and gravy within one to two days.
- Always reheat leftovers to 165F.
- When in doubt, throw it out!

For more information contact the Knox County Health Department at 309-344-2224 or visit our website at www. knoxcountyhealth.org.



#### ACCEPTED PAYMENTS

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

MON-THURS 8 A.M. TO 6 P.M. FRIDAY 8 A.M. TO 5 P.M.

1361 W. Fremont St., Galesburg, IL 61401 Tel 309.344.2225 Fax 309.344.2230 WWW.KNOXCOMMUNITYCLINIC.ORG

KCHC Knox Community Health Center

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The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jason Lumberry as top membership recruiter. Jason signed 3 new associate members in November.

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

Jason Lumberry

#### ~ CLASSIFIED ADS ~

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

**FOR SALE:** New Luxaire furnace, used 5 mos, moved and house had new furnace, 10 yr warranty. Electric dryer Speed Queen, used very little. Large, beautiful mirror, 52″ high 36″ wide \$80. Call 309-337-3174. 12/16 FOR SALE: Brand new Mr Coffee FlexBrew model in unopened, original box. \$40 OBO. Call 309-342-5796 10/16

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Positions

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positions in Knox County.

AVAILABLE: 20,000 bushels aerated grain storage in bins with drying available 6 miles north of Galesburg. Electrical is active. Recent use with semis. Contact Paul at 916-335-3991, please leave a message. 11/16

FOR SALE: Small kitchen island \$25, Lane cedar chest on rollers \$25, Schwinn Airdyne bicycle free, leg spin slider free. Call 309-335-6328. 11/16

WANTED: Broken concrete, bricks or clean, backfill dirt. Call 309-484-2160 11/16

conditions; pay commensurate with experience. CDL license required. Call 309-337-1360 10/16 FOR SALE: Good quality, bin run feed or seed oats. Large quantity available for

discount. Walker's from Gilson, IL. Call 309-221-7068 10/16

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



### When it comes to crop insurance, trust the experts

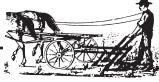
Don't let crop insurance confuse you. The experts at COUNTRY Financial<sup>®</sup> have been working with farmers since 1925 and can help you find the right crop coverage for your operation. Talk to a local financial representative today.



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Policies issued by COUNTRY Mutual Insurance Company®, Bloomington, IL.

# Looking Back



#### TAKEN FROM THE DECEMBER 1933 BULLETIN

The county-wide rat banquet will be held on Tuesday evening, December 12, when all cooperating in thus project will feed the rats

the red squill prepared bait, distributed by the Farm Bureau and furnished by the Bureau of Biological Survey of the U. S. D. A. Get your order in now for bait.

#### TAKEN FROM THE DECEMBER 1972 BULLETIN

Six representatives from Knox County attended the 21st Illinois 4-H X-tra Yield program and luncheon held at Urbana. The state Banquet is sponsored by F.S. Services Inc. Twelve 4-H'ers from Knox County and three from Fulton County, plus their fathers will attend the banquet sponsored by Spoon River F.S. First, second and third place prize for both corn and soybeans will be awarded to those who completed the X-tra Yield harvest.

#### TAKEN FROM THE DECEMBER 2002 BULLETIN

Mrs. Anita Fillman and her second grade class at Raymond Marquith Elementary, and Judy Olson, the school's Librarian, accept "Hooray for Dairy Farming!" by Bobbie Kalman from Ag Literacy Coordinator Nicole Lincoln. A copy of "Hooray for Dairy Farming!" was donated to each of the elementary schools in Knox County during National Education Week in November with the help of money raised during the Buck A Barn fundraiser held earlier this year.

#### **PRIMETIMERS NEWS**

The PrimeTimers committee enjoyed their on November 15th. The committee will not holiday luncheon at Cherry Street Restaurant meet in December.



#### **Snow Ice Cream**

#### Ingredients

- 1 cup milk (any kind)
- 1/3 cup granulated sugar
- 1 tsp vanilla extract
- 1 pinch salt
- 8 cups clean snow or shaved ice (more or less depending on the density of the

#### **Instructions**

In a large bowl, whisk milk, sugar, vanilla and salt together until combined. Scoop fresh (clean!) snow, and immediately stir it into the milk mixture until you reach your desired consistency. Top with sprinkles or other ice cream toppings if desired.

The ice cream should be fluffy not runny and it melts quickly. Consume fresh snow at your own risk.

From www.gimmesomeoven.com

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



helping to feed area families through the Harvest for All program. Plus, using the mug become a daily reminder of how Illinois' farming community unites to feed the world and the neighbors down the road.

#### About the Mug

- Kong brand, 26 oz, double-walled, stainless steel, insulated mug
- · Keeps ice drinks cold for 24 hours
- · Keeps hot drinks hot for over 2.5 hours
- · Includes leak resistant slider lid and straw • \$40 donation to Harvest for All

#### About Harvest for All

According to the USDA, nearly 1 in every 10 households in Illinois faces hunger this year. That's why IFB's Young Leaders team up with Feeding America, the nation's largest food bank. Throughout the year, Young Leaders donate food, funds and people power to create a hunger-

collectible mug will help reach their goals.

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For details contact the Young Leader Department at 309 Visit http://www.ilfbstore.com/harvestforallmugs.aspx umber of mugs

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