

Bulletin

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

November 2016

No. 11

► **Avanti's Holiday Food Order Form on page 7. Forms and payment due November 18th.** ◀

Photo Contest!

The winning photos will be displayed on the walls of the Knox County Farm Bureau office.

Knox County Farm Bureau members can submit .jpeg image(s) via email to knoxcfb@knoxcfb.org or jeedy@knoxcfb.org by 4:30 pm on November 30. Entries are unlimited.

The image(s) must be taken by a farm bureau member, spouse, child, or dependent. The image(s) must also be taken in Knox County and 100% original (no editing or photo shopping allowed).

Winning photos will be voted on by the Board of Directors.

Welcome New Members

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

Linda & David Brown
Sherry & Stephen Burke
Crossroads Counseling & Life Coaching
F&M Bank
Brandon Jern & Katie McCormick
Andrew & Viola Jowers
Stuart Lehr
Janess & Travis Lumberry
Stacey Motz
Stuart Olmsted
P & K Enterprises LLC
Jennefer Pross
Alison Riesing
Lisa Riley
Barbara & Clifford Ruhl
Joseph Russell
Caley & Gerald Scott II
Angel & Darrell Smith
Jacob Tenhouse & Ashton Mixer
Ramona & Kory Tinkham

Calendar of Events

November

- 10 Young Farmers Potluck, 6:30 PM, KAC
- 11 KCFB Office closed, Veterans Day
- 15 PrimeTimers Luncheon, 12 PM, Cherry Street Restaurant
- 17 KCFB Board Mtg, 7 PM, Knox Agri Center
- 18 Holiday food orders due to KCFB Office
- 21 Steve Johnson Program, 7 PM, KAC
- 22 KCFB Foundation Mtg, 6:30 PM, KAC
- 22 Knox Agri Center Mtg, 7:30 PM, KAC
- 23-25 KCFB Office closed, Thanksgiving

December

- 2-6 IAA Annual Meeting, Palmer House Chicago
- 5 Holiday food delivery, 11 AM – 4:30 PM, KAC
- 15 KCFB Board Mtg, 7 PM, Knox Agri Center
- 23-Jan 2 KCFB Office closed, Christmas

First Saturated Buffer in Knox County

A new advancement in ag technology can also help Illinois achieve goals to reduce nutrient runoff.

Illinois Farm Bureau (IFB) created a Nutrient Stewardship Grant Program for county Farm Bureaus to work on soil health, water quality or nutrient-related projects. Knox County Farm Bureau, in cooperation with the Knox County Soil & Water Conservation District (SWCD), received grant funding to install a saturated buffer. It was installed on October 11, 2016 and was available to farmers and other professionals on October 12, 2016 for viewing at a field demonstration.

To educate local growers about the saturated buffer practice, a field day was held on October 12, 2016. The field day includ-

ed presentations about the Nutrient Loss Reduction Strategy, the water quality benefits provided by saturated buffers, and available cost-share savings for growers from the Natural Resource Conservation Service (NRCS). The saturated buffer project would not be possible without the following key contributors: Illinois Farm Bureau (IFB), Knox County Farm Bureau (KCFB), Knox County Soil and Water Conservation District (KCSWCD), Springfield Plastics, Johnstons Land Improvements, and Burke Farm.

Lyndsey Ramsey, IFB associate director of natural and environmental resources, began the program by discussing the Nutrient

Stewardship Grant program offered to County Farm Bureaus in 2016 and again in 2017 to assist with educating farmers about practices that can be implemented to help improve soil health and water quality.

The Illinois Council on Best Management Practices promotes methods like saturated buffers to eventually attain the decrease in nitrogen runoff detailed in the Nutrient Loss Reduction Strategy.

The buffer was designed by Springfield Plastics and installed by Johnstons Land Improvements without any intrusion to the neighboring corn field twenty yards away. Its president Steve Baker, provided the second presentation of the morning, and stressed the importance of certain logistics when considering such a project.

"The NRCS standards that are coming out require a 30-foot buffer, which most of our buffers in Illinois will meet that," said Baker. "One of the critical factors is what do we have below the ground surface. Do we have a gravel layer a few feet deep? If that's the case, then the buffer system will not work. We're going to build the water table back into the buffer so that the denitrification in the vegetation will help us."

To ensure the site met requirements, a 4-foot soil core was drawn from the existing filter strip to determine the type of soil, amount of organic matter, and to ensure that there was not a gravel or sand layer.

"You are re-introducing tile water into a vegetative buffer near the creek," said Kara Downin, specialist at the SWCD. "The microbes in the soil eat any leftover nitrogen and clean it before the tile goes to the outlet and to the creek."

Downin provided the last presentation of the morning as she addressed the requirements for installing a saturated buffer and the available cost-share assistance for farmers Environmental Quality Incentives Program (EQIP) offered by the NRCS.

The saturated buffer installed at 750 Knox Road 2800 N in Oneida will serve as a demonstration site for those interested in learning more. For a full list of best management practices, please visit www.illinoiscbmp.org. If you would like suggestions for your farming operation, please visit the Knox County Soil and Water Conservation District office.



Dr. Johnson to present "2016 Crop Outlook: Looking Around the Corner"

Dr. Steve Johnson, Farm & Ag Business Management Specialist from Iowa State University Extension, will be at the Knox Agri Center on Monday, November 21st at 7:00 p.m. to present the second program this year titled Merchandising Your 2016 Grain. Topics include Crop Supply/Demand & Price Outlook, Basis Trends, Futures Carry & the Cost of Grain Ownership, Marketing Strategies & Tools and Working with Your Grain Merchandiser. Visit knoxcfb.org to reserve your seat or call the KCFB office at 309-342-2036.

Steve has served as the Farm & Ag Business Management Specialist in Central Iowa for Iowa State University Extension and Outreach since 1999.

He specializes in topics related to government farm programs, crop insurance, crop marketing, grain contracts, farmland leasing and other crop risk management strategies. In the past year, he has conducted more than 120 meetings, workshops, seminars and conferences across the Corn Belt with nearly 15,000 in attendance.

Steve uses web sites such as ISU Ag Decision Maker and Polk County Extension Farm Management along with various print and electronic media. Annually he reaches more than 200,000 producers, landowners and other agribusiness professionals.

Visit knoxcfb.org to reserve your seat or call the KCFB office at 309-342-2036.

This program is sponsored by Abingdon Banking Center, DEKALB Asgrow, North-And Co., Tompkins State Bank, Walt Dagen Construction, West Central FS, Warren-Henderson Farm Bureau & Knox County Farm Bureau.



The collaborators from the saturated buffer project stopped for a picture at the field hosted on October 12, 2016. Left to right; Steve Baker, Springfield Plastics, Lyndsey Ramsey, IFB, Caitlin Chrzanowski, KCFB, Brian Johnston, Johnston Land Improvements, Kara Downin, KCSWCD, and Dave Johnston, Johnston Land Improvements. (Photo: Cyndi Wiggs)



Lyndsey Ramsey, Illinois Farm Bureau associate director of natural and environmental resources, leads a discussion Wednesday during a saturated buffer field day held in Knox County. (Photo: Cyndi Wiggs)

Open To Anyone ~ Walk-Ins Welcome

Knox County Cattlemens Association will be having a VFD (Veterinary Feed Directive) Seminar at the Knox Agri-Center

Monday, December 12th, 2016 from 6-8 pm
Featuring: Kimberly Stevens, DVM & Tyler Schleich, Kent Feeds

A meal will be served.
Please RSVP to Beau Bewley at 309-208-0786



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.



November 2016 No. 11

Published Monthly

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cooperating with the
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and the
AMERICAN FARM BUREAU FEDERATION

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Telephone:
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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



Pumpkin a big slice of Illinois agriculture

To our kids' delight, a field of processing pumpkins grew across our gravel road this year. And to mine, they witnessed commercial pumpkin production and what few people realize: Illinois smashes the competition when it comes to growing pumpkins. Illinois farms commercially grow more pumpkin-pie-worthy pumpkins and ornamental carving pumpkins than any other state, a university expert tells me. In the recent five-year average, Illinois annually produced three times as many pumpkins as No. 2 California. Our state commercially grew an average 537.6 million pounds of pumpkin per year on 18,140 acres, according to the National Agricultural Statistics Service.

While our farm does not commercially grow pumpkins, our family's farmland sits at the western edge of pumpkin country, where thousands of acres of canning-type pumpkins grow for the state's two major processors: Nestle Libby's in Morton and Seneca Foods in Princeville. Illinois' heritage of pumpkin processing, now about 100 years old, prompts our state to produce more than 90 percent of the nation's processing pumpkins. Yes, pretty much all of them, which means the prime ingredient in nearly every pumpkin pie, too.

By October, the vines across the road began to wither away and reveal an expanse of pale orange. Processing pumpkins down a pale color, as opposed to the vibrant orange of an

ornamental jack-o-lantern. They also have chunky oblong shapes and meaty innards. The kids eagerly anticipated the harvest, when tractors and implements rolled the pumpkins into rows throughout the field. Afterward, a harvesting machine elevated and tossed the pumpkins into a container that followed alongside. Then, a truck full of pumpkins traveled to the processing facility where workers washed, chopped, processed and canned them. One year, we saw harvest continue through the night, when workers hauled in portable lights bright enough for a football game. The sounds of thumping pumpkins set the night's white noise.

During the summer, the sprawling vines grow as much as 30 feet and spill beyond their bounds and even into the ditches. From there, we pluck one or more for decoration after harvest, as the machines often miss the fruits that lie out of bounds. For a truly from-scratch experience, I once baked with a processing pumpkin that we liberated from the ditch. Romanticizing aside, stick with the can of concentrated pumpkin, which tastes better and spares the time to cut, gut and cook a whole pumpkin.

In celebration of fall and our need to use an abundance of eggs from the hen house, I recently baked a farm friend's recipe for pumpkin bars. It warmed the hearts and tummies in our household on that late harvest night. The flavor also generated conversation about a favorite pumpkin-pecan layer pie, a Thanksgiving demand from some men in my family. At 560 calories per slice, the dessert fits right in with holiday food indulgences while honoring the Illinois pumpkin harvest. Happy Thanksgiving!

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

Pumpkin-Pecan Layer Pie (Makes 2 pies)

Note: Hy-Vee Seasons Magazine deserves credit for this recipe; I only adjusted it a bit, such as opting for homemade graham cracker crust over the pre-made variety.

2 graham cracker crusts
1, 15 oz. can pumpkin
1, 12 oz. can evaporated milk
1 cup granulated sugar
1 tsp. pumpkin pie spice
3 eggs
1 box of butter pecan cake mix
3/4 cup chopped pecans
2 sticks butter, melted separately
Whipped topping, for serving

Directions: First, make your graham cracker crusts (or use store-bought). Stir together pumpkin, evaporated milk, sugar, spice and eggs in a large mixing bowl. Pour half the pumpkin mixture into each pie crust. Sprinkle half the cake mix over each pie. Then, sprinkle half the pecans on each pie. Drizzle one stick of melted butter on each pie. (Try to cover all the cake mix.) Cover edges of pie with foil to keep from overbrowning during baking. Bake pies at 350 degrees for 40 minutes, or until knife inserted comes out clean. Allow to cool. Serve with whipped topping. Refrigerate leftover pie.

Homemade Graham Cracker Crust (Makes 2 crusts)

Note: Recipe from allrecipes.com.

3 cups graham cracker crumbs
2/3 cup granulated sugar
3/4 cup butter, melted

DIRECTIONS: Combine and press into two pie plates. Bake at 375 degrees for 7 minutes.

Legislative Update ~ Representative Don Moffitt

Greetings:

I hope that all of you in production agriculture have had a safe and successful harvest and have been able to complete the fall tillage work you had planned to do.

I wrote an article for the May 2016 Knox County Farm Bureau Bulletin giving a brief update on activities in Springfield and the critical need for a balanced state budget. My topic this time addresses some issues that are significant to those of us in agriculture and need to be safeguarded or blocked – good programs we need to maintain at the state and federal levels and some bad ideas being discussed that we must keep from being enacted. Topics to think about include livestock management, protecting the 0% loans for fire trucks, maintaining the ag sales tax exemption for ag inputs, a possible shift in state taxes to cover pensions (now paid for by the state) with local property taxes, and expanding the understanding of ethanol production by the general public.

The first program we need to protect is the current Illinois Livestock Facility Management Act. There are a few folks starting to advocate for changes in the act. The changes I have heard about would be detrimental to the Illinois livestock industry. We have a good, effective law in place. It is working. Let's keep it!

Also on my watch list is the Sales Tax Exemption for agriculture inputs. There has

been talk of removing this exemption. Losing this exemption would drive up production costs for agriculture and place Illinois agriculture at a competitive disadvantage with other Midwestern states. It is critical that the Sales Tax Exemption for ag inputs remains in place!

The next item to watch for is the preservation and protection of the 0% interest loan for the purchase of fire trucks in Illinois. This is a great program which has helped over 180 fire departments throughout the state – rural and city – purchase new fire trucks without using state General Fund monies. We must be attentive to the funds for this program, preventing a sweep of funds or diversions to non-fire related issues. Good fire protection is a "quality of life" issue for all of our communities.

Now there are some high-ranking politicians (mostly from the Chicago area) who are pushing for a shift from the state paying for downstate teacher pensions to moving that obligation to local property taxes. This would be a major hit to agriculture, especially troubling in light of current commodity prices. The struggle to be profitable would be even more difficult. We need to oppose this bad idea!

My fifth concern is the continuing need to educate the non-farming public so they may comprehend the importance of ethanol and other bio-fuels to our economic well-being, our environment, and our national security. I am concerned when I hear political figures and

more info contact the office!

548 / Water Use

1. Water is one of our most vital resources. We support the construction of water storage, funding of water conservation and efficiency programs, the streamlining of permitting of storage projects and state and federal

non-agriculture people criticize the use of corn for ethanol production. Too many of them fail to realize that one of the by-products of ethanol produced from corn is distillers grain, an excellent livestock feed. We must tell the full story – that we can produce ethanol and still yield a fine livestock feed!

In addition, we need to continue to be on guard for any detrimental regulations from the federal government dealing with WOTUS (Waters of the United States). We also need to monitor any new regulations that are proposed to address the issue of NLRs (Nutrient Loss Reduction Strategy). I am pleased that the IL agriculture community has been very proactive regarding this issue. It's important that we make sure that these are based on input from the production agriculture sector.

These threats to our ag-economy are why we must maintain a strong presence of our Farm Bureaus in Springfield and Washington, D.C. We must continue to advocate for interests of agriculture. We must oppose changes detrimental to agriculture. We must work together to promote the well-being of American farms and farm families, as well as ag industries. Only by remaining vigilant and on guard can we secure a strong and healthy farm economy for the benefit of our country and the world.

Don Moffitt

State Representative, 74th District

cooperation in building multi-use water systems anywhere feasible consistent with state water laws.

2. More attention should be given to the long-term effects of such plans, such as the advantage of building structures of sufficient strength to take care of likely future agricultural water needs.



RECYCLE OFTEN.



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- Paper and cardboard must be dry and free of food debris.
- Tissues, paper towels or other paper that has been in contact with food is not acceptable.
- Make sure food contamination and caps are removed from cans and plastics and all containers are empty.
- Separate plastic lids from plastic bottles (often made from different materials).
- Do not place medical waste (needles, catheters or lancets) into the recycling containers.

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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.

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AGENT SPOTLIGHT

Name: Patrick G. Young, CFP, CLU, ChFC
Years with COUNTRY: 17 years
Office Address: 635 N. Seminary St., Galesburg, IL 61401
Phone: 309-342-5316
eMail Address: patrick.young@countryfinancial.com
Family: Kimberly
Education: University of Illinois at Urbana-Champaign
Designations: CERTIFIED FINANCIAL PLANNER, Chartered Life Underwriter, Chartered Financial Consultant, Investment Solutions Representative
Mission Statement: Provide financial security to help clients reach their goals.

Women More Likely To Need Long Term Care

For years, women have been the family caretakers. Studies show women are more likely than men to handle childcare, tend to aging parents and prepare for the family's future.

Long term care, as a concern for a family's future and aging parent, has become part of these women's care-taking responsibilities. Long term care is designed to help people with chronic needs, especially those in nursing or assisted-living homes.

Women should pay attention to long term care issues not only because they are more likely to be the one choosing it for family members, but also because they are more likely to need long term care themselves.

Women are more at risk physically

On average, women live seven years longer than men. It's no surprise that, according to the Social Security Administration, 68 percent of the 62-and-older crowd are women. In turn, more than two-thirds of nursing home residents are female, according to the Agency for Healthcare Research and Quality.

Long-term medical assistance may be needed for anything from physical therapy after a stroke or fall to developing a mental disability, such as Alzheimer's. Because women live longer, they stand more of a chance of developing these needs.

Women are more at risk financially

Since women are more likely to need long term care for longer periods of time, it is likely they will incur higher long term care costs than men. Women should plan and save for such an event, but unfortunately, that is not usually the case.

Women traditionally earn less than men and are more likely to have interrupted their careers to raise their families. As a result, their personal savings, pensions and Social Security benefits may all be lower. At the end of 2010, women's average monthly retirement benefit was \$972, while men's average monthly benefit was \$1,284, according to the Social Security Administration.

According to the 2008 U.S. Census (the latest

data available), men age 65 and older make about \$26,000 annually, while women in the same age group are worse off, with an annual income of \$12,000.

As you can imagine, long term care is not cheap. According to the latest survey by one of the most comprehensive and respected surveys in the industry, in 2010 the average annual cost for a semiprivate room in a nursing home is \$67,525 and \$75,190 for a private room. Those costs translate to an average of \$185 per day for a semiprivate room and \$206 per day for a private room.

As the family-care experts, more women are learning that depending on Medicare and Medicaid is not an option.

According to the American Society on Aging (ASA), 46 percent of those who currently have health insurance believe it would cover most of the costs related to long term care. In reality, long term care is rarely covered by health insurance plans.

In addition, an ASA Roper study showed nearly a third of insured people are unaware that, while Medicaid does cover long term care, it is only available to those who have depleted nearly all of their own financial resources.

What women should know

All hope is not lost. Most insurers now offer private plans for long term care insurance, though not all long term care policies are alike. Some cover the cost of only nursing home care; others cover both nursing home and in-home care. Some offer tax-free benefits; others provide premium discounts if policies are purchased for both a husband and wife. Good policies offer all of these options and more.

Good policies should also come from a financially secure insurance company. Due to the necessary long-range financial commitment, the company should also have a history of keeping long term care premiums stable.

People approaching age 50 should especially

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COUNTRY FINANCIAL

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Preparing for the possibility of long term care helps you feel secure about tomorrow. Ask your COUNTRY Financial representative about adding long term care to a new whole life insurance policy.

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John Ryner
309-342-1607

Michael White
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Ed Johnson
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Jason Lumberry
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Jeremy Kleine
309-342-3177

Mike Weber
Agency Manager
309-686-7050

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0415-570HC-07889-10/21/2016

consider obtaining a long term care insurance policy. But it's best to obtain a policy as early as possible (you can get a policy as young as age 18) because the annual premium payments are lower, and it's easier to qualify for a policy. If a person ends up needing daily living assistance and suddenly realizes there is no money to pay for it, it's too late.

As proactive caregivers for themselves and family, women can benefit by investigating the benefits of long term care insurance. Contact a COUNTRY Financial representative to discuss which long term care policy is right for you.

BOARD HIGHLIGHTS

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on Thursday, October 20, 2016

WOMENS COMMITTEE
Lori Engel
The women's committee hosted the fall picnic on Sunday, August 28th at Lake Storey Park around 21 attendees participated.

YOUNG FARMERS
Tara Bohnert-Yoder
Congratulations to Kristen and Grant Strom, the 2016 Young Leader Achievement Award winners. Kristen & Grant will compete at AFBF in Arizona.

The 2017 trap shoot will be scheduled earlier in the summer. The YF Committee donated \$200 to the Knox County Sportsman's Club for the use of the club for the 2016 trap shoot.

Drew DeSutter & Scott Erickson helped with the safety day on August 6th at the Fairgrounds in which 95 local firemen participated.

The YF Committee created a mock accident display in the parking lot at Knoxville HS. Thanks to Engel Farm and Bolin's Towing for helping us create the display.

The YF Educated 75 students from Knoxville HS & Knoxville Jr. High about blind spot safety when sharing the road with farming equipment. Both driver's education classes received in-class presentations. All students were able to climb inside of a tractor pulling an auger wagon, provided by Birkey's, and a semi-tanker, provided by CPS in Yates City.

The YF Committee is hosting the Autumn Cookout at Scott Erickson's on Saturday, October 29th at 4 PM. The meat will be purchased by the committee and everyone is asked to bring a dish to pass.

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 all Knox County FFA members who 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.

An email was sent to Representative La Shawn

Ford, the KCFB's Adopted Legislator to plan either a farm tour or a visit during the IAA Annual Meeting.

FARM BUSINESS TASK FORCE
Todd West
2016 Knox Co. Plat Books are available.

The Farm Business Task Force is looking into hosting a financial meeting in January 2017 to help educate our members on how to efficiently meet with your lender.

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

The Farm Business Task Force will host a business after hours in January 2017.

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

A budget is being created to provide transportation for all 4th grade classrooms to attend Ag Day for Kids.

PRIMETIMERS
Caitlin Chrzanowski
The PrimeTimers had 14 members attend the trip to Tanner's Orchard on Oct. 18th. The group enjoyed lunch a tour of the orchard.

FOUNDATION
Caitlin Chrzanowski
Bill Hennenfent has filled the vacant Foundation position.

Rylie Kalb has finished her internship and she has gone back to school at University of Nebraska in Lincoln.

The Foundation added additional funds into the Edward Jones investment portfolio.

AGRI CENTER
Terry Boydston
An efficiency audit conducted by the IFB, Ameren, and Ruyle Mechanical Services took place on July 13th and energy suggestions will be provided to the KAC Board.

Door handles are in the works.

A broadleaf weed spraying is taking place on October 25, 2016.

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.

FARM TO FORK GALA

Tara Bohnert-Yoder
The Farm to Fork Gala took place on Thursday, August 25, 2016 at Swanson Farms. Food accommodations were taken care of and Landmark Café & Creperie. The following served as sponsors for the event by donating food items: Prairie Farms Dairy, Ropp Farm, Goedeke Farm, Swanson Farm, Knox County Cattlemen's Association, Smithfield Foods, Engel Farm, Knox County Pork Producers, and Brown Farm.

The purpose of the event was to build relationships between local producers and the individuals in the community that consumers deem experts on the topics of health & nutrition.

Seventy-one attended the event.

OLD BUSINESS
The executive committee will discuss the budget for the AFBF Annual Meeting. AFBF provides Knox County \$2,250 to assist with paying for hotels and airfare. The executive committee will also provide suggested attendees at the November board meeting.

Tara Bohnert-Yoder and Caitlin Chrzanowski attended the GROWMARK Annual Meeting in Chicago on August 30th – September 1st as guests of West Central FS.

A new computer has been purchased for the KCFB assistant Jackie Reedy, and the IFB has offered an additional \$1,200 grant to further update technology. Caitlin will provide a proposal at the November board meeting.

The saturated buffer field day took place on October 12, 2016. The project was funded through a grant provided by the Illinois Farm Bureau. The Knox County Soil & Water Conservation District and the KCFB co-hosted the project and the event at Burke Farm. Springfield Plastics designed the saturated buffer and Johnston's Land Improvements installed it. The field day was a success with forty-five attendees.

NEW BUSINESS
The KCFB will apply for the \$500 Future of the Organization Grant provided by the IFB and will encourage board members to attend the IAA Annual Meeting that have not in the past.

All IAA Annual Meeting reservations are due by October 26, 2016 to Caitlin. The executive committee will analyze the attendee list and suggest delegate nominations for the November board meeting. Caitlin will handle reservations for the county dinner at Wildfire on Monday, December 5,

2016 along with the KCFB silent auction donation and the trivia night team themes.

The KCFB Annual Meeting will take place on January 21, 2017 at the Lake Storey Pavillion. Keynote speakers will be discussed. The menu will remain the same as the 2016 Annual Meeting.

All voting members should anticipate a post card requesting participation in the FB Act program. Completed postcards can be dropped off at the KCFB office or mailed to the IFB.

The KCFB has received matching funds for the 2017 Co-op Advertising Grant. Membership ads will run on the radio from May 2017 until August 2017.

The KCFB will analyze the current task force structure to encourage more member participation outside of the board of directors.

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



Dan Swanson For State Representative



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So make sure you vote for the candidate who supports hardworking farmers and farm families...**

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We support Dan Swanson because ...

- He will be a great spokesperson for agriculture in Springfield.
- He knows the critical part that agriculture plays in the Illinois economy.
- He will fight to protect our sales tax exemptions on seed, fertilizer, farm equipment and machinery.

Vote Dan Swanson for State Representative on Nov. 8th

Paid for by Illinois Farm Bureau® ACTIVATOR.

GOV124_W6

Get in on the Action: Illinois Farm Bureau Action Teams looking for new members

Just two days a year is all it takes to add your name to great projects that benefit agriculture and become involved in the Illinois Farm Bureau.

Illinois Farm Bureau Action Teams are gearing up for another year of statewide agriculture projects and are looking for members willing to help.

Members can apply for one of four teams: membership promotion, consumer outreach, leadership development, and quality of life.

Each team works on different projects which include promoting membership and member benefits; creating awareness and educating consumers about Illinois agriculture; promoting leadership development and volunteer involvement; and advocating farm safety, health and success.

"We're not asking for a lot of time, we're just asking for some time," said Roger Christin, Winnebago-Boone County Farm Bureau and Action Team member. "Two days a year is not a lot of time for anyone to give up to this organization. We get together and that's where we

pool our ideas and then we start coming up with suggestions. Then we put a plan of work together and get the IAA Board to approve and we go from there."

Projects last year ranged from agricultural signage on buses and grocery stores, agricultural signage for the wine trail in southern Illinois, and even assistance for local collegiate Farm Bureau chapters.

"There are people here from all over the state, from all different counties, that have different interests and come from different types of farms," said Caleb May, Christian County Farm Bureau and Action Team member. "It's a great way to get everybody together, brainstorm the different ideas and knowledge that the Farm Bureau members have, and it just showcases the depth of membership at the grassroots level."

To apply for an Illinois Farm Bureau Action Team, visit your county Farm Bureau for an application, or visit www.ilfb.org and click 'Get Involved,' then select 'Committees and Teams.' Applications are due Nov. 24, 2016.

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Health on the Farm

By the Knox County Health Department



Great American Smokeout: When Trying To Quit Smoking, Support Can Make All The Difference.

You'd like to quit tobacco, you intend to quit, but, well, you just need to pick a day.

How about Thursday, November 17, 2016?

That's the American Cancer Society Great American Smokeout®. You can join millions of Americans and start living tobacco free.

The American Cancer Society created the trademarked concept for and held its first Great American Smokeout in 1976 as a way to inspire and encourage smokers to quit for a day. The Great American Smokeout is held on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day.

Tobacco use is responsible for nearly 1 in 3 deaths in the United States. Because cigarette smoking and tobacco use are acquired behaviors – activities that people choose to do – smoking is the most preventable cause of death in our society. Research tells us that almost all smokers start while they're young. The good news is that the number of young Americans who smoke cigarettes has been going down since the late 1990s.

There's no one right way to quit, but there are some requirements for quitting with success. These 4 factors are key:

- Making The Decision To Quit
- Picking A Quit Day And Making A Plan
- Dealing With Withdrawal
- Staying Tobacco-FREE

These are many of the reasons to quit smoking. The benefits of quitting include

- 20 minutes after quitting: Your heart rate and blood pressure drops.

- 12 hours after quitting: The carbon monoxide level in your blood drops to normal.

- 2 weeks to 3 months after quitting: Your circulation improves and your lung function increases.

- 1 to 9 months after quitting: Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

- 1 year after quitting: The excess risk of coronary heart disease is half that of a smoker's.

- 5 years after quitting: Your stroke risk is reduced to that of a nonsmoker 5 to 15 years after quitting.

- 10 years after quitting: The lung cancer death rate is about half that of a continuing smoker's. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases.

- 15 years after quitting: The risk of coronary heart disease is that of a non-smoker's.

That's why the American Cancer Society and the Knox County Health Department encourage smokers to take part in the Great American Smokeout event on Thursday, November 17th. By quitting – even for one day – smokers will be taking an important step toward a healthier life – one that can lead to reducing their cancer risk. For more information contact the Health Department at 309-344-2224.



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MEMBERSHIP RECRUITER OF THE MONTH



The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative Jason Lumberry as top membership recruiter. Jason signed 7 new associate members in October.

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

Jason Lumberry

PRIMETIMERS NEWS

The PrimeTimers committee enjoyed an outing to Tanners Orchard in Speer. Fourteen members and KCFB Manager Caitlin Chrzanowski toured the orchard and learned about the operation. Prior to the tour, the committee enjoyed lunch and

fellowship at the Tanners Orchard restaurant. The holiday luncheon will take place at 12 PM at Cherry Street Restaurant on Tuesday, November 15th. The PrimeTimers invite members 55+ to attend.



KNOX COUNTY FARM BUREAU ANNUAL HOLIDAY FOOD SALE

ORDER FORMS DUE 11-18-16

AVANTI CHEESE IS AN ILLINOIS AG PRODUCT!

Order deadline: Friday, November 18, 2016 No Exceptions! Pick up: Monday, December 5th 11:00 am–4:30 pm Call the KCFB office at 342-2036 to make other arrangements.

Item	Size	Price	Qty	Total	Item	Size	Price	Qty	Total
Mild Cheddar	1 lb	\$6.00		\$	American Sliced	5 lb	\$19.00		\$
Mild Cheddar	3 1/2 lb	\$19.00		\$	Blue Cheese Wedge	1 lb	\$7.00		\$
Mild Brick	1 lb	\$6.00		\$	String Cheese	8 oz	\$4.00		\$
Sharp Cheddar	1 lb	\$7.00		\$	String Cheese	1 lb	\$6.00		\$
Sharp Cheddar	3 1/2 lb	\$19.00		\$	Cheese Spread	1 lb	\$8.00		\$
Longhorn	1 lb	\$6.00		\$	Beef Stick	12 oz	\$6.00		\$
Longhorn	3 lb	\$16.00		\$	Pepper Jack	1 lb	\$7.00		\$
Calico	1 lb	\$6.00		\$	Havarti	1 lb	\$6.00		\$
Calico	3 lb	\$16.00		\$	Cranberry Cheddar	1 lb	\$8.00		\$
Swiss	1 lb	\$7.00		\$	Blueberry Cheddar	1 lb	\$8.00		\$
Swiss	2 lb	\$13.00		\$	Cherry Cheddar	1 lb	\$8.00		\$
Mozzarella	2 lb	\$11.00		\$					
Baby Swiss	1 lb	\$7.00		\$	Avanti Cheese Gift Boxes: 8.5 oz Swiss, 10 oz others				
Baby Swiss	2 1/2 lb	\$16.00		\$	Gift Box A:		\$17.00		\$
Baby Swiss	5 lb	\$29.00		\$	Mild Cheddar, Swiss, Longhorn & Calico				
Farmers Cheese	8 oz	\$4.00		\$	Gift Box B:		\$17.00		\$
Farmers Cheese	2 lb	\$11.00		\$	Mild Cheddar, Swiss, Calico & 6 oz Beef Stick				
3 Year Sharp Cheddar	1 lb	\$7.00		\$	Gift Box C:		\$19.00		\$
3 Year Sharp Cheddar	3 1/2 lb	\$24.00		\$	Mild Cheddar, Mild Brick, Longhorn & 12 oz Beef Stick				
Football Summer SSG	1 1/4 lb	\$11.00		\$	Gift Box D:		\$21.00		\$
					Mild Cheddar, Swiss, Colby, Calico & 6 oz Beef Stick				
Column 1 Total:				\$	Column 2 Total:				

Name: _____ CHECK TOTAL (columns 1&2):\$ _____

Address: _____

Phone (best to reach): _____ E-mail: _____

Return this form and your check to:

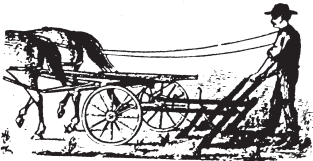
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Return form by 11/18/16

Looking Back



TAKEN FROM THE NOVEMBER 1948 BULLETIN

It is with regrets that the Knox County Farm Bureau Board of Directors accepted the resignation of George C. Engel as Assistant Farm Advisor and Manager of the Knox County Supply Company. George has performed his duties efficiently and has always been dependable and willing to help out on every program of the Farm Bureau. His many friends in the county will regret that he is leaving. However, we all wish him a success in his new adventure. Beginning the first of December he will be located on a 300 acre farm in Sangamon County where he will operate.

TAKEN FROM THE NOVEMBER 1970 BULLETIN

Farm Labor—favor guidelines for national legislation affording clear understanding and fair play in farm labor negotiations. Seek farm labor legislation or amendment to national labor relations act to remove the current agricultural producers’ exemptions.

TAKEN FROM THE NOVEMBER 2005 BULLETIN

On November 9th, 2005 over 40 FFA kids from Knox, Warren, and Henderson counties went to Chicago to learn about agriculture. Normally you wouldn’t think Chicago would be the best place to learn about ag, but there kids learned that ag can and does survive in the city. Students went and saw Chicago Board of Trade to learn about the very important role “traders” play in setting prices for grain.

~ 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: Small kitchen island \$25, Lane cedar chest on rollers \$25, Schwinn Airlyne 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

FOR SALE: Brand new Mr Coffee FlexBrew model in unopened, original box. \$40 OBO. Call 309-342-5796 10/16

EMPLOYMENT OPPORTUNITIES: Immediate full or part time farm employment positions in Knox County. Positions include harvest, tillage, and grain hauling. Excellent equipment and working 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

FOR SALE: Like new MOPAR RAM Truck Under-the-Rail Bed Liner and Tailgate Cover, came from 2014 5’7” shortbed. \$175 for both. Call 309-299-2657. 9/16

WANTED: 50 gallon drum suitable for water storage. Please call 309-344-3806. 9/16

FOR SALE: 1994, 8465 A Case IH Round Baler, approx. 2000-2500 bales thru it, asking \$6500. Call 309-221-6310. 9/16

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.

RECIPE OF THE MONTH



Biscuits & Gravy Casserole

8 servings
15 min Prep Time 20 min Cook Time

Ingredients

1 can large, flaky biscuits
½ pound ground breakfast sausage
3 Tablespoons flour
½ teaspoon salt
½ teaspoon black pepper
2 ½ cups milk

Instructions

Preheat oven to 400 degrees F then prepare a 7x10 casserole dish with cooking spray.
Cut biscuits into quarters then layer half in pan. Bake for 10 minutes.

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

In a heavy skillet, brown ground breakfast sausage over medium high heat until fully cooked.

Sprinkle 3 Tablespoons of flour over sausage and stir until completely absorbed.

Lower heat to medium, and cook flour/sausage mixture for 3-5 minutes, stirring frequently.

Add milk and stir to combine. Add Salt and pepper. Stir frequently until mixture comes to a slight boil.

Season to taste. If gravy is too thick, add milk. Pour gravy over cooked biscuits.

Layer remaining uncooked biscuits over the gravy. Place dish on baking sheet. Bake for 20-25 minutes or golden brown. Serve immediately.

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