Knox County Farm Bureau®



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

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December 2023



Knox County Farm Bureau Annual Meeting Notice is hereby given that the Annual Meeting of the voting members of the Knox County Farm Bureau will be held on Saturday, January 27, 2024 at 10:00 a.m. to elect directors and if approved confirm the reports of the officers for the year ending November 30, 2023; and for the transactions of such business, as may properly come before the meeting.

Dated at Galesburg, Illinois on January 1, 2024.



HUNGER WARS

KCFB Board of Directors KCFB Young Farmers



Drop off your canned goods or donation before Thursday, December 21, 2023

Join our Board of Directors and Young Farmers as they fight for bragging rights at our Annual Hunger Wars! Each year the two groups compete to see who can raise the most monetary and canned food donations. Then all the money and food are divided up between Knox County Food Banks! If you'd like to donate, please drop your donations off at the Knox County Farm Bureau by Thursday, December 21, 2023.

THANK YOU TO OUR SPONSORS!







Dr. Steve Johnson serves as the Farm & Ag Business Management Specialist in Central Iowa for Iowa State University Extension. He presents at more than 100 meetings, workshops, seminars and conferences across the Corn Belt and interacts with more than 10,000 producers annually.





NORTH-And Co.

Knox County Farm 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.



December 2023 No. 12 Published Monthly by: KNOX COUNTY FARM BUREAU, Inc. cooperating with the ILLINOIS AGRICULTURAL ASSOCIATION and the AMERICAN FARM BUREAU **FEDERATION**

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DISTRICT III Aaron Link Tom O'Connor Jason Bollivar VACANT

DISTRICT IV Phil Goedeke Jennifer Beard Jeff Grady VACANT

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Young Farmers Representative Tyler Main Farm Bureau Staff Executive Director - Hailey Hennenfent Administrative Assistant - Kim Johnson AITC Coordinators - Merris Hennenfent, Roxanne Green Manager, Affiliated Organizations: Hailey Hennenfent - Mgr. Knox Agri Center; Hailey Hennentent - Reg. Agent, Knox County Farm Bureau Foundation Joe Youngman - Agency Mgr. Country Financial Jim McNelly - West Central FS Telephone: 309-342-2036 Office Hours Monday thru Friday 8:00 a.m. to 4:30 p.m.



Christmas Crazed Ready to celebrate the season on the farm

"I'm sorry; I'm a little Christmas obsessed," I texted our farm's scale operator. My attempts to stream holiday tunes through the tractor radio failed. Rather, my smartphone connected over the internet to a speaker miles away in the scalehouse where an employee was weighing truckloads of corn. "Haha, yeah there's been some Christmas music here and there," she texted back ... on November 2.

I was born to love this holiday. A Christmas Eve baby, my parents celebrated Christmas in the hospital. Mom brought me home in a stocking and thankfully before one of the worst bliz-

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zards on Illinois record - the type that prompted our farm and others to buy tractor-mounted snow blowers.

Today, I have more Christmas tunes than country songs in my playlist. I own a half dozen full-sized, decorated trees and an undisclosed number of evergreens shorter than two feet. Admittedly, I'm "one of those" who decorates before Thanksgiving. I leave our outdoor lights off until the turkey and pumpkin pie are served, but indoors, my mood and mental state have moved on to staircase garland and lights on timers. I figure that if I can decorate with pumpkins for six weeks or more, then greenery deserves as much time out of the tote.

During a harvest rain-out in October, I bought cow-themed wrapping paper and balsam-scented air fresheners. I started shopping lists and volunteered to help with our church's Christmas Eve service. Mom and I worked on details for our farm's employee Christmas party, including gifts that bring conveniences to life and work. Likewise, new and improved tools always make it under the tree at family gatherings, two of which we will host in the farm shop.

In preparation for these four-generation events, the guys pause machinery maintenance, remove the farm equipment and scrub the concrete floor. Delightfully, the kids make memories of gymnasium-style fun to a backdrop of tools, oil drums and welding materials. In the conference room and shop kitchen, we dine and snack on foods from some of the best cooks in farm country. When everyone departs, a star shines atop the grain bin and a lighted tree illuminates the barn's loft window. Come Christmas morning, the same will glow while Dad feeds the calves at dawn, a daily routine that takes no holidays.

At the scalehouse, a Christmas tree sits covered in a back corner waiting for its post-Thanksgiving appearance near the front windows for highway travelers. Even with my musical urging, our scale operator resisted any inclination to expose it early and rock around the Christmas tree during harvest.

Getting To Know Your Farm Bureau Policy

91. FOOD SAFETY We support:

1. Implementing a communications strategy on food safety issues to provide accurate information to the media, to educate the public, and to raise public awareness of the actions farmers are chemical companies, governmental agencies, taking to produce a plentiful, high-quality supply of food at fair prices.

2. Measures to improve food inspection and safety through the United States Department of Agriculture (USDA) Inspection Service to assure consumers of a safe food supply. These measures should reinforce consumer confidence while being cost effective.

3. Protection of our food supply by requiring that imported food products be subjected to the same high safety standards and testing as food for food inspection and safety. produced in the United States.

garding safe cooking and storage procedures.

5. National uniformity in pesticide residue tic and imported food products.

standards. Consideration should be given to the benefits of crop protection products.

zero tolerance.

7. Cooperative efforts with food processors, scientists and others who are responsible for the food supply of our nation to provide factual information on the safety of our food supply.

8. Open communication, not confrontation, with responsible environmental groups.

9. The use of modern technology in the processing and handling of food to assure food safety and promote consumer confidence in the food supply.

10. USDA as the federal agency responsible

11. National (USDA) and state food inspec-4. Consumer education through labeling re- tion programs that guarantee adequate inspectors and funding for businesses in both domes-

12. The establishment of a USDA-approval process for state-inspected slaughter and pro-6. The concept of negligible risk rather than cessing plants that allows them to ship interstate.

13. Immediate and longer-term actions by USDA and the Department of Homeland Security (DHS) to raise the priority of, and resources devoted to, federal safety and inspection services, including: the Food Safety Inspection Service (FSIS), Animal and Plant Health Inspection Service (APHIS), and the Foreign Agriculture Service (FAS).

14. The establishment of voluntary guidelines which minimize microbial food safety hazards for fresh fruits and vegetables. The guidelines should:

A. Be based on science.

B. Remain generic in nature, not commodity specific, to accommodate the diversity of the fresh fruit and vegetable industry.

C. Be implemented in a manner that does not impede our ability to export.

IAA Foundation Scholarships Support Ag, IFB Families

More than \$177,000 in scholarships are available for agriculture students through the IAA Foundation.

"We are once again pleased to offer a scholarship program that encourages students to explore degrees in agriculture related fields," said Jennifer Smith, IAA Foundation development manager. "It is imperative that the next generation of agriculture leaders receives the financial support they need to stay immersed in their education and build their career in agriculture."

Agriculture students and Illinois Farm Bureau^{*} (IFB) members, spouses and children are eligible to apply for 95 college scholarships offered by the IAA Foundation, Illinois Farm Bureau's charitable arm. The scholarschool year.

Applications are open for a variety of scholarship allows. financial awards including the newly cre-Scholarship. Additionally, the IAA Foundation offers scholarships on behalf ily scholarships established to honor loved Jennifer Smith at jsmith@ilfb.org ones. Fellowships are also available to supfields that directly relate to agriculture.

volvement in extra-curricular activities, agriculture. community service, academic performance,

ships, ranging from \$1,000 to \$7,500, will be leadership experiences and an essay. Previous awarded in total of \$177,001 for the 2024-25 winners of an IAA Foundation scholarship are eligible to apply again if the individual

A full listing of available scholarships and ated Promoting Careers in Agriculture eligibility guidelines is available at www.iaaf-Scholarship and the Robert E. Koeller oundation.org. Applications must be completed online by Feb. 15. For more information, contact your county Farm Bureau, the of Prairie Farms Dairy and several fam- IAA Foundation at 309-557-2232, or email

The mission of the IAA Foundation, port students pursuing advanced degrees in Illinois Farm Bureau's charitable arm, is to fund education, research, and charitable ac-Scholarships are awarded based on in- tivities that benefit Illinois farm families and

December 2023

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



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NEWS FROM COUNTRY FINANCIAL COUNTRY COUNTRY **16 Safety Tips for a Jollier Holiday Season**

The winter holiday season comes with its own unique safety needs. Whether it's tree and holiday plant safety, holiday decorations, or holiday shopping, these sixteen tips can help keep your festivities holly and jolly.

Tree & holiday plant safety

1. Buy your tree from a local farm! Transported trees are usually cut earlier than locally grown trees and are more likely to be dry, which make them more prone to catching fire. If there are no local tree farms near you, ask how long ago your tree was cut down.

2. Is your tree parched? Shake the tree to see if it's in need of some hydration. If green needles fall off, then the tree is dry. If brown needles fall from the inside, they likely fell years ago but were just trapped inside the tree. Either way, seeing what falls off your tree can be a good indicator of whether the tree is a potential fire hazard or not.

3. Cut one inch off the base of the tree – this helps water move more easily through the trunk and keeps your tree green. Many vendors will do this for you - just ask!

4. Speaking of water, once you pick the most festive tree, make sure you're checking the water level daily. A six-foot tree should use a gallon of water every two days.

5. Keep those branches lovely - place the tree away from heat sources that could dry the tree out or cause a fire, such as indoor heaters or open flames.

6. Certain holiday plants - such as poinsettias, holly, and mistletoe - are toxic to humans and animals when ingested, so it's important to keep them out of reach of kids and pets.

Holiday shopping

Don't let a grinch steal the holiday. Burglars are opportunistic, so keep your

November Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held on November 16, 2023.

Education & Outreach – Lori Engel

The winter Adult AITC program is being planned with events in December, January, February, and March.

Farm Business - Brian Nelson

Plat Books are available in the office. Plat Books are \$30 for members and \$50 for wall maps for members. The Steve Johnson Seminar was held November 14 at 7PM at the Knox Agri Center. His seminar title is "Beyond Supply & Demand: Crop Market Price Outlook, Strategies & Plans."

Government and Policy - Kurt Emken Sign up for FB Act text alerts by texting the word FARM to 52886. The Knox County Board unanimously passed the Allies in Ag Resolution at their September Board Meeting.

Member Relations - Jeff Grady

KCFB met the 2023 Quota ending with 810 MM, 17 MS, 21PM, 1,789 A Members.

Young Farmers - Tyler Main

Young Farmers met on September 19 for their monthly meeting. A trivia night will be held on March 1 at Big Catz. Jim McNelly, West Central FS General Manager, has won the Friend of Young Leaders award and will be recognized at the IAA Annual Meeting. Cory Link won the Young Leader FB Act drawing. He was entered for completing every Action Request that was issued in the past year. Tyler Main was selected as the Top County Young Leader Chair for Membership Group 3 and will be recognized at the IAA Annual Meeting.

PrimeTimers - Hailey Hennenfent

The PrimeTimers will meet on November 21 for their Holiday Meal at PZ's.

Foundation - Hailey Hennenfent

The Foundation Board will meet on November 28 for their quarterly meeting. On September 1, KCFB Foundation released the Agriculture in the Community Grant. The KCFB Foundation released its first newsletter in the October edition of the Bulletin.

KAC - Hailey Hennenfent

The Knox Agri Center will meet on November 28 for their quarterly meeting. **OLD BUSINESS**

There are 3 vacancies on the Knox County Farm Bureau Board.

Potential speakers are being contacted about speaking at the KCFB Annual Meeting.

NEW BUSINESS

The 2024 KCFB Budget was approved.

gifts from ending up in the wrong hands by keeping these things in mind:

1. Keep gift wrapped packages out of sight of your home's windows and doors.

2. Plan ahead to retrieve any mail packages from your doorstep shortly after they arrive.

3. Don't leave the boxes for those bigticket items out on the street. Instead, put them in black trash bags and don't run them to the curb until trash day. Now

would-be thieves won't see what new gadgets you unwrapped.

4. When shopping, try to do so during daylight hours. If you find that you need to shop at night, make an event out of it and take a friend with you. Always be aware of your surroundings.

5. Last, in all the bustle and hustle of the season, don't forget to keep records of credit card information and transactions in a safe place at home.



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KCFB Board Attendance 2023

| | September | October | November | |
|-----------------|-----------|---------|----------|---------------|
| Beard, Jennifer | С | Р | P | (P) Present |
| Bollivar, Jason | С | Р | Р | (A) Absent |
| Courson, Dustin | С | A | A | |
| DeSutter, Drew | С | Р | Р | (C) Cancelled |
| Emken, Kurt | С | Р | Р | 1 |
| Emmons, Rob | С | Р | Р | |
| Engel, Lori | С | Р | Р | |
| Goedeke, Phil | С | Р | Р | |
| Grady, Jeff | С | Р | A | |
| Link, Aaron | С | A | Р | 1 |
| Link, Cory | С | A | A | |
| McCormick, Joel | С | Р | Р | 1 |
| Nelson, Brian | С | Р | Р | 1 |
| O'Connor, Tom | С | Р | Р | 1 |
| Shea, Damon | С | A | A | |
| Stevens, Monica | С | A | Р | 1 |
| Underwood, Kyle | С | Р | Р | 1 |

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Knox County Farm Bureau Page 5 December 2023 2023 Knox County Corn Growers Corn Hybrid Trial Trial

For the past 6 years, the Knox County Corn Growers have been partnering with local seed representatives to compile an unaffiliated, unbiased hybrid seed plot in our county. There was excellent engagement from the seed dealers this year, allowing us to compile a plot with 53 hybrids. Just as we did in 2022, the variable we tested was a single fungicide pass vs. 2- pass fungicide program.

Our board of directors felt that this trend in corn production was significant enough to warrant an additional year's worth of data, since the 2022 grow-

Knox Co Corn Growers - 2023 Corn Hybrid Trial Single Application Fungicide Trial

Population: 34,000 Location: Rio, IL Previous Crop Soybeans Conventiona Planting Date: 5-May-23 Tillage: Fungicide 1: Harvest Date: 16-Oct-23 VT - 7/20: 7oz Valtyma (Airplane) Fungicide 2: NONE 180# NH3 fall, 40# 32% Pre: 1.5qt Lexar Nitrogen: Herbicide Spring Post: 24oz Armezon Pro, 32oz Infantry Hybrid Moisture (%) Yield (Bu/ac) Brand Rank AgriGold Hybrids 641-85STXRIB 19.3 263.3 43 AgriGold Hybrids 642-05VT2 17.2 271.9 26 AgriGold Hybrids 643-52VT2RIB 18.2 268.4 32 AgriGold Hybrids 644-64VT2RIB 19.8 294.8 3 AgriGold Hybrids 646-30VT2RIB 19.9 254.9 48 Channel Seed 210-46 16.2 241.6 55 17.4 266.3 37 Channel Seed 212-52 Channel Seed 214-78 18.7 291.3 7 40 Channel Seed 216-82 19.2 265.2 C7357DP 17.0 229.7 56 Cornelius Seed Cornelius Seed C7366DGDP 17.2 283.2 15 Cornelius Seed C7590DP 18.9 247.9 52 DKC 110-10 16.5 27 Dekalb 271.8 Dekalb DKC 64-22 17.7 280.3 18 Dekalb DKC 66-06 19.7 304.9 1 Dekalb 18.8 285.5 DKC 66-18 11 Dekalb DKC 67-94 19.3 287.4 8 Diamond Ag/Brevant B08R32 269.9 30 16.5 Diamond Ag/Brevant B09Z08 17.5 269.3 31 Diamond Ag/Brevant B10H24 16.5 271.6 28 Diamond Ag/Brevant B13K20 42 18.6 264.0 Diamond Ag/Brevant B14R22 18.1 297.2 2 Midwest Seed Genetics MW 11-30 16.8 262.3 44 Midwest Seed Genetics MW 12-48 17.1 264.6 41 Midwest Seed Genetics MW 13-04 18.1 254.0 49 Midwest Seed Genetics MW 13-60 17.6 256.3 47 17 Midwest Seed Genetics MW 14-60 18.2 281.0 FS InVision 6017V 15.9 257.9 45 FS InVision 6217T 16.9 243.6 53 FS InVision 6395VDG 16.9 278.6 19 50 LG Seeds 59C72 15.6 251.5 LG Seeds 62C22 18.7 278.4 20 LG Seeds 64C20 17.7 267.0 35 29 LG Seeds 66C44 18.5 271.3 Nutrien/Dyna-Gro D48SS50 15.5 266.1 38 D50V09 Nutrien/Dyna-Gro 15.0 241.6 54 D53SS13 20.9 267.7 33 Nutrien/Dyna-Gro Nutrien/Dyna-Gro D53TC23 16.8 266.0 39 Nutrien/Dyna-Gro D56TC44 21 18.0 277.9 P1027AM 9 Pioneer 16.4 286.4 Pioneer P1222AM 16.8 284.4 13 Pioneer 283.3 P1278Q 17.9 14 P1483Q 18.1 267.3 34 Pioneer Pioneer P1742Q 19.7 293.4 4 Prairie Hybrids 5883 46 16.5 257.7 6878 17.7 266.4 36 Prairie Hybrids Prairie Hybrids 8683 19.5 272.8 25 Prairie Hybrids 8864 292.0 18.0 5 Prairie Hybrids 9703 19.4 282.1 16 Stone Seed 1103 SS 16.6 251.3 51 Stone Seed 1303 SP 12 18.6 285.4 1612 SS 19.3 286.3 10 Stone Seed Wvffels W7208 RIB 275.3 18.0 23 Wyffels W7876 RIB 17.8 291.3 6 W7945 RIB Wyffels 19.2 275.7 22 W9218 RIB 275.0 Wyffels 19.7 24

ing season was so favorable in much of our county. The fungicide trial was completed using a single pass at the end of June at V10 and the second pass at the end of July at VT on half of the plot. In collaboration with the Knox County Farm Bureau, we would like to share the results of our plot from 2023 with Farm Bureau members.

Respectfully,

Knox County Corn Growers Association

Knox Co Corn Growers - 2023 Corn Hybrid Trial Double Application Fungicide Trial

| | | angle a | | | |
|-----------------------|--------------------------|----------------|---|------|--|
| Population: | 34,000 | | | | |
| Location: | Rio, IL | Previous Crop: | Soybea | | |
| Planting Date: | 5-May-23 | Tillage: | Convent | | |
| Harvest Date: | 16-Oct-23 | Fungicide 1: | V10 - 6/28: 6oz Headline SC (Ground) VT-7/20: 7oz Valtyma (Airplane) | | |
| | 400/10/12 6.11 40/1 220/ | Fungicide 2: | | | |
| Nitrogen: | 180# NH3 fall, 40# 32% | Herbicide: | Pre: 1.5qt Lexar | | |
| - | Spring | | Post: 24oz Armezon Pro, 32oz Infantry | | |
| Brand | Hybrid | Moisture (%) | Yield (Bu/ac) | Rank | |
| AgriGold Hybrids | 641-85STXRIB | 18.1 | 264.2 | 38 | |
| AgriGold Hybrids | 642-05VT2 | 16.9 | 289.0 | 11 | |
| AgriGold Hybrids | 643-52VT2RIB | 18.9 | 294.9 | 7 | |
| AgriGold Hybrids | 644-64VT2RIB | 18.7 | 258.3 | 47 | |
| AgriGold Hybrids | 646-30VT2RIB | 19.3 | 293.9 | 8 | |
| Channel Seed | 210-46 | 15.8 | 261.3 | 40 | |
| Channel Seed | 212-52 | 16.2 | 286.3 | 15 | |
| Channel Seed | 214-78 | 18.4 | 295.7 | 4 | |
| Channel Seed | 216-82 | 19.0 | 279.4 | 23 | |
| Cornelius Seed | C7357DP | 17.1 | 255.7 | 54 | |
| Cornelius Seed | C7366DGDP | 16.9 | 283.3 | 18 | |
| Cornelius Seed | C7590DP | 18.6 | 257.2 | 50 | |
| Dekalb | DKC 110-10 | 16.4 | 268.6 | 35 | |
| Dekalb | DKC 64-22 | 16.9 | 286.2 | 16 | |
| Dekalb | DKC 66-06 | 19.6 | 295.8 | 3 | |
| Dekalb | DKC 66-18 | 18.1 | 286.8 | 14 | |
| Dekalb | DKC 67-94 | 18.4 | 295.1 | 6 | |
| Diamond Ag/Brevant | B08R32 | 16.0 | 273.5 | 30 | |
| Diamond Ag/Brevant | B09Z08 | 16.4 | 255.9 | 53 | |
| Diamond Ag/Brevant | B10H24 | 16.9 | 282.0 | 19 | |
| Diamond Ag/Brevant | B13K20 | 18.4 | 275.9 | 26 | |
| Diamond Ag/Brevant | B14R22 | 16.9 | 289.0 | 10 | |
| Midwest Seed Genetics | MW 11-30 | 17.4 | 272.0 | 32 | |
| Midwest Seed Genetics | MW 12-48 | 17.1 | 277.8 | 24 | |
| Midwest Seed Genetics | MW 13-04 | 17.9 | 248.1 | 56 | |
| Midwest Seed Genetics | MW 13-60 | 17.2 | 260.6 | 42 | |
| Midwest Seed Genetics | MW 14-60 | 17.3 | 274.9 | 28 | |
| FS InVision | 6017V | 15.5 | 259.7 | 46 | |
| FS InVision | 6217T | 16.1 | 260.0 | 45 | |
| FS InVision | 6395VDG | 16.8 | 268.4 | 36 | |
| LG Seeds | 59C72 | 15.6 | 260.2 | 44 | |
| LG Seeds | 62C22 | 17.7 | 256.9 | 51 | |
| LG Seeds | 64C20 | 17.7 | 271.5 | 33 | |
| LG Seeds | 66C44 | 19.0 | 284.7 | 17 | |
| Nutrien/Dyna-Gro | D48SS50 | 15.1 | 256.8 | 52 | |
| Nutrien/Dyna-Gro | D50V09 | 14.8 | 257.6 | 48 | |
| Nutrien/Dyna-Gro | D53SS13 | 18.7 | 276.9 | 25 | |
| Nutrien/Dyna-Gro | D53TC23 | 16.0 | 260.4 | 43 | |
| Nutrien/Dyna-Gro | D56TC44 | 18.2 | 265.2 | 37 | |
| Pioneer | P1027AM | 16.3 | 279.7 | 22 | |
| Pioneer | P1222AM | 17.7 | 292.0 | 9 | |
| Pioneer | P1278Q | 17.2 | 281.9 | 20 | |
| Pioneer | P1483Q | 17.7 | 295.9 | 2 | |
| Pioneer | P1742Q | 20.8 | 297.4 | 1 | |
| Prairie Hybrids | 5883 | 16.8 | 257.5 | 49 | |
| Prairie Hybrids | 6878 | 17.8 | 261.0 | 41 | |
| Prairie Hybrids | 8683 | 18.7 | 281.9 | 21 | |
| Prairie Hybrids | 8864 | 18.0 | 273.4 | 31 | |
| Prairie Hybrids | 9703 | 18.3 | 275.5 | 27 | |
| Stone Seed | 1103 SS | 17.4 | 264.2 | 39 | |
| Stone Seed | 1303 SP | 17.6 | 288.4 | 13 | |
| Stone Seed | 1612 SS | 19.3 | 288.5 | 12 | |
| Wyffels | W7208 RIB | 17.4 | 251.5 | 55 | |
| Wyffels | W7876 RIB | 17.9 | 295.6 | 5 | |
| Wyffels | W7945 RIB | 18.8 | 269.9 | 34 | |
| Wyffels | W9218 RIB | 20.1 | | | |

Plot Average: 17.86 271.29

Plot Average: 17.54

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Health on the Farm

Tips For a Safe, Healthy Holiday Season

The holidays are a fantastic opportunity to enjoy time with family and friends, to celebrate life, to be grateful, and to reflect on what is important. They are also a good time to take care of yourself.

Here are some holiday tips to support your efforts for health and safety during the season.

Eat Healthy and Be Active

It can be challenging to eat healthy and stay active during the holidays. Healthy eating is all about balance and moderation. Holiday meals may tempt us away from our healthy eating habits. Allow yourself to have your favorite foods but stick to smaller servings and balance them with healthier options. Choose fresh fruit as a festive and sweet substitute for candy.

Staying active can help you keep a healthy weight during the holiday season. Look for opportunities to work physical activities into your holiday: Go for a stroll after a family meal, play game of hide n seek outside, or



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dance to your favorite holiday music. It is important to move more and sit less.

Get Your Flu Vaccination

Influenza (flu) is more than a cold, or even a "bad cold." It can result in serious health complications. Few people get vaccinated against flu after the end of November even though flu activity peaks between December and February and can last as late as May. If you didn't yet get a flu vaccination this season, it's not too late! CDC recommends that everyone age 6 months and older get vaccinated now if they have not already been vaccinated this season.

Flu vaccination can reduce your risk of getting sick with flu and can prevent serious flu complications. Flu vaccine has other benefits, too, including being life saving for children, protecting pregnant women and their babies, and reducing the risk of heart attack in people with heart disease.

Cope With Stress

Everyone—adults, teens, and even children – experiences stress from time to time. Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Learning healthy ways to cope with stress and getting the right care and support can help reduce stressful feelings and symptoms.

Home Heating

Have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year to keep your family safe from carbon monoxide (CO) poisoning. Install a battery-operated or battery backup CO detector where it will awaken your family at night if the alarm is triggered.

Food Safety

Food poisoning can ruin even the most festive celebrations. Each year, an estimated





COVID-19 Vaccine

Now available for individuals 6 months and older

For those with Medicaid, Medicare Part B, and for those who are underinsured or uninsured. Call for an appointment at 309-344-2224

> Knox County Health Department 1361 W. Fremont St. Galesburg, IL 61401

Public Health Prevent. Promote. Protect.

1 in 6 Americans get sick from eating contaminated food.

Take simple steps to protect your family's health when you prepare and serve holiday meals such as:

Wash your hands and work surfaces before, during, and after preparing food, and before eating.

Keep raw meat, poultry, seafood, and eggs separated during preparation.

Cook food at the right internal tempera-

ture to kill harmful germs. Use a food thermometer to check.

Refrigerate perishable foods, including leftovers, within two hours of buying or cooking.

For more information on flu vaccines or food safety please call your Knox County Health Department at 309-344-2224. Happy Holidays from all of us at the Knox County Health Department!

Recipe of the Month Overnight Crockpot Christmas Breakfast Casserole

Ingredients:

- 12 Eggs
- 1 cup milk
- 2 pounds hash brown potatoes
- 1 pound bulk breakfast sausage, cooked
- ½ cup onions, diced
- ¹/₂ cup red & green bell peppers, diced
- 1 ½ cups cheddar cheese, shredded from block
- 1 ½ cups pepper jack cheese, shredded from block
- 1 teaspoon kosher salt, if use regular table salt use half as much
- ½ teaspoon black pepper

Directions:

- 1. Spray the inside of the crock with no-stick cooking spray, set aside.
- 2. Mix the two shredded cheeses together, set aside.
- 3. Mix the cooked sausage, onions, and peppers, set aside.
- 4. Beat the eggs until well blended.
- 5. Whisk in milk, salt, and pepper, set aside.
- 6. Layer 1/3 of the potatoes in the bottom of the crock.
- 7. Next sprinkle with 1/3 of the sausage mixture.
- 8. Top with 1 cup of the mixed cheese.





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- 9. Repeat 2 more times to have a total of 3 layers. End with cheese mixture.
- 10. Pour the egg mixture over the top.
- 11. Cook on low for 8 hours.

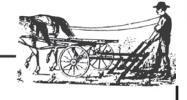
WELCOME NEW MEMBERS

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

CKE Holdings Nicole Crouse Jeremy & Randi Parcel Jade & Michelle Rogers Racheal Smith Beecher-Mathers Farms

Lisa & Franklin Bennett Richard & Virgetta Junk Sonya Rose Jeanette Wardell Kyle Woodside

Looking Back



DECEMBER 1972

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.

IAA Foundation Scholarship Application **COMING SOON!**

www.iaafoundation.org

AGENT SPOTLIGHT

Name: Ed Johnson Years with COUNTRY: 18 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

Ed Johnson

IAA

Mission Statement: To deliver honest, straightforward answers to everyone; turning clients from being customers into being lifetime friends.

MEMBERSHIP RECRUITER OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative, Jeremy Kleine as the top membership recruiter in November. Jeremy signed two new Associate Members. Call vour COUNTRY Representative for all your insurance and financial needs.





~ 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 last Friday of each month to place your ad.

HAY FOR SALE: First, Second, and Third cutting of grass and grass and alfalfa. Round bales- \$60-\$80/bale; Small square bales- \$5-\$7/bale. Call 309-368-0561

WANTED: Wooden Cattle Feed Bunks. Call & leave a message. (309) 484-4693.

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.

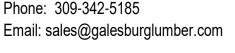
Prime Timers News

PrimeTimers will not meet in December. The next meeting will be January 16, 2024 at noon for the catered Program of Work planning meeting. Please call the office to be added to the mailing list if you would like to join. Members 55 and older are welcome to join!



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