

Bulletin



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

Knox County Board Passes Pro-Agriculture Resolution

Knox County Farm Bureau leaders are excited to call the Knox County Board an "Ally in Agriculture" after the board's adoption of a Pro-Agriculture Resolution, demonstrating local elected officials' support for farmers. "Our farming community would like to thank members of the Knox County Board for showing their support by adopting this resolution," said Drew DeSutter, Knox County Farm Bureau President.

"Agriculture is a major economic driver in Knox County, and this resolution shows our elected officials have our backs when making important decisions affecting our farms and livelihood."

Some points of the resolution signed by County Clerk Scott Erickson, and Knox County Board Chairman Jared Hawkinson state, "Whereas, the State of Illinois is home to more than 71,000 farms, of which 96% are family-owned and a third of which include livestock; and Whereas, the County of Knox accounts for 853 of those farms, and Whereas, Agriculture supports 2,327 jobs which accounts for an estimated 9% of the total jobs in the county; and, Whereas, Agriculture and related industries generate total sales or output at an estimated \$692.5 millions and provides 23.6% of the taxable value in the county..."

Local elected officials across the state are showing their support of their agricultural communities through the adoption of Pro-Agriculture Resolutions. County Board Members work with their local Farm Bureau to better understand the role of agriculture plays in their local economy, such as providing jobs and generating property tax revenue, which is used to fund services for all citizens. The result is a strong working relationship between county officials and the agriculture community.

A big thank you to County Board Members Cheryl Nache, Anthony Weiss, Amanda Smith, Greg Bacon, Erin Pugh, Robert Bondi, Pamela Davidson, Kimberly Thierry, Samuel Cohen, Jared Hawkinson, Joshua Kramer, Todd Olinger, Rick Sandoval, Brian Friedrich and Patty Boone for unanimously approving this resolution.



Knox County Farm Bureau Members in attendance of the September Knox County Board Meeting.



President Drew DeSutter speaks on behalf of Knox County Agriculture during the Knox County Board Meeting's Public Comment.

Steve Johnson Seminar November 14

Dr. Steve Johnson will be at the Knox Agri Center on Tuesday, November 14 at 7PM to present a marketing seminar titled "Beyond Supply & Demand: Crop Market Price Outlook, Strategies & Plans".



Steve Johnson

Topics will include The Fundamentals: Global Supply, Demand & Price Outlook, Implications for U.S. Dollar Value, Debt & Interest Rates, Uncertainty of Global Geo-Political Issues, Utilizing Futures Price Seasonals & Crop Insurance, Estimating '24 Crop Costs, Implementing '23 & '24 Crop Market Strategies & Plans.

To reserve your seat, please call the Knox County Farm Bureau at 309-342-2036 or visit knoxcfb.org

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



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Thank You
KNOX COUNTY FARM BUREAU



Fine Swine Dining

Pork delicious, economical mealtime tradition

Sometime around age 40, my guilty pleasure food changed to pulled pork nachos: tortilla chips softened with melted nacho cheese, topped with pulled pork and drizzled with barbecue sauce.

I ordered a boat of them at the only Illini football game we attended last fall. The daytime high reached 34 degrees with sustained winds around 15 mph against our faces in the upper deck. The nacho cheese congealed, napkins blew, and my gloveless hand turned a bit numb. But, I pulled down my fleece face

mask and ate them anyway.

Memories are made at mealtime and what better month to celebrate pork on the menu than October, National Pork Month. Pork represented the world's most widely eaten meat in 2022, and Illinois ranks No. 4 in the United States in its production.

Our family cherishes the tradition of ham for the holidays. We slow life's pace when we put racks of pork ribs on the smoker on a weekend afternoon. Our son microwaves bacon for breakfast before school. Sunday night means sausage on either store-bought or homemade pizza. And well-seasoned pork burgers reign at county fairs - no ketchup or garnish necessary.

Prepared to the correct temperature, pork proves moist and delicious. The meat is nutritious in its leanest cuts, and pork adds considerable flavor at an economical price. I figure my family of four can eat a 6-ounce serving of lean pork loin every day for a week for less than \$30. Dress it up with pork gravy

or change it up with stir fry and that's some fine swine dining for the week.

Pork is a powerful and productive protein. Pork loin, pork sirloin and pork tenderloin pack around 23 grams of protein in 3 ounces. Over the last 30 years, farmers have reduced pork's saturated fat content by 27%, and since my grandpa raised pigs, farmers require 76% less land and 25% water to produce a pound of the protein.

This week, I made 10 pounds of pulled pork from pork tenderloin, a new favorite on the back porch smoker. Mom watched a food show where chunks of loin are "pulled" in a stand mixer. The result: an easy, flavorful and lean meat for pulled pork sandwiches, pork tacos, protein on salad, or toppings on barbecue pizza.

Tonight, a pork-loaded nacho summons me.

About the author: Joanie Stiers farms grows crops and raises livestock on her family's multi-generational farm in West-Central Illinois.


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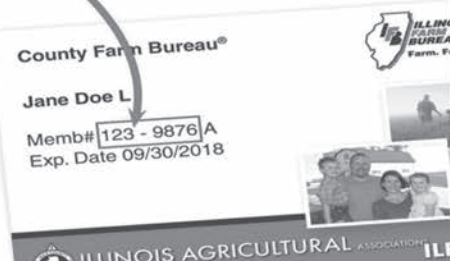
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COUNTRY FINANCIAL NEWS FROM COUNTRY FINANCIAL COUNTRY FINANCIAL

Harvest is here, farmers are reminded to put safety first

Harvest is here, which means farmers are already moving equipment on roads, harvesting their crop, and hauling it to elevators. Over the next few weeks they'll be working longer hours—starting their days before sunrise without resting until long after sunset. The pressure to keep going can be intense and can lead to accidents, injuries and even death.

COUNTRY Financial® urges farmers to take extra caution when out on the road or in their fields and to keep a close watch on their health. The number of accidents and deaths are disturbing; however, much can be done to curb them.

According to the Centers for Disease Control, the leading sources of youth ag-related deaths include machinery (23 percent), motor vehicles and ATVs (19 percent) and drowning (16 percent).

The following are some easy tips farmers can follow to be safe.

1. Maintain your equipment. Most farm accidents and deaths involve machinery. Make sure your equipment is maintained according to the manufacturers' recommendations.
2. Avoid driving machinery on roads at dawn and dusk. Most accidents happen during these times of day. The morning and afternoon/evening hours are also peak commuting times for drivers heading to and from work which only increases the chances of accidents.
3. Tell family and helping hands where you'll be working and when. Let others know

where you are. Also, have a cell phone or two-way radio on you at all times in case of emergencies or accidents. Keep your electronics charged and on the ready. Plan to communicate at set times of the day to ensure everyone is safe and okay.

4. Get plenty of rest and take frequent breaks. Drink plenty of fluids frequently and have healthy snacks on hand to keep your energy levels up. Accidents are more likely to happen once fatigue sets in.

5. Familiarize yourself with how your prescriptions and over the counter medications affect reaction time. Some medications and machinery don't mix. Consult your doctor if your medications make you feel drowsy or impair your ability to safely operate your equipment.

6. Know your limitations. Don't push your mind and body past safe, healthy limits. Know when to stop for the day and when to stay in bed if you feel sick.

7. Keep combines and tractors clean and lubricated. Avoid fires by cleaning off your equipment each day and following the manufacturer's lubrication schedule.

Farmers should make safety a priority. Make sure to follow maintenance schedules, don't take shortcuts if equipment breaks down, and make sure your equipment is visible on the road. Check your lights, slow-moving vehicle emblems and reflective tape, ensuring they're more visible to other drivers.



Your farm is your legacy. We can help you protect it.



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Galesburg
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Patrick Young
Galesburg
(309)342-5316



Ed Johnson
Galesburg
(309)342-1646



John Ryner
Galesburg
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Michael J. White

AGENT SPOTLIGHT

Name: Michael J. White
Years with COUNTRY: 40 Years
Office Address: 415 N Henderson St., Galesburg, IL 61401
Phone: 309-342-3177 office; 309-621-3088 cell; Text
eMail Address: michael.white@countryfinancial.com
Designations: MDRT; Million Dollar Round Table 2014 and 2016. Life Underwriting Training Council Fellow; LUTCF
Community Service: Mike is a past President of Western Illinois Estate and Financial Planners. He is a member of the Galesburg Rotary, Paul Harris Award recipient and has been active in many community organizations in the past. He is US Jaycee Senator, and past President of the Galesburg Jaycees. He coached baseball locally for 16 years and served as Commissioner of the Babe Ruth Leagues for 6 years. He is a Past President of the Galesburg Athletic Booster Club. For several years he served Chrysalis and Cursillo as a leader.
Awards: Mike was inducted to COUNTRY Financial's Hall of Fame in February 2014. Mike has qualified for the All-American Award from COUNTRY 23 times. He was recognized by COUNTRY for his community service in 1996 with the Award of Excellence.
Mission Statement: "I help people remove worry from their lives. My goal is to help my clients plan to live to 100 and prepare for a crisis in their life tomorrow."

September Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was cancelled on September 21, 2023 due to harvest.

KCFB Board of Attendance 2023

	July	August	September
Beard, Jennifer	P	P	C
Bollivar, Jason	P	P	C
Courson, Dustin	P	A	C
DeSutter, Drew	P	P	C
Emken, Kurt	P	A	C
Emmons, Rob	P	A	C
Engel, Lori	P	P	C
Goedeke, Phil	P	P	C
Grady, Jeff	A	P	C
Link, Aaron	P	P	C
Link, Cory	P	A	C
McCormick, Joel	A	P	C
Nelson, Brian	P	P	C
O'Connor, Tom	P	P	C
Shea, Damon	A	A	C
Stevens, Monica	P	P	C
Underwood, Kyle	P	A	C

(P) Present
 (A) Absent
 (C) Cancelled

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Getting To Know Your Farm Bureau Policy

16. DISPOSAL OF WASTE

We support:

1. Waste volume reduction at the source. Every effort should be made to avoid generating waste products.
2. Recycling and reuse. We encourage manufacturers to develop cost-effective uses for recyclable products. We will work towards the development of incentives to create additional markets and uses for these recycled products.
3. Retailers and consumers using returnable, recyclable, and degradable containers.
4. Research on voluntary recycling options for agricultural plastics.
5. Source separation, which includes:
 - A. Incentives for the return of all glass, plastic, or metal beverage containers.
 - B. Local recycling programs.
 - C. Composting. We support research on the effects of using yard waste on agricultural land.
6. Research on the effects of energy re-

covery from incineration.

7. Combustion for volume reduction. Where it can be shown to be economically feasible and environmentally safe, incineration of solid waste before disposing in a landfill.
8. Landfilling as a final alternative.
9. Legislation specifying that publication requirements for public hearings on the siting of solid waste disposal facilities be the same as those of the Illinois Truth in Taxation Act.
10. The ability of a municipality to reject the location of a landfill within 1 1/2 miles of the municipality's boundary.
11. Appropriate local governments providing refuse disposal services at a reasonable cost to residents within their area if no private services are available.
12. Improvement of regulations to ensure safe transportation of hazardous waste.
13. Enforcement of existing laws and regulatory programs which require environmentally safe waste disposal systems.
14. Encouraging county Farm Bureaus to actively monitor permit applications for siting of non-agricultural pollution control facilities submitted to their County Boards.
15. Delegation agreements granting counties authority to regulate landfill operations within their jurisdiction, including hours of operation and the height of landfills.
16. Efforts to impose appropriate fines and penalties on waste disposal violations.
17. Reasonable disposal fees on residential waste to help avoid dumping in rural areas.
18. Allowing local governments to charge a higher fee, tax or surcharge on special waste and out-of-area waste than

on local residential waste.

19. Efforts to have Illinois classify out-of-state waste as stringently as its classification in the state of origin.
20. Regular and thorough inspection of waste disposal sites.
21. "Landfarming" of contaminated soils to preserve limited space available in landfills.
22. Research into laser gasification for mining of landfills and disposal of garbage.
23. Allowing farmers to burn or bury old agricultural buildings and brush on existing sites.
24. Allowing the burning and burying of building debris in cases of natural disasters.
25. Changes to the laws and policies regarding used tire collections, including:
 - A. An increase in the number of times an individual can participate in a tire clean-up event.
 - B. Allowing non-governmental organizations to sponsor a used tire collection program.

C. The Illinois Environmental Protection Agency (IEPA) setting up drop off areas for used tires.

26. Investigation into alternative methods for disposal of urban sludge containing heavy metals and continued research on the safe application of urban sludge on agricultural farmland. Agencies should make research results on immediate and long-term effects of sludge application available to farmers.

27. An environmentally safe and financially acceptable method to dispose of or recycle used oil and unwanted farm and home chemicals.

We oppose:

1. Transportation of solid waste over long distances for disposal.
2. Efforts which lead to the importation of solid waste into rural areas without proper consideration being given to residents neighboring the disposal site.
3. Attempts to weaken the role of local governments or the criteria by which the sites are judged in the siting of non-agricultural pollution control facilities.



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

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Joseph & Beverly Asbury
Eric Engstrom
Brad & Rachel Gummerson
Thomas & Teresa Irons
Papy Kelelo
Nicholas Wilson
Brayden Windish
Karen Cates
Shirley Creek
Samuel Enuenwosu

Kathy Fasig
Minnie Hamilton
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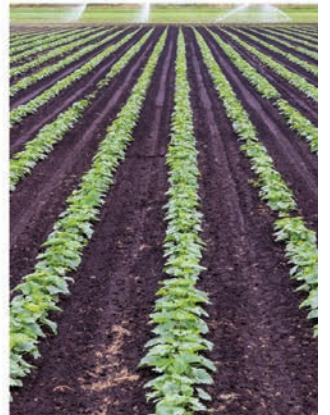
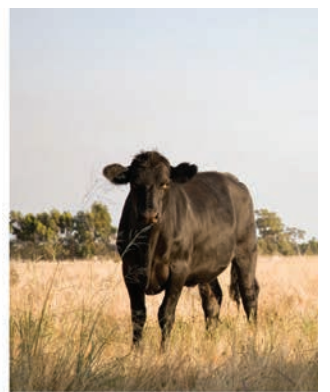


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Health on the Farm

By the Knox County Health Department



Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month, and we at the Knox County Health Department and Knox Community Health Center are encouraging women and men around the county to take a closer look at their overall health.

According to the American Cancer Society (ACS) about 1 in 3 (or 30%) of all new breast cancers each year are to females. The Centers for Disease Control and Prevention (CDC) states breast cancer is often found in women, but men can get breast cancer too. About 1 out of every 100-breast cancer diagnosed in the United States is found in a man. No matter your age or how well you feel, yearly checkups and screenings are an integral part of the fight against breast cancer.

Importance of early detection

Certain signs and symptoms are early indicators of breast cancer, but many early symptoms are difficult to detect on your own. With routine yearly screenings, such as mammograms for women who are 40 years old or older, your doctor can catch early indicators of breast cancer and address the issue with further testing.

Know the Signs and Symptoms of Breast Cancer

Since early detection is so important, yearly mammograms or other screenings might come too late if other signs and symptoms of breast cancer arise. The most common sign of breast cancer development is a new lump or mass in the breast, but there are other early indicators. These symptoms include:

- Breast or nipple pain

- Swelling to part or all the breast
- Changes to the skin on your breast (color/temperature)
- Discharge
- Swollen lymph nodes under the arm or collar bone

Any of these symptoms could be early indicators of breast cancer or possibly other medical issues. That is why we encourage individuals to reach out to a qualified health provider when experiencing any of these symptoms.

Have you heard about the availability of breast and cervical exams to all women whether they have health insurance or not? The **Illinois Breast & Cervical Cancer Program (IBCCP)** offers **FREE** mammograms, clinical breast exams, and pap tests, with the provider of YOUR choice, to those who qualify! This program has been providing breast and cervical cancer screening to women of Illinois since 1995. There are no income guidelines for this program. You may be eligible for this program if:

- You live in Knox, Warren, or Henderson County
- You are between the ages of 40 and 64
- You have no medical insurance, including Medicaid or Medicare Part B, or your health insurance will not cover these services

Your health insurance will not cover these services, the deductible is a financial hardship, or you have no health insurance.

The Knox County Health Department has a qualified Clinical Patient Navigator who is there for you to ensure those who are

ILLINOIS BREAST AND CERVICAL CANCER PROGRAM

Early Detection is the Best Prevention!

Routine mammograms, breast exams and pap tests can detect cancer early and provide you with better treatment options and results. **IBCCP provides FREE mammograms, clinical breast exams and pap tests, with the provider of YOUR choice, to those who qualify!**

You may be eligible for this program if:

- You are living in Knox, Warren or Henderson County.
- You are between the ages of 40 and 64.
- You have no Medicaid or Medicare Part B.
- Your health insurance will not cover these services, the deductible is a financial hardship, or you have no health insurance.

For more information about the program, or to make an appointment, call the Knox County Health Department at (309) 344-2224.



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enrolled in the IBCCP receive timely, and appropriate screening, diagnostic and treatment services to coordinate and assure continuity of services.

For more information on breast health

or programs available at the Health Department, please contact the Knox County Health Department at 309-344-2224 or visit the Department website at www.knoxcountyhealth.org.

AITC Update: Labor Day Parade

School has begun and Ag in the Classroom coordinators, Roxanne Green and Merris Hennenfent are off and running. On Monday, September 4, 2023, they and Miss Aggie, Teresa Sanford, represented Knox County AITC in the annual Galesburg Labor Day parade. Local farmer Dale Carlson provided the transportation in an antique tractor and wagon.

Later in the month, AITC provided a learning station for the annual Ken Russell Fifth Grade Outdoor Education Day. Close to 500 fifth grade students from across Knox County enjoyed the event at Lake Storey where they learned about and enjoyed aspects of the natural environment.

Roxanne and Merris participated in

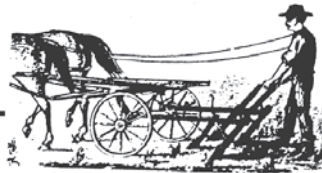
the AITC coordinators' meeting at the IAA building in Bloomington on Tuesday, September 19, 2023.

Breakout sessions included topics on Farm Safety Days, popcorn genetics, microgreens, and Illinois agricultural history. One highlight was a preview of the newest books about agriculture including an author visit by Kate Hannigan who wrote *Josephine and Her Dishwashing Machine*.

Roxanne teaches Kindergarten, first and second graders and Merris instructs third, fourth and fifth graders. With our scheduling almost completed for this school year, you'll find us back in the classrooms teaching lessons on anything from soup to nuts about agriculture.



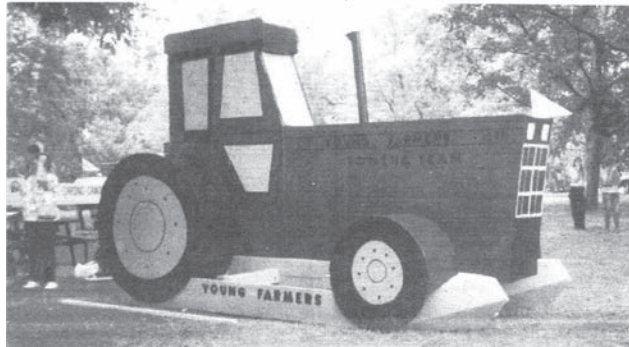
Looking Back



October 1998

"It Floated and Even Won Some Awards!"

After months of cutting, caulking, gluing, bending, and painting cardboard, the Young Farmers were ready to see how well their cardboard boat – a 9 ft X 15 ft tractor – was going to do during competition.



On September 19, they found out their cardboard boat floats at Galesburg's cardboard Boat Regatta, held at Lake Storey. Eight Young Farmers rowed the SS Young Farmers

to a third place standing after the first heat, however, due to a bumper car competition during the second heat, the Young Farmers didn't have a good enough time to compete in the finals. Even though the SS Young Farmers didn't place first, second or third, it had a great day, winning two trophies – Team Spirit and People's Choice. The Young Farmers would like to thank all who came to the Regatta and cheered them on, plus, Kleine Equipment, Westbay Equipment and Spoon River FS for donating to the project.

~ 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
- FOR SALE:** Large, Net Wrapped - Mixed Grass Round Bales, shedded. \$50 (you load), \$55 (I load) - Call (309) 299-2657
- FOR SALE:** 1997 W-W Livestock Trailer, 16.5 X 6 Ft. \$500 OBO. Call (309) 337-6051
- FOR SALE:** 10 Used <Suitcase Weights> - <Weight # R58823> - 102 Pounds. Seller said weights fit the following tractors: 4040, 4050, 4055, 4240, 4250, 4255, 4440, 4450, 4455, 4555, 4560, 4640, 4650, 4755, 4760, 4840, 4850, 4955, 4960, 7200, 7400, 7520, 7700, 7710, 7720, 7800, 7810, 8100, 8200, 8300, 8430, 9400. If interested, call (309) 371-9980
- FOR SALE:** American Standard Gas/Propane Furnace, 120,000 BTU. Model: AU120R9V5V0, Serial: M463MKR76 - \$800. Call (309) 368-2850

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 meet on October 17 at Noon at Bob & Teresa Shipplett's Home for a Cider Squeeze and potluck. 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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MEMBERSHIP RECRUITERS OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representatives, Patrick Young, Doug Atwater, and John Ryner as the top membership recruiters in September. Each representative signed three new Associate Members. Call your COUNTRY Representative for all your insurance and financial needs.



Patrick Young



Doug Atwater



John Ryner

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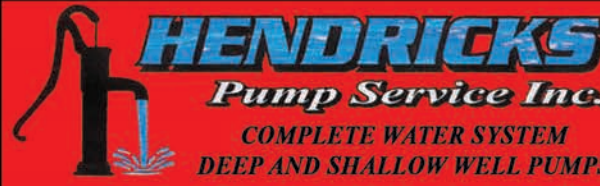
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