# **KNOX COUNTY FARM BUREAU®**



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

**VOL. XCII** 

USPS 297-360

November 2015

# Holiday Cheese Order Form Printed on Page 2 ~ Due December 1st

ORPHEUM THEATRE

(November 22, 2015) - Come

see a unique view of the next

generation's family farm through

the lens of Academy Award®-

winning filmmaker James Moll.

Farmland, a feature length

documentary, takes the viewer

inside the world of farming for

a first-hand glimpse into the

lives of six young farmers and

Many Americans have never

stepped foot on a farm or ranch

or even talked to the people who

grow and raise the food we eat,

yet are increasingly passionate

about understanding where

their food comes from. Through

the personal stories of these

farmers and ranchers, viewers

learn about their high-risk/

high-reward jobs and passion

for a way of life that has been

passed down from generation

to generation, yet continues to

The Knox County Farm

Bureau's Education Task Force,

evolve.

ranchers in their twenties.

## Welcome Back Dr. Steve Johnson

Reserve your spot to hear Dr. Steve Johnson, Farm & Ag Business Management Specialist from lowa State University Extension, present his Five Strategies & Tools for Marketing Grain program at the Knox Agri Center on Monday, November 23rd at 7:00 p.m. Topics will include Supply/Demand and Crop Price Outlook, Basis, Carry and Cost of Grain Ownership, Developing Strategies Utilizing Marketing Tools, Considering Cash Flow and Farm Finances, and Managing Tight 2016 Margins.

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 spot or call the KCFB office at (309) 342-2036.

This program is sponsored by Abingdon Banking Center, Cooley ii Farm Management, Asgrow DEKALB, North-And Company, Syngenta Seeds/ Jarid Cain, Tompkins State Bank, West Central FS, Warren-Henderson Farm Bureau, and the Knox County Farm Bureau.

#### Free to all attendees of all ages

Join us for the showing of FARMLAND

the Knox, Warren-Henderson Farm Families, Knox County Cattlemen's Association, Knox County Corn Growers, Knox County Pork Producers, Illinois Soybean Association, and Midwest Dairy Association is providing the opportunity for everyone to see the film at the Orpheum Theatre on Sunday, November 22, 2015. Doors open at 2:00 p.m. with the film beginning at 3:00 p.m. After the film, a panel of local farmers will address audience questions while continuing the discussion of family farming. This event is free to attendees of all ages and includes snacks, drinks, freebies, and door prizes!

Produced by Moll's Allentown Productions, Farmland received notable attention during its theatrical run securing reviews in several national mediums and recognition in film festivals across the country, including Atlanta, Cleveland and Newport Beach, Calif. The film also earned a

92 percent audience rating on RottenTomatoes.com.

Farmland was made with the generous support of the U.S. Farmers & Ranchers Alliance®.

Check out the official trailer and additional information on the distribution of the film at farmlandfilm.com.

About Allentown Productions Based at Universal Studios in Los Angeles, Allentown Productions is a film and television production company specializing in nonfiction filmmaking. Allentown Productions was established by filmmaker James Moll, who was born in Allentown, Pennsylvaniahence, the name of the company. His work as a documentary director/producer has earned him numerous awards including an Academy Award®, two Emmy Awards<sup>®</sup>, a Grammy Award® and a Peabody Award, among others.

# **CALENDAR OF EVENTS**

#### NOVEMBER

- Ag Roundtable Mtg, Noon, KAC
- KCFB Office Closed Veteran's Day 11
- 15 Young Farmers Fall Cookout, 4 PM, Drew & Adrienne DeSutter's
- 17 Primetimers Holiday Luncheon, Noon, KAC
- 19 KCFB Board Mtg, 6 PM Dinner, 7 PM Meeting, KAC
- 22 Farmland Showing, 2 PM, Orpheum Theatre
- Steve Johnson Program, 7 PM, KAC 23
- 24 Foundation Mtg, 6:30 PM, KAC
- KAC Mtg, 7:30 PM, KAC 24
- 25-27 KCFB Office Closed, Observance of Thanksgiving

#### DECEMBER

- Cheese order forms & checks due to KCFB Office

# Feel good about giving back by donating blood

#### Red Cross reminds eligible donors about the constant need for blood

Many people want to give back to the community, but may not have a lot of time to volunteer. The American Red Cross reminds eligible individuals that in only about an hour, volunteer blood donors can help save lives and feel instant gratification.

Blood is a perishable product that can only come from generous volunteers. By donating blood, individuals can make a difference in the lives of patients in their community and throughout the nation.

Upcoming blood donation opportunities:

December 16th from 2:00pm to 6:00pm at Knox Agri Center, 180 S. Soangetaha Rd., Galesburg.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit redcrossblood.org or call Caitlin at (309) 342-2036 to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger

also have to meet certain height and weight requirements.

#### About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at @RedCross.

#### ..................................... oin the KCFB Young Farmers for a Cookout! Anyone 18-35 years old November 15, 2015 ~ 4:00 P.M. The DeSutter's • 3395 75th Ave. • New Windsor, IL 61465 **RSVP Required 309-342-2036** Meat & non-alcoholic drinks provided. Please bring a dish to pass and table service.

5-8 IFB Annual Mtg, The Palmer House, Chicago 10 Cheese Delivery & Pickup, 10 AM, KAC 16 Blood Drive, 2-6 PM, KAC 24-25 KCFB Office Closed – Observance of Christmas

# **Welcome New Members**

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

MUR, Inc., Altona Grace Morse Family Trust, Maquon Amanda & Justin Ahlberg, Galesburg James & Jessica Brodt, Galesburg Dustin & De'Prince Cardenas, Galesburg Josh Carpenter, Dahinda Colton & Courtney Lumberry, Galesburg Michael & Patricia Doores, Galesburg Judith & Daniel Doubet, Galesburg Tristin Hanley, Galesburg Corey & Heather Herchenroder, Galesburg

Justin Ingle, Williamsfield Pamela Kirchgessner, Galesburg Aaron & Ashley Lamb, Galesburg William & Stacy Lotz, Galesburg Chelsea Macek & Carlos Castillo, Galesburg Curt Phillips, Maquon Adam Rice & Holly Voss Augusta Sandoval, Knoxville Amanda & Sam Secrist, Williamsfield James Sornberger, Oneida Kelly Stone, Wataga

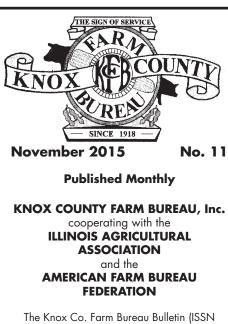
## Let's help spread the warmth throughout Knox County!

The Knox County Farm Bureau is accepting hats, coats, scarves, gloves, and more. Drop off your gently used winter gear, of all sizes, to the Knox County Farm Bureau. The winter wear will be distributed to local schools and shelters to help share the warmth this winter season. For questions, please contact the Knox County Farm Bureau at (309) 342-2036.

Thank you for your generosity!



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.



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

#### **BOARD OF DIRECTORS**

#### DISTRICT I

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

#### **DISTRICT II**

Sam Serven Tim Main, President Jeff Link Terry Boydstun, Treasurer

#### **DISTRICT III**

Brett Swanson Tom O'Connor Tom Hoben Nathan Link

**DISTRICT IV** 

Matt Hennenfent Pat Seiboldt Becky King

**DISTRICT V** 

Todd West Grant Strom, Vice President Beau Bewley Joe Webel

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

#### Farm Bureau Staff

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

Managers, Affiliated Organizations Caitlin Chrzanowski - Mgr., Knox Agri Center



#### We eliminate trouble with the harvest-time shuffle

When the cell phone rings during fall harvest, we farm women exhale deeply. Largely, we prepare for a "pleasantas-possible" response to the potential "please-drop-what-you're-doing" request on the other end of the phone.

Forget the goal to always piggyback errands while in town for a more efficient one-hour roundtrip. For that moment, you have a single purpose and what you were doing just then ranks lower in priority, unless you're waiting for the kids to get off the bus.

At fall harvest, the farm comes first and foremost above most anything else. And

to keep the combine always in operation requires the selfless intervention among all members of the family. Just for kicks, I'll name our on-call shuttle service to transport men and necessary machinery parts the "Harvest Shuffle." We feel like we're shuffling around. Besides, the term prompts fond childhood memories of the Chicago Bears.

The calls for help occur routinely throughout the course of a harvest-time week, but one particular moment arrived less than halfway into season. The timing followed a hectic day of farm office duties and fell at the prime time for preparation of a tedious, hearty supper in the field – enough homemade meatballs and mashed potatoes to serve about 10 on the go (a couple grandkids included). The cell phone rang in Mom's pocket. She let it sound a couple times to gain a few more seconds to stir the stove-top pot. In that brief moment, our minds envisioned supper gone awry. Rather, she prioritized her thoughts, "It will be what it will be."

And thankfully, "it be" my sister-in-law just checking in.

More specifically, it was not: One of the guys requesting a ride from the current field at harvest to the just-finished field to move a truck. A trip to the field to swap out a dead two-way radio that mistakenly didn't make the charger last night. Nor was it the urgent need to fetch a replacement part for a broken-down harvest machine. That scenario clocks at a minimum 50-minute roundtrip in our depths of farm country. Add some time for finding the field, tack on minutes for additional field-side requests and you may return home in a couple hours.

On occasion, I equate farming to parenting, and harvest time represents a prime example. Mother's know those interruptions. You stop folding laundry to "come see" that cardboard spaceship. You pause meal preparation to apply a Band-Aid, even if it soothes the spirit more than the minor skin blemish.

My mom earns the selfless honor far more than my generation. But my sister-in-law and I lend driving services, too, and fully anticipate it on occasion. Old linens cover my minivan seats for transport of men in greasy jeans.

The neighbor says she sees our minivans coming and going, bound for something farm-related, she assumes. Probably. Because, we came here to eliminate trouble; that's our job in this harvest-time shuffle.

About the author: Joanie Stiers writes from home, works in the family farm office and mothers two young kids in West-Central Illinois.

### KNOX COUNTY FARM BUREAU ANNUAL HOLIDAY CHEESE SALE ORDER FORMS DUE 12-1-15

#### **AVANTI CHEESE is an ILLINOIS AG PRODUCT!**

Order deadline: Tuesday, December 1, 2015 No Exceptions! Pick up: Thursday, December 10th 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	\$19.50		\$
Mild Cheddar	3 1/12 lb	\$19.00		\$	Blue Cheese Wedge	1 lb	\$7.00		\$
Mild Brick	1 lb	\$6.00		\$	String Cheese	8 oz	\$3.75		\$
Sharp Cheddar	1 lb	\$6.50		\$	String Cheese	1 lb	\$6.00		\$
Sharp Cheddar	3 1/2 lb	\$19.00		\$	Cheese Spread	1 lb	\$7.50		\$
Longhorn	1 lb	\$6.00		\$	Beef Stick	12 oz	\$5.50		\$
Longhorn	3 lb	\$16.00		\$	Pepper Jack	1 lb	\$6.50		\$
Calico	1 lb	\$6.00		\$	Harvarti	1 lb	\$6.25		\$
Calico	3 lb	\$16.00		\$	Cranberry Cheddar	1 lb	\$8.00		\$
Swiss	1 lb	\$6.75		\$	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 Bo	oxes: 8.	5 oz Swiss	, <b>10 o</b> :	z others
Baby Swiss	2 1/2 lb	\$16.00		\$	Gift Box A:		\$17.50		\$
Baby Swiss	5 lb	\$29.00		\$	Mild Cheddar, Swiss,	Longhoi	rn & Calico	D	
Farmers Cheese	8 oz	\$3.75		\$	Gift Box B:		\$17.50		\$
Farmers Cheese	2 lb	\$11.50		\$	Mild Cheddar, Swiss,	Calico 8	6 oz Bee	f Stick	
3 Year Sharp Cheddar	1 lb	\$7.25		\$	Gift Box C:		\$18.50		\$
3 Year Sharp Cheddar	3 1/2 lb	\$24.00		\$	Mild Cheddar, Mild B	rick, Lor	nghorn & 2	12 oz I	Beef Stick
Football Summer SSG	1 1/4 lb	\$10.75		\$	Gift Box D:		\$21.00		\$

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

Telephone: 309-342-2036

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

**PLEASE** REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE.

Thank You KNOX COUNTY FARM BUREAU

					Mild Cheddar, Swiss, Colby, Calico & 6 oz Beef Stic
					IVIIIa Cheddar, Swiss, Colby, Calico & 6 02 Beel Stic
		Column 1	Total:	\$	Column 2 Total: \$
Name:					_CHECK TOTAL (columns 1&2):\$
Address:					
Phone (best to reac	h):				E-mail:
<b>Return this form and your check</b> Knox County Farm Bureau 180 S. Soangetaha Rd. Suite 10 Galesburg, IL 61401				au	Your order helps fund the

# These area businesses are proud to be a part of our 2015 Discount **Program for members of the Knox County Farm Bureau®**

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.



Jan Ja					
Eye Gla Contact the Farm	and Wyndham Hotel Group Contact the Farm Bureau Office at 342-2036 for Details.				
\$20 AT Conta	10% at Grainger FREE shipping on internet orders. 1-866-217-3435 Your IFB #853007128 www.grainger.com				
Hert	DISCOUNTED PLAT BOOKS FOR MEMBERS! Knox County Farm Bureau 180 S. Soangetaha Rd., Galesburg, IL • 309-342-2036				
EX \$50 FOR FAR	*500 BONUS CASH				

# Save up to 30% off asses with EyeBenefits m Bureau Office at 342-2036 for Details.



www.KnoxCountyHearingCenter.com

TLLINOIS BUREAUS

### 00-\$300 Off UTVs, Vs & GEM Vehicles! act the Farm Bureau Office at 342-2036 for Details.

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M BUREAU MEMBERS

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# **Car Rental Discounts at**

tz, National, Alamo or Enterprise Car Rental. Contact the Farm Bureau Office at 342-2036 for Details.

# **NEWS FROM COUNTRY FINANCIAL**

# **AGENT SPOTLIGHT**

Name: John Ryner

<u>Years with COUNTRY:</u> 17 years

Office Address: 180 S Soangetaha Rd, Ste 103, Galesburg, IL 61401 Galesburg Hours: Monday-Friday 8:00-4:30 (Evenings and Saturday by appointment)

407 N Monroe St, Ste 8, Abingdon, IL 61410 Abingdon

Hours: Monday 12:00-4:30 pm; Thursday 9:00 am-12:30 pm (or by appointment) 309-342-1607

Phone: 309-342-1607

eMail Address: ed.johnson@countryfinancial.com

Spouse: Cathy

Education: 1987 Bachelor of Science in Agri-Business from Truman State University, Kirksville, MO **Designations:** Investment Solutions Representative

Awards: Four-time All American and Eight-time All Star Representative; Honor Roll recipient Mission Statement: While adhering to the Golden Rule, I promise to give the most appropriate insurance recommendations suitable to my clients' needs and provide the best personal service every client deserves.

#### Keeping Auto Insurance Premiums Down for Teens

The most often asked questions of insurance agents from young drivers and their parents are: "Why are the rates for teen drivers higher?" and "How can I pay less for insurance?"

The answer to the first question is because teens generally have more frequent and more expensive auto insurance claims than any other age group.

According to the Insurance Information Institute, adding a child to your policy can cause your auto insurance to go up anywhere from 50 percent to 100 percent.

To make it fair for everyone, insurance companies charge higher rates to groups, which on average have more claims, and lower rates to people who generally have fewer claims.

The answer to the second question is many ways!

The easiest way for a young driver to lower the cost of insurance is to develop a good driving record and be responsible by following traffic laws, avoiding traffic citations and driving defensively.

A record of citations and accidents will lead to higher insurance premiums or result in a teen being assigned to a company that

insures only substandard drivers.

It also pays (sometimes hundreds of dollars) to get good grades.

Some insurance companies offer good student discounts. This discount is offered because studies have proven that students with a B or higher grade average are more responsible when they drive, which means they have fewer claims.

Parents, too, can help their teens keep insurance premiums lower by setting a good example. If parents obey driving laws, wear seat belts, avoid or minimize talking on cell phones and observe speed limits, teens will do the same.

The more time a parent spends with a teen behind the wheel, the better driver the teen will be. When driving with a teen, parents should be firm and fair in criticizing bad actions, but also commend a good job. Most of all, parents should have confidence in their teen's driving and keep "cool" no matter what.

In addition, evaluating insurance needs can lower costs. Determine if there is a need to carry comprehensive and collision insurance, especially on older cars; consider a higher deductible; and keep adequate

#### AUTO | HOME | LIFE | BUSINESS | RETIREMENT



COUNTRY

FINANCIAL

# Are you driven by discounts?

Protect your vehicle with COUNTRY Financial®, and let the savings add up with a variety of discounts. We've got discounts for good drivers, good students, new cars and more. Give me a call to see how much you could save.

**Michael White** 309-342-3177

John Ryner 309-342-1607 Patrick Young 309-342-5316

Jeremy Kleine 309-342-3177

Agency Manager

**Mike Weber** 

309-686-7050

Ed Johnson 309-342-1646 Jason Lumberry 309-342-1607

Varilability and terms of discounts may vary by state. Auto, home and business insurance policies issued by COUNTRY Mutual Insurance Company<sup>4</sup>, COUNTRY terferred Insurance company<sup>4</sup> and COUNTRY LOUNTRY Life Insurance Company<sup>4</sup>. If and COUNTRY Investors Life Assurance Company<sup>4</sup>. Tred annuit issued by COUNTRY Investors Life Assurance Company<sup>4</sup>. All issu es located in Bloomington, IL. 0415-519HC-04375-10/19/2015

#### automobile liability insurance.

Talk to a COUNTRY financial representative about an insurance and financial review

if you need help determining the right coverages or more resources for teen drivers.

# **Board H**ighlights

The regular meeting of the Board of Directors of the Knox County Farm Bureau was held on Thursday, October 22, 2015

#### WOMENS COMMITTEE - Lori Engel

The Women's Committee had 12 attend the Bring-a-Friend DISH program at HyVee on Aug. 31st.

The Women's Committee reevaluated the current structure and according to the surveys, would like to meet quarterly with other communication done via email.

A Children's Themed Ag Gift Basket will be donated to the Discovery Depot's Festival of Trees.

The WC is hosting a blood & bone marrow drive on Wed. Dec. 16, 2 PM – 6 PM at the Knox Agri Center.

The Holiday Party will take place in January. **YOUNG FARMERS - Tara Yoder** 

The YF Committee donated \$150 to the Abingdon Food Pantry, ROWVA Food Pantry, and the FISH Food Pantry. The \$450 was raised during the Annual Mtg. Township Contest. The Young Farmers sponsored a farm safety video competition for the local FFA Chapters during Farm Safety Week – Sept. 20-26. – Abingdon/Avon FFA was the winning chapter of \$100 Most Relevant/Most Positive Impact & \$100 Viewer's Choice. The YF's received a \$1,000 donation from River Valley Coop and a matching \$1,000 donation from Land O'Lakes for the Grain Bin Safety Training Site. (Will cover the tripod purchase and some of the electrical work) To recruit more committee members, a cookout will be held at Drew & Adrienne

The KCFB made total membership quota and total voting quota.

#### **GOVERNMENT & POLICY TASK FORCE** - Jim DeSutter

The Legislative Roundtable Column, featuring local legislators, will begin Nov. 2015. The tollowing legislators have been invited to participate: Representative Moffitt, Senator Sullivan, Representative Ford, Senator LaHood, & Representative Hammond.

Each legislator has been asked to write 2 columns per year on rotation. FARM BUSINESS TASK FORCE - Todd West

Sponsoring a Business After Hours through the Chamber is a possibility.

The taskforce will be ordering a 2016 Knox County Plat Book published by Mapping Solutions.

EDUCATION TASK FORCE - Monica

members play the newly restored organ, and enjoy lunch at Carolyn's.

The November Holiday Party will be catered at the KAC on November 17th.

FOUNDATION - Caitlin Chrzanowski The Foundation has created a PayPal account to receive online donations and has created a fundraising schedule throughout the year using multiple platforms: direct mail, post cards, online, and events.

The Foundation has discussed hosting a golf outing and a "buy a barn" gas station campaign.

The Foundation is looking into auditing prices and options for the 2014-2015 year. There is currently a vacant seat on the Foundation Board.

#### **KNOX AGRI-CENTER – Grant Strom**

The meeting room carpet was cleaned on

#### **NEW BUSINESS**

The Knox County Farm Bureau delegates for the 2015 IAA Annual Meeting will be Tim Main, Grant Strom, Terry Boydstun, and David S. Erickson. The alternates will be Brett Swanson, Lori Engel, Sam Serven, Todd West, and Beau Bewley.

The Knox County Farm Bureau will have 2 trivia teams for the IAA Annual Meeting trivia night on Sunday, December 6, 2015 and will sponsor a donation to the IAA Foundation's Silent Auction.

The KCFB Annual Meeting is January 16, 2016 at the Lake Storey Pavilion.

Investments will be discussed at the November KCFB Board Meeting.

#### **Board Meeting** Attendance



FINANCIAL

DeSutter's on November 15th at 4 PM. In November, the YFs will provide classroom

presentations based on leadership to local high school agriculture classes.

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

The Membership report for was approved.

**Stevens** 

AITC reports from Teresa and Mary Beth were reviewed.

Contact has been made with the Galesburg Running Club, and equipment and volunteers will be provided for the potential 5K. The 5K is intended to be hosted at Lake Storey in August 2016.

The TF will be teaming up with the Knox, Warren-Henderson Farm Families, the Knox Co. Pork Producers, the Midwest Dairy Association, the Knox Co. Corn Growers, and the Knox Co. Cattleman's Association to show the film Farmland at the Orpheum Theatre on Sunday, November 22 at 3:00 PM.

**PRIMETIMERS – Caitlin Chrzanowski** The September 15 meeting featured guest speaker Don Moffitt who provided a legislative update.

The PrimeTimers met on October 20th at the Abingdon United Methodist Church and learned about organ restoration, heard Friday, October 2nd by Royal Cleaning. The parking lot was re-sealed and striped on October 5th & 6th by Hoerr's Blacktop.

The KAC is getting pricing on replacing the door handles throughout the building to be ADA compliant. Bids are being taken to make the south entrance handicap accessible. ILLINOIS FARM FAMILIES - Caitlin

#### Chrzanowski

The TF will be teaming up with the Knox, Warren-Henderson Farm Families, the Knox Co. Pork Producers, the Midwest Dairy Association, the Knox Co. Corn Growers, and the Knox Co. Cattleman's Association to show the film Farmland at the Orpheum Theatre on Sunday, November 22 at 3:00 PM.

**OLD BUSINESS** 

The WRAM Ag Roundtable was a good program.

The Independent Map Amendment Coalition Action Request deadline is December 15, 2015. KCFB needs 200 signatures

NAME	August	September	Octobe
Bewley, Beau	А	С	Ρ
Boydstun, Terry	Р	С	А
Cain, Jarid	Α	С	Ρ
DeSutter, Jim	Α	С	Ρ
Engel, Lori	Α	С	Ρ
Erickson, David S	Α	С	Ρ
Hennenfent, Matt	Р	С	Ρ
Hoben, Tom	Р	С	А
King, Becky	Р	С	А
Link, Jeff	Р	С	Ρ
Link, Nathan	Α	С	Ρ
Main, Tim	Р	С	Ρ
O'Connor, Tom	Р	С	Ρ
Serven, Sam	Α	С	Ρ
Seiboldt, Pat	Р	С	А
Stevens, Monica	Р	С	Ρ
Strom, Grant	Р	С	Ρ
Swanson, Brett	Α	С	Р
Webel, Joe	Α	С	Ρ
West, Todd	Р	С	Ρ
Yoder, Tara	А	С	Ρ
C - Cancelled			

## Illinois Farm Bureau Helps Members "Get-Away"

Whether it's keeping up with kids' activities, getting ready for the holidays, or planning dinners for the family, who couldn't use a little time to get away and relax?

That's why Illinois Farm Bureau (IFB) is offering members a chance to win a "Giveaway-To-Get-Away," to a Magnolia Hotel property of their choice. Four winners will each receive a \$500 gift certificate to be used towards their hotel stay. The contest kicks off November 2 and runs through December 31, 2015. The hotel stay must be completed by December 31, 2016. The Magnolia Hotel has properties in

St. Louis, MO; Omaha, NE; Denver, CO; Houston, TX; and Dallas, TX. Go to ilfb.org/contest to enter. (You'll

need your membership number.) There is a limit of one entry per person. The winners will be chosen the week of January 4, 2016 and notified by email.

What better time than now to start thinking about a nice, relaxing getaway... but you have to enter to win! For a complete list of contest rules, go to ilfb.org/contest.

### Illinois Farm Bureau Members Save More Than \$3.8 Million By Utilizing Member Benefits

BLOOMINGTON, III. — Illinois Farm Bureau members proved membership has its benefits last year, saving more than \$3.8 million by utilizing member benefits offered through the organization.

"It just goes to show that those membership cards aren't getting buried in wallets and purses," said Melissa Rhode, membership and program director, Illinois Farm Bureau. "The Illinois Farm Bureau provides big savings on a host of products and services, including machinery, vehicles, healthcare purchases, travel and hotels. As members have shown this year, those savings can total in the millions of dollars."

Companies offering savings to Illinois Farm Bureau members include, but are not limited to, Case IH, Ford, Caterpillar, Six Flags, Great Wolf Lodge, Choice and Wyndham Hotels, Polaris and ADT.

"Illinois Farm Bureau offers more than 30 discounts and complimentary services or products to our members only," Rhode said. "We're extremely proud to partner with these excellent companies to offer our members these discounts on products and services they use every day."

To explore the complete list of Illinois Farm Bureau member benefits, visit www. ilfb.org and click on the 'Get Involved' tab, followed by 'Member Benefits.' To join the Illinois Farm Bureau, contact your local county Farm Bureau, or visit the Illinois Farm Bureau website at www.ilfb.org.

The Illinois Farm Bureau is a member of the American Farm Bureau Federation, a national organization of farmers and ranchers. Founded in 1916, IFB is a nonprofit, membership organization directed by farmers who join through their county Farm Bureau. IFB has a total membership of more than 400,000 and a voting membership of more than 82,000. IFB represents three out of four Illinois farmers.



Tara Yoder, KCFB Young Farmers chairwoman, presented three local food pantries with money donated by members at the 2015 county annual meeting. Abingdon Food Pantry, FISH Food Pantry, and ROWVA Community Food Pantry each received \$150.



# We feel the results that matter most are yours.

While we are always happy when our hybrids



River Valley Coop and Land O'Lakes Foundation donated \$2000 to the Grain Bin Rescue Training Site fund. The KCFB Young Farmers are working to complete the site which is located at the Galesburg Regional Fire Training Center. Committee members present for the donation were Tara Yoder, Andrew Johnson, and Drew DeSutter.



Pictured are members of the Abingdon-Avon FFA Chapter as they received \$200 for winning the 2015 Knox County Farm Bureau Young Farmer's Ag Safety Video Contest. You can view their entry by visiting the Knox County Farm Bureau Facebook page.

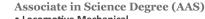
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perform well in trials, what's really important to us is how well our seed, and our people, perform where it matters most – on your farm. I'd love to discuss what seed will give you the results you want.

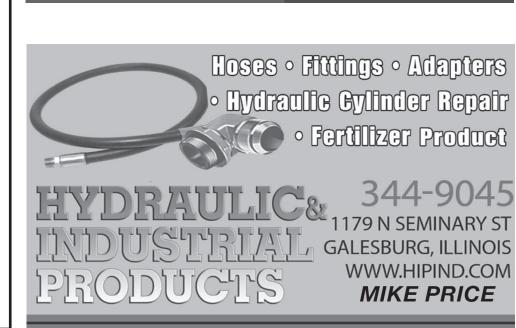




Contact me:

Jason Beard 309-368-5396

jasonb@munsonhybrids.com





By the Knox County Health Department

# Eat Well, America, and Stop Diabetes!

Join the American Diabetes Association® and Knox County Health Department to put good food and good health on the table during American Diabetes Month® this November. Whether you are one of the nearly 30 million Americans living with diabetes or the 86 million Americans with prediabetes, or you simply want to live a healthier lifestyle, the Eat Well, America! campaign will show you how easy and joyful healthy eating can be for everyone in Knox County.

Each week during November, the Association will share nutritious recipes selected by noted chefs and cookbook authors for every meal of the day, including snacks and special occasion treats. Not only that, but the Association will teach Americans how to choose, prepare, serve and eat healthy food that is both delicious and nutritious. From tip sheets to shopping lists, we'll help make healthy eating a fun and easy part of daily life.

"Having good blood sugar should concern all of us. Many of the comfort foods you plan to eat over the upcoming holidays may taste great but may cause discomfort down the road. Constantly eating foods high in the Glycemic Index, such as white breads, buns, bagels and cakes, can cause fatigue and weight gain in addition to increasing your risk of diabetes," states Erin Olson, Director of Wellness at the Knox County Health Department.

Diabetes does not develop overnight; a sedentary lifestyle combined with a diet of high glycemic foods can start you on the path to diabetes. By increasing awareness of how certain foods affect blood sugar and promoting proper blood sugar control, the glycemic index is an excellent tool for disease prevention. Examples of food that are low (good) on the glycemic index include green leafy vegetables, most beans, apples, pears and berries, oat bran and pumpernickel bread, plain yogurt, and dark chocolate. Foods that are quickly broken down into sugar, causing sudden blood sugar and insulin spikes are ranked high (not as good) on the glycemic index and only provide bursts of energy followed by periods of fatigue. Examples include baked potatoes, jasmine rice, white bread and bagels, and most pastries and donuts.

Tips To Help You Care About Diabetes: •Eat small, frequent meals. This will improve metabolism and blood sugar balance, which will improve

sugar balance, which will improve your energy and mood. Aim for three meals and two snacks daily.

•Reach for fruits and vegetables first. Fresh, natural, unprocessed fruits and vegetables should form the basis of your diet, especially dark green vegetables, apples, pears, cherries and berries.

•Boost fiber intake. Fiber slows down the digestion rate of carbohydrates promoting steadier blood sugar control.

CALL

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TO CHECK YOUR ELIGIBILITY

AND SET UP AN APPOINTMENT.

Public Health

Knox County Health Department

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•Exercise regularly. Exercise increases your body's ability to burn glucose efficiently. Exercise also promotes a lean body.

"Eating well is one of life's greatest pleasures, and enjoying delicious, healthy food helps with diabetes management," states Erin Olson, Director of Wellness. "As the Association marks its 75th anniversary, we want to give the people of Knox County the tools they need to achieve health and wellness every single day."

The Knox Community Health Clinic wants you to care about diabetes. If you don't take the time to take care for your body, who will? Help put a STOP to diabetes. Please contact the Knox County Health Department at 309-344-2224 for more information regarding diabetes.

# VACCINES FOR ADULTS

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- . MEASLES, MUMPS, RUBELLA
- PNEUMOCOCCAL POLYSACCHARIDE (PNEUMONIA)
- · PREVNAR 13 (PNEUMONIA)
- TDAP
- · ZOSTER VACCINE (SHINGLES, 60+ YEARS OLD)
- · TETANUS AND DIPHTHERIA
- · MENINGOCOCCAL CONJUGATE (MENINGITIS)





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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 10 new associate members in October.

Call your COUNTRY Representative for all of your insur-

Jason Lumberry

#### **PRIMETIMERS NEWS**

ance and financial needs.

The PrimeTimers committee enjoyed The PrimeTimers invite members 55+ to

an outing to the Abingdon United Methodist Church. KCFB Manager Caitlin Chrzanowski and 17 members learned about organ restoration and listened to a member play the updated organ. Lunch and fellowship at Carolyn's followed. The next meeting will be the Holiday Lunch on November 17th at the Knox Agri Center. Lunch will be catered and will start at 12 PM.



#### KNOX COUNTY PORK PRODUCERS SUPPORT **TORNADO VICTIMS**

Just before dusk on July 16, 2015, a tornado hit the small, rural Illinois town of Cameron causing extensive damage by flattening garages, ripping roofs off homes and twisting metal grain bins.

Many of the town's 600 residents didn't see the extent of the destruction until the sun came up and many homes and businesses were total losses. Thankfully, no injuries were reported.

With the news of the destruction and many people in shelters, the Knox County Pork Producers swiftly took action to help those in need. Working with Thrushwood Farms Quality Meats and other local volunteers, grilled pork burgers were made available to feed folks who had much larger things to worry about. "We wanted to make having a meal easy and convenient, so it eased the worry just a little bit in such a stressful situation," said Brenda Schubbe, Knox County Pork Producers Association President. "We also had members on the ground, helping with cleanup operations," added Schubbe.

In addition to the pork burgers, a donation was made to the Cameron Illinois Tornado Support group to help people get back on their feet. "It's one of the ethical principles we make as pig farmers – to support our communities and help out any way we can. We would like to thank those who purchased a "Bacon Makes Me Sizzle" t-shirt sold at Bacon Fest 2015. All of that money helped make the donation possible," said Brian Robinson, Vice President of the Knox County Pork Producers Association.

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: MF 4-14 Plow. 3 pt Bale Spear. 3 pt Platform with Sprayer. Call 309-289-4506. 11/15

FOR SALE: 2013 White Ford F-150 XLT, 56,000 miles, leather interior, Rough Country 1 1/2 inch lift & level, 18" custom rims, rhinoliner bed liner. Asking \$28,500. Call 815-973-3845 11/15

FOR SALE: Taylor 8x14 walk-in cooler, 9.5 ft tall, currently disassembled and in storage, asking \$2500 OBO. Leave message at 309-342-1994. 11/15

FOR SALE: Large, round bales, grass hay, net wrapped. Call 309-351-6792. 10/15

FOR SALE: 10x72 Mayrath auger, excellent condition, \$8,000. Call 309-335-7128.10/15

FOR SALE: 2002 Ford F150, 4x4, one owner, \$3800 OBO Call 309-875FOR SALE: Panasonic FZ 28 digital camera, 18x optical zoom, 10.1 megapixels, excellent condition includes bag, charger, SD card. \$100. Call 309-344-3693. 10/15

FOR SALE: 10in x 60ft hydraulic drive swing away auger, \$1200. Call 309-303-0034.9/15

FOR SALE: 98 +/- ac located in Knox Co. 40+/- tillable and 58 +/- timber/ recreational, asking \$4,250/ac. More info at www.landmanagementpartners. com. Call 309-402-0838. 9/15

FOR SALE: 500 Vulcan Kawasaki, 2006, candy apple red, new back tire, around 5,000 miles, asking \$1800. Call 309-337-4702.9/15

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.

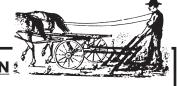
Midwest

Grass and

Forage

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# Looking Back



TAKEN FROM THE NOVEMBER 1936 BULLETIN A new state record has been set with an enrollment

of 28,276 Illinois farm boys and girls in 4-H club projects for this year, report E.I. Pilchard and Miss Mary A. McKee, extension specialists in junior club work, College of Agriculture, University of Illinois. The 1936 enrollment represents an increase of 1,891 over last year, when the total was 26,385. Agricultural projects account for 15,361 of the 1936 enrollment, while home economics projects attracted 12,915.

#### TAKEN FROM THE NOVEMBER 1951 BULLETIN

The Hawkeye soybean is still the best variety for Knox county judging from the results of the soybean variety test plot conducted again this year on the Harold Moore farm near Wataga, as it carried the highest yield and stood up better than most of the other varieties. This is the 14th year that this soybean variety test plot has been carried on at this same farm, which makes it the oldest of the county soybean plots in the state.

#### TAKEN FROM THE NOVEMBER 1988 BULLETIN

Last year hundreds of Illinois farmers seeking to maximize their farm profits learned the effectiveness of using a computer as a management tool. This year, Knox County Farm Bureau has teamed up with the Illinois Farm Bureau Computer in sponsoring a seminar to help progressive farmers understand how a computer can be an indispensable "hired hand" and help them find a competitive edge in today's marketplace.



#### **Ingredients**

- 2 small acorn squash (1-1/2 pounds total), halved and seeded
- 1 large or 2 small apples, peeled, diced
- 2 tablespoons diced celery

#### **Directions**

- 1. Preheat the oven to 400 degrees F. Prepare a square baking pan with nonstick pan spray.
- 2. Place the squash cut side down in a baking pan. Bake 20 minutes.
- 3. While the squash is baking, combine the apples, celery, onion, margarine, and 2 tablespoons water in a medium bowl; mix well.

### **Baked Acorn Squash** with Apple Stuffing

2 tablespoons finely chopped onion 2 teaspoons margarine, melted Pinch of salt Pinch of freshly ground pepper

4. Turn the squash, cut sides up. Sprinkle with salt and pepper. Divide the apple mixture to fill the cavities of the squash. Bake the stuffed squash halves, covered with foil, for 30 minutes more. Serve hot.

Taken from http://diabeticgourmet. com/recipes

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

#### FARM TO SCHOOL MONTH

Farm to School Month is a national event every October. Food Day was celebrated on October 22nd in schools around Illinois. One Farm to School Month activity was the Great Apple Crunch which happened at 12 PM on the 22nd as a students across the state chomped into fresh apples. Locally, the Abingdon-Avon FFA members helped Hedding Grade Schoolers celebrate by demonstrating an apple cider press.





### **Dues Notice**

Associate Members did your paid thru date change? Call the KCFB office at 342-2036 to get your updated membership card.

3056. 10/15

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Your County Farm Bureau®, the Illinois Farm Bureau® and COUNTRY Financial® have worked together to make it easier for associate members who are also COUNTRY Mutual Insurance Company® or COUNTRY Preferred Insurance Company® customers to pay their membership dues. If your county/Illinois Farm Bureau associate membership is required by COUNTRY Financial for your personal lines policy, beginning January 2015, your annual county/Illinois Farm Bureau membership dues will be included with your insurance premium in one billing for most personal lines policies. From then on, you will only need to make one easy payment to COUNTRY Financial and we'll take care of the rest! Adding your membership dues to the COUNTRY premium bill may change the timing of your membership dues payment. If so, you will remain a member of county/Illinois Farm Bureau during the time between your last payment year and your new payment due date.

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