



**Henry
County**

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Farm Bureau Foundation Awards 2023 Scholarships

This year the Henry County Farm Bureau Foundation, in conjunction with the Wilbert & Carol Keppy Foundation, Kevin & Karen Urick and the Glenn & Betty DeSmith Memorial are proud to present \$42,000 in scholarships to high school seniors and college students pursuing higher education.

The Henry County Farm Bureau Foundation was formed in the Spring of 1984 to carry out charitable, scientific, literary, and educational work in the field of agriculture. The Foundation awards scholarships each year to graduating high school seniors and college students pursuing degrees in Agriculture. New for 2023, the Foundation has created the Trade and Technical Program Scholarship for individuals pursuing training in an area of a skilled trade.

Wilbert and Carol Keppy farmed and raised hogs along the Osco slab for decades. The Keppy's were instrumental in starting the Henry County Pork Producers and were among a group of pork producers throughout the state that started the Illinois Pork Producers in the early 1960s. The Keppy Foundation annually provides scholarships for students in Henry County.

The Kevin and Karen Urick Farm

Bureau Legacy Scholarship honors a recipient from a farm family, that has been involved for multiple generations, in Henry County Farm Bureau. Farm Bureau has impacted the Urick family for multiple generations. This scholarship is designed to honor the organization that has served as an educational, social, and economic tool for its members, as the "Voice of Agriculture" in Henry County, since 1917.

The Glenn and Betty DeSmith Memorial Scholarship honors the life of Glenn and Betty DeSmith of Geneseo. The DeSmith's farmed southwest of Annawan until their retirement in 1990. Glenn and Betty were very active in their church, community and Farm Bureau. The DeSmith Memorial Scholarship recognizes students who are involved in the livestock industry and their family farms.

Henry County Farm Bureau Foundation Agricultural Scholarship

- Clayton Baum - Iowa State University, Agricultural Business
- Hailey VanOpdorp - Western Illinois University, Agricultural Business, Agronomy & Communications
- Hunter Gustus - Parkland College, Agricultural Diesel Tech
- Madeline Nightingale - Lake Land College, Ag Transfer

•Madison Casteel - Black Hawk East, Agronomy & Soil Science

•Sarah Kaiser - University of Illinois, Agriculture Marketing and Consumer Economics

Kevin & Karen Urick Farm Bureau Legacy Scholarship

•Kendra Downing - University of Wisconsin Platteville, Horticulture & Soil and Crop Science, Agribusiness

Glen & Betty DeSmith Memorial Scholarship

•Annie Johnson - University of Wisconsin Platteville, Agriculture Education and Technology Education

•Kaden Davison - Iowa State University, Ag Engineering Power & Machinery Option

•Taylor Burke - Agricultural Education, University of Tennessee at Martin

Wilbert & Carol Keppy Foundation Scholarship

•Alexis Spivey - Illinois Central College, Dental Hygiene

•Emma Frank - Oklahoma State University, Animal Science Pre-Vet

•Kendra Downing - University of Wisconsin Platteville, Horticulture & Soil and Crop Science, Agribusiness

HCFB Foundation Trade and Technical Program Scholarship

•Evan Krause - Black Hawk College, CDL/Welding

•Kaden Larson - Midwest Technical Institute, Welding

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**Henry County Farm Bureau
Welcomes New Members**

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Henry County Farm Bureau Datebook

MAY - NATIONAL BEEF MONTH

- 1 HC Pork Producers Meeting, 7pm – HCFB Boardroom
- 10 Katie Laleman, HCFB Manager on WKEI, 8:25am
- 14 Happy Mother's Day!
- 16 HCFB Executive Committee Meeting – 7:00pm
- HCFB Board of Directors Meeting, 7:30pm – HCFB Boardroom
- 18 HCFB Women's Meeting, 5:30pm – HCFB Boardroom
- 23 HCFB Young Leaders Adopt-A-Highway Cleanup, 6pm - Geneseo
- 24 2023 Mental Health Conference, 7:45am -3:45pm – BHE
- 26 Henry County 4-H Foundation Cookout @ Fareway, Geneseo
- 29 Memorial Day – Office Closed

JUNE - NATIONAL DAIRY MONTH

- 5 HC Pork Producers Meeting, 7pm – HCFB Boardroom
- 7-8 "Ag in a Day" Teacher Workshops – Register at <http://aginaday.weebly.com/>
- 8 HC Beef Association Meeting, 7pm – HCFB Boardroom

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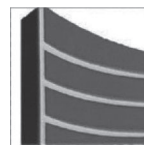
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Local Service Delivery Specialty

Health Department & First Choice Healthcare Note Mental Health Month

The Henry and Stark County Health Department and First Choice Healthcare announces that May has been designated as Mental Health Awareness Month. "Anxiety" is this year's theme, and it calls attention to the importance of mental health to overall health and wellness. Mental Health Awareness Month 2023 will look at how anxiety can affect people living with severe mental illness, what external factors can trigger this strong response, and what we can do to support our peers. Everyone can feel anxious.

Mental Health Awareness Month has been observed in the US since 1949. Each year millions of Americans face the reality of living with a mental illness. During May, First Choice Healthcare joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Consider the following Mental & Behavioral Health Facts:

- 1 in 5 US adults experience mental illness

each year, and less than half of them receive treatment.

- 1 in 6 US youth experience mental illness each year, and only half of them receive treatment.

- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.

- The average delay between onset of mental illness symptoms and treatment is 11 years.

- 60% of Americans are concerned about the stigma and around mental illness.

Paige Humphrey, Psychiatric Nurse Practitioner with First Choice Healthcare notes, "We know that mental health is integral to overall health. People need to care for their mental health so they can respond to the stress of daily life and the challenges it presents. This Mental Health Month, we are encouraging everyone to learn about steps they can take to protect their mental health and balance both mind and body."

With limited resources for mental health in our community and the current circumstances we are facing locally and globally, it is now


more important than ever to provide individuals with the behavioral health support they need. Through our partnership with North Central Behavioral Health Services, as well as our own Psychiatric Nurse Practitioner and Mental Health Therapist, First Choice Healthcare is pleased to be able to offer this support to our community.

There are many reasons an individual may seek treatment. Our providers are prepared to support patients aged 5 and above who may be struggling with depression, anxiety, stress, substance abuse and addictions, behavior problems, bipolar disorder, family/parenting issues, obsessive compulsive disorder, post-traumatic stress disorder, schizophrenia and other related disorders, sexual assault, suicide prevention, trauma, and loss.

For more information on Behavioral and Mental Health services or to schedule an appointment simply call First Choice Healthcare in Kewanee at 309-852-5272! Help and understanding are just a phone call away.

RECIPE

Sponsored by:



HENRY COUNTY FARM BUREAU

Women

Bacon Cheddar Ranch Pinwheels
From the kitchen of Justine Johnson

Ingredients

- 8 oz. cream cheese
- ¼ c. ranch dressing
- ½ c. shredded cheddar cheese
- Cooked, chopped bacon
- 1 Tbsp. minced chives
- Soft tortilla shells

Instructions

Combine cream cheese & ranch, mix until smooth. Stir in cheddar, bacon, & chives. Spread a generous layer over tortillas. Roll tortillas tightly, and slice into 1" pieces.

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Paige H.
Psychiatric
Nurse Practitioner

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FIRST CHOICE HEALTHCARE

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Fewer than half of the adults in the U.S. who experience mental illness get the help they need.

The Newest “Talk of the Town” in Agriculture



By: Adrienne Desutter

Farmers love to talk. Some like to talk about the weather. Some like to talk about economics. Some talk marketing, others talk policy, and they all talk numbers.

But for the past few years in agriculture, there’s been a new “talk” in town. It’s largely uncomfortable, slightly awkward, and generally misunderstood. Maybe you guessed it: it’s the mental health talk.

“Mental health? That’s not a talk for me. It’s super weird, I don’t have depression, so why would I need to learn about mental health?”

Here’s the thing: this talk isn’t just for those with depression, or those who we think “need help.” It’s for all of us.

It’s for the farmers, whose never-ending pressure to succeed- despite an enormous amount of uncontrollable variables - is a heavy weight that impacts their entire family. With their fields and livestock always on display, it’s easy to compare their farms to others’, and hard to feel like they measure up.

It’s for the spouses, knowing that “busy season” doesn’t just mean overtime for the farmer, but also overtime for them taking care of the home. Everything falls on their shoulders, and they’re left to tackle life alone for a while.

It’s for the farm kids, who play a ballgame without dad in the stands, or ache to be out running equipment on mom’s lap. It’s worrying about whether or not there will be room for them on the farm when they’re older, and feeling the daily stress that seeps down

from the adults in the family.

It’s for the neighbor, concerned with the distant and downhearted way a farmer’s been acting recently. Is he ok? Should she say something? How could she possibly help?

It’s for those living with a condition- like anxiety or depression- who spend their entire lives fighting an invisible enemy, and feeling completely misunderstood. They know it’s not just sadness, not just worry, and the “simple advice” from others (who often mean well but don’t know enough about the condition) feels shameful and minimizing.

It’s for the farm family, exhausted by the juggle of trying to be the best parent, spouse, farmer, leader, volunteer, and professional... and the feeling of inevitable inadequacy when the balls start dropping.

Mental health talk isn’t just about “having an illness.” It’s about the chaos in all of us. It’s learning how to respond to stress in a healthy and productive way, how to cultivate an environment where it’s ok to ask for and accept help simply to enhance our efficiency as humans, and how to convince ourselves and our communities to make a life instead of just making a living. When we strive to be better people, we become better farmers, and our mental health is at the core of it all.

Farm life is the best life. It can also be a hard life. And that’s ok, as long as your mental health is ok, too. It’s your best defense against the tough stuff, and your best chance at staying in control when so many things feel out of control. There’s so much we can do to “be better,” no matter how mentally fit we are. So let’s keep having this talk, and continue to grow healthier, smarter, and stronger, together.

Getting to know your Farm Bureau policy

83. INVOLVEMENT OF MEMBERS IN FARM BUREAU

We believe the county Farm Bureaus are the strength of the Illinois Agricultural Association. We recognize that county Farm Bureaus are important to the individual members, and it is these individual members that become the most integral parts of the Illinois Agricultural Association. The support and direction of the individual members are of utmost importance to the organization.

We support:

- Active involvement of men and women of all ages in the committee structure on the state and county level.

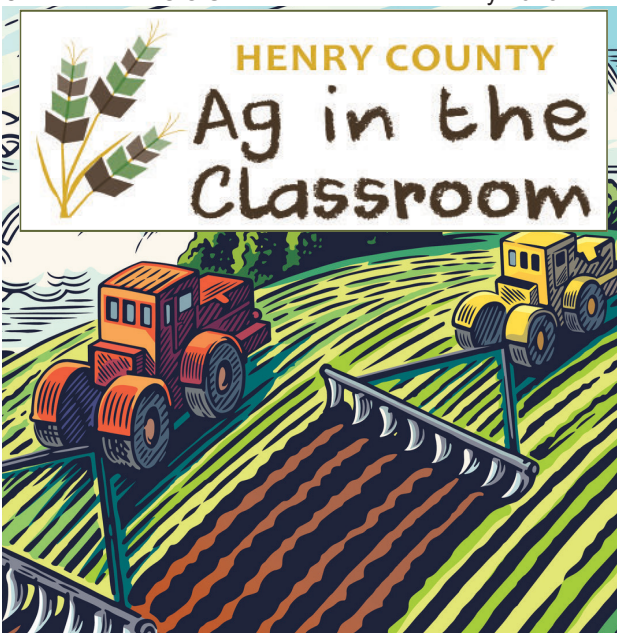
- County and state member programs to enhance the value of Farm Bureau membership.

- County Farm Bureaus to appoint at least one member of the Women's, Promotion and Education, and Young Farmer/Young Leader Committees to serve on county Farm Bureau standing committees. The representatives of each county committee should meet regularly with their Board of Directors.

- County Farm Bureaus to present opportunities for active members to gain the background and experience necessary to be effective leaders.

- Young Farmer/Young Leader Committee as an important part in assuring the maximum opportunity for young farmers to participate in Farm Bureau programs.

- Counties following the American Farm Bureau Federation (AFBF) Young Farmer and Rancher program age limits so that county Young Farmer and Young Leader Committees will be eligible for the Illinois Farm Bureau (IFB) Young Leader and AFBF Young Farmer and Rancher programs.



Kindergarten students at Cambridge Elementary School learned about gardens, plants and soils. The students then enjoyed a tasty treat as they made "edible soil." The program was presented by Henry County Agriculture in the Classroom with Paula Janson, Coordinator.



Third grade students at Galva Elementary School learned about the parts of trees and all the many benefits of trees during their recent Ag in the Classroom program.

Birdies for Charity - Donate to the Farm Bureau Foundation

It is Birdies for Charity Time! When you fill out a pledge form for the Henry County Farm Bureau Foundation, your donation goes further with the support of John Deere, and you have the chance to win a two-year lease on a 2023 Lexus NX!

Pledges are now a one-time flat donation. You will also be able to guess the number of birdies recorded during the John Deere Classic for your chance to win a car or other prizes. Simply fill out a pledge form by June 10 with your contact information and pledge amount and mail it to the Henry County Farm Bureau Foundation, 128 N. Prospect Street, Cambridge, IL 61238.

You may also make your donation online at <https://birdiesforcharity.com/donate> and select the Henry County Farm Bureau Foundation.

The Henry County Farm Bureau Foundation was formed in the Spring of 1984 to carry out charitable, scientific, literary, and educational work in the field of agriculture. Contributions to the Foundation are accepted from the public and are tax deductible.

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Women in Ag Conference attendees share passions, stories



FarmWeek, Apr 3, 2023

Two hundred women attended the 11th annual Women in Agriculture Conference in the Quad Cities to hear motivating and educational speakers and network. "It's just so awesome to be able to bring all these ladies together and just enjoy the day together, learning things, hearing the speakers we have and just the networking and the energy," Henry County Farm Bureau Manager Katie Laleman told RFD Radio. The day-long conference was sponsored by Illinois Farm Bureau, among others, and organized by 13 Farm Bureau managers. Keynote speaker Carey Portell, a Missouri cattle farmer, discussed how to thrive despite challenges and arrive with an attitude of gratitude on the path to success. Other women speakers touched on topics including managing input costs and farm stress, farm lease agreements and securing the future of animal agriculture, among other topics. Gretchen Cromwell, Sangamon County Farm Bureau member and attendee who operates a small hobby farm with cattle and sheep, attends the conference every year. She told RFD Radio the event provides an opportunity to be around other women with similar passions. Laleman noted the high energy of the conference, and the attendees have a variety of backgrounds including full-time farmers to agribusiness representatives. "There's just so much networking and sharing that comes out of today," she said

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FARM GATE

By Joanie Stiers



Agriculture jobs outpace graduates

Good news for the soon-to-be senior in our house: The nation's largest employer is looking for applicants.

The agriculture industry comprises about 11% of the jobs in the United States, employing more citizens than any other industry at 22 million people across more than 250 career areas, according to the U.S. Department of Agriculture. Contrary to popular belief, farmers are just a sliver of agriculture's employment pie, and there's plenty of pie available for anyone with the hunger to support the nation's need for food, fiber and fuel. No farm background required.

The demand for agricultural engineers, agronomists, plant breeders, foresters, veterinarians, agriscience teachers, climate specialists and more will outpace the available college graduates in these disciplines. More than 59,000 job openings will be available – per year – in agriculture, food, renewable natural resources and related industries through at

least 2025, according to the 2020-2025 Employment Opportunities Report by the U.S. Department of Agriculture and Purdue University.

Students who enjoy biochemistry perhaps haven't thought to consider a career in agronomy or biofuels. The mechanically minded may like a profession as an agriculture engineer or precision agriculture specialist. Writers may find fitting opportunities as agricultural journalists.

For good reason, the wall in our high school agriculture classroom says, "Your Career Starts Here." In the last 10 years alone, I have watched students at our small school find their passions through agricultural education and the leadership and career-developing experiences of the FFA.

They now serve the agriculture industry as agronomists, farm financial officers, agricultural educators, agricultural engineers, livestock managers and diesel technicians. My husband has hired graduates to work

with precision technologies and vehicle autonomy in agriculture. Some prepare for an ag-related career, training to become agricultural accountants, veterinarians and horticulturists.

The Illinois Agri-Food Alliance, of which the Illinois Farm Bureau is a founding member, recently launched AGNITOR, a digital platform to connect agri-food professionals to classrooms for virtual chats about careers. The program intends to generate student awareness about career opportunities spanning agriculture, food and natural resources. The National FFA offers opportunities to digitally explore agricultural careers, too. These tools can help students like our daughter find their ideal fit in this diverse and necessary industry.

About the author: Joanie Stiers farms with her family, growing corn, soybeans and hay and raising beef cattle and backyard chickens in West-Central Illinois.

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