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## Illinois Farm Bureau, National Education Center For Agricultural Safety *Celebrate National Farm Safety And Health Week*

BLOOMINGTON, ILL. — Illinois Farm Bureau (IFB) is again partnering with the National Education Center for Agricultural Safety (NECAS) to promote farm safety and health during National Farm Safety and Health Week, themed, ‘No One Can Take Your Place,’ Sept. 17-23, 2023.

“We’re excited to help promote and support NECAS’s efforts in keeping farmers and farm families safe,” said Katie Laleman, Manager of the Henry County Farm Bureau. “Harvest season can be particularly dangerous for farmers with long hours and stress of weather delays, equipment breakdowns or high operating costs, and this year’s activities will reinforce the importance of organizations like ours working together to ensure farmers make it home safely to their

families at night.”

Each day of the week has a designated topic of focus to promote various aspects of farm safety:

- Monday, Sept. 18 – Equipment and Rural Roadway Safety
- Tuesday, Sept. 19 – Health and Wellness
- Wednesday, Sept. 20 – Priority Populations
- Thursday, Sept. 21 – Confined Spaces
- Friday, Sept. 22 – Brain Health

The 2019 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 573 fatalities, or an equivalent of 23.1 deaths per 100,000 workers. Fall harvest time can be one of the busiest and most dangerous seasons of the year for the agriculture industry. For this

reason, the third week of September has been recognized as National Farm Safety and Health Week.

“Farmers are notorious for their work ethic and determination, both qualities that also can be a detriment when it comes to safety,” said Laleman. “While farm safety is top of mind every week for farmers, their families and their employees, National Farm Safety and Health Week is an opportunity to spotlight safety reminders that keep those both inside and outside the agriculture industry aware and mindful during the busy harvest season.”

For more information about National Farm Safety and Health Week, contact your local county Farm Bureau, visit [www.necasag.org](http://www.necasag.org), or contact Donna Gallivan at 309-557-2350 or [dgallivan@ifb.org](mailto:dgallivan@ifb.org).



Are you, or someone you know ready to take the next step in their leadership development? The Illinois Farm Bureau has a program to help with that. The Agricultural Leaders of Tomorrow (ALOT) provides participants with the tools they need to reach their full potential and emerge as a leader in agriculture. Whether you serve on your county Farm Bureau board, county Farm Bureau committee, or a leader in agribusiness or your local community, you’ll benefit from ALOT just as the

over 1,200 previous graduates have.

Classroom studies cover leadership, communication & professional skills, political process, agricultural economics, and global issues, and are taught by experts in a variety of fields. Classes will be conducted over a nine-week period in a different region of the state each year, so there's sure to be one near you.

In 2024, there will be six weekly sessions held at one of the following locations: Edwardsville, Mt. Vernon, Ina, Springfield, and Bloomington, Illinois as well as two sessions on Zoom. Of those in person sessions, two overnight sessions will take place, with one being

in Springfield and one in Bloomington.

The ALOT program is limited to 25 participants, who are chosen following interviews conducted on November 28th via Zoom, by the ALOT advisory committee. There is an \$800 tuition fee, which includes meals, lodging, and instructional materials.

Applications are available online at [www.ilfb.org](http://www.ilfb.org) and are due by November 15th. For more information about the program, contact the Henry County Farm Bureau, visit the Illinois Farm Bureau® website at [www.ilfb.org](http://www.ilfb.org) under “Get Involved,” or contact the IFB Training and Development Department at 309-557-2007.

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**Henry County  
 Farm Bureau  
 Datebook**

**SEPTEMBER**

- 4 Labor Day – HCFB Office Closed
- 6 Market Outlook Seminar – 6:15pm, Lavender Crest Winery, Colona, RSVP Required
- 13 Katie Laleman, HCFB Manager on WKEI 1450AM – 8:25am
- 15 Deadline to order and pay for Freezer Meal Fundraiser
- 17-23 National Farm Safety & Health Week
- 19 HCFB Executive Committee Meeting, 7:00pm  
 HCFB Board of Directors Meeting, 7:30pm
- 26 Young Leaders Adopt-a-Highway Cleanup and Meeting, 6:00pm
- 28 Farm Bureau Women’s Meeting, 5:30pm, HCFB Office



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# Health Department Notes September Cholesterol Education Month

The Henry and Stark County Health Departments and their First Choice Healthcare Clinics in Kewanee and Colona announce that September is National Cholesterol Education Month, so let's take a look at some steps you can take to help lower your cholesterol. Too much cholesterol in the blood can lead to heart disease and stroke - America's No. 1 and No. 3 killers. Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control.

You can reduce cholesterol in your blood by eating healthful foods, losing weight if you need to and exercising. Some people also need to take medicine because changing their diet isn't enough. Your health care provider will help you set up a plan for reducing your cholesterol - and keeping yourself healthy!

September is National Cholesterol Education Month which is a good time to resolve to get your cholesterol screened. What role does screening play? Screening is the key to detecting high cholesterol. Because high cholesterol does not have symptoms, many people do not know that their cholesterol is too high. The National Cholesterol Education Program recommends that adults aged 20 years or older have their cholesterol checked every 5 years.

The First Choice Healthcare Clinic staff reminds area residents they have Lab Services that are available at clinics held Monday through Friday starting at 7:00am in the Kewanee Clinic, 110 N. Burr Blvd., Kewanee; and at 8:00am at their Colona Clinic, 103 1st St., Colona.

The First Choice Healthcare Clinics offer area residents the opportunity to receive a variety of in-depth profiles like a General Health Panel, GHP which includes a Comprehensive Metabolic Panel, CMP; Complete Blood

Count, CBC; and a Thyroid Stimulating Hormone, TSH. Other popular profiles include a Lipid Panel; the CBC; the CMP; the TSH; and the PSA (Prostate Specific Antigen) test. These tests are available without a physician's order and reasonably priced.

Many insurances, Medicare, and Medicaid can be billed with a physician's order.

The PSA, for males age 50 and over, is a blood test to be used as a screening tool by physicians and should only be used in conjunction with a doctor's physical exam. These and other fasting blood profiles can be obtained by appointment at their Kewanee and Colona locations.

Fasting is required for optimal results. Therefore, participants should not eat or drink anything other than water for 8-12 hours prior to the blood draw. Test results will be sent by mail to participants and ordering physicians.

Please note, appointments which are necessary, may be made by contacting the First Choice Healthcare at (309) 852-5272 in Kewanee or (309) 792-4011 in Colona. For more information visit our website at [www.henrystarkhealth.com](http://www.henrystarkhealth.com) or find us on Facebook at Henry and Stark County Health Departments or Follow Us on Twitter and Instagram.



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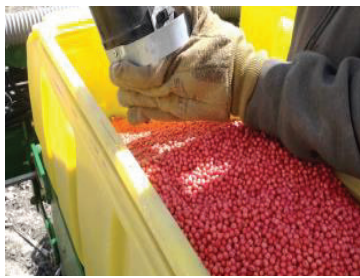
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## Pre-Harvest Farmer Ag Outlook Meeting



### Lock in your Profit Margin for next year TODAY

# THE MARGIN SQUEEZE

**When:** Tuesday, September 12<sup>th</sup> 2023

**Where:** Henry County Farm Bureau Office  
128 N. Prospect St., Cambridge, IL

**Time:** 8:30 a.m. (Breakfast provided)

**RSVP Farm Bureau:** (309) 937-2411

**Meeting Co-sponsored by:**

Alan Davis, COUNTRY<sup>®</sup> Financial Crop Insurance  
& Henry County Farm Bureau



### Speakers & Topics Covered:

*Margin Protection*

*Winter Wheat*

*Grain Prices (How this impacts you now and long term)*

*Fall Harvest crop insurance claim potential*

Other Ag Professionals may also be in attendance as well



*Partnering to benefit*

*Illinois Farmers*



# Getting to know your Farm Bureau Policy

## 88. FARM SAFETY

We support:

1. Encouraging all county Farm Bureaus to develop and maintain an aggressive farm safety education program to help protect our current and future generations. It is important that youth receive age appropriate training in farm safety.
2. Working to enhance the safety of farmers by encouraging them to use and, when necessary, replace safety lighting, markings, and reflective devices that are of extreme importance when used on farm machinery.
3. Encouraging the use and placement of reflective material and safety lighting on farm equipment that conforms with the American Society of Agricultural and Biological Engineers (ASABE) marking standards.
4. Encouraging all county Farm Bureaus to work with local farmers, elevators, and emergency response personnel to provide adequate grain safety training. Training should include information pertaining to safe grain handling as well as grain emergencies.

## RECIPE



Sponsored by:

**Newman Marcus Bars**  
From the kitchen of Cathy Carlson

- |                             |                             |
|-----------------------------|-----------------------------|
| 1 box yellow cake mix       | 2 eggs beaten               |
| 1 stick butter, softened    | 1 lb. powdered sugar        |
| 1 egg                       | 1 tsp. vanilla              |
| 8 oz. cream cheese softened | 12 oz. pkg. chocolate chips |

### Instructions

Combine cake mix, butter and 1 egg. Mix well, press into bottom of greased 9 x 13 pan.  
Then mix together cream cheese, 2 eggs, powdered sugar and vanilla. Mix well.  
Add chocolate chips. Spread over cake layer. Bake at 300 degrees for 1 hr. 15 min.  
Bake in middle of oven.



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# Foundation Golf Fun Day Held at Baker Park



Joining Representative Dan Swanson for a great round of golf at the HCFB Foundation Golf Fun Day are Jennifer Russell, Thomas Bumann, and William Bumann.



The team of Dan Kniss, Eric Henderson, Dan Meyer, and Tyler Hanson, of Country Financial, participated in the Foundation Golf Fun Day. Special thanks to Country Financial Representatives in Henry County for sponsoring the lunch for the Foundation golfers.



Winning first place in the Henry County Farm Bureau Foundation Golf Fun Day were the team of Travis and Starla Fransene and Ryan and Cassie Hanson. Congratulations!!!

## Farm Bureau Women Host CPR Training



The Farm Bureau Women held a CPR Training for members to obtain important knowledge of lifesaving skills. Pictured, participating in the training class are Brad and Hilary Boelens, along with daughters Laura and Emily.

## National Night Out



The Farm Bureau Education Committee participated in Geneseo's National Night Out event on August 1. The committee had fun games for both children and adults while sharing information about farming and food.

## Touch a Tractor



As part of National Night Out, the Education Committee sponsored "Touch a Tractor" for children and adults to climb in the cab of the John Deere. Special thanks to Prairie State Tractor of Geneseo!



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# FARM GATE

By Joanie Stiers



# Transport by Trailer

## College move-in successful minus the pigs

The gal in the neighboring dorm room rented a U-Haul to transport her belongings to college. Other families had minivans with the back seats removed for their students. We had a pickup truck pulling a livestock trailer that stated the name and location of our farm.

I avoided eye contact with the upper-classmen helpers as my dad removed the pin, lifted the bar lock assembly and swung open the rear gate. With ease, the trailer held my bookshelf, mini-fridge, microwave and television with built-in VCR. I grabbed a lamp and headed to my second-floor room. Perhaps the volunteers didn't realize this rig hauled pigs most other days of the year.

For six consecutive years, livestock trailers hauled my brother or me to college. Later, they

moved us to new homes. The trailers were "special-event spotless," or as clean as possible with a pressure washer and relentless focus on the toughest layers of manure. We cleaned the trailers with the same precision for a shining appearance at the county 4-H fair livestock shows.

My college move-in experience merely represented the norm for a farm kid: Farmers maximizing the potential of their farm equipment. As a child, Mom swam in a large, round livestock water tank, which served the cattle when she and her brothers were done with it. Old tractor tires became sandboxes. The hayrack doubled as a float in the homecoming parade. We used the farm shop for our wedding reception.

By my senior year, I appreciated the practical-

ity of our pig-turned-furniture hauler. Now, our kids witness my tolerance of embarrassment. The minivan (my farm car) has mudflaps and rugged, all-terrain tires. I take an insulated delivery bag into the local pizza places. Mistaken for DoorDash, I explain the bag keeps both pizza and field meals warm in transit to rural locations.

So if you see a livestock trailer backing with ease to the neighboring sidewalk, admire the skill. Then, just realize it's likely not a cow moving in next door, but rather someone with some unique resources potentially sharable with friends.

*About the author: Joanie Stiers farms with her family in West-Central Illinois, where they grow corn, soybeans, hay and cover crops and raise beef cattle, backyard chickens and farmkids.*

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## Spivey Named COUNTRY Financial Representative

Erin Spivey of Galva has been named an insurance representative for COUNTRY Financial.

Erin had been Merle Hall's assistant in Kewanee for the past ten years and she is very excited for the opportunity to take over the role of the Country Financial Insurance Agent in Kewanee.

Erin and husband Travis, have been married for 28 years and we reside in rural Galva on the family farm. They have three children, Dalton, Gunner, and Alexis. In her free time, she enjoys going for walks, reading, and antiques.

Erin serves customers from her COUNTRY Financial office at 100 E Division St, Kewanee. Contact her at (309) 852-2121 or [Erin.Spivey@countryfinancial.com](mailto:Erin.Spivey@countryfinancial.com).



# Freezer Meal Fundraiser



*Deadline to order: September 15*

**Meal pick-up: Tuesday, October 10  
2:30-5:00 p.m.**

**Stop by the Henry County Farm Bureau and PICK UP 10 delicious meals that have already been prepped and frozen for your convenience. All you need to do is cook them!  
Each meal you take home serves 2-4 people (depending on eaters).**

**MEAL SET INCLUDES ONE OF EACH:**

- Hickory Smoked Pulled Pork
- Tenderized Pork Chop Sandwiches
- BBQ Meatballs
- Broccoli Cheese Soup
- Smoked Pork Loin
- Meatloaf with Sweet Potatoes
- Lasagna
- Chicken & Biscuits
- Pulled Pork Mac & Cheese
- Chicken Bacon Ranch Pasta

**Cost for 10 meals: \$ 200.00**

*Return bottom portion with payment by Sept 15*

*Prepared by:*



Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

# of Meal Sets ordered: \_\_\_\_\_ Payment Total Enclosed: \_\_\_\_\_

Checks payable to: Henry County Farm Bureau Foundation  
Mail to: HCFB, 128 N. Prospect Street, Cambridge, IL 61238

Questions: (309) 937-2411 or email: [manager@henrycofarmbureau.org](mailto:manager@henrycofarmbureau.org)