HENRY COUNTY FARMER



Official Publication Of The Henry County Farm Bureau, Cambridge, IL 61238

HENRY COUNTY FARM BUREAU DATEBOOK

MARCH

4Henry County Pork Producers meeting,
HCFB Boardroom, 7pm
8HCFB Foundation
Scholarship Deadline
11 Health & Safety Committee Meeting via Zoom, 6pm
13 Katie Laleman, HCFB Manager, on WKEI Tuned In, 8:25am
13 Member Relations Committee Meeting, FB Boardroom, 6pm
14"Healthy Farmers, Healthy Farms" with the Henry County Mental Health Alliance, Speaker: Adrienne DeSutter, 8:00am, Reservation required, breakfast served
14Market Outlook Seminar, Lavender Crest Winery, 6:15pm, Speaker: Paul Otton, Freese-Notis
Weather, Reservations required
19"National Agriculture Day"
19Primary Election Day
19 HCFB Executive Committee Meeting, 6:30pm
19 HCFB Board of Directors Meeting, 7:00pm
22 Women in Agriculture Conference, Bally's Quad Cities
26Young Leaders Meeting,

FB Boardroom, 6:30pm

MARKET OUTLOOK SEMINAR FEATURING PAUL OTTO



Paul Otto, Meteorologist with Freese-Notis Weather, will be the featured speaker on Thursday, March 14 at 6:15 p.m. at Lavender Crest Winery, 5401 US Highway 6, Colona. Dinner will be served followed by an update from Tom Parchert, River Valley Cooperative. Reservations are required and must be made by March 7 to guarantee your attendance.

Paul Otto grew up in Green Bay, Wisconsin and then moved to St. Louis, Missouri, when he was a child. He was that child that was always looking out the window to study the geography while taking car trips with his family throughout the eastern two-thirds of the U.S. He used these trips as an opportunity to figure out how the land and water features changed with every mile and how these features working in tandem

and sometimes against one another.

As a teen, his focus narrowed to studying the weather for selfish purposes as any approaching winter storm could mean that he did not have to complete that evening's homework, if he could just figure out its severity for his area. In college, Paul studied Meteorology at the University of Missouri-Columbia and took every opportunity to get involved in radio, television, and agriculture. In agriculture, he filled in for the State Climatologist over holidays so that atmospheric measurements could still be carried out at the campus research farm.

On television, Otto was brought on as the weekend Meteorologist after serving as an intern. He honed his radio skills through the University of Missouri's Journalism School as part of KBIA's Morning Edition. Before graduating, he was fortunate that Freese-Notis Weather in Des Moines reached across what was then the BIG 8 boundary to interview a Missouri Tiger.

When Paul Otto started working for Freese-Notis Weather, early in the summer of 1993, I quickly realized that he was right in time to witness the unfolding of the Flood of 93'. It started innocently enough as slow moving, but intense thunderstorms over small lakes in northern lowa each afternoon, day after day, that built over the course of a month to overwhelm the river basin. The situation reached levee breaking

potential when the thunderstorms became a nightly ritual as well that ultimately became the Flood of 93'.

As a Meteorologist, Otto looks forward to providing short- and long-term forecasts that are exact and therefore serve a purpose for his listeners. He aims to give them all of the information they need in order to carry out and develop their own plan of action.

Cost for the single session is \$35.00 (if not pre-registered cost will be \$40.00). To make reservations, please call the Henry County Farm Bureau (309) 937-2411, Rock Island County Farm Bureau (309) 736-7432 or Mercer County Farm Bureau (309) 582-5116.

The Market Outlook Series is sponsored by the Henry, Rock Island and Mercer County Farm Bureau Marketing Committees in conjunction with: Gold Star FS; BankORION; COUNTRY Financial - Alan Davis, Crop Insurance; Central Bank; COUNTRY Financial - Brent Bigham, Tracy Bigham, Chad Nelson, John Waugh; Big River Resources; River Valley Cooperative; Diamond Ag; Wyffels Hybrids; Compeer Financial (Aledo & Geneseo offices); COUNTRY Financial - Dan Kniss, Mike Geuns, Eric Henderson, Julie Hessler, Tom McKie, Jerry Samuelson, Erin Spivey, Katie Spivey, Cassie Stahler; Blackhawk Bank & Trust; Hertz Farm Management.



FARM BUREAU LEADERS ATTEND CONFERENCE

During the Illinois Farm
Bureau Governmental Affairs
Leadership Conference,
a reception was held for
Farm Bureau members
and Legislators from
throughout the state. HCFB
President Steve Nightingale
(left) and Brian Corkill,
HCFB Vice President of
Legislation, greeted Henry
County's Adopted Legislator,
Representative Nabeela
Syed during the event held in
Springfield.

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Henry County Farmer (USPS-

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SILO FILM SHOWN TO AUDIENCE IN GENESEO

SILO, the first ever feature film about a grain entrapment, was recently shown by the Farm Bureau Health & Safety Committee, in conjunction with Gold Star FS, Wyffels Hybrids and the Geneseo FFA Chapter. Over 85 people attended the showing and following the film heard from members of the Bishop Hill Fire Department, who are trained and certified in Grain Bin Rescue. Speaking to attendees are (I to r) Cameron Meyer, Jeff Burke and Greg Peck.

"FIRST CHOICE HEALTHCARE BEHAVIORAL HEALTH STAFF ADDRESS THE "WINTER BLUES"

The Henry and Stark County Health Department along with First Choice Healthcare and its Mental Health Staff would like to address what many refer to as the "Winter Blues." The winter blues are very common, with many of us experiencing a mood shift during the colder, darker days of winter. You may find yourself feeling more lethargic and down overall. Although you may feel more unhappy than usual, the winter blues typically do not affect your ability to enjoy life.

But if your winter blues start permeating all aspects of your life — from work to personal relationships — you may be experiencing seasonal affective disorder (SAD). SAD is a subtype of major depression that is characterized by the onset of depression during winter months when there is less natural light. For many people, symptoms usually start in the fall and continue into the winter months.

Symptoms of Seasonal Affective Disorder may include:

 Feeling depressed most of the day, nearly every day

- Feeling hopeless or worthless
- · Having low energy
- Losing interest in activities you once enjoyed
- · Problems sleeping
- Changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

How Do You Treat SAD? Treatment for SAD may include light therapy (phototherapy), psychotherapy and medication. In addition to your prescribed treatment plan for SAD, you may also try:

- Making your environment sunnier and brighter
- Spending more time outside
- Exercising regularly

In addition to SAD, some people with major depression, unrelated to the season, may experience an increase in symptoms during the

late fall and winter; it is important that they discuss this with a behavioral/mental health professional. The most important take-home message is that SAD, just like other types of depression, is treatable and people should not suffer in silence; they should seek help

And remember, Mental Health Services are now available at First Choice Health Care. We are now accepting appointments in our Kewanee location! Our behavioral health staff are prepared to support patients aged five and over. For such issues as depression, anxiety, stress, substance use and addictions, behavior problems, bipolar disorder. attention deficit hyperactivity disorder, family/parenting issues, obsessive compulsive disorder, post-traumatic stress disorder, schizophrenia and other related disorders, sexual assault, suicide prevention, trauma, and loss.

Help and understanding are just a phone call away all the Health Department's First Choice Healthcare 309-852-5272!

HENRY COUNTY
BEEF ASSOCIATION
BANQUET

Social hour begins at 5:00 p.m.
Dinner at 6:00 p.m., Program and auction to follow

For tickets contact Courtney Ericson at (309) 507-2025



YOUNG LEADERS ATTEND CONFERENCE

Members of the Henry County Farm Bureau Young Leaders recently attend the Illinois Farm Bureau Young Leader Conference held in Springfield. Those representing Henry County and attending were (I to r) Ben Justus, Kathryn Justus, Kate Huffman, Shane Asher, Sadie Asher, Brett Johnson and Justine Johnson.

HENRY COUNTY REPRESENTED AT IFB YOUNG LEADER CONFERENCE

SPRINGFIELD – Nearly 500 young leaders in agriculture from across the state met in Springfield for the Illinois Farm Bureau Young Leaders Conference, held Feb. 2-3.

Attending from Henry County were Ben Justus, Kathryn Justus, Kate Huffman, Shane Asher, Sadie Asher, Brett Johnson and Justine Johnson.

"We are incredibly proud of all of our young leaders and the vital work they do for agriculture in the state and beyond," said Jenna Severs, chair of the state Young Leader Committee. "Our exceptionally talented, up-and-coming ag professionals ensure that the future of ag in this state remains bright and in good hands."

The 2024 conference featured industry experts from across the ag landscape, educating the attendees on a wide range of topics, including market dynamics, livestock strategy, soil fertility, young farmer challenges, ag safety, predictive weather science and much more.

The keynote address was given by Eric Snodgrass, senior science fellow and principal atmospheric scientist for Nutrien Ag Solutions. In front of a packed room of 464 registered attendees, Snodgrass spoke about South America's expanding ag production and how global weather patterns affect markets in both the short and long term. Snodgrass also delivered two breakout sessions and expanded on the unpredictability of the weather as well as

its impacts on Illinois and global agriculture.

The state Young Leader Committee is comprised of 18 district representatives between ages 18 and 35 who are passionate about promoting agriculture and Illinois Farm Bureau. Committee members engage with others from around the state at conferences and workshops and through their district and county Farm Bureau.

IFB President Brian Duncan and Vice President Evan Hultine, who were both active in the Young Leaders program early in their careers, were in attendance, along with several members of the IFB board of directors. Eighty members of collegiate Farm Bureau were also in attendance.

"IFB's Young Leaders program is inspirational for those of us who care deeply about the future of agriculture," Duncan said. "As I sat in a packed convention hall and breakout sessions, I was struck by the depth of our talent in Illinois ag. These young men and women ask great questions and are hungry for knowledge that will better their farm, their community, their state and beyond. I'm certain that several of our Young Leaders will go on to make great impacts at state and national levels, but more importantly, I'm heartened to see firsthand that many exceptional and talented men and women will be invaluable resources and leaders at their local, grassroots level for a lifetime to come."

FIRST CHOICE Farm Bureau
Salutes the
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Month



Julie Hessler, Orion

HENRY COUNTY PORK PRODUCERS

Annual Banquet

Saturday, March 16th, 2024 6:00 p.m. Doors Open - 6:30 p.m. Meal Location: Midland Golf Club Tickets are available at the door

TICKETS: \$10.00

All Henry County Pork Producers & Pork Promoters Welcome

Reminder - Exhibitors of the 4-H Barrow Sale receive one complimentary ticket

Door Prizes will be given!

Scholarships will be presented!

Current and Past Pork Producers are Welcome!

QUESTIONS

President, Tom Dale - (563) 357-0093
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- Trauma & Loss

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NURSING SCHOLARSHIP APPLICATION AVAILABLE

The Illinois Farm Bureau® Rural Nurse Practitioner Scholarship Program is now accepting applications for nurse practitioner scholarships. This year, a total of 15 scholarships, each worth \$4,000, will be granted.

This scholarship program, which has been running for 32 years, aims to encourage and develop a strong pool of rural health practitioners to address primary healthcare needs in rural areas of Illinois. Recipients of the scholarships are required to practice for two years in an approved rural area within the state.

To be eligible for the scholarship, applicants must be Illinois residents and either accepted

or enrolled in an accredited Nurse Practitioner Program as Registered Nurses. The funding for this program is provided by the Rural Illinois Medical Student Assistance Program (RIMSAP).

Applications can be obtained from county Farm Bureaus® across the state, the Rural Illinois Medical Student Assistance Program website at RIMSAP.com, or by contacting Donna Gallivan, the Program Manager, at Illinois Farm Bureau, 1701 Towanda Avenue, Bloomington, IL 61701. The deadline for applications is

For further information, please feel free to reach out to Donna Gallivan at 309-557-2350 or via email at dgallivan@ilfb.org.

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DEADLINE IS MAY 1

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HEALTHY Farmers, HEALTHY Farms

THURSDAY, MARCH 14, 2024 HENRY COUNTY FARM BUREAU 128 N. PROSPECT ST. | CAMBRIDGE

8:00 a.m.

Breakfast served (Biscuits & Gravy, Fruit, Coffee/Juice)

BUREAU Farm. Family. Food

8:30 a.m.

Program begins

10:00 a.m.

Final remarks & program concludes





FEATURED SPEAKER:

Adrienne DeSutter, Ag Mental Health Specialist, Founder of "Sow Hope Grow Hope"

"When Stress is More Than a Season"

The farming profession has unique qualities that can make it rewarding and desirable. So why are stressrelated fatalities, like heart disease and suicide, more prevalent among farmers compared to nearly every other occupation? Learn what puts farmers at risk, and what YOU can do to protect your local farm families.

RSVP REQUIRED BY MARCH 11

No cost to attend Seating is limited, & reservations are required. Call (309) 937-2411 or

membership@ henrycofarmbureau.org

NATIONAL AG DAY - MARCH 19, 2024

The Agriculture Council of America (ACA) announced March 19, 2024, will be National Agriculture Day with the theme of "Agriculture: Growing a Climate for Tomorrow."

Activities planned for March 19 feature a virtual Ag Day program, and in-person events in Washington DC. ACA will invite students to interact virtually with legislators and agency representatives, delivering the Ag Day message. A core leadership team of college students will participate in the DC events, along with representatives of national farm and commodity organizations, representatives of the food, fuel, and fiber communities.

Jenny Pickett, ACA President says students from AFA, 4-H, FFA, and MANNRS participated in 2023 National Ag Day. "Students are interested in advocating on behalf of agriculture and their future roles in the industry. Their participation in National Ag Day activities provides a glimpse of the future of agriculture. It's exciting to learn from the students what they think agriculture will be like in the years

ahead, and how their involvement will shape the industry and America as a whole."

According to USDA Economic Research Service* more than 22 million full- and part-time jobs were related to the agricultural and food sector, or roughly 10 percent of all US employment. Onfarm jobs represented about 2.6 million jobs, or a little over one percent of US employment. Take that a step further, agriculture- and food-related jobs totaled more than 19 million.

"More and more, students and individuals are finding careers in agriculture. The industry needs

scientists, biologists, food safety technicians, livestock nutrition specialists, arborists, conservationists - one doesn't have to be a farmer or have a direct on-farm job to be involved in the agriculture industry," Pickett says.

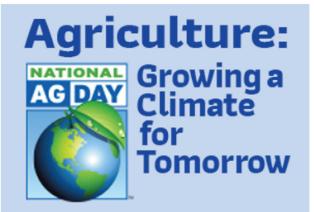
2024 National Ag Day marks the 51st year of the nationwide effort to share real stories of American agriculture, and remind citizens that agriculture

affects everyone. "From the food we eat and the fuel for our vehicles, to the fiber in the clothes we wear, and the oil used to make kids' crayons, agriculture touches everyone in some way," Pickett says.

The National Ag Day program encourages every American to:

- · Understand how food, fiber, and fuel products are produced.
- · Appreciate the role agriculture plays in providing safe, abundant, and affordable products.
- · Value the essential role of agriculture in maintaining a strong economy.
- Acknowledge and consider career opportunities in the agriculture, food and fiber industry.

Visit www.agday.org for more information.



MARCH 19, 2024

About Agriculture Council of America

Agriculture Council of America, a nonprofit organization composed of leaders in the agricultural, food and fiber community, organizes the annual activities which are part of a national effort to increase the public's awareness of agriculture's role in modern society.



WOMEN'S WORKSHOP FOCUSES ON STRESS AND FINDING JOY

Farm Bureau Women and the Health & Safety Committee sponsored a special program, "Mocktails and Mental Health". The session presenter, Adrienne DeSutter, spoke to ladies about managing stress better and seeking joy. Forty-seven women attended the program, hearing from DeSutter, founder of Sow Hope Grow Hope.





MARCH 14 6:15 P.M. **Lavender Crest Winery**

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THURSDAY







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FAMILIES DOMINATE OWNERSHIP OF ILLINOIS FARMS

I work every day with the people who raised me. Four desks in the farm office provide space for mom, dad, brother, and sister. It's the same crew I sat with at the dinner table in the 1980s. The ones I made memories with on family vacations at theme parks with the fastest roller coasters. The quartet that spent weekend afternoons cleaning field edges and dining on pizza at sundown on Sunday nights.

Relatively speaking, we're among the mainstream. An overwhelming 96% of Illinois farms are owned and operated by families like ours, a statistic worth recognizing in this season that honors National Ag Day on March 19, 2024. Contrary to popular belief, parents, grandparents, spouses, siblings, children, cousins, aunts, uncles and even in-laws make most decisions about how food. feed and fuel are grown. Not faceless corporations.

That's a pleasant surprise to most citizens of the state, according to surveys that show consumers trust familyowned farms but largely believe corporations own them. Motivated to debunk the ownership myth, the Illinois Farm Bureau partnered with the state's commodity groups. Together, they launched the "We Are The 96" campaign a year ago with a big-time commercial during Super Bowl 2023.

Afterward, advertisements hit regional TV stations. Social media messaging exceeded 6 million views on Facebook and Instagram. Pizza boxes from more than 500 Illinois Casey's stores promoted the family farm message during National Pizza Month. The family ownership of farms even made appearances in Chicago movie theaters and transit stations, helping initiate the more than 30 million impressions logged with Illinois consumer audiences.

The campaign with beautiful images and videos of farm families lured looks from farmers who related to the message and non-farmers

who desired to know the decisionmakers behind their food choices. On 96% of Illinois farms, family owners select the seed, plant the crops, feed the cows, protect the land, serve their communities, teach the next generation, and hire local talent to help them get it done. As the most-watched TV event of the year, nothing comes close to the Super Bowl. That's a striking similarity to families owning 96% of Illinois farms. Super Bowl 2024 delivered another campaign commercial touting the family ownership of farms. Keeping with tradition, three generations of our farm family gathered around the TV to watch.

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.



MAKING FEED SACK SNACKS

Second grade students at Annawan Grade School learned about raising pigs and made a "feed sack" snack that represented what pigs are fed to grow and be healthy.



ALL ABOUT PIZZA

Kindergarten students at Southwest Elementary School in Geneseo learned where all the ingredients for pizza come from, during their Ag in the Classroom lesson.



COTTON TO BLUE JEANS

Sixth grade students at Orion Middle School learned about how blue jeans are made from cotton. Paula Janson, Henry County Agriculture in the Classroom Coordinator, led the lesson for the students.

UNIVERSITY OF ILLINOIS EXTENSION EXPLORES THE FUTURE OF FARMING AT "A.I. AND YOUR FARM" EVENT

Woodhull, IL - In an era where technology transforms every facet of our lives, the convergence of agriculture and Artificial Intelligence (A.I.) marks a pivotal frontier. University of Illinois Extension invites farmers and ag professionals to the "A.I. and Your Farm" event and luncheon on March 5 at Woodhull Community Center, from 10 am to 1 pm.

Sponsored by Goldstar-Cambridge, Big River Resources, and River Valley Cooperative, the event will feature expert speakers shedding light on the integration of A.I. in agriculture:

- N. Dennis Bowman, Illinois Extension digital agriculture specialist, will present "Old McDonald had a Farm: AI, AI ... Oh!" He will delve into precision farming and the practical applications of agricultural technology, discussing A.I. and technological innovation from the perspective of realworld applications and ongoing research.
- Hannah Gripp, from SweetWater Technologies, Powered by Gripp, will

explore drones, fungicides, and SweetWater precision ag technologies. As a full-service drone application and business development company, SweetWater Technologies aims to empower the next generation of American farmers with turn-key, owner-operator partnerships within precision agriculture.

 Nicole Haverback, Watershed Outreach Associate at Illinois Extension, will provide insights into the Illinois Nutrient Loss Reduction Strategy. Focused on nitrogen priority watersheds in the northwestern part of the state, Nicole will discuss the strategy's background and practical agricultural solutions to reduce nutrient

Event includes lunch by Henn House BBQ. Join us for no-nonsense insights into A.I. in agriculture. Registration is \$5 per person, and pre-registration is required at go.illinois.edu/ Alfarm or call the Illinois Extension office at (309) 756-9978.







RECIPE OF THE MONTH

Vomen CARAMEL OATMEAL PECAN BARS



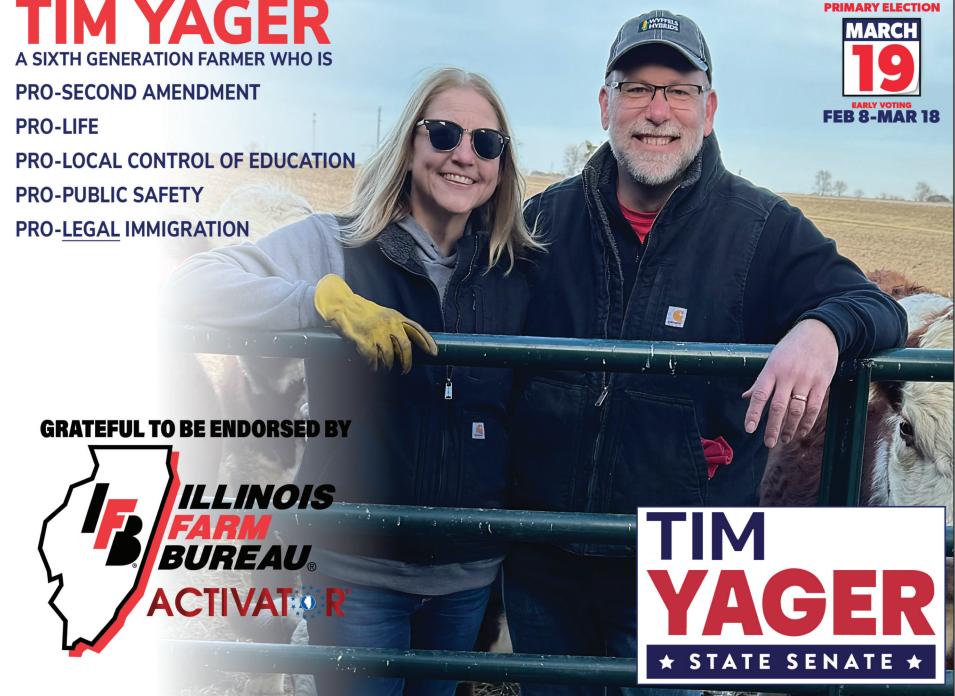
Ingredients:

- 2 cups all-purpose flour
- 2 cups quick or old-fashioned oats
- 1 ½ cups packed brown sugar
- 1 teaspoon baking soda
- 1 cup butter or margarine, softened
- 1 ¼ cups caramel ice cream topping
- 1 cup chopped pecans

Instructions:

- 1. Preheat oven to 350 degrees.
- 2. Combine flour, oats, brown sugar, and baking soda in large mixing bowl.
- 3. Cut butter into flour mixture with pastry blender until mixture resembles coarse crumbs.
- 4. Reserve 2 cups of the crumb mixture; set aside.
- 5. Press remaining crumb mixture onto bottom of bar pan.
- 6. Bake 10 minutes.
- 7. Spoon caramel topping over crust, carefully spreading to edges.
- 8. Add pecans to reserved crumb mixture; sprinkle over caramel topping.
- 9. Bake 10-15 minutes or until golden brown and bubbly. Remove to cooling rack.
- 10. Cool; cut into 40 bars.





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GETTING TO KNOW YOUR FARM BUREAU POLICY

94. NUTRITION

We support:

- United States Department of Agriculture (USDA)
 efforts to expand the use of dietetically wholesome
 and nutritious foods in all school meals and other
 nutrition programs and shall not be limited to locallygrown or organic production.
- 2. Renaming high fructose corn syrup to corn sugar.
- Greater flexibility with the National School Lunch and Breakfast programs to ensure local school districts are able to determine how to meet the nutritional needs of their students.
- 4. Equal access of pasteurized dairy products, including whole milk, by the USDA national school lunch program and by the armed forces.

We oppose financial penalties on local school districts for serving meals that do not meet current federal mandates in the National School Lunch and Breakfast programs.



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DR. ANNIE KINWA-MUZINGA TO HEADLINE WOMEN IN AGRICULTURE CONFERENCE

The Women in Agriculture Conference committee is excited for the 2024, Women in Agriculture Conference. Dr. Annie Kinwa-Muzinga will headline for the annual Women in Agriculture Conference in Rock Island on Friday, March 22, 2024. Dr. Annie Kinwa-Muzinga is a Professor of Agribusiness in Agribusiness in the Regina Roth Applied Agricultural and Food Studies Department at Morningside University since August 2018. Dr. Annie Kinwa-Muzinga's research on Gender Assessment of the Agricultural Sector in the Democratic Republic of Congo (DRC) in 2012 helped her understand that the fight against hunger and malnutrition of one widow and her children.

Leader Tony McCombie will be the featured

mid-day speaker. In January 2023 Leader McCombie began her fourth term of office as State Representative and first term as Leader of the House. She is also the first woman to serve as House Republican Leader in Illinois.

Closing out the conference is Annaliese Wegner. Also known as Modern-day Farm Chick, is a dairy farmer, mother, wife and AGvocate. Through social media, speaking, workshops, retreats and events, Annaliese helps others in agriculture effectively share their farm story in an effort to bridge the gap from farm to table.

More details can be found at womeninagricultureconference.com. This Conference is sponsored by the Farm Bureau Women in Agriculture Conference Committee.



HENRY COUNTY FARM BUREAU FOUNDATION TO AWARD \$45.000 IN SCHOLARSHIPS

SCHOLARSHIP PERIOD NOW OPEN

- Henry County Farm Bureau Foundation Agriculture Scholarship
- Wilbert & Carol Keppy Foundation Scholarship
- Kevin & Karen Urick Farm Bureau Legacy Scholarship
- Glenn & Betty DeSmith Memorial Scholarship
- Trade & Technical Program Scholarship
- James Ufkin Memorial Scholarship

Applications are available at www.henrycofarmbureau.org select Foundation

Deadline to apply: March 8, 2024

