HENRY COUNTY Farm. Family. Food.

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



AUGUST

4	. Henry County Pork
	Producers meeting,
	HCFR Roardroom 7pr

6..... Women's Self Defense class, Cambridge High School, RSVP Required, 6pm

7-17...... Illinois State Fair, Springfield, IL

8..... HCFB Foundation Golf Fun Day (Office Closed), Baker Park-Kewanee. Call now to reserve your tee time!!!

13 District 3 Young Leaders Discussion Meet, HCFB Boardroom, 6pm

14 Henry County Beef Association meeting, HCFB Boardroom, 7pm

16 Children's Safety Expo, Black Hawk College Community Education Center, 9:30am-12:30pm

19 HCFB Executive Committee	
	meeting, 6:30pm
HCFB Board of Directors	
	meeting, HCFB Boardroom, 7pm

26-28 Farm Progress show, Decatur, IL

SEPTEMBER

9..... Labor Day, **HCFB Office Closed**

HENRY COUNTY FARM SHAPED BY SUSTAINABILITY

By Hannah Spangler, FarmWeek

From the cattle and cropland to the birds and the insects, Karen Lyman wants to take care of every aspect of her family's farm.

"Sustainability is something that has been around for a long time," Lyman said. "We are going to continue to be here, and we want to take care of the soil, we want to take care of the water."

Lyman farms on 1,200 acres in Henry County and represents the fifth generation to live and work on the land. Conservation and recycling has always been a part of the operation, said Lyman, who was named the 2024 Association of Illinois Soil and Water Conservation District's (AISWCD) Conservation Woman of the Year, an award celebrating women for their leadership and dedication to preserving natural resources.

The farm uses a closed-loop system. Corn grown on the land is fed to cattle and the manure is collected in a concrete pollution control structure beneath the barn. Then, the manure is injected into the soil to provide nutrients and organic matter while preventing runoff into nearby waterways. Lyman said they also plant cover crops, at first at a small scale, but now 400 acres of cereal rye.

"We're hoping to make the soil even better. We're hoping that the cover crops not only retain the nutrients that we've put in with the manure, but also



Karen Lyman, left, and her husband, Alan, returned to the family farm in 1997 when her father began planning for retirement. (Photo by Hannah Spangler)

increase the water-holding capacity and the tilth of the soil," she told FarmWeek.

Growing up on the family farm and years of involvement in 4-H and FFA shaped Lyman's knowledge of conservation and agriculture. She followed in the footsteps of her father and grandfather by attending Iowa State University, where she earned a degree in agronomy and met her husband, Alan (Al).

Her passion for soil health led to a student internship with the Soil Conservation Service in Bloomfield, Iowa, and eventually a career as a soil conservationist. She and her husband returned to the family farm in 1997 when her father began planning for retirement.

In addition to her work on the farm, Lyman has served on the Henry County Farm Bureau board, the Soil and Water Conservation District board and the Henry

_ continued on page 5

'ADVENTURE AWAITS' ILLINOIS AT THE ILLINOIS STATE FAIR



The 2025 Illinois State Fair is gearing up for another unforgettable season in less than one month, and this year's theme, "Adventure Awaits," promises a journey through the very best of Illinois tradition, agriculture and entertainment.

Officially opening Aug. 7, the Twilight Parade will mark the beginning of the 11-day fair. The parade, featuring high school bands, community groups, vintage vehicles and colorful floats, steps off at 5:30 p.m. from Lincoln Park, winding its way through the city of Springfield and into the fairgrounds via the Main Gate.

"The Twilight Parade is the perfect way to kick off this adventure," said Illinois Department of Agriculture Director Jerry Costello II. "This year's theme invites every fairgoer to discover something new, and it all starts with the parade."

Other opening day highlights include:

 Fairgrounds admission: \$5 for adults, \$3 for seniors, free for kids 12 and under

- Carnival rides open at noon: All rides just \$3 all day Aug. 7
- "Double the Fun" parking deal: Pay to park Aug. 7, and return with free parking on August 12, 13 or 14

Monsters of Destruction:

The monster truck rally takes over the arena at 7:30 p.m. Tickets are \$25 for adults and \$20 for kids 12 and under. Day of the event tickets are \$30 for adults and \$23 for kids 12 and under.

"There's a world of fun waiting inside the gates," said Illinois State Fair Manager Rebecca Clark. "We encourage families to grab a lemon shakeup, find their favorite curbside spot and enjoy this time-honored tradition. We cannot wait for you to experience all the adventure the Illinois State Fair has to offer."

The 2025 Illinois State Fair runs Aug. 7-17 in Springfield. Illinois agriculture will be celebrated on Agriculture Day, Aug. 8. For more fair updates, visit statefair.illinois.gov/.

HENRY COUNTY FARM BUREAU

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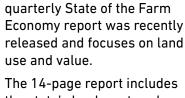
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Illinois Farm Bureau's

the state's land use trends, average price and cash rent trends over the last five years, broken down by soil productivity index, along with foreign investment estimates, acres lost to state development and more.

"This is a great resource for our members to understand the full context of land use and ownership in Illinois," said Raelynn Parmely, IFB's economic and policy analyst. "These quarterly reports are deep dives into topics that interest and affect Illinois farmers, and we hope the indepth analysis and reporting provide another trusted resource for IFB members."

STATE OF THE FARM ECONOMY REPORT

Among the topics included in the report, State of the Farm Economy reports that foreign investment in Illinois farmland has been steadily increasing over decades, but is still lower than the national average (2.7% in Illinois vs. 3.6% nationwide). Canada, Italy and Germany are the three largest foreign landowners in the state. Domestically, Illinois farmers own approximately 50% of



the farmland in the state, which is lower than the national average of 60%, and about 155,000 acres have been lost to state development over the last 20 years.

At the end of the document, the report includes valuable resources such as a cash rent worksheet, a land purchase evaluation document and land value/lease trends.

The complete report is free to Illinois Farm Bureau members and can be accessed by contacting your county Farm Bureau. The next report is expected to be released in September.







Promoting "June Dairy Month", HCFB Education Committee held Coffee Shop Pop-ups on June 28. Special thanks to Cash Cow, Orion and Caffeine & Carbs, Geneseo. for hosting us for a great day of dairy and coffee!





mel-o-dlaneboarding.com

BANKING WITH PURPOSE: IAA CREDIT UNION'S COMMITMENT TO ILLINOIS FARM BUREAU!



Founded in 1951, IAA Credit Union (IAACU) was established to serve the Illinois Farm Bureau and its affiliated organizations, including GROWMARK and COUNTRY Financial. While our roots lie in supporting employees and their immediate families, IAACU has grown to welcome all Illinois Farm Bureau County Members into our membership, reflecting our dedication to the agricultural community across the state.

As a not-for-profit, member-owned financial cooperative, IAACU is proud to operate with the mission of delivering exceptional value to our members. Headquartered in Bloomington, IL, we serve members nationwide, with a strong focus on supporting Illinois Farm Bureau members wherever they reside.

Our unique structure and efficient operational model allow us to provide market-leading rates, low fees, and personalized service. We offer

a comprehensive suite of financial products and services, including auto loans, mortgages, checking and savings accounts, youth accounts, credit and debit cards, business loans, online and mobile banking, and much more. IAACU is also part of a Co-Op ATM network, granting our members access to over 30,000 surcharge-free ATMs nationwide.

At IAACU, we go beyond banking by equipping our members with financial education resources and money management tools, ensuring they have the knowledge and support needed to achieve their financial goals.

We are proud to consistently rank in the top 3% of credit unions nationwide for value returned to members, as assessed by Callahan & Associates' "Return of Member (ROM)" metric. This ranking reflects our commitment to providing competitive rates, low fees, and unparalleled member benefits.

Security and stability are cornerstones of our commitment. IAACU members' accounts are insured for up to \$250,000 by the National Credit Union Administration (NCUA), with an additional \$250,000 in coverage provided by Excess Share Insurance (ESI). Members can feel confident knowing their funds are safeguarded.

IAA Credit Union's nearly 75-year partnership with the Illinois Farm Bureau is built on a shared legacy of trust, community, and mutual support. Together, we have cultivated a lasting relationship that prioritizes the needs of our members.



We invite you to explore the many benefits of IAACU membership and discover how we can serve as your trusted financial partner. Visit us at www.iaacu.org today!



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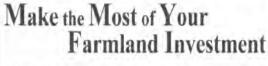
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Henry & Stark County Health Department & First Choice **Healthcare Note** August-National Immunization Month

The Henry and Stark County Health Departments and their First Choice Healthcare Clinics in Kewanee, Colona and Toulon announce that August has been designated National Immunization Awareness Month (NIAM). The goal of National Immunization Awareness Month is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming infectious season.

During Immunization Month, we encourage you to talk to your doctor, nurse or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccination. Today, more than ever we are reminded how immunization is one of the most significant public health achievements

of the 20th & 21st centuries. Vaccines have eradicated smallpox, eliminated wild poliovirus in the US and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, today tens of thousands of people in the US still die from these and other vaccine-preventable diseases.

First Choice Healthcare reminds area residents that routine immunizations can be obtained through their locations in Kewanee, Colona and Toulon by appointment. Please note. First Choice has all required immunizations as private pay vaccines. Please call for eligibility, costs, and for vaccine availability.

For more information on the First Choice Healthcare immunization services call Kewanee 309-852-5272; Colona 309-792-4011 or Toulon 309-852-3115 or visit our website at www. henrystarkhealth.com or find us on Facebook at Henry and Stark County Health Departments and Follow Us on Twitter and Instagram.



FFA BLUE JACKET DELIVERS LIFETIME IMPACT



I have an FFA sticker on my phone, an "FFA Bed" in our loft and the beat of blue and gold in my heart. My son quickly points out my FFA Mom t-shirt as an example of my FFA fascination, but I also own a navy blazer with gold blouse and FFA lapel pin.

I love FFA, and I'm proud to show it.

FFA done well transforms lives.
Likewise, agriculture programs
with good teachers bring notice
to the often-unnoticed teens.
Immeasurable satisfaction swells
within me and every one of our
passionate volunteers who witness
this national youth organization
use agriculture as the avenue
to develop young leaders, spark
career interests, connect classroom
learning to competitions, and
provide conference and convention
opportunities unlike any other
school organization.

FFA is our family's sport, a competitive and disciplined organization with its own uniform. It is uniquely inter-curricular not extra-curricular as FFA weaves into agricultural education curriculum at the 7-12 grade level. Often, membership generates an incredible everlasting loyalty, adoration and allegiance that keeps the signature corduroy jackets in our closets decades past wearing them.

Through my two kids, our chapter's members and our FFA Alumni group, I'm gaining more from the blue jacket today than when I wore it. Our son leads quietly, a servant leader with a stellar record book in his passion for ag mechanics. My daughter just finished her term as the first major state officer in 60 years from our tiny school's FFA Chapter.

The high-profile privilege came with responsibility, never complacency. She deferred college for a year to serve and travel more than 20,000 miles in-state to advocate for agriculture, vocational education and FFA. She commonly worked 60-hour weeks, sometimes more, with her teammates. They led thousands of students at workshops and conferences with record-breaking attendance. The team traveled to D.C. twice in 12 months and conversed with nearly 30 legislators representing Illinois. Each state officer visited almost 100 high schools in the fall alone and delivered more than 25 speeches across the term.

Our daughter found inspiration in the people she met, was challenged by the demands of leadership and humbly accepted the constant requirement to perform in public and leave an impact. Through exhaustion, challenge, triumph, criticism and praise, she grew more personally and professionally in the last 12 months than I will in my lifetime.

I took photos or videos almost every weekend when the FFA-wrapped Bronco she drove during the term left our driveway. Eventually, I'll hang a photo of it near our "FFA Bed," a spare queen topped with navy linens and gold throw pillows to accommodate FFA state officer guests.

My drive to support FFA will never rest.

About the author: Joanie Stiers farms with her family in Knox County, where her kids are fourthgeneration FFA members.



"SAFETY

STARTS

WITH YOU"

We extend our gratitude
to everyone who
contributed to the
success of the 4th Annual
"Safety Starts with YOU"
event, proudly sponsored
by the Farm Bureau
Health & Safety
Committee. To our
exhibitors, your
information is invaluable
in promoting safety
awareness. And to all
attendees, thank you for
prioritizing safety in our
community!





MENTAL HEALTH: The Farmer and Beyond



Amy Rademaker, BS
Rademaker Agricultural
Safety and Health Services

The involvement of women on a farm has changed a lot in the last 100 years. From being the primary caregiver, housekeeper and cook, then many adding an off the farm job for supplemental income and in the last 20 years, more women taking over the family farming operation and legacy. A Pennsylvania State University article speaks about women having "triple burden" as they deal with farmwork, housework, and caregiving. Sometimes that is it but for some, there is the added stress of an 8-5 job off the farm. If they work off the farm, they may struggle with their roles and feel torn.

According to a study by the University of Illinois, women are four times more likely to feel social isolation than that of men. Within the study, women had 12 times the higher odds of anxiety symptoms indicating "low family support." Women are very susceptible to depression and stress. Even if not experiencing their own mental stress, spouses and other family members are very attuned when people are unwell within the home. It is important that we address it and not put it off or ignore. If you have any question about their wellbeing, it is completely appropriate to ask them

if they have had thoughts of hurting themselves or others and if so, call 911.

MYTH: Speaking of suicide doesn't give them the idea to do it.

FACT: Saying something can prevent a lot of loss and suffering.

I want to provide some resources that I think would be most helpful for our IL farmers but keep in mind, this isn't all encompassing. Seems like each month there is a new program or resource. Starting with your primary care team who you see for other medical conditions is a great place to start.

NORTH CENTRAL FARM AND RANCH STRESS ASSISTANCE CENTER

Lead by the University, the creation of a 12-state, 15-partner initiative to expand stress management and mental health resources for agricultural producers in the North Central region of the United States. They provide a great offering of resources and also offer a voucher program to assist connecting people with trained providers.

farmstress.org

FARM FAMILY RESOURCE INITIATIVE

The Southern Illinois
University School of
Medicine Center for Rural
Health and Social Services
Development (CRHSSD) is
leading the effort to build a
network of health-related
support and resources for
Illinois farm families.
Ph: 618-713-0759 •
siumed.edu/farm

AGRISAFE NETWORK

This not-for-profit based out of lowa offers several

resources from social media to printable resources, monthly mental health exchange focused on projects throughout the U.S., e-learning training for healthcare professionals as well as free suicide prevention training tailored to agriculture workers and their families.

agrisafe.org/ current-projects/

NATIONAL SUICIDE PREVENTION LIFELINE

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-TALK (8255) • suicidepreventionlifeline.org

CRISIS TEXT LINE

Free 24/7 support at your fingertips.

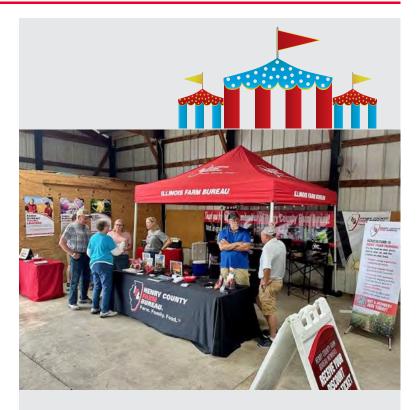
Text HOME to 741741 • crisistextline.org

IOWA CONCERN HOTLINE (NO, YOU DO NOT HAVE TO BE FROM IA TO CALL THEM.)

The Iowa Concern Hotline (ICH) offers trained staff to take your calls 24 hours a day, 7 days a week. All calls, chats, and emails are free and confidential. The ICH offers legal, financial, and stress support and is available to residents of the 12-state north central region (IA, IL, IN, KS, MI, MN, MO, ND, NE, OH, SD, WI). Language interpretation is available. 1-800-447-1985 • extension.iastate.edu/

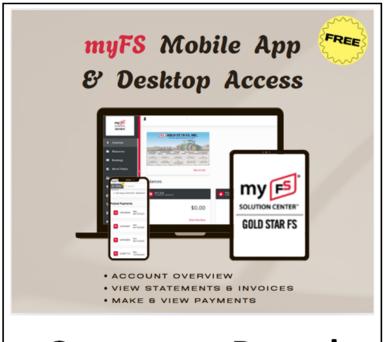
Like any other medical condition, if we let others know we are not well and get help sooner than later, the healing is often easier. Speak up. Speak out and learn to BE HOPE.

iowaconcern



GREAT WEEK AT THE FAIR!

Thank you to everyone that stopped at the Farm Bureau Booth during the Henry County Fair. We extend our sincere appreciation to the dedicated volunteers who supported our booth throughout the week. It was a pleasure to engage with longstanding Farm Bureau members and to warmly welcome new members to our organization.



Customer Portal



Scan the code to sign-up

Henry County Farm Shaped by Sustainability continued from page 1

County Farm Bureau Women's Committee. She said the support of other women in agriculture has been an important part of her journey and encouraged others to apply for the AISWCD's Conservation Woman of the Year award.

"Henry County has many women that are very involved in agriculture, and that is a network that is a good place to build connections," Lyman said. "I think women look at farming from a little different, nurturing perspective. Women are interested in what you feed the

family and therefore, what you put in the ground and what you get out of the ground."

As a farm wife, mom of three adult children and now a grandmother, Lyman said she tries to lead by example — through her work on the farm and her involvement in the community. She believes giving back is important, even when life gets busy.

Lyman encourages young women in agriculture to find connections with others in similar stages

of life and with shared interests. The best way to learn how to balance life and farming, she said, is to meet others, ask questions and figure out what works best for their own farms.

Her other advice: Take time to breathe and figure out "what's important right now."

"Things do seem to work out," Lyman said.
"Every farm woman is unique, every family is different, but just try to figure out what works for you."



7 TIPS FOR **FARM SAFETY**

by Eric Vanasdale, Supervisor, Loss Control at COUNTRY Financial®

Farming is one of the most important and dangerous jobs in the United States. Yet here you are - working sun-up to sundown to help put food on our tables.

While you dedicate your life to others, we're here to help protect you from the unexpected with the right farm insurance coverage.

TRY OUR SEVEN FARM SAFETY TIPS FOR **FARMERS AND THEIR EMPLOYEES:**

1. Maintain your farm equipment.

Most farm accidents and deaths involve outdated machinery. That's because older machinery might lack safety features, or it's not maintained correctly. Make sure you update farm equipment according to the manufacturer's advice to help prevent accidents.

If you have sold or purchased farm equipment, talk with your COUNTRY Financial Insurance Agent about updating your farm insurance policy.

2. Understand how to safely handle chemicals.

Keep chemicals in their original containers. Train all farm employees on how to best handle the chemicals and what to do in an emergency.

Are you properly covered if an employee is injured while working? Talk to your COUNTRY Financial Insurance Agent about farm liability coverage options.

3. Be alert on the road.

Most accidents occur when drivers try to pass a slowmoving farm vehicle, so it is important to practice extra caution on the road during planting and harvest times. You can also use flashing lights to draw attention to the tractor's slow speed.

4. Have a plan for grain bin safety.

Train workers on grain storage hazards. Follow safe bin entry practices like "Lock Out Tag Out" and use a lifeline system. Have an emergency action plan and train everyone on your farm to follow it. If you need assistance developing an emergency action plan, check out the resources from the Grain Handling Safety Coalition at grainsafety.org.

5. Tell your family and employees where and when you're working.

Be sure to also carry a cell phone or walkie-talkie in case of emergencies or accidents.

6. Get plenty of rest and take frequent breaks.

Have healthy snacks and fluids on hand to keep your energy levels up. Do not push yourself past healthy limits. Accidents are more likely once fatigue sets in.

7. Know how your medications affect you.

Some machinery and medications (both prescription and over the counter) do not mix. Consult your doctor to see if your medicine may harm your ability to safely operate your equipment.

Prioritizing farm safety will not only protect you and your workers, but your business as well. Learn more about protecting your farm with farm and crop insurance coverage at countryfinancial.com.







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YOUR FARM BUREAU POLICY



111. STATE AND FEDERAL MANDATES

We support amending the Illinois Constitution to prohibit the state from mandating programs on either local government or school districts without providing full state funding.

We oppose any state or federal legislation mandating local programs unless full funding for such programs is provided annually.

112. PRIVATE LANDS COOPERATIVE INITIATIVE

We support development of state laws and policies promoting voluntary and incentive-based private land initiatives to:

- 1. Encourage economic stability in communities through long-term private land ownership.
- 2. Enhance on-farm income through recreation-based resource development.
- 3. Increase community revenue through expanded economic activity.
- 4. Improve owner-sanctioned public recreational opportunities on private land.
- 5. Provide liability protection to landowners.
- 6. Increase economic activity in depressed rural communities.
- 7. Promote cooperation between government bodies and private landowners

2025 KIDS PEDAL TRACTOR PULL AT THE HENRY COUNTY FAIR

Sponsored by the Young Leaders • Photo Credit: Chelsea Vyncke

GROUP 1: 4 YEARS OLD & UNDER



1ST PLACE – Gracie Dwyer 2ND PLACE – Ember Lumpkins 3RD PLACE – Lucas Wildermuth

GROUP 2: 5 YEARS OLD



1ST PLACE – Logan Thompson 2ND PLACE – Jaxon Dynes 3RD PLACE – Everett Leander

GROUP 3: 6 YEARS OLD



1ST PLACE – Theo Stahler 2ND PLACE – Beaux Puls 3RD PLACE – Grady Wager

GROUP 4: 7 YEARS OLD



1ST PLACE – Judd Steele 2ND PLACE – Brycen Carlson 3RD PLACE – Camille Wildermuth

GROUP 5: 8 & 9 YEARS OLD



1ST PLACE – Lynsey Carlson 2ND PLACE – Wyatt Edlefson 3RD PLACE – Hadley Clementz

GROUP 6: 10 & 11 YEARS OLD



1ST PLACE – Landon Carlson 2ND PLACE – Liam Schmoll 3RD PLACE – Callan Finch

RECIPE OF THE MONTH

BLUEBERRY WATERMELON ICE POPS

From FarmFlavor.com, recipe created by Mary Carter



Makes 8-10 ice pops Prep time: 15 minutes

Ingredients:

- · 4 cups seedless watermelon, cubed
- 1 cup blueberries
- 4 tablespoons honey
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1/8 teaspoon salt

Directions:

- · In a blender or food processor, combine all ingredients and blend until completely combined and smooth.
- Pour into ice pop molds and freeze at least 6 hours before serving.

BACK TO SCHOOL: FOLLOW THE RULE



LEARN MORE ABOUT ALL UPCOMING EVENTS. BENEFITS. AND MORE



HENRYCOFARMBUREAU.ORG

STATE SENATOR NEIL ANDERSON AND STATE REPRESENTATIVE TRAVIS WEAVER'S



MedForce Medical Helicopter at 10 a.m.! Saturday, August 16, 2025 9:30 a.m. – 12:30 p.m. **Blackhawk College Educational Center** 404 East 3rd Street Kewanee, IL 61443

> DON'T MISS THE TOUCH A TRUCK!

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 - Smokehouse
 - Tractor
 - Race Car Watercraft
 - · And More!

INFORMATION & ACTIVITIES:

- Face Painting
- · Safe2Help Program
- WIC
- · Fire Safety
- · Stranger Danger Car Seat Information
- Bicycle Safety
- · Internet Safety
- Blood Pressure
- · Cardio Checks
- Glucose/Cholesterol

Transportation Van

- (non-fasting)
- After School Activities · Early Education
- · And More!

DEMONSTRATIONS:

- 9:30 a.m. Children's Safety Expo Begins
- 10:00 a.m. MedForce Medical Helicopter Landing
- 10:30 a.m. Flip Tops Tumbling
- 12:00 p.m. Kewanee Police K-9 Unit
- 12:30 p.m. Drawing for Giveaways

PARTICIPANTS: Abilities Plus

- · Birth to Five
- Braveheart Children's **Advocacy Center**
- Galva Fire Department
- Hammond Henry Hospital
- Henry County Farm Bureau
- Henry County Public Transportation
- Henry County Regional Office of Education
- · Henry County Sheriff
- Henry Stark Health Department
- Illinois Department of Transportation
- Illinois Emergency Management Agency
- Illinois River Biological Station
- Kewanee Commission on Human Rights
- Kewanee Fire Department

- Kewanee Police Department
- Kewanee Public Library District
- Kewanee YMCA
- Lutheran Social Services of Illinois
- MedForce
- · Meridian Health
- Office of the Illinois **Attorney General**
- Office of the Illinois Treasurer
- OSF On Call King Care A
- · OSF St. Luke Medical Center
- Painting Faces & Spaces
- Project NOW Headstart
- · Ray Bollinger Racing
- SAL Community Services
- SAL Early Headstart
- · The Arc of Illinois
- The Center for Youth & **Family Solutions**
- · And More!





SenatorNeilAnderson.com

309-230-7584



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