

Bulletin



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

Steve Johnson Seminar June 11

Dr. Steve Johnson will be at the Knox Agri Center on Tuesday, June 11 at 7PM to present a marketing seminar titled "What's in Your Crop Marketing Plan?"

Topics will include Supply/Demand & Crop Price Outlook, Understanding Summer Weather Forecasts, Review Crop Insurance Coverage, Pre-Harvest Marketing Strategies & Tools, Global Geo-Political Issues, and Developing & Implementing Your '24 and '25 Crop Marketing Plans. To reserve your seat, please call the Knox County Farm Bureau at 309-342-2036 or visit knoxcfb.org

Two Knox County Students Receive 2024 IAA Foundation Scholarships

Students can count on support of scholarships for college tuition during the 2024-2025 school year, courtesy of the IAA Foundation.

The charitable arm of the Illinois Farm Bureau, the IAA Foundation, is awarding \$151,501 to 89 students pursuing degrees in agriculture-related fields. Students are selected based on their activities and leadership, their community involvement, professional career goals and their overall commitment to success.

Anna Webel, Farmington High School Alumni, and Sidney Stiers, a Senior at Williamsfield, were both awarded the Vincent O. Greene Scholarship of \$1,000. The Vincent O. Greene Memorial Scholarship is "a legacy that supports agriculture students who demonstrate qualities of leadership and citizenship."

"Each year we are proud to support and encourage students who represent agriculture's strong and vibrant future," said Jennifer Smith, Development Manager, IAA Foundation.

Annually, the Illinois Farm Bureau and county Farm Bureaus combine to award more than \$1,000,000 in scholarship support.

For more information on the IAA Foundation scholarship program, how to establish a scholarship, or to donate to a scholarship fund, visit the IAA Foundation's website at www.iaafoundation.org or call 309-557-2232.

IDOA Offering Free Agchemical Containers Recycling Program

The Illinois Department of Agriculture (IDOA) encourages farmers and agrichemical facilities to take part in a free agrichemical container recycling program. Beginning in the middle of July and continuing into August, sites throughout the state will collect containers that are recycled to make shipping pallets.

"This annual program provides a convenient way for farmers and agrichemical facilities to dispose of empty pesticide containers," said IDOA Director Jerry Costello II. "Containers that would otherwise end up in the garbage can be taken to the nearest collection site instead."

Metal and household pesticide containers are not eligible for the recycling program. Collection sites will accept only high-density polyethylene, #2 plastic agrichemical containers that are clean and dry. Participants are responsible for rinsing them and removing all caps, valves, metal, labels, booklets and foil seals. Participants are also responsible for cutting off the top and bottom of plastic drums and cutting the side of the drum from top to bottom.

Mini-Bulk and Intermediate Bulk containers can be recycled via the Department's

container recycling program by making the following container preparations: Mini Bulk (cage) containers are required to be cut into separate top, bottom and sides, fittings discarded (no metal, no wood) (6 slabs of plastic). Intermediate Bulk Containers are to be cut in to 1-foot square pieces, fittings discarded (no metal, no wood). G. Phillips and Sons, LLC is offering services to pick up Mini-Bulk and Intermediate Bulk containers throughout the year. Call 678-232-6047 to learn more about their Mini-Bulk and Intermediate Bulk container collection service.

The program is a cooperative venture between the Illinois Department of Agriculture, Agriculture Container Recycling Council, GROWMARK, Inc., Illinois Fertilizer and Chemical Association, G. Phillips and Sons, LLC, Illinois Farm Bureau, and University of Illinois Extension.

To obtain a free brochure about the program, call the Illinois Department of Agriculture toll free at 1-800-641-3934.

The collection sites and dates for the 2024 Pesticide Container Recycling Program are as follows:

Single Day Collection Sites:

AM Site hours are 9 a.m. to 11 a.m.

PM Site hours are 1 p.m. to 3 p.m.

*** Site hours are 8 a.m. to 10 a.m.

| Date/Time | Location | Contact |
|-----------|---|----------------------------------|
| 07/29 PM | Nutrien Ag Sol, Inc. Blandinsville McDonough County | Travis Weaver (309) 652-3694 |
| 07/30 PM | West Central FS Ormonde Warren County | Brian McMillen (309) 255-5102 |
| 07/31 PM | Ag-land FS, Inc. Hanna City Peoria County | Jarret Summers (309) 565-4315 |

IAA Foundation Announces Driving Ag Forward Scholarship Recipients

Six individuals are getting financial support to enroll in truck driver training classes thanks to the Driving Agriculture Forward Scholarship program, funded by Illinois Farm Bureau and administered by the IAA Foundation.

The charitable arm of the Illinois Farm Bureau, the IAA Foundation, is awarding \$20,000 in scholarships this year to offset the cost of commercial truck driver training and ensure more well-trained, safer drivers are available.

The first round of recipients for this year includes James Adkins of Morgan County, Joseph Dahmm of Logan County, Wesley Lusietto of Bureau County, Ryan McGinn of Whiteside County, **Luke Nelson of Knox County** and Jason Niemann of Jo Daviess County.

"Investing in individuals who keep agriculture products moving is a pleasure, they represent the strength and diversity of our

industry," said Jennifer Smith, Development Manager, IAA Foundation.

Scholarship applications are available year-round with consideration deadlines occurring quarterly. The next application deadline is June 30, which correlates to drivers who intend to enroll in a commercial driver training program at an Illinois community college between July 1 and Sept. 30.

Five \$1,000 scholarships are awarded every three months and are based on the Illinois Farm Bureau region where the applicant resides.

All applicants must be Illinois residents and provide proof of enrollment during their corresponding award cycle. An endorsement from a farmer, County Farm Bureau leader, agribusiness, or food process business is required.

Eligibility guidelines and applications are available through the IAA Foundation website at www.iaafoundation.org.

You're Invited!
AG IN A DAY
Teacher Workshops

TUESDAY, JUNE 11TH
CLASSROOM DAY

WEDNESDAY, JUNE 12TH
TOUR DAY

\$10 PER DAY
INCLUDES LUNCH AND MATERIALS

Continuing education credits will be available for teachers that attend

REGISTRATION BEGINS ON **APRIL 26TH**
AT AGINADAY.WEEBLY.COM
Deadline is May 31st

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.



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cooperating with the
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Telephone:
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Office Hours
Monday thru Friday
8:00 a.m. to 4:30 p.m.

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PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE

Thank You
KNOX COUNTY FARM BUREAU



Finding a fit with food, fiber, fuel Match passions, interests with agriculture career

The agriculture industry employs more citizens than any other industry in the United States at 22 million people across more than 250 career areas, according to the U.S. Department of Agriculture (USDA).

Commonly unrealized, greater than 90% of jobs in the agriculture and food sector are not farming. The industry employs engineers, plant breeders, foresters, veterinarians, agriscience teachers, food scientists, climate specialists and hundreds more professions. In fact, too many choices made our high school senior struggle to decide on a particular career field in agriculture. She enjoys almost every aspect of the industry, but finally leaned on her fascination with plants and her FFA experiences with soils to select

a double-major in agronomy and horticulture.

Too often, agriculture is overlooked for satisfying and successful careers, and no farm background is required. I remember my conversation with a Chicago high school sophomore from the south side of the city, who hadn't considered agriculture as a career path until attending a conference for minorities in agriculture. He developed an interest in agricultural technology through MANRRS, or Minorities in Agriculture, Natural Resources and Related Sciences. Illinois Farm Bureau actively supports this traditionally collegiate organization, which has experienced a rebirth at the high school level. It brings exposure to agricultural careers for students as young as 7th grade largely in schools that lack an agricultural education department. Schools can develop local chapters, which deliver career awareness and opportunities for personal and leadership development through resume building, public speaking, agriscience research, essay contests and training in workplace skills.

Just last year, the Illinois Farm Bureau supported the launch of Agnitor, a digi-

tal platform designed to connect agriculture professionals to classrooms for virtual conversations about careers. The mechanically minded may like a profession as an agriculture engineer or diesel technician. Techy teens might take interest in high-tech livestock barns or agricultural application drones. Students who enjoy biochemistry should consider agronomy or biofuels. We need graphic designers for jobs in ag marketing, writers as ag journalists, and researchers to keep agriculture cutting edge.

The job demand in agriculture outpaces the available college graduates. 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 USDA and Purdue University. Good news for college graduates: The nation's largest employer is looking for applicants.

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.

Getting To Know Your Farm Bureau Policy

49. FOOD WASTE AND RESOURCE RECOVERY

We support:

1. Implementing state-based liability protection for food donors and rescue organizations that expand and strengthen those provided by the federal bill, Emerson Good Samaritan Food Donation Act. Food rescue includes donation or recovery of surplus food used for feeding hungry people.

2. The United States Department of Agriculture (USDA) offering an education campaign on donation liability protection for potential food donors and food rescue organizations.

3. Expansion of tax deductions or credits, including the creation of a state tax credit, for food donors to offset the costs associated with food donation, even if the food is sold to families at a reduced cost.

4. Incentivizing farmers to donate surplus crops and offset the costs associated with the donation.

5. The USDA and the Food and Drug Administration (FDA) clarifying food safety donation regulations, for pre-cooked and pre-packaged food items.

Composting

We support:

1. On-farm composting.
2. The use of composted materials on farms, gardens, and in landscaping opera-

tions.

3. Updating USDA's definition of compost so that a greater number of potential buyers, including farms, golf courses, or other operations near waterways, are encouraged to purchase compost. Compost refers to a mixture of various decaying organic waste substances, such as food scraps, dead leaves, or manure, used as soil fertilizer.

4. Developing a marketing campaign to build compost demand.

Compost Facilities

We support:

1. Streamlining and simplifying the permitting process for compost facilities, including those that accept landscape waste and food scraps. Food scraps include pre-consumer food scraps, which includes waste generated during the manufacturing and production of food prior to the item being sold and processed as

food scraps.

2. Permitting exemptions for small-scale and/or community composting operations.

3. Reducing barriers to entry for composting source-separated organics. Source-separated organics are organic material that have been separated from non-compostable material at the point of generation.

4. Encouraging local zoning to allow compost facilities as a normal agricultural or commercial operation.

Food Scraps

We support:

1. Minimizing regulatory constraints for on-farm composted materials, urban food scrap collection and processing facilities.

2. A separate permitting pathway for anaerobic digestion of source-separated food waste that includes, requirements similar to those imposed on composting source-separated food waste.



WWW.IFBB.ORG/MENTALHEALTHWELLNESS

FIVE STEPS TO HELP SOMEONE AT RISK

1. Ask
2. Keep them safe
3. Be there
4. Help them connect
5. Follow up

Source: National Institute of Mental Health

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255) and 988



WELCOME NEW MEMBERS

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

Richard & Jennifer Anderson
Mike & Laurina Boryca
Kim Carr
Jamie Frymire
Anthony Heavens
Malorie Johnson
Curtis & Cindy Magstadt
Nathan & Danielle Mahr
Unique Reese
Jerri Short
John Colclaser
Joseph & Valerie German
Rally Nguyen
Steve & Gail Peachy

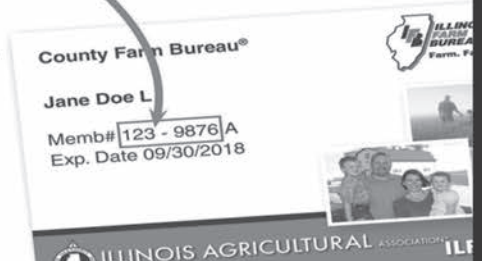
These area businesses are proud to be a part of our 2024 Discount Program for members of the Knox County Farm Bureau®

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.

| | | |
|--|---|--|
|  <p>URBAN MILLING CO. SAW MILLING • WOOD SLABS • CUSTOM WOODWORK • EQUIPMENT RENTAL 10% Off Any Service 248 E. Simmons St. Galesburg, IL 61401 elvith@urbanmillingco.com (309)-368-7437</p> |  <p>1964 N. Henderson St. Galesburg, IL 61401 (309) 344-3121 \$2.00 Off Any Large Pizza \$1.00 Off Any Medium Pizza (one use per day) (not good in conjunction with any other offer)</p> | <p>KNOX - GALESBURG SYMPHONY 309.341.7268 Visit KnoxGalesburgSymphony.org</p> <p>10% discount on Adult Single Tickets 5% discount on Subscription Packages</p> |
|  <p>Four Seasons Pest Control, Inc. Call 309-342-9644 10% Discount of Initial Services</p> | <p>ClearSound Hearing FREE Remote Microphone 2 with Premium Level Aids 383 East Simmons St., Galesburg, IL 61401 Tel: 309-342-0458 www.KnoxCountyHearingCenter.com Deborah J. Dyer, BA, HIS Licensed Hearing Instrument Dispenser</p> |  <p>10% Off Lawn Care Applications to New Customers Their First Year. 10% Off Tree & Shrub Feeding first time service for Current Customers. "Complete Professional Lawn Care" 309.341.0800 • 800.339.5546</p> |
|  <p>50% Off YMCA Membership Joining Fee! 1324 West Carl Sandburg Drive • Galesburg 309-344-1324</p> |  <p>LINDSTROM'S VALUE PRICING & QUALITY IN-STORE SERVICE 25% Off Serta Perfect Sleeper Mattress - Majestic Crown Collection! 10% Off Any Crosley Home Appliance! 400 East Main St., Galesburg • 309.342.2181</p> | <p>FIRST GLASS AUTO • HOME • BUSINESS 46 Public Square • 342-2001 Lifetime Chip Repair with each Windshield Replacement - \$89.95 Value!</p> |
| <p>Discounts up to \$500 on Select Equipment! Visit www.ilfb.org or call your County Farm Bureau CASE III AGRICULTURE</p> | <p>Henn House BBQ BBQ Sauce ~ Catering ~ Events ~ Weddings ~ Parties ~ Contests Phil & Johanna Hennenfert phil@hennhousebbq.com 309-335-1671 • Altona, IL www.hennhousebbq.com 10% Off Catering or Bulk Meat Purchases!</p> | <p>Your Full Service Hometown Jeweler Kohl's DIAMOND GALLERY \$8.00 WATCH BATTERY FREE RING CLEANING & INSPECTION 370 East Simmons St. 309.344.EVER M-Th 9-5:30, Sat 9-5</p> |
|  <p>BARD OPTICAL Eye Exams Only \$48 Save 25% On Frames. Lenses & Add-Ons Are Discounted 10%-30%. 21 Offices in Illinois Call Today for the Office nearest you 800-752-3295 or Visit our Website at www.bardoptical.com</p> | <p>New discounts coming soon!!!!</p> | <p>The Great Outdoors 205 East Main St. Knoxville, IL 61448 (309) 388-0159 10% Off New Firearms for Farm Bureau Members</p> |
| <p>BRESLIN'S FLOOR COVERING 63 N. Seminary St. Galesburg, IL 61401 (309) 342-9197 10% Discount on Non-sale Carpet!</p> | <p>HARSCO METALS & MINERALS Paul Rider Territory Sales Manager North America Harsco Minerals offers fill sand to Farm Bureau members for FREE when member provides trucking. Call Paul Rider at 219-207-0288 or 1-563-506-0634 Visit us at: www.harscometals.com</p> | <p>Gailey Eye Clinic \$1,000 off iLASIK & 20% off of glasses! Discount not in use with insurance. Other restrictions may apply. 834 N. Seminary St., Suites 103 & 105 Galesburg, IL 61401 They're the only eyes you'll ever have, trust Gailey to make sure they last a lifetime. Your Trusted Vision Care Provider For: LASIK Laser Cataract Surgery Glaucoma Treatment Retina & Macula Care Cornea Disease Routine Eye Exams Gailey Eye Clinic GaileyEyeClinic.com 309.343.6000</p> |
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| <p>Scriptsave Save up to 50% at more than 2000 pharmacies in Illinois! Contact the Farm Bureau Office at 342-2036 for Details.</p> | <p>PIZZA HOUSE 132 E. Simmons St. Downtown Galesburg 343-8376 \$2.00 Off Large Pizza one discount per order Void with any other coupon</p> | <p>STILL AVAILABLE! •2018 Knox County Plat Books •2018 Knox County Wall Plat Map •KCFB Past President's Interview DVD Knox County Farm Bureau 180 S. Soangetha Rd., Galesburg, IL • 309-342-2036</p> |
| <p>Pizza Ranch Any Large Pizza \$11.00 Pickup/Carryout only 2590 N. Seminary St. 309-351-7860 10% at Grainger</p> | <p>Hardee's Debbie Clague, General Manager Hardee's 913 E. Main Street, Galesburg 309-344-4558 FREE 20 oz. Drink with purchase of a 1/3 Lb. Thickburger!</p> | <p>FREE shipping on internet orders. 1-866-217-3435 Your IFB #853007128 www.grainger.com</p> |
| <p>PAPA JOHN'S Save 25% off Regular Menu Price Orders when you order online at papajohns.com</p> | <p>Hidden Hills Vineyard & Winery Galesburg, Illinois 10% Discount on Purchase</p> | <p>ILLINOIS FARM BUREAU Farm. Family. Food.™</p> |

ONE STOP SAVINGS
Log in to our new membership benefit platform using your county Farm Bureau® membership number at <https://ilfb.abenity.com>

HOW TO:
First time users:
•Click Register button
•Membership Number, do not include any letters



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COUNTRY FINANCIAL NEWS FROM COUNTRY FINANCIAL COUNTRY FINANCIAL

Planting Season Safety and Preparedness for Farmers

For farmers, planting season is a time that is much anticipated and planned for. But before heading out, farm owners and workers should consider these suggestions so that this important time of year is also a safe one.

Maintaining equipment

Before the first seed hits the soil, it's crucial to thoroughly inspect and maintain all farm equipment. Accidents often occur when equipment breaks down. Regular maintenance reduces breakdowns and improves safety, as accidents often occur when farm equipment malfunctions. Check for worn-out parts, replace filters, and lubricate moving components to keep everything in top condition.

Staying alert on the road

Most accidents happen at dawn or dusk, as those are peak commuting times for drivers. Accidents occur most often when a driver attempts to pass a slow-moving vehicle or does not realize a farmer is turning or stopping. Watch out for other vehicles on the road, use flashing lights to draw attention to the tractor's slow speed, ensure reflective tape is clean and all lights are working properly to maximize visibility while transporting on the road.

Reviewing and practicing safe handling of chemicals

Safety should be a top priority on the farm. Conduct a comprehensive review of safety

protocols for handling fertilizers, pesticides, and other hazardous chemicals with all farm workers to refresh their knowledge and ensure everyone is on the same page. Emphasize the importance of using personal protective equipment (PPE) such as gloves, goggles, and ear protection. Regularly remind workers about the dangers associated with specific tasks and the proper procedures for handling equipment.

Staying informed about weather conditions

Planting season often coincides with unpredictable weather patterns. Stay informed about weather forecasts to plan planting activities accordingly. Being aware of impending storms or adverse weather conditions allows farmers to take preventive measures, such as securing equipment, or adjusting planting schedules to minimize risks.

Checking on farm insurance and crop insurance coverages

Working with a trusted advisor ahead of planting season is always a sound idea. Schedule a meeting with your insurance agent before planting season starts to review the details of your farm operation including equipment, buildings, livestock, crops, and employees to ensure you have proper pro-

tections in place. Crop insurance, machinery coverage, and liability insurance are crucial components that protect farmers against unforeseen events such as natural disasters, equipment breakdowns, or accidents. Discuss any changes to your operation and adjust if necessary.

Developing a contingency plan

Despite careful planning, unforeseen challenges may arise during planting season. Develop a contingency plan that outlines alternative strategies for various scenarios. This includes backup equipment, emergency response procedures and communication protocols in case of unexpected events. Having a well-thought-out plan in place can minimize downtime and financial losses.

Prioritizing health and well-being

Farming is a demanding profession that often requires long hours

and hard work. The stress of planting season can take a toll on mental and physical health. Prioritize taking breaks – stop farm equipment to have a healthy meal, ensure you are getting enough sleep each night and familiarize yourself with how your prescriptions and over the counter medications affect you. Tell family and employees where you'll be working and when, and always have a cell phone or walkie-talking on hand in case of emergency.

Taking time to prepare for a safe planting season can prevent breakdowns and accidents and provides peace of mind knowing you are protected from the unexpected. COUNTRY Financial has been protecting farms for nearly 100 years and has more than 250 Farm Certified representatives ready to serve your farm, crop, and liability insurance needs. Visit www.countryfinancial.com/farm for more information.

April Board Highlights

The meeting of the Board of Directors of the Knox County Farm Bureau was held on April 18.

Education & Outreach – Lori Engel

March's Floral Arranging class was March 19 and the class was full with 25 people. 9 were non-members.

Farm Business – Brian Nelson

2022 Plat Books are available in the office. Plat Books are \$30 for members and \$50 for wall maps for members. Marketing Club will start again after Steve Johnson June 11.

Government and Policy – Kyle Underwood

Sign up for FB Act text alerts by texting the word FARM to 52886. The KCFB Legislative Luncheon was March 11 at Cherry Street at noon. Representatives Swanson, Hammond, Weaver and Senators Halpin and Anderson attended along with County Board Chairman, Jared Hawkinson.

Member Relations – Joel McCormick

KCFB met the 2023 Quota ending with 810 MM, 17 MS, 21PM, 1,789 A Members. For the 2024 Quota Program, we need 839 MM and PM Members.

Young Farmers – Brandon Hall

Young Farmers next meeting is scheduled for May 9 dependent upon planting.

PrimeTimers – Hailey Hennenfent

The PrimeTimers met on March 19 with Tara Ruff from Tompkins

State Bank speaking about scams and providing an update on the financial industry. The April PrimeTimers meeting will be April 16 at Noon at the Agri Center with Marilyn Holt talking about Matter of Balance and balance exercises.

Foundation – Hailey Hennenfent

Next quarter Ag in the Community Grant Applications due May 1, 2024. The KCFB Foundation was invited to tour the library on April 11 at a Donor Open House. Rob Link, Pete Holmes, Josh Gibb, and Hailey attended.

KAC – Hailey Hennenfent

The Spring Clean Up Day was held on March 28 and a great group of volunteers spruced up the landscaping and power washed all the meeting room folding tables. A new plaque for the Meritorious Service to Ag Award will be installed this Spring.

OLD BUSINESS

There is a vacancy in District 2 for the KCFB Board of Directors. Michelle Erickson will fill the vacancy in District 4.

KCFB Annual Meeting details were discussed for 2025.

NEW BUSINESS

The COUNTRY Agent Appreciation Contest prizes were discussed. The contest will start June 1.

The Knox County Farm Bureau Personnel Policies were updated with approve language on the Illinois Paid Leave Act.

AGENT SPOTLIGHT

Name: Patrick G. Young, CFP, CLU, ChFC
Years with COUNTRY: 24 years
Office Address: 635 N. Seminary St., Galesburg, IL 61401
Phone: 309-342-5316
eMail Address: patrick.young@countryfinancial.com
Spouse: Kimberly
Education: University of Illinois at Urbana-Champaign
Designations: CERTIFIED FINANCIAL PLANNER, Chartered Life Underwriter, Chartered Financial Consultant, Investment Solutions Representative
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Ed Johnson
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Doug Atwater
Knoxville
(309)948-7943

Jeremy Kleine
Galesburg
(309)342-3177

Michael J White
Galesburg
(309)342-3177

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1220-510HC_4/16/2024

KCFB Board Attendance 2024

| | February | March | April |
|-----------------|----------|-------|-------|
| Beard, Jennifer | P | P | P |
| Bollivar, Jason | P | P | P |
| Courson, Dustin | A | A | A |
| DeSutter, Drew | P | P | P |
| Emken, Kurt | P | P | P |
| Emmons, Rob | P | P | A |
| Engel, Lori | P | P | P |
| Goedeke, Phil | P | P | P |
| Grady, Jeff | P | P | P |
| Link, Aaron | P | P | P |
| Link, Cory | A | A | P |
| McCormick, Joel | P | P | P |
| Nelson, Brian | P | P | P |
| O'Connor, Tom | P | P | P |
| Shea, Damon | A | A | A |
| Stevens, Monica | A | P | A |
| Underwood, Kyle | A | P | P |

(P) Present
(A) Absent
(C) Cancelled

ASK ABOUT OUR IN-SEASON SEED AVAILABILITY.

'Show Us Your FarmWeek' Promotion

As part of our FarmWeek 50th celebrations, we are launching the "Show us your FarmWeek" contest on FarmWeekNow.com. We are asking members to submit a photo of themselves (or someone they know) with a FarmWeek and tell us how long they've been a reader and why. Winners could be featured online or in a future edition – and entered to win a gift card or

FarmWeek swag. There are five overall photo categories:

- Furthest away edition
- Youngest reader
- Oldest edition of FarmWeek
- Featured in edition
- Editor's pick

This contest will run until June 3, concluding the week before our official 50th anniversary.



Recipe of the Month Strawberry Cheesecake Lush

Ingredients:

- 1 package Golden Oreos (36 cookies)
- 6 tablespoons butter, melted
- 8 ounces softened cream cheese
- 1 cup powdered sugar
- 1 (16-oz) container Cool Whip, divided
- 2 packages (3.4 oz each) instant cheesecake pudding mix
- 3 cups milk
- 3 ½ cups sliced strawberries

Instructions:

1. Crush the entire package of Oreos. When the cookies are fine crumbs, transfer them to a large bowl and mix in 6 tablespoons of melted butter. Press the cookie mixture into a 9x13 pan and refrigerate while you prepare the remaining layers.
2. Next, beat together 1 cup of powdered sugar, cream cheese, and 1 cup of Cool Whip. Spread over the cookie layer.
3. Mix pudding mix, milk, and another 1 cup of Cool Whip. Spread over the cream cheese layer.
4. Layer the sliced strawberries on top and spread the remaining Cool Whip on top.
5. Keep refrigerated until ready to serve.



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Health on the Farm

By the Knox County Health Department



Mental Health Awareness Month

It's May, the flowers are blooming, people are outside working in the yard and playing, and the birds are singing. A perfect time to kick off Mental Health Awareness Month and a perfect time to focus on your own mental health and wellness.

Self-care is essential for mental health and our overall well-being. We want to encourage individuals to prioritize their mental health just as they would their physical health. This is such an important step because by raising awareness and acceptance of mental health, we not only empower ourselves, but we help to remove stigma, and enforce that it is okay to not be okay and encourage people to seek help when they need it.

By taking care of your mental health, your physical and emotional health will improve. Here are a few ways to maintain positive mental health.

- **Take time to enjoy the outdoors:** Going for a walk or a hike in an outdoor setting can help manage depression and anxiety symptoms. Fresh air will also help maintain positive mental health throughout the day.
- **Connect with family and friends:** We are social beings and thrive on the connection, support, love and belonging that family and friends, or our communities bring to us.

- **Practice mindfulness:** Try some breathing exercises or guided meditation to help manage stress and anxiety. Making the time for mindful techniques, even if just for a few minutes at some point in your day can make a big difference.
- **Spend time with our pet(s):** Pets can help reduce stress and boost endorphins. Pet owners may connect with others or be outside more often-both ways to improve positive mental health.
- **Sleep:** A critical piece to maintain positive mental health is getting plenty of sleep.
- **Join a support group:** Reach out and connect with others who can help you through tough times.
- **Exercise:** Spend time each day moving your body.
- **Practice self-gratitude:** Being grateful for yourself, what you have, and everything around you, can boost positive thinking.

Remember taking care of yourself is not selfish; it is necessary to be able to take care of others and lead a fulfilling life. By encouraging others to seek help, helping others access help or just by being there for someone, we instill hope in ourselves and those around us.

JOIN US FOR OUR FIRST DONATION DRIVE TO PROVIDE A BASIC NECESSITY FOR THOSE IN NEED

PERIOD PRODUCT DRIVE

The following items are gladly accepted:

Pads (any size), Tampons (any size), Panty Liners, Menstrual Cups, Sanitary Wipes, Small Pouch & Chocolate

Donations benefit
Safe Harbor Family Crisis Center
&
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& Women's Shelter



**PLEASE DROP OFF AT
Knox County Health Department
1361 W. Fremont St.
Galesburg, IL 61401**

**Accepting Donations
April 1st - April 30th
Monday-Friday
8:00am-4:00pm**



Public Health
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Make self-care a priority this May and after. Practice patience, kindness, and empathy towards others. It may just make a life-changing difference.

The Knox Community Health Center Behavioral Health division is open 7:00 a.m. to 5:00 p.m. Monday through Friday and

is currently **accepting new patients**. The Behavioral Health counselors are experienced and trained professionals who provide only the highest -quality care to patients. New patients can schedule an appointment with one of our providers by calling the Knox Community Health Center at 309-344-2225.

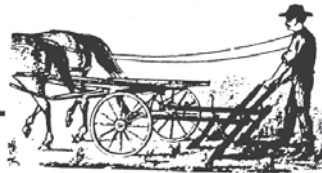


Knox County AGRICULTURE in the ClassroomSM

The Knox County Farm Bureau, with the help of FFA members from Galesburg, Knoxville and ROWVA chapters, hosted the Annual Ag Day for Kids on Friday, April 19, 2024. Local volunteers presented to over four hundred Knox County 4th grade students on topics from beef to soybeans. Using the Knox County Fairgrounds allows students to enjoy the outdoors while learning more about agricultural topics. One favorite location was the sheep and goat barn, where students saw a plethora of animals brought in by the FFA members. The peeping young chicks were definitely a highlight to many children. A huge thank you to all of you who assisted in making this event happen! Mrs. Green photographed a few moments to showcase the day. Enjoy!



Looking Back



May 2013

On May 8th, the Knox County Farm Bureau participated in the City of Galesburg's Touch a Truck event. Ms. Aggie had several fun activities, one being a petting zoo which included a goat, lambs, and baby chicks, rabbits, and alpacas. Drew DeSutter and Tyler Main, members of the Young Farmers Committee, provided a semi-trailer and stock trailer, respectively, for the children to see.



Prime Timers News

PrimeTimers will meet on May 21, 2024 at noon for a potluck meal at the office before traveling to Knox College for an Underground Railroad Presentation. Please call the office to be added to the mailing list if you would like to join. Members 55 and older are welcome to join!



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MEMBERSHIP RECRUITER OF THE MONTH

The Knox County Farm Bureau would like to recognize COUNTRY Financial Representative, Jeremy Kleine as the top membership recruiter in April. Jeremy signed five new Associate Members. Call your COUNTRY Representative for all your insurance and financial needs.



~ CLASSIFIED ADS ~

To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or email us at assistant@knoxcfb.org by the last Friday of each month to place your ad.

FOR SALE: New Solid Oak 6 ft. Sliding Doors, hardware included. \$75. Call (309) 509-0474.

FOR SALE: Mayrath Portable Auger - 28 ft., 6 in., 540 PTO - \$500 OBO. Call (309) 875-3240.

FOR RENT: Lake of the Ozarks House. Rental Date: June 28 2024 - July 5, 2024. Sleeps up to six people. Boat slip available. Boat rental available. \$900 for the week. Call (309) 368-0561.

FOR SALE: 2007 GMC 2500 HD 4x4

Regular Cab - 89,000 miles. New motor, transmission, & radiator at 55,000 miles. 1,000 miles on tires. Little rust. \$18,000 OBO. Call (309) 368-0561

FOR SALE: 2014 Chrysler Town & Country Handicap Van - 39,000 miles. Comes with 3 wheel handicap scooter. \$35,000 OBO - or \$33,000 without scooter. Call (309) 368-0561

FOR SALE: 3 Point Cultivator with 7 shovels. Maximum 60" width. \$125.00. Call or Text (309) 371-2305

If you sell your items, please contact the Knox County Farm Bureau office at 309-342-2036 or email assistant@knoxcfb.org, so we can provide our readers with up-to-date information.



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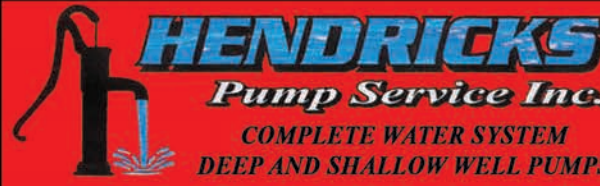
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