



Co-Operator

official publication of the Cook County Farm Bureau®



Scan for more farm bureau info. & events

A "staple" in the Farm Bureau member's home since 1938

Mission: To serve all members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our Agricultural Heritage.

Vol. 93 No. 10

Countryside, IL 60525

www.cookcfb.org

October 2019

Mark Your Calendar

OCTOBER

- 5 19th Annual Giant Pumpkin Contest Pg.12
- 5 Shred Day Pg.12
- 22 Preparing Wills and Trust Pg.12

OCTOBER – MID NOVEMBER

- CCFB Young Leaders Winter Coat Drive pg.12

NOVEMBER

- 14 Oil Essential Class pg.12
- 19 Build a Holiday Centerpiece pg.12
- 23 Winter Holiday Planter Workshop pg.12
- CCFB Young Leaders Winter Coat Drive pg.12

- Centennial Photo Contest Pg. 5
- Centennial Patio Paver Pg. 5

HOLD THE DATE!

100year Anniversary Celebration Open House
 Saturday, March 28, 2020 • 9 AM to Noon
 CCFB Building
 6438 Joliet Road, Countryside IL.

For participation details on these programs and activities, check out the related information in this publication, go to www.cookcfb.org, or contact the office at 708-354-3276. You can register for most programs using the Member Service Center at www.cookcfb.org.



Kids, families and adults traveled from farm stand to farm stand and enjoyed fresh produce, fall flowers, great discounts and fun activities during the 3rd Annual Farm Bureau Farm Crawl on September 14. These boys certainly enjoyed their experience on the farm. For more Farm Crawl photos go to page 4. For more information about fall products and activities go to www.cookcfb.org.

Question of the Month

What month and day will the 2019 Master Gardener Helpdesk/Resource Center shut down for the season?

☆Bonus☆:

What page of this publication is CCFB mascot Corny Calvin "hanging out" on this month?

Call the Farm Bureau at 708-354-3276, fax your answer to 708-579-6056 or email to fbcooperator@gmail.com to enter the drawing for a \$25 gas card. **(Please include Name, FB# and phone number)**

August winner is
Roger Nicklaus

We were pleased to offer our 3rd annual Farm Crawl as a way for the members and general public to get out and see firsthand area farm stands and agricultural businesses.

What was the date for this year's event?

Answer: September 14

Who We Are...

Cook County Farm Bureau is made up of many members including farmers, landowners, foodies, greenhouse operators, specialty growers, food consumers and customers of the Farm Bureau's affiliated companies (Country Financial, Conserv FS, IAA Credit Union, etc.). We bring together many members with diverse backgrounds and food interests to support the success of local farmers and to keep agriculture present and strong in Cook County.

This Co-Operator publication is designed for members to share more about how Cook County Farm Bureau is working for local farmers and agriculture and to help our members know more about farming, food, fiber and bio-fuels. As an added value, we provide great membership deals, savings, discounts, benefits, programming and activities that reflect our agricultural heritage and members' modern expectations.

Please enjoy reading and thank you for your support of area agriculture and your membership!

Cook County Farm Bureau Donates \$3,500 to Local Food Pantries



This summer, Farm Bureau launched the "Food Pantry Challenge" to engage consumers and provide financial donations to local food pantries.

This first-year program enabled Cook County Farm Bureau leaders to engage with over 118,000 urban consumers in conversations about modern farming and the healthy and nutritious food local farmers grow while partnering with and financially supporting 14 non-profit food pantries. Over four months and through seven

Facebook polls 14,000 consumers voted for their favorite food pantry. In addition, over 118,000 consumers engaged with Farm Bureau through this program. As a result, Farm Bureau donated \$3,500 to 14 local food pantries while expanding consumers' knowledge of agriculture and local food pantries. Unlike other social media programs, this program relied solely on organic Facebook activities as opposed to paid social media advertising.

The program will continue and be expanded upon in 2020.

There are many upcoming programs—review the listings on page 12 for details, and sign up today!

What's Up?

During the Saturday, September 14th Farm Crawl, we ask members: "What's the best thing about your local farm stand?"



Jim & Jan Hopp
"Fresh picked corn; we only buy it here!"



Elisabeth Wagner
"The way the produce and flowers look at farm stands is amazing!"



Laura Moeller
"The fresh produce and supporting local farmers is something that I enjoy!"



Patricia Wheeler
"It feels good to buy fresh. It provides a sense of wellness and feels great!"



Michelle Robinson
"A variety of fresh produce at a reasonable cost."

Former CCFB Manager Passes



Mr. Alden P. Kilian, 87, died at his home in Sugar Grove, IL, surrounded by the loving prayers of his wife, his children and their spouses, and his beloved grandchildren and great grandchildren. Alden's life reflected his deep faith in God, his love for his family, and fulfilling all of his commitments to family and others.

Alden served in the Illinois Farm Bureau family for over 45 years, the last 18 of which were in Cook County as manager. During his tenure in Cook, the membership grew from 7,000 to 27,000, becoming the largest county

Farm Bureau in the nation. He retired in 1999 with a special recognition banquet including leaders, friends, and much of the Kilian family. WGN's Orion Samuelson served as Master of Ceremonies providing much levity.

Alden was also involved in many community leadership and volunteer activities.

Alden is survived by his beloved wife and partner, Betty, and would have celebrated 69 years of marriage on September 9 of this year. He is also survived by his seven children, 25 grandchildren, and 41 great grandchildren.

See the complete obituary at the Aurora Beacon News website.

Stump the Staff!

Every day, the Cook County Farm Bureau office fields many phone calls and provides information and answers to a variety of questions. This feature is designed to highlight some of the questions that we frequently receive...

Q. Why are my plant leaves spotty? Why don't plants grow in my garden? What's wrong with my dirt?

A. The Cook County Farm Bureau provides the **Master Gardener Resource Center** during the growing season to answer questions in the areas of soil test recommendations, plant disease issues and treatments, horticulture related questions, pest identification and treatment, and more. **The Master Gardeners** are in the Farm Bureau office this fall season until November 14, to answer questions from members and the general public. You can contact them at the CCFB office Mondays and Thursdays from 9am-1pm at 708-354-3276.



Gratitude Journal

Each month, there are people that go out of their way to lend a hand to help with our cause in many ways, big and small. We appreciate it greatly!

The Cook County Farm Bureau thanks...

- Our many members for participating in the Farm Crawl and for the 23 member farm stands and agri-businesses who opened their doors to the public during this event.
- Commodities & Marketing Team members Gerry Kopping, Dan Biernacki, Rick Johnson and Karen Biernacki (with staff members Debbie Voltz and Bob Rohrer) for spending a day traveling the urban farm scene in Chicagoland to connect with farmers.
- The Cook County Farm Bureau Ag Literacy Staff, Membership Staff and Country Financial reps that worked together to earn #1 honors in Illinois by recruiting of teachers to be members. This is the 9th consecutive year Cook County Farm Bureau has brought home this honor!
- The thousands of people that voted for their favorite food pantry this summer during Food Pantry Challenge this summer for charitable donations. The 14 food pantries receiving Cook County Farm Bureau donations were the ultimate winners!
- Stanley Zweir, age 95, for being a longtime member, faithful Co-Operator reader and for



reaching out to us with suggestions.

• Pilot Knob Comforts for their donation of ears of popcorn for our Ag in the Classroom Program to use as examples to teach. We have come to find out that many

children (and even some adults) have no idea that popcorn grows on a cob just like field and sweet corn. Farmer and Manager, Andrew Bowman of Pilot Knob, generously sent some ears to show to students as part of our ag literacy educational efforts. Visit www.PKCPop.com to learn more about their unique products.

- Doug Yunker and Tom Poole, CCFB Young Leaders, for collaborating to bring young leader member spotlight videos and promotional information to the Cook County Farm Bureau social media platforms.

Sheep Fun Facts!

- There are more than one billion sheep in the world.
- Adult sheep average between 150 and 200 pounds.
- Sheep protect the environment. They graze on lands, eating clover, alfalfa, grasses, and brush. This reduces the risk of brush fires.
- Sheep have four sections in their stomachs. This allows them to digest plants and grasses that humans and most animals cannot.
- Rambouillet, Columbia, Suffolk, and Hampshire are all breeds of sheep.
- Sheep have poor eyesight but have an excellent sense of smell and hearing.
- Sheep have their wool clipped off each spring and new wool immediately begins to grow in its place. By winter, sheep will have a new coat to keep them warm.
- Different types of sheep grow different types of wool.
- A single sheet of wool is called a fleece.
- Wool is durable, or long-lasting.
- Wool is renewable resource.
- A female sheep is called ewe.
- Ewes are pregnant for 145 days.
- Ewe will have one or two baby lambs at a time.
- Lamb meat, called mutton, provides vitamins, proteins, and minerals and helps build strong bones.
- A male sheep is called a ram.
- A group of sheep is called a flock.

From the *Illinois Agriculture in the ClassroomSM Calendar for Teachers*



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Downwind

by Bob Rohrer, CCFB Manager

Bits and Pieces

A few weeks ago, I joined a small group of local farmers from the Commodities/Marketing Team as we stopped into some urban farms scattered through Chicago to say “hi” and to provide organizational assistance. We frequently hear about the differences between urban farms and rural farms, but I find the similarities between these types of farms and farmers to be striking. The common themes include...

- Access to water for plants whether through mother nature or irrigation
- The need for quality land/soil for production
- Government regulations and intrusion
- Marketing to the consumer
- Food safety
- Sustainability
- Quality labor in terms of individual skills and availability

Farmers are farmers pretty much no matter where the farm is located! (though we kind of knew that already!). Check out a couple of the photos from that trip in this issue on page 10.



On Saturday, September 12, while I was negotiating through the Chicagoland area traffic from farm stand to farm business during the Farm Crawl, I could not help noticing that many cars’ license plates on the road begin with “AG”. My first thought was that these license plates were

somehow connected with the specialty plates sold by the state of Illinois that salutes

agriculture (pictured).

However, the plates I kept noticing did not have the specialty plate design. They simply started with the letters “AG”. Was this intentional by the state to issue so many Illinois license plates beginning with the letters “AG”? Whatever the reason, I would like to thank the state of Illinois for recognizing the number one industry of the state, Agriculture/Farming, by using “AG” so frequently!

We were saddened to learn of former Cook County Farm Bureau Manager Alden Kilian’s passing on September 3. Mr. K was such a strong presence and leader for 18 years during the organization’s expanded growth in members, new headquarters construction, financing and agricultural literacy development. He left “big tracks” when he retired in 1999. Our thoughts and prayers go out to the entire Kilian family.

Our ongoing “trip” into the Cook County Farm Bureau archives this month focuses on the 1990s. A special “thank you” goes to Bona Heinsohn from our office who read all 100 Cook County Farm Bureau Co-Operator publications as well as all of the board minutes to prepare the 10-year span of history for your review. I especially thank her for not duplicating the 1999 photo of me from The Co-Operator when I became manager at Cook County Farm Bureau. That cheesy mustache that I sported those days was something to behold...

Thanks for the many positive comments we have received regarding these glimpses of the CCFB past as we look forward to 100 years of the Cook County Farm Bureau! Enjoy this months’ time travel back to the 90s...

Bob can be reached at brohrer@cookcfb.org.

CCFB History: 1990-99

1990

- Farm Bureau holds the groundbreaking ceremony for its location on Joliet Road.



Holding the artist's rendering of the new Cook County Farm Bureau's headquarters building are, left, Carl W. LeGant, Mayor of Countryside and Howard Paarlberg, President of Cook County Farm Bureau

- Famed farm broadcaster, Max Armstrong meets with Farm Bureau leaders to discuss the importance of speaking with consumers about farming.

1991

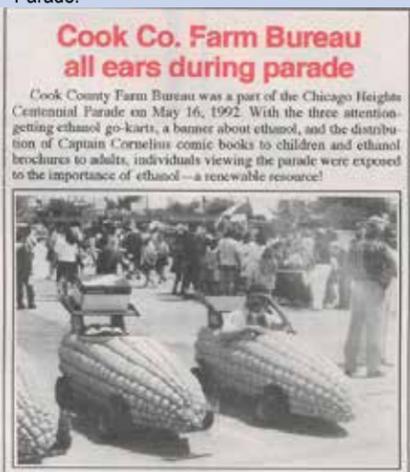
- Farm Bureau hosts open house to celebrate the grand opening of its new headquarters in Countryside.
- Agriculture in the Classroom reaches 3,555 students and 139 classrooms during its third year.

1992

- Cook County Farm Bureau® hosts a Legislative Pig Roast at Lloyd Brandau's farm.



- Farm Bureau is “all ears” during the Chicago Heights Centennial Parade.



- Pat Horcher becomes Cook County Farm Bureau's first Agricultural Leader of Tomorrow (ALOT) graduate. ALOT is a seven-week program designed to develop and hone leadership skills.

1993

- Farm Bureau, along with a 1952 Farmall Tractor, helps Lansing, IL celebrate its 100th anniversary during Lansing's Centennial parade.

1994

- The Ag in the Classroom department hosted its 3rd Annual Summer Ag Institute, a week-long experience to area teachers to learn about Agriculture & Farm related lessons plans.
- Mr. Bruce Vincent, a Timber Industry and logger activist spoke at the CCFB Annual meeting about government and agency overreach.

1995

- Farm Bureau launches its discounted movie ticket program for members.
- Farm Bureau board member, Pat Horcher, becomes the first Cook County Farm Bureau® member to receive an ALOT II Certificate of Completion after completing the “How to Lead Winning Campaigns” program. This three-day program was designed to help select Farm Bureau leaders to become experts in political campaign management in order to provide support to candidates and issues favorable to agriculture.
- Corey Flournoy, graduate of the Chicago High School for Agricultural Sciences in Chicago is elected President of the National FFA Organization.



- Agriculture in the Classroom reaches over 12,000 students and more than 500 classrooms during its sixth year.

1996

- Farm Bureau launches its “Teachers’ Agricultural Institute” and graduates eight area teachers during the four-and-half day program. This program later becomes Farm Bureau’s “Summer Agricultural Institute”.

1997

- Cook County Farm Bureau unveils the Cook County Farm Bureau Foundation which is targeted at raising funds to support agricultural literacy and leadership. The Board of Directors approved the creation of the Foundation in 1996.
- The Foundation hosts its first Silent Auction to raise funds to support agricultural literacy.

1998

- Farm Bureau launches its “member-to-member” discount program enabling Cook County members to receive exclusive discounts at local partners.
- Volunteer Bernadine Horcher received the IFB “Apple for the Teacher” Award.



1999

- “Agriculture Adventures for Families” page, a favorite of local families is unveiled.
- The Agriculture in the Classroom program reaches 15,780 students in its 12th year of programming.
- The Cook County Farm Bureau Foundation awards its first two scholarships for students pursuing an agricultural field of study.
- 54 members enjoyed a bowling banquet at the William Tell wrap-up during the 1999 Sports Festival Activity.
- Then President, Howard Paarlberg, joined then Illinois Farm Bureau President, Ron Warfield, and then American Farm Bureau Federation President, Dean Kleckner, and other leaders in a meeting with Chinese Premier, Zhu Rongji, to encourage enhance U.S.-Chinese trade.
- Partners for Agricultural Literacy launches to improve agricultural literacy through teacher training and in-services, statewide coordination, special projects, and promotional activities.
- Current Manager, Bob Rohrer, joins the Cook County Farm Bureau.



Right to left: Michael Horcher, CCFB Board; Howard Paarlberg, CCFB President; Bob Rohrer, CCFB Manager; State Senator Lisa Madigan; and Ron Warfield, Illinois Farm Bureau President.

The 2019 Farm Crawl was a Hit!

We thank the 23 member businesses that opened their doors to the public to provide the chance to get to know you a little bit better during the 2019 Farm Crawl:

- Big John's Farm Market • Bultema's Farmstand & Greenhouse • Clarke's Garden Center & Stone Depot • Crete Garden Center & Nursery • Deer Creek Farm • Fairway Farms at Cog Hill GC
- Goebbert's Farm & Garden Center
- Horcher Farms & Flower Shop
- Kopping Farms • Ludwig's Feed Store
- M&D Farms • McCarthy Farm Stand
- Melka Landscape & Garden Center
- Puckerville Farms • Schroeder's Garden Center & Landscaping
- Smits Farms • Ted's Greenhouse
- The Feed Store • Van Kalker Farms
- VanderGriens Farm Market
- Wagner Farms Heritage Center
- West End Florist & Garden Center
- Zeldenrust Farm



Twins tour with Farmer Ang of Fairways Farms, Lemont & Farmer Carl, Smits Farms!



Delicious fresh corn on the cob has arrived at Bultema's Farm!

Kids' Pumpkin Painting, Corn Roast, Goat Yoga, Archery, Guided Tours, Planter Workshops, Farm Specials, Fresh Honey, Fall Plant & Décor, Freebies, Treats, Discounts & more awaited crawlers during the 2019 Farm Crawl on a beautiful Saturday in September!



Julie Clarke (far left) with Beth Clarke (far right) with crawlers, Fresh corn on the cob has arrived at Bultema's Farm! Craig & Debra Brouette at Clarke's Garden Center.



Planter Workshops at Horcher Farms, Wheeling & Zeldenrust Farm Market, Chicago Heights helped kick off the Crawl!



"From the Country" Parents: Take Precautions to Keep Your Trick-or-Treaters Safe

Jeff Maxson, Country Financial Agency Manager, Chicago South

For many children, Halloween is a time to dress up in a favorite costume, go to classroom parties and trick-or-treat at neighbors' houses. These happy thoughts of jack-o-lanterns, costumes and candy may cause parents and kids alike to forget the potential dangers of Halloween. I have assembled the following Halloween safety topics for adults in order to keep this autumn holiday safe and fun.

Costume

- Whether you buy or make your child's costume, make sure the material is flame retardant.
- If the costume is not already a bright color, add reflective tape so motorists and other trick-or-treaters can better see your child.
- Consider using face paint instead of a mask, so your child's vision will not be restricted.
- Make sure the costume is not too long so that your child doesn't trip and fall.
- If your child is carrying a prop, such as a plastic sword, make sure the tips are smooth and flexible to prevent injury.

Route

- Older children: Plan older children's routes ahead of time, so you know where they will be. Also, set a time for them to return home. If possible, send a cell phone with them to use in case of emergency.
- Younger children: Never let small children trick-or-treat alone. While walking your pre-planned route, remind them to stay on sidewalks and cross at corners or crosswalks.
- Only go to houses where the lights are on.
- Make sure either you or your child carries a flashlight if trick-or-treating after daylight hours.

Candy

- Provide your children with a healthy meal before they go trick-or-treating. This way, they won't be hungry and will be less tempted to sample their candy en-route.
- Do not allow children to eat collected candy while they are trick-or-treating. Always check candy before they eat it and dispose of any candy with an open wrapper or other suspicious appearances.

In addition to the above suggestions, I encourage you to teach your children basic safety knowledge. Common sense tells adults to look both ways before crossing the street, but eager kids on Halloween night may forget this basic safety rule. Also, it is good to remind children that although Halloween is a fun, exciting holiday, they still need to remember their manners and always say "thank you" when accepting candy.



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Cook County Farm Bureau® Centennial Photo Contest



Join us as we kick off the Cook County Farm Bureau Photo Contest!

Join us as we kick off the Cook County Farm Bureau Photo Contest! We are holding this contest to obtain usable and appropriate photos that accurately portray today's agriculture in Cook County. Win one of three cash prizes in three different categories.

Categories

- 1) Cook County Agriculture
- 2) Kids in Agriculture
- 3) Livestock and Farm Animals

Prizes

Photos will be selected from each of the three categories. The winners will receive a cash prize and photos will be featured in our 2020 commemorative 100-year anniversary calendar, on our website and on social media.

- 1st place: \$100
- 2nd place: \$75
- 3rd place: \$50

All entries will receive 1 complimentary movie voucher

(limit 1 per member).

Go to <https://cookcfb.org/stay-updated/news/ccfb-news/article/2019/06/cook-county-farm-bureau-photo-contest> to learn more and to submit entries. The contest is open to all members in good standing.

Entries for the contest must be received by 10/31/19.

Centennial Legacy Patio to be Created to Benefit Foundation



The future site of the Cook County Farm Bureau Centennial Legacy Patio is near the east entrance of the Farm Bureau building.

Creating a legacy to mark the Centennial celebration of the Cook County Farm Bureau, the Farm Bureau and Foundation are partnering to build a Commemorative Patio on the grounds of the Cook County Farm Bureau. The Commemorative Patio will be close to the east entrance of the Farm Bureau building and will feature personalized memory pavers, two park benches, a wrought iron fence, and flower boxes.

Members and Farm Bureau/Foundation supporters and partners can support the project by purchasing a paver that will be incorporated into the patio. The paver can include the member or family name, encouragement, recognition, and other well wishes.

Three sizes of paver are available and proceeds from the sale of the pavers go directly to the Cook County Farm Bureau Foundation's efforts to improve and enhance agricultural literacy in Cook County. Donation for the pavers are fully deductible based per IRS guidelines. Use the order form below or go to cookcfb.org/foundation to donate.

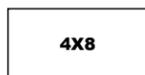


The Centennial Legacy Patio will be paved with personalized brick pavers, available in three sizes.

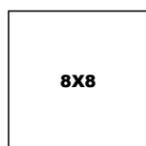


COOK COUNTY FARM BUREAU FOUNDATION BRICK ORDER FORM

"Building a commemorative legacy patio in honor of the first 100 years of CCFB service to members"

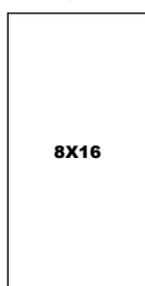


4X8 Line 1 _____
 Line 2 _____
 Line 3 _____



8X8 Line 1 _____
 Line 2 _____
 Line 3 _____
 Line 4 _____
 Line 5 _____
 Line 6 _____

8X16 / Bench



Line 1 _____
 Line 2 _____
 Line 3 _____
 Line 4 _____
 Line 5 _____
 Line 6 _____

NAME _____
 ADDRESS _____ CITY _____ ZIP CODE _____
 EMAIL ADDRESS _____
 CREDIT CARD# _____ EXP _____ SECURITY CODE _____

MAKE CHECKS PAYABLE TO CCFB FOUNDATION AND MAIL TO:
 KATIE SMITH - DIR. OF MEMBERSHIP & ADMINISTRATION COOK COUNTY FARM BUREAU
 6438 JOLIET RD., COUNTRYSIDE, IL 60525

 4X8 BRICK - 3 LINES - 13 CHARACTERS PER LINE @ \$ 75.00 PER BRICK

 8X8 BRICK - 6 LINES - 13 CHARACTERS PER LINE @ \$150.00 PER BRICK

 8X16 BRICK - 6 LINES - 26 CHARACTERS PER LINE @ \$300.00 PER BRICK

 6 FT BENCH - 6 LINES - 26 CHARACTERS \$600.00

 PLEASE PRINT IN CAPITAL LETTERS AND CHECK FOR SPELLING ACCURACY.

 PUNCTUATIONS AND SPACES COUNT AS CHARACTERS.

- Sample messages for bricks*
 (followed by individual or family name, dates, etc)...
- In appreciation...*
 - In memory of...*
 - Best wishes...*
 - Many blessings or much gratitude*
 - Have another great century*
 - Side-by-side*
 - Thanks for all that you have done for our farm (or family)*
 - We celebrate 100 years of service*
 - Happy 100-year birthday*
 - Looking good, CCFB!*
 - Thank you for providing a century of leadership*
 - A great century of service*
 - This local family farm appreciates you*
 - Thanks for being a great partner*
 - Proud member for XX years*
 - Our farm story has just begun*
 - Celebrating the past*
 - Looking forward to a bright future*
 - This is just the beginning*



Agricultural Literacy

AG LIT BIT

“The List Keeps Changing”



Diane Merrion,
CCFB Director
of Ag Literacy

It's hard to keep up with the changing landscape of food choices and make the right decision on what is best for our bodies.

Back in the 80s and 90s, the media and marketers gave us many recommendations on just what to eat to stay healthy.

The 80s brought Lean Cuisine, frozen yogurt and new artificial sweeteners as healthy options. I vividly recall no longer being able to find saccharine, a staple on my grandparents table which was a big deal when they'd allow us to have a cup of coffee with the adults. We'd add whole milk (cow's milk, not a non-dairy milk such as almond, coconut, soy, oat, rice, hemp, or flax) and one tablet of saccharine. Then we'd take a loaf of fresh Italian bread, break off pieces and dip it in that hot sweet creamy coffee and gobble it up. Yes, an odd Italian family tradition to aid digestion of the huge pasta lunch we ate on Sundays when I was young. I'm guessing we didn't follow the healthy options.

The 90s was the low fat, fat free food era with little regard for the other nutritional aspects. If it was low fat, it had to be good for you. Did bottomless packages of fat free anything really help us? I also remember the healthy switch from butter to margarine. Somewhere in there was the eat no eggs/ eat lots

of eggs debate and the start of the superfoods which included blueberries!

By the 2000s, superfoods were all the rage including consuming mass amounts of kale, legumes, nuts, seeds, olive oil, salmon and avocados, to name a few. Here we are at the end of 2019, just thinking we finally know what we should be eating and along comes some new “must” foods as the suggestion changes from just what's good for us but also the environment.

The new Beyond Burger and Impossible Burgers are taking stores and restaurants by storm. They don't contain beef, but are plant-based and better for us and the environment, aren't they? As we teach children about USDA MyPlate we encourage them to eat half fruits and vegetables and half grains and proteins (and some dairy) which is a challenge for most of us before taking into account sodium, fats, sugars and the multitude of information we should base our choices on.

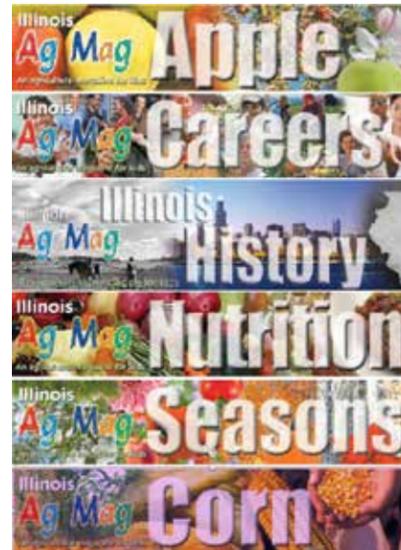
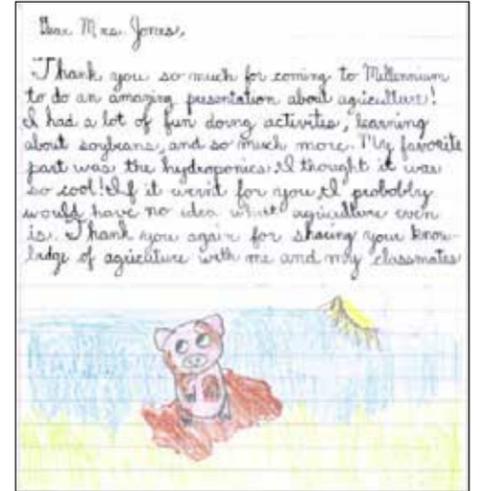
We sure do have a lot of options and decisions to make for our bodies and our environment. I'm guessing my grandpa wouldn't have chosen a plant-based burger in lieu of pickled pig's feet or Italian sausage, but he sure did eat a lot of plants which are returning in popularity today. Maybe he'd try Raised and Rooted, yet another of the many options we have available today.

Diane can be reached at
aitc@cookcfb.org.

AITC Present “Open Letter”

We so appreciate hearing from schools after our programming. Our thanks to Millennium School for sending a large package of letters (including this one) last spring. Our Ag in the Classroom Program is off to a quick start this school year with 150 fourth grade classroom visits scheduled for just September and October, with calls still coming in for October. Principals, superintendents and teachers are finding agriculture so beneficial to their curriculum and thanking us for our ability to offer presentations free of charge. “I found this session to be informative, engaging, accommodating of different learning styles, and relevant to today's children. As the district superintendent, I'd be interested in seeing more of these in-school field trips at our other elementary schools.”

To book your 4th grade program (or discuss our other grade level options), email us at aitc2@cookcfb.org or call 708-354-3276. As one principal commented last year, “The information presented is essential to understand the vastness of our state. Much of what our students are exposed to is urban and suburban. The program is needed, and the presenter's knowledge base was impressive.”



Ag Mags Available

The Illinois Agriculture in the Classroom Ag Mags are 4-page, non-fiction readers for students. They contain information about agriculture, classroom activities and careers. Ag Mags come in classroom packs of 30 (per title) and can be requested via phone or email aitc@cookcfb.org. Free if picked up at our farm bureau or at a small cost for shipping to local Cook County schools. Online versions available at <https://cookcfb.org/ag-literacy-and-education/teacher-resources>.

Food Science Grant, Grades 6-12



The Food Science Grant was developed by the Cook County Farm Bureau Foundation® to promote the usage of high-quality agricultural products that are locally produced. The purpose of this program is to offer \$300 grants for teachers to purchase dairy, meat and vegetable products for use in their classroom curriculum. These foods will be used to educate students about the importance of a well-balanced diet and promote use of locally grown foods. Grant

application can be accessed at: <http://www.cookcfb.org/ag-literacy-and-education/teacher-resources/profile/grants>.

Submit grant application to Diane Merrion, Ag Literacy Coordinator by October 11, 2019 via email to aitc@cookcfb.org or faxed to 708-579-6056. Recipients will be notified by October 31st.

Students, Administrators Find Value in Agriculture Courses

Students in two Cook County schools have enthusiastically enrolled in agriculture courses that have never been offered at their schools before. Beginning this fall, students at Rolling Meadows High School (Rolling Meadows, Northwest Cook County) and Reavis High School (Burbank, near Midway airport) will begin to learn about careers in agriculture through courses designed to inspire them to think critically about food and the environment and inspire them to explore careers in Agriculture, Food, and Natural Resources (AFNR).

Kendall Wright and Kirsten Raver are excited to be the first teachers to start the program at RMHS. They will be offering the courses Plant & Animal Biology, Food Science, Veterinary Science, and Environmental Science. The school built a greenhouse for the program and they plan to focus their curriculum on the study of food, local hunger issues, and animal sciences. Students will learn career skills while growing food for local food pantries and the school culinary courses.

“At Rolling Meadows High School and across District 214, we believe strongly in providing real-world opportunities and viable career pathway courses for students to engage, learn, and problem-solve in. We are incredibly excited to offer the courses of Ag Biology, Food Science, and Veterinary Science to our students as part of our Agriculture Pathway.” -Eileen Hart, Principal, Rolling Meadows High School

Angel Martin is a science teacher at Reavis High School in Burbank, which borders the City of Chicago near Midway airport. As she took horticulture courses at College of DuPage she was inspired to bring that information back to her students. The administration enthusiastically supported the development of a Sustainable Urban Agriculture course and enough students enrolled that she will teach two sections of the course this year. They will study how food is produced, research local and international hunger issues, then develop a plan to produce food for the people in their communities who are in need.

If your Cook County middle or high school is interested in learning more about adding agriculture courses, contact Luke Allen at lallen@agriculturaleducation.org.

TEACHER WORKSHOP

HARVEST AND HUNGER AG CONNECTIONS TO TEACHING

Thursday, October 10, 2019

4:30-6:30 p.m.

6438 Joliet Road

Countryside 60525

2 PDCH Credits Free Program



For more details, visit the “Ag Literacy” tab at www.cookcfb.org.

Registration Required: Email Jill at aitc2@cookcfb.org or call 708.354.3276

Agriculture Adventures for Families

As you receive this month's Cooperator, National Taco Day is upon us. If you think about it, it would be impossible to eat a taco without a farmer! As farmers harvest corn and wheat, they become the chips, shells and tortillas to hold the taco. The meats are raised by our farmers including cows, goats and pigs and don't forget the cheese as well. Love lettuce on that taco? You get the picture. I imagine some of you are creating wonderful salsa's from your harvest of tomatoes to be used on your taco's all year long. If you'd like a family activity to make homemade tortillas, check out our quick recipe on this page. Great for a rainy day activity.



National Taco Day



National Taco Day is a holiday that celebrates the traditional Mexican dish and is celebrated annually on **October 4th**. While most people know what a taco is, not everyone agrees on the definition of the best taco. Some people like their tacos in soft flour tortillas, while others prefer corn hard shells. However, there is one thing that most people can agree on: tacos are delicious!



Tortilla in a Bag

Materials Needed:

- 1 quart storage bag
- 3 tablespoons of shortening
- 1 1/2 cups flour
- 1/2 cup hot tap water
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt

Directions:

1. Place flour, salt, and baking powder in the bag. Close and shake just a few shakes to mix.
2. Add shortening and reclose the bag. Work the bag with your hands until the mixture looks crumbly and there are no large pieces of shortening visible.
3. Open the bag and add the hot tap water. Knead in the bag until the dough is one large piece and the sides of the bag come clean.

4. Take the dough out of the bag and divide it into four pieces. Put the pieces of dough on the table and lay the bag on top of them. Let the dough rest for 15 minutes.
5. After resting, roll or pat the dough into eight-ten inch circles. Place the circles on a griddle or frying pan heated to medium or medium-high heat. Cook until dark brown spots appear. Turn and cook on the other side until brown.
6. Fill tortillas with ground beef, beans, salsa, cheese, and lettuce to make burritos.
7. Like pizza? Spread pizza sauce and toppings on the tortilla and cook to make your own individual pizza.

Source: www.agintheclassroom.org

Why we love National Taco Day.

Today, tacos rank among our most beloved fast foods, good for breakfast, lunch, dinner, dessert, or a late-night snack. Americans eat more than 4.5 billion tacos a year.
Source: www.justfunfacts.com/interesting-facts-about-tacos

Whether you're a carnivore or a vegetarian, tacos got you covered
While some people love sitting down and taking their time to enjoy a great taco, some just simply have a fast-paced lifestyle. For those people always on the go, a taco is always a great idea.

The Taste
Looking to have your mind blown? The possibilities are endless as you create your own combination of meats, cheese, vegetables, seasonings and sauces and have your taco your own way. Yes please.

Grains
Tortilla, Rice

Dairy
Cheese, Sour Cream, Plain Greek Yogurt

Protein
Beef, Carne Asada, Carnitas, Al pastor, Barbacoa, Chicken, Fish, Beans

Veggies/Fruits
Lettuce, Tomatoes, Onions, Pineapple, Radish, Cabbage, Cilantro, Corn, Olives, Avocado, Jalapeno, Beans



Choose your prize:
Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey.
Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.
Mail to: Cook Co. Farm Bureau
Ag Adventures Word Search
6438 Joliet Rd
Countryside, IL 60525
Fax to: 708-579-6056
Email to: FBcooperator@gmail.com
Complete and submit an entry every month all in 2019 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.
Good luck!

October Word Search

K E E F R U I T S P L P R F L
Z Q S T A E M G Z A Q R E E C
G T E G X Y B H N N L O T E Z
S R E M R A F O S Z W T K B M
R H H X T A I D T I U E A K J
S S C A N T T S S C F I V B W
N V C Y I W V O E G O N V V D
F O S D Z K E R R S C K R E X
N V A H B S O O N T E Y K R C
K R K T Q Q D I K S I E F K U
T V E G E T A B L E S L X I I
P E X X D R I W W Z I P L N Q
V M D W G A R H R O H Y I A P
E Q P Q G A Y W Y F U V J C G
X C C S X H K N M O T C E Q Y

- Beef
- Cheese
- Dairy
- Farmers
- Fish
- Fruits
- Grains
- Lettuce
- Meat
- October
- Protein
- Spicy
- Taco
- Tortilla
- Traditional
- Vegetables

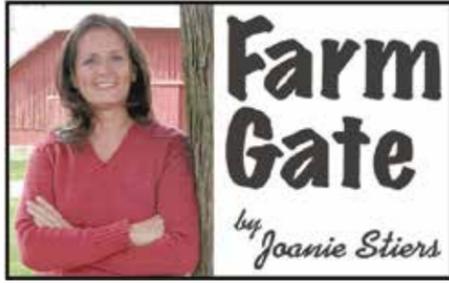
Name: _____
Phone #: _____
Membership #: _____
(Membership # is located on front of paper)

If you were to win, check your preference:
___ Beggar's Pizza GC ___ HRI GC ___ 3 Movie Tix
(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

Last Month's Word Search Winner Is..

Carlos Perez
(of Lansing)



Illinois, the Nation's Pumpkin Powerhouse

Like farming in general this year, our kids' plan to grow pumpkins worked better in previous years than this one. From spring's relentless rains to the summer's hot and droughty spell, our home-grown pumpkin luck ran out by August like the creek water in the cattle pasture.

But life moves on and pumpkin season has arrived, nonetheless. The gourd's appearance at local orchards, box stores and voluntarily on our compost pile embrace my soul like walking into the aroma of a home-cooked meal. I love fall, harvest, crisp air, wiener roasts, comfort foods, corn shocks and pumpkins.

Unbeknownst to most, Illinois handily ranks No. 1 in production of pumpkins for carving, eating and decorating for the fall holidays. Farmers here harvest three to five times more acres of pumpkins than any of the other top pumpkin states, according to the U.S. Department of Agriculture. Our state's pumpkin plethora started almost a century ago with the establishment of pumpkin processors in the Illinois River area of Illinois, home to a favorable pumpkin-growing climate and soil type.

In fact, more than 90 percent of the nation's canned pumpkin grows in Illinois, a university expert tells me. Odds are, an Illinois farm grew the primary ingredient in that centerpiece pie at Thanksgiving. The same goes for the pumpkin coffee cake and pumpkin bars that our daughter and resident baker mixes up every fall.

Twice now a farmer has planted processing pumpkins across the road

from our house, growing the meatier type of pumpkin selected for cooking and canning. With one of the state's two pumpkin processing plants 13 miles away, our kids annually witness acres of pumpkins from seed to sprawling vine to harvest. Around the time our family harvests corn and soybeans, the pumpkin harvest begins with tractors rowing and then mechanically elevating the gourds into trucks.

This experience allows our kids to see another type of large-scale harvest. It also helps them learn the differences between processing and ornamental pumpkins, something like the purpose for beef cattle and dairy cattle. Processing pumpkins eat better than they carve, possess a thick interior, and their pale-orange flesh makes them less showy on the front porch. Ornamental pumpkins traditionally symbolize fall, the ideal carvers and front porch décor with a bright-orange flesh and heavy handles.

We plant the latter, love baking with the former and enjoy most things recognized as artificial pumpkin, too. I stock enough pumpkin-scented hand soaps every fall that they sometimes make a summer debut in our bathrooms. Summer on the farm seemed chaotic and short, but I welcome the comfort that pumpkins bring to our porch, baked goods and frame of mind.

About the author: Joanie Stiers, a wife and mother of two farm kids, writes from west-central Illinois, where her family grows corn, soybeans and hay and raises beef cattle.

30 Harvests Film Available

"30 Harvests" is a 5-minute, 30-second docudrama film that follows the plight of farmer Jay Hill of Dell City, Texas, and farmer and soil scientist Meagan Kaiser of Bowling Green, Missouri. In this film, they articulate the challenges farmers face while embracing the opportunity to meet the increasing demands to create sustainable food systems through the next 30 harvests, and ultimately help solve the greatest challenge of this generation: climate change.

To view, go to: <https://usfarmersandranchers.org/30-harvests/>



Recipe of the Month: *Stuffed Peppers* Kopping Farms, Lemont

- 5 to 6 locally grown green peppers
- 1. Clean, remove stems and seeds
- 2. Cook in boiling water until done
- 1 c rice, cook until tender
- 1 to 2 lbs of farm raised ground beef, crumbled and cooked
- 1 c breadcrumbs
- 1 t salt
- 1 c onion, chopped
- 4 or more cans of tomato soup

Ketchup

Mix together: ground beef, breadcrumbs, salt, onion, tomato soup and rice in a large mixing bowl. Stand peppers upright in baking dish. Fill peppers with meat mixture. Add remaining mixture around peppers and cover with ketchup. Bake at 350° for 1 hour. Uncover for last 15 minutes.

Recipes reprinted with member's permission from our 2019 Cookfresh Recipe Collection Brochure, available online at www.cookcfb.org/discover-local/recipes.

To receive a copy of the 2019 Cookfresh Recipe Brochure, email: membershipdebbie@cookcfb.org or call 708-354-3276.

LAST CHANCE!



You can still buy your Six Flags Great America tickets to Fright Fest from the CCFB.

We will be selling tickets in our office until October 25th (Ticket will be good through end of Fright Fest).

Ticket price is \$52 (already includes tax and fee).

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Growing To Serve You Better

Farm Bureau Continues Legislative and Policy Efforts on Behalf of Members

MWRD Land Use Policy

Through its real estate policies, the Metropolitan Water Reclamation District is able to maintain a sense of direction from a literal interpretation of its leasing statute. By enacting a Comprehensive Land Use Policy, the District can ensure that its program is well-planned, that its lands are held and not dissipated, that special privileges to individuals and organizations are denied, and that all citizens and organizations seeking to lease District real estate are treated equally and uniformly.

District land not currently needed for corporate

use is available for leasing, for use by easement, or for temporary use by permit.

Farm Bureau staff provided feedback to the District on its leasing policy specifically as it applies to agricultural interests.

Chicago Animal Ban

Farm Bureau continues to monitor a proposed animal ban that would regulate or ban certain animals, potentially including livestock in the City of Chicago. The proposed ban is likely spurred by instances of animal keeping within city limits.

Farm Bureau will monitor the issue going

forward.

Fall Vehicle Mailing

Members of the Cook County Farm Bureau® have expressed concerns regarding the difficulties of moving farm vehicles and implements on Cook County roadways this fall. Annually, Farm Bureau communicates applicable vehicle laws to local police chiefs. Topics discussed include the vehicles subject to the Federal Motor Carrier Safety Administration regulations, Commercial Driver's License (CDL) regulations, and Covered Farm Vehicle guidelines.

It's Voting Member Renewal Time!

All Voting members (M and PM) recently were sent membership dues renewal notices. We encourage your prompt membership payment. Our renewal date for farmer members is November 1, 2019. Please also consider supporting the CCFB Foundation as well.

For Associate members who hold policies with COUNTRY Financial, your annual county/Illinois Farm Bureau membership dues will likely be included with your insurance premium in one billing for most personal lines policies. There are certain circumstances in which the membership does not combine on an insurance bill. Instead, a stand-alone dues notice will go out. We ask members not to ignore this stand-alone invoice. For those whose Farm Bureau dues payment is combined, you will only need to make one easy payment to COUNTRY Financial and we'll take care of the rest! Upon renewing your membership, we will send your membership card as well as various membership

related information on savings, discounts and services.

For those Associate members that do not have Country Mutual or Country Preferred Insurance, you will receive a standalone bill from the Illinois Farm Bureau/Cook County Farm Bureau. Your dues notice will have the latest membership brochure. In addition, your membership cards will be enclosed in the billing and can be activated upon your payment of your membership.

We want to thank all of our faithful and supportive members of this general farm organization in Cook County. Your membership renewal benefits you personally and provides great enhancement for Agriculture's presence in Cook County.

Should you have any questions, please feel free to contact the Cook County Farm Bureau's Member Service Center at 708-354-3276. We look forward to serving you!



Cook County Farm Bureau® assisted Senator Laura Murphy and the Mercer County Farm Bureau® with a sweetcorn delivery to Schaumburg area non-profits. The sweetcorn was provided by the Mercer CFB who have "adopted" Senator Murphy through Farm Bureau's Adopt-a-Legislator® program.

Manifolds, Manolos, and Manure



By Bona Heinsohn, CCFB Director of Gov. Affairs and Public Relations

During a blisteringly hot summer night in the middle of evening milking, a spark from an old electrical box jumped from the electrical box to the stanchion barn. Before you could say "Holstein", our milking barn was in flames. Fortunately, the individuals working recognized the magnitude of the hazard and

evacuated the cattle and themselves before anyone was injured. Throughout the evening, firefighters from multiple companies handled the fire while friends, family and employees loaded and moved the cattle to a nearby farm. By dawn the animals were completely moved, and we started the morning milking.

With the cattle safe, we farmed on.

In the end, the milking barn was a total loss. But we rebuilt, both bigger and as technologically advanced as we could afford at the time.

Four short years later, on another blisteringly hot summer day, a tractor backfired, and a spark jumped from the tractor to a bale of straw. That single spark moved through five buildings including the shop, chemical shed, and the corn silo built by my farmer's grandfather. The fire consumed more equipment and tools than can be listed. This blaze made the evening news.

Again, we rebuilt. My farmer built a shop large enough for a combine to "do doughnuts," complete with an airplane hangar door. That summer as the heat crispy-fried our lawn, we learned more about the insurance process than we ever wanted to.

We've always joked that my farmer is a fire hazard. We've encouraged him to avoid fireplaces, fire pits, and bonfires. We joke when he fires up the grill or starts the gas stove. My farmer even lost his eyebrows the first time he started our fireplace.

Growing up, my mom never left the house with the dryer on. She'd have me race down the stairs and turn off the dryer as we left and race back down the

stairs and turn on the dryer when we returned. My farmer always thought we were ridiculous and that turning off the dryer was entirely unnecessary. I, on the other hand, continue to turn off the dryer as I walk out of the house. Each. And. Every. Time.

This approach has served me well for the past 20 years. Or at least it did serve me well. After starting a load of kids' clothes, our family got ready to leave for dinner and before I had the chance to turn off the dryer, it was on fire. After turning off the dryer, my farmer tore into it and discovered that lint upon lint had escaped the lint keeper and surrounded the motor. If you've ever questioned the "Mayhem dryer lint" commercial, don't. Dryer lint equals fire. Rather than testing our luck, my farmer hauled the dryer to the curb. We've had too much experience with fire.

Funny thing about farmers. They're resilient. They're tough. And rough years may make farmers tired and a touch bitter, but they keep farming.

Bona can be reached at bona@cookcfb.org.

Statement of Ownership, Management, and Circulation for CO-OPERATOR, dated 9/30/2019. Includes publication details, circulation data, and contact information for Robert A. Rohrer.

CO-OPERATOR circulation data for SEPTEMBER 2019. Table showing Average No. Copies, Single Issue Paid Circulation, and Total Paid Circulation.

Statement of Ownership, Management, and Circulation for CO-OPERATOR, dated OCTOBER 2019. Includes publication details, circulation data, and contact information for Robert A. Rohrer.

CCFB Team Members Tour Chicago Urban & Cook Farms

CCFB team members **Tour Chicago Urban and Cook Farms!** Starting in east Chicago at Garfield Produce, growing microgreens for Chicago while growing opportunities for the East, Farm manager, Victoria, joined by co-founder, Mark provided a tour of the converted warehouse operation.

Then on to **Farm on Ogden and Youth Farm at North Lawndale.** Tour guide, and market manager, Rosario, led us through aquaponics, hydroponics, greenhouse, farm, apiary, commercial kitchen and market operations, where the multiuse facility brings food, health and jobs to promote a healthy urban community.



Strategic driving and navigation through Chicago streets brought us to **Chicago Lights Urban Farm**, located in the Cabrini Green neighborhood. Associate director and farmer, Ben, shared the farm's mission of providing fresh, local and sustainably grown produce to the community, while engaging them through educational and economic opportunities.



Next stop, **Nodding Onion Farm**, in southeast Chicago, is a worker-owned farm committed to growing and selling to local Chicagoans through an active CSA, as well as store/market locations. Farmer Angela provided an excellent understanding of challenges facing them as urban farmers, as well as beautiful flowers and of course, onions!



Smits Farms in southern Cook was our final farm stop. Farmer Carl met us with fresh new varietal apples to try and fresh shucked corn while we toured the suburban Cook farm and greenhouse operation! Smits Farms supplies fresh produce, herbs, and plants to local Cook residents at the seven markets they visit each week.



Thank you to all the hard-working farmers who took valuable time out of their long day; your dedication and hard work can be seen in your farms.

Cook County Financial Representatives of the Month

The Financial Representative of the Month program is designed by Country Financial Agency Managers of Cook County to recognize overall Insurance Leaders in Life, Disability, Auto, Home, and Health production during the month. The agent earns the award through efforts to provide quality service to existing and new clients. Listed below are the various agents honored by their agency manager with the Financial Representative of the Month designation.



Violetta Kaminska

Chicago North Agency, Victoria Nygren, Agency Manager
Violetta Kaminska has been named Career Financial Representative of the month for August 2019. Her office is located at 3339 N. Harlem Ave, in Chicago, IL. Her phone number is 773-427-2851. Violetta has been a Financial Representative since April 2009.



Matthew Powell

Chicago Northeast Agency, Sharon Stenke, Agency Manager
Matthew Powell has been named Career Financial Representative of the month for July 2019. His office is located at 4200 W. Euclid Ave., Ste E in Rolling Meadows, IL. His phone number is 847-934-5117. Matt has been a Career Financial Representative since February 2005.



Ibrahim Essa

Chicago Northeast Agency, Sharon Stenke, Agency Manager
Ibrahim Essa has been named Employee Financial Representative of the month for August 2019. His office is located at 25 NW. Point Blvd., Ste. 850 in Elk Grove Village, IL. His phone number is 847-794-1216. Ibrahim has been a Financial Representative since January 2007.



Alex Swistun

Chicago Northwest Agency, Jack Smith, Agency Manager
Alex Swistun has been named Career Financial Representative of the month for August 2019. His office is located at 225 N. Arlington Heights Rd., Suite 207 in Elk Grove Village, IL. His phone number is 847-427-8280. Alex has been a Financial Representative since March 2002.



Abid Bershed

Chicago Northwest Agency, Jack Smith, Agency Manager
Abid Bershed has been named Employee Financial Representative of the month for August 2019. His office is located at 1515 E. Woodfield Rd., Suite 930, Schaumburg, IL. Her phone number is 847-891-6360. Abid has been a Financial Representative since November 2018.



Nick Zegar

Chicago South Agency, Jeff Maxson, Agency Manager
Nick Zegar has been named Career Financial Representative of the month for August 2019. His office is located at 16614 W 159th St., Lockport, IL. His phone number is 708-352-5560. Nick has been a Financial Representative since July 1998.



Kirk Gregory Jr.

Chicago South Agency, Jeff Maxson, Agency Manager
Kirk Gregory Jr. has been named Employee Financial Representative of the month for August 2019. His office is located at 1401 S. State St., Suite 150, Chicago, IL. His phone number is 773-619-0649. Kirk has been a Financial Representative since February 2018.



Jim Andresen

Orland Park Agency, Cary Tate, Agency Manager
Jim Andresen has been named Career Financial Representative of the Month for August 2019. His office is located at 17605 S. Oak Park. Ave, Ste C & D in Tinley Park, IL. His phone number is 708-633-6490. Jim has been a Financial Representative since January 2003.



Kurt Husein

Orland Park Agency, Cary Tate, Agency Manager
Kurt Husein has been named Employee Financial Representative of the Month for August 2019. His office is located at 12130 S. Harlem Ave., Unit A in Palos Heights, IL. His phone is 708-480-5099. Kurt has been a Financial Representative since December 2017.



Paul Malito

South Holland Agency, Jeff Orman, Agency Manager
Paul Malito has been named Career Financial Representative of the Month for August 2019. His office is located at 30 S Ash St., in Frankfort, IL. His phone number is 815-464-0123. Paul has been a Financial Representative since December 1995.



John Tym

South Holland Agency, Jeff Orman, Agency Manager
John Tym has been named Employee Financial Representative of the Month for August 2019. His office is located at 10607 S. Harlem Ave., in Worth, IL. His phone number is 708-480-5091. John has been a Financial Representative since June 2019.



Classifieds

All ads that we receive for The Co-Operator are also listed on our website at cookcfb.org/membership/classifieds. If you have a photo of the item(s) that you are selling you can email it to us to include it on our 'Classifieds' page on our website only along with your ad. Email your ad (and photo if you have one) to fbcooperator@gmail.com. Please be sure to include your full name, Farm Bureau number, and phone number. Deadline for Classified ads is the 17th of each month. Any ads submitted after the 17th will appear in the following month's Co-Operator. Members may run up to four non-commercial classified ads annually for free. Any ads submitted after the fourth, will be charged. If mailing your ad, please mail to: Cook County Farm Bureau, Attention: Classified Ads, 6438 Joliet Rd, Countryside, IL 60525. You can also fax your ad to 708-579-6056.

For Sale

Traeger wood fired grill brand new in box model TFB29L2. \$300 or better offer. Call 708-654-2010.

Quantum 600 Rehab Electric wheelchair- new batteries, instructions, new controller and wheels. Asking \$1900 or better offer. Call 708-654-2010

Total Gym XL asking \$300. Call 708-654-2010

100-33 1/2 RPM Phonograph records from 1950 & 1960 with cardboard covers \$3 each or best offer. 6 flower vases \$2 each, 6 Time clocks for lamps \$3 each. Brass fireplace set 3pc \$2, 4 German style October fest beer steins \$3 each. Call Allen at 708-614-8148.

55' inch long bathroom sink and cabinet excellent condition. Honey oak cabinet, clean color counter-top with faucet. Call James at 630-235-0665

6 step all aluminum rolling ladder w/ removable platform; 2 shelves & locking feet; \$200. OBO. Call Dave at 815-485-3319.

4 rims for a Miata (1992); alloy wheels-made in Switzerland. 5-hole pattern. OBO. Call Dave at 815-485-3319.

Pool table light \$100, national cash register \$525, 5ft.

ladder \$10, ladder jacks \$12 pair, florescent lights \$10 each, car ramps \$15 pair, rocking chair \$50, 30"x72" H.D. folding table \$20, Girls green schwinn bike \$35. Call Norman at 708-371-0163.

40/ 2 Battery charger/starter, 2 Craftsman tool chests over full of tools, 2 Tap & Die sets, 2 Ton Omega engine hoist on wheels, 750lb Engine stand, Transit, Generator, Power washers, light bar, socket sets, drill bits, drills, electric sanders, grease guns, tubes of grease, 100pc mechanic socket set. Sold all together for \$2000. Call Connie at 708-429-7815.

Vehicle

2008 Four Winds 21' Siesta motorhome on a Ford Triton V8; 37,000 miles; VGC; loaded. \$24,995 OBO. Call Dave at 815-485-3319 for more details.

For Rent

Hilton Grand Vacations Condo Suites Resorts - Orlando, Las Vegas, Miami Beach, Hawaii, New York, Colorado. 5-7

nights in a one bedroom suite sleeps 4 anywhere Hilton Grand Vacation Clubs. Check out www.stayhgv.com This is my timeshare Absolutely no presentation required \$950 + reservation fee for 5-7 nights depending on dates & peak season. Call John 708-280-7975 to check availability on dates & details.

For rent approximately 600sq ft. 4 room office suite on route 6 in center of South Holland great visibility, great parking. \$1300 a month. Call Larry at 708-542-4535

Wanted

Older fishing tackle, rods, reels, lures, outboard motors, magazines, toys, and maybe a small fishing boat. Call Jim at 708-361-8230.

1972 older cars, truck/parts unfinished projects. Call at 708-439-9770.

Wanting to buy your electric trains and slot cars, turn those unwanted Trains and Cars into Cash! Call Ron at 630-272-4433

This Month in Cook County Agriculture

- National Direct Agricultural Marketing Summit, October 7-9, 2019, at the Donald E Stephens Convention Center in Rosemont. This conference is designed for anyone working in direct to consumer agriculture: farmers, farmers market managers, technical assistance providers, value-added producers, and more. The conference will hold sessions on technology, business development, finance, community impact, marketing and more. We will also be providing "Curbside Consulting" throughout the summit. Individuals can register for one-on-one technical assistance time with very consulting services including website design, marketing, grant writing, business planning, and USDA programs. Registration and information found at: <https://localfoodeconomics.com/agsummit/>.

- Tree & Fish Sale -The Will/South Cook Soil & Water Conservation District (SWCD) Fall Tree and Fish Sale is underway. In addition to a fund raiser for the SWCD, landowners are offered excellent quality stock and reasonable pricing.

ADDRESS 1201 S. GOUGAR RD, NEW LENOX, IL, 60451
 PHONE: 815-462-3106 X3 FAX 815-462-3176 EMAIL: INFO@WILL-SHOOKSWCD.ORG
This article is for local farmstands, farmers' markets, chefs and restaurants, and organizations that are hosting farm-related activities, events, workshops, and gatherings that will occur soon. To promote your activity, email membershipdebbie@cookcfb.org or call 708-354-3276 by the 15th of the month. Please include your name, the event date/time, a short description of the event, and how a reader can obtain further information in the email. We will edit submissions based on space allowances in the publication. In addition, we will post farm, garden, or livestock related photos on our social media platform if you forward those to membershipdebbie@cookcfb.org.

Potential Energy Savings May Be Available to Farmers, Businesses

The Cook County Farm Bureau has been in contact with ComEd and NICOR regarding energy efficiency programs and incentives that may be available for farms and others in the Cook County area. The Commodities/Marketing Team is putting together a meeting (date to be determined) in which information can be provided on these programs and members can ask questions. Here are some of the basic details:

ComEd - Farm and agribusinesses may be able to save money and energy through energy efficiency programs. It begins with a free facility assessment to identify energy efficiency opportunities and help during each step of the process. The ComEd energy efficiency program provides cost share incentives to help retrofit lighting with LEDs, install variable speed drives for motor driven equipment such as fans and pumps, and other site-specific incentives may be available.

For more information, visit ComEd.com/agriculture, email businessEE@ComEd.com or call 855-433-2700.

NICOR energySMART, a Nicor Gas program, has helped homeowners, businesses and public sector customers save money and conserve energy. To date, more than 630,000 Nicor Gas customers have saved 113 million therms and received more than \$110 million in rebates and cash incentives for participating in the program's offerings.

Whether you're making a small upgrade or investing in long-term improvements, energySMART has several ways for customers to save energy and take sensible steps toward energy efficiency. Rebates, free products, and energy assessments are just a few of the offers that you can take advantage of starting today.

Nicor Gas actively encourages smart and efficient energy use while helping to increase comfort and reduce greenhouse gas emissions. For information on available savings opportunities and rebates, visit nicorgas.com or call 877-886-4239.

Watch the Cook County Farm Bureau Facebook or website for details regarding an upcoming informational session on the above topics or call the office at 708-354-3276.

Want a free movie ticket?



Encourage your family, friends and neighbors to join the Cook County Farm Bureau as an associate, farmer or professional member. If they join, you will receive a free movie ticket! Call our office at 708-354-3276 to let us know that you referred a member.

Individuals can join the Cook County Farm Bureau by going to www.cookcfb.org and clicking on MEMBER CENTER.

Affiliated Country Financial reps or Staff members do not qualify. Valid only 6/1/2019 through 12/31/19.



REMINDER:

For your convenience, we provide Notary Public services to our members FREE of charge. Come into the Cook County Farm Bureau office in Countryside to have your documents notarized. Please call the office at 708-354-3276 to verify that one of our notaries will be in the office when you stop by.



GROW YOUR SAVINGS WITH ComEd INCENTIVES

Make your systems as efficient as your farming techniques (and reduce your carbon footprint) with the ComEd® Energy Efficiency Program.

Learn how at ComEd.com/Agriculture or call 855-433-2700.



Terms and conditions apply. Offer subject to change. © Commonwealth Edison Company, 2019. The ComEd Energy Efficiency Program is funded in compliance with state law.

But Wait—There's More!

Go to www.cookcfb.org for these extras...

- Find local fall plants, and products direct from the Farm on the website
- Send your growing related questions to the Master Gardener's at mastergardener@cookcfb.org
- Find the latest edition of "Motor Vehicle rules for Illinois Farmers" on the website
- Get the notice and proxy for the November 13th Cook County Farm Bureau Annual Meeting
- Sign up for the CCFB volunteer opportunities at the website
- Check out the 2018-19 CCFB Foundation Annual Report in the foundation area of the website
- See the latest Family Farm and Food Bytes!

Check Out These Upcoming Programs!

Register today for the following great programs by calling the office at 708-354-3276 or visiting the website at www.cookcfb.org.



19th Annual Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Decorating Contests
 Free for Members, non-members may enter by joining CCFB. Contest open to any CCFB member & dependents. Check in by 9:15 am to be considered; must be present to win. To register online go to cookcfb.org/stay-updated/upcoming-events or you can contact Debbie Voltz at 708-354-3276 or by email at membershipdebbie@cookcfb.org for more information. Puckerville Farms 13332 Bell Rd. Lemont IL. **Saturday Oct 5**, Time 9-11 am.



Winter Wellness with Essential Oils Rollerball Make & Take Workshop
 Cook County Farm Bureau will be hosting a class on **Thursday November 14**, from 7-9 pm. at the CCFB building 6438 Joliet Rd., in Countryside. Each attendee will make 1 Free rollerball blend based on their needs with the option of making more. Additional rollerballs start at \$5 each. Call the CCFB office to register for the event.



Shred Day
 The Cook County Farm Bureau will be hosting on **Saturday Oct 5**, from 10am to 12pm at the Oak Forest Country Financial Building located at 4845 W. 167th St., Oak Forest. Please call the office to make your reservation.



Build a Holiday Centerpiece
 Cook County Farm Bureau will be hosting **Tuesday November 19**, from 6:30-9pm at the CCFB building 6438 Joliet Rd., in Countryside. Choose from 3 holiday greetings, admission is \$35 for members (regularly \$45). Admission will include all supplies, snacks and soft drinks. To purchase ticket go to <https://www.eventbrite.com/e/cook-county-farm-bureau-crate-decor-events-tickets-72971657191>



Preparing Wills and Trust and Transferring Non-Titled Trust
 Cook County Farm Bureau will be hosting on **Tuesday October 22**, from 6:30-9pm. At the Country Financial Building 9731 165th St, Suite 36 Orland Park. No charge for Cook County Farm Bureau Members, \$10 per person for non-members. Register by Tuesday, October 15, 2019— Limited seating!



Save the Date... Webinar for Farmers & Agricultural Businesses
 Presented by ComEd Agriculture Energy Efficiency Program on **Tuesday, November 19**, at 8 a.m. Participants will be able to participate from their farm, home tractor combine or... anywhere, using their phone or computer! Details & registration at the Member Center or by calling the CCFB office, or you can email membershipdebbie@cookcfb.org



Cook County Farm Bureau Young Leaders Winter Coat Drive
 Benefiting 'Together We Cope' The CCFB Young Leaders Group will be collecting new and gently used winter coats for those in need this winter. ALL sizes accepted (newborn – 5x). **October – Mid December.**
 Drop off locations:
 Cook County Farm Bureau - M-F 8am-4:30pm
 6438 Joliet Rd., Countryside, IL
 Ted's Greenhouse - Regular business hours
 16930 S. 84th Avenue, Tinley Park, IL
 Historic Wagner Farm - Daily 9 am-5pm, Heritage Center front desk
 1510 Wagner Rd., Glenview, IL



Winter | Holiday Porch Planter Workshop at Clarke's Garden Center
 Join us **Saturday, November 23** at 10 a.m. at Clarke's Garden Center, 2061 E 14th St, Lynwood, and create a winter planter to display on your porch, patio or balcony area while learning planting tips and tricks from the experts. Workshop includes pot, soil, and all plantings. Member and guest registration & payment required in advance. Call the Farm Bureau to register or go online at the Member Center. Don't wait...class size is limited!



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- Direct: 630-435-8201 (9:30 am—6:00 pm)
- Email: kayla@mayflowertours.com
- Visit: www.mayflowertours.com