



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. 92 No. 1

Countryside, IL 60525

www.cookcfb.org

February 2018

Mark Your Calendar

FEBRUARY

10th	New Farmer Training	Page 12
16th	CCFB Foundation Scholarship Deadline	Page 12
24th & 25th	Beginning Beekeeping (Must attend both classes)	Page 1
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MARCH

1st	FB Policy Town Hall Phone Meeting	Page 9
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10th	Advanced Beekeeping	Page 1
12th	Food on Your Mind Discussion	Page 8
23rd & 25th	Good Food Expo... Come Visit Us!	Page 5

APRIL

25th	Essential Oil Make & Take Workshop	Page 10
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MAY

5th	Babysitting Class for Teens/Pre-Teens	Page 10
15th & 16th	Defensive Driving Course (Must attend both classes)	Page 11

For participation details on these programs and activities, check out the related information in this publication, go to cookcfb.org, or contact the office at 708-354-3276.

You can register for most programs using the member service center at cookcfb.org.

Farm Bureau Offers Beekeeping Classes

The Cook County Farm Bureau and the Cook Du Page Beekeepers Association (CDBA) have joined together to help get you started down the right path in the keeping and caring for bees, by offering beekeeping workshops at the Farm Bureau! Pete Soltesz and Kim Kulton of the CDBA will be conducting the classes.

Beginning Beekeeping will be held at the Cook County Farm Bureau office on Saturday, February 24, 2018 and Sunday, February 25, 2018: Sat: 8:30 AM – 3:30 PM (working lunch) and Sun: 12:30-3:30 pm. The registration fee for the Beginning Beekeeping class is \$85.00 for CCFB & CDBA Members and \$105.00 for non-members.

Advanced Beekeeping is also at the CCFB office and is scheduled for Saturday, March 10, 2017, from 8:30 AM – 3:30 PM. Registration fee to attend is \$40.00 for CCFB & CDBA Members and \$60.00 for non-member.

Registration can be completed by calling Debbie (CCFB) at 708-354-3276; credit card payment accepted by phone at no additional charge or mail in a check made out to the Cook County Farm Bureau. Members may register and pay online at Member Center at www.cookcfb.org. Please email membershipdebbie@cookcfb.org with questions or if you need additional information. For Course outlines go to: www.cookcfb.org/Events or 708-354-3276



“Flock Talk”...Introduction to Beginner Backyard Chickens Class Offered

aficionado of Ludwig's Feed Store, will lead the “Flock Talk”. Class topics will include starting baby chicks and selection, general chicken care and management, housing and coop options, nutrition, feed, and health management, safety against predators and protection for raising chickens, open Q & A and more!

Join Gina and Jeff at the Cook County Farm Bureau and register to attend:

- Flock Talk

- Monday, March 5, 2018
- Doors open at 6:30 PM, class begins at 7 PM to be eligible for Door Prizes!
- Cook County Farm Bureau Meeting Room

The class is free for members, their guests and Ludwig's customers; pre-registration is required by contacting Debbie at the Farm Bureau at 708.354.3276 or at the Member Center at www.cookcfb.org. Register early as space is limited.

Join us for a beginner class on the raising and caring of chickens in small, backyard and urban spaces, at the Cook County Farm Bureau on **Monday, March 5, 2018**. Gina Modica, Animal Specialist with Purina Animal Nutrition and Jeff Ludwig, owner and chicken

Question of the Month

What was the date of the first recorded commercial home delivery of milk in the United States?

☆*Bonus*☆: Tell us the page number where Farm Bureau mascot, Corny Calvin, is hanging out in this publication and we will add your name twice to the drawing bucket to increase your odds of winning!

If you will be emailing your entry, our email address has changed. Please email your answers to FBCooperator@gmail.com (Please include Name, FB# and phone number) for your chance to enter a drawing for a \$25 gas card.

December's winner is [Richard Zaborski](#).

Last Month's Question:

The Cook County Farm Bureau Young Leaders Group recently sponsored a successful “teen toys for the holidays” drive. What non-for-profit group in Orland Park received the toys that will be provided to the teens?

Answer: Toy Box Connection

The CCFB Foundation cordially invites you to the 2nd Annual

Farming for our Future Gala
A benefit for farm and food literacy in Cook County

SATURDAY, MARCH 10, 2018

Ruffled Feathers Country Club
1 Pete Dye Drive, Lemont IL
6:00 PM - 11:30 PM

\$125 DONATION AFTER 1/31/18
\$1,000 DONATION FOR A TABLE OF 10

Only 250 seats* available
*Each seat purchased is also an entry for a door prize. A number of 100/1200/1500 door prizes will be distributed.

Call 708.354.3276 to order tickets or for more info go to www.cookcfb.org/foundation

THE EVENING INCLUDES FILET MIGNON/CHICKEN DINNER, OPEN BAR, THE BELVEDERES BAND, DOOR PRIZES, SILENT AUCTION, LIVE AUCTION, LUCKY CHANGE, HEADS/TAILS GAME AND 50/50 OPPORTUNITIES!

Black Tie Optional

IF ANYONE IS INTERESTED IN DONATING ITEMS FOR OUR SILENT AUCTION, YOU CAN CONTACT KELLI AT 708-354-3276 OR BY EMAIL AT MEMBERSHIPKELLI@COOKCFB.ORG

WE WANT TO THANK OUR SPONSORS OF THIS EVENT...

HARVEST “REWARDS” LEVEL



PLANTING “DREAMS” LEVEL



George Washington High School



To ensure the healthy and safety of milk, farmers ensure that animals' housing is clean and well ventilated.

Let's Talk About the Ag on Your Plate "What are you doing to ensure the safety of our food?"

Answered by Jeff Heinsohn, dairy farmer from Northern Illinois

Our animals are our livelihood. Their health and care are our number one priorities. Healthy animals provide healthy milk for my family and yours.

To ensure that milk remains healthy, we clean and sanitize the cow's udder prior to and after each milking. We also clean and sanitize all equipment that

comes in contact with the animals or the milk. Our milk is immediately cooled to 34 degrees until it is shipped to the milk processor. Before leaving the farm, all milk is tested for antibiotics. On our farm, we run additional tests to learn more about our animals' health and comfort and our sanitation efforts. Using

the data from these tests, we're able to determine if our barn cleaning protocols are stringent enough or if we need to clean our animals' bedding more than twice a day.

In addition to raising healthy animals, our priority is growing and raising healthy food for our family and yours.

Have a question? Submit it to bona@cookcfb.org. We'll share questions with our farmers and publish their answers as space allows in upcoming issues of The Co-Operator.

AITC Celebrating Milk's Journey from Farm to Urban Tables January 11th marked the 140th anniversary of the first milk home delivery.

By Kay Shipman, FarmWeek

Many students and their families count on finding containers of milk in their local grocery coolers. But before 1878, non-farm families faced more difficulty buying milk.

"In theory, Jan. 11, 1878, is the first day milk was delivered to homes for a profit. It was still delivered in milk pails because glass milk bottles were not invented yet," said Kevin Daugherty, Illinois Farm Bureau education director. The milk glass bottle was patented in 1884.

Illinois Agriculture in the Classroom (IAITC) marked milk's historic home delivery on January 11th by celebrating milk and dairy farmers.

To mark the milk milestone, IAITC distributed educational posters to all county Farm Bureaus and ag literacy coordinators. The front of the poster connects milk's special day with Illinois and several information

resources.

The back side of a small poster offers a state map, denoting dairy locations and highlighting counties with the largest dairy cow herds. Other information includes an activity that uses milk product codes to learn where the milk originated. Daugherty noted the information came from the IAITC dairy Ag Mag.

The reverse side of a larger poster also includes information about dairy industry careers, human nutrition related to dairy products, pictures and information about several dairy breeds, a milk history timeline and beverage label comparisons.

Celebrating milk's January delivery provided a great opportunity to teach students about animal care and nutrition, and to emphasize that cows must be milked, fed and cared for regardless of the winter weather, Daugherty explained.

"This (special day) gives us a natural tie to talk about

dairy and the farm-to-table chain," Daugherty said.

While the dairy industry is highlighted during June dairy month, schools aren't in session then, so this gave ag literacy coordinators and IAITC opportunity to share dairy information and lessons, he added.

IAITC offers a variety of National Milk Day resources and information on its website, available at:

<http://www.aginthe classroom.org/TeacherResources/nationalmilkday.shtml>



Gracias THANK YOU Gratiſied The Gratitude Box

Gratitude

Thanks Appreciative

Recognition Appreciative

Gratitude

Gratitude

Each month we would like to give thanks to those who have helped us in some way.

The Cook County Farm Bureau thanks...

- Charlotte Sellers for preparing Ag in the Classroom reminder postcards for our back to school mailing.
- Member Leah Walton and her son Aiden for stopping in to say "hi" and discuss the scholarship program
- Mark Keuhn for plowing and salting our Farm Bureau parking lot as well as shoveling the walks following each snow storm
- Staff member Linda Tobias, Membership, Website/Social Media, and Co-Operator Assistant, who is taking a new employment position within her family's company as they continue to expand. We will miss Linda's many office skills, friendly personality, bilingual capabilities and positive demeanor in the office. We wish her the very best and thank her for 11 years of service to the members of the Cook County Farm Bureau as well as her friendship.
- Ms. Kathleen Down, winner of our 2017 Word Search entry contest and the other 30 members who faithfully completed and submitted the Family Adventures Page word search from every month of the Co-Operator during the year
- Ted's Greenhouse for dropping off a bunch of poinsettias during the holidays to help bring cheer to the staff's lives!
- All members that are attending the Farming for our Future Gala benefit for the Foundation as well as our sponsors and many donors!

Gracias THANK YOU Gratiſied

The "Co-Operator", the monthly publication of the Cook County Farm Bureau®, is available to members through mail delivery, email, or by viewing online at www.cookcfb.org. Members that wish to receive the publication solely by email can let us know by sending an email to membership@cookcfb.org with the subject: E-Cooperator.

Translate to Other Languages

We are very fortunate to have members that come from various backgrounds and countries. While we publish this publication in English, the Google Translate App can convert this text through your smart phone screen into Spanish, French, Polish, Russian, Chinese, Arabic and a host of other languages. Enjoy and happy reading!

Co-Operator

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Downwind

by Bob Rohrer, CCFB Manager

You may know this recently popular tune:

*O Christmas tree, O Christmas tree
How dry and brittle are your branches
O Christmas tree, O Christmas tree
How dry and brittle are your branches*

*O once, you were such a lovely green
Fire resistant and so very clean
Now presents are gone and needles fall
How dry and brittle are your branches*

Sure, I took some liberties with the words. Such a happy little song before Christmas becomes a little sadder after Christmas as that fresh tree becomes much less “fresh”. For those procrastinators out there, IT IS FEBRUARY on the calendar, and that means, it’s time to take the tree down!

It is always a bit sad when it becomes time for the “real” Christmas tree to come down. The green conifer “soldier” has fearlessly done its job of holding up the myriad of bright lights, sentimental decorations, keepsake items, kids’ mystery creations, expressions of the season, glitz and glamour...day after day, night after night. That brave tree provided shelter to various sizes of gifts and presents, including the practical, nonsensical, emotional, thought provoking and expressive. That selfless tree brought color and the unmistakable scent of pine into the home during the season of joy.

My wife and I have an affinity for real trees and their perfect imperfections. We like the smell, look, and appearance of fresh trees. We enjoy the opportunity

to support a specialty crop group of farmers. And now, after the tree has been removed from the house, we treasure the fact that we do not have to store another large box, the fake tree box, for a year before it’s cold out again.

When we hauled our dry and brittle Frazier Fir out of the living room in January, a blanket of needles was left in the carpeted pathway. I just know we will find those needles with our bare feet for the rest of the year! So, what’s next in the career for these “real” trees?

Some towns feature a seasonal collection and recycling program where the trees go into the grinder for mulch.

My son likes to take the tree to the backyard for a special purpose. He lets it dry out for a few months and when spring finally comes, he props the tree up in the middle of the burn pile. He sets up his phone to video mode to capture the resulting inferno, soon to be posted for his social world for uber “likes”.



I was driving to work the other day and there was a discarded Christmas tree. It was laying on the side of Archer Avenue where the road goes through the Forest Preserve near Willow Springs. I also spotted a run-a-way tree in Oakbrook on the Rt 83 shoulder. Who accidentally drops a Christmas tree on the side of the road without noticing? Was the tree attempting an escape to rejoin its brethren in the woods?

And speaking of Uber, I was chatting with my Uber driver (I’ve never said that in a column before) while taking a ride to the Nashville airport last month. He told me that following the holidays, he collects discarded Christmas trees from his friends and neighbors and dumps the trees at various locations in the lake that he lives on. His master purpose was to create crappie (pronounced “croppy” for my non-fishing friends) fishing habitat in the lake. Best crappie fishing in the state, he claimed.

Thanks to specialty tree farmers...the magic of the fresh Christmas trees can “live on” in so many ways.



The Cook County Farm Bureau® Young Leaders group was well represented at the Illinois Farm Bureau Young Leaders Conference held in Peoria January 19-21. During the conference, the members enjoyed the opportunity to meet other Young Leaders from across the state, attend sessions on farming, communications, and self-improvement and hear speakers regarding the future of agriculture. Left to Right... CCFB Young Leaders: Gina Modica, Kristen Yunker, Doug Yunker, Jessica Biernacki, Asher Horcher, and Rebecca Biernacki

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Antique Farm Tool Contest Winner Announced

Congratulations to the winner of our Antique Farm Tool Contest: **Larry Tierney!** Because he named all seven tools correctly, he was entered into the drawing along with others. Here is a recap of the tools and what they are:



Meet a "Face" of the Cook County Farm Bureau®

Each month we are highlighting a Cook County Farm Bureau Board Member. This month's "Face of CCFB" is ...

Mike Rauch



- Has been a member of the CCFB Board of Directors since 2003 and has served as Vice-President since 2011
- He has been farming since the age of 3 on his living room carpet with toys.
- Is surrounded by girls! He has 4 daughters and 3 grand-daughters.
- Has always wanted to give back and one way to do that has been through the Ronald McDonald House Charities. Being on the CCFB Board, it's given him the opportunity to participate in the Food Checkout Day Program. It's been very moving and one of the things he likes most about the Farm Bureau.

WHAT IS YOUR FAVORITE FARM SMELL?

Fresh baled hay, warm soil in the spring time, and the middle of a corn field in July.

WHAT IS YOUR FAVORITE FOOD?

Hamburgers with mustard and pickle only.

WHAT IS YOUR FAVORITE TRACTOR?

It's a tie between the Allis Chalmers model WD45 and a John Deere 6150R (my oldest and newest).

WHAT IS YOUR FAVORITE FOOD MEMORY?

My first bite of filet mignon! I don't remember where or when it was, but it was the best thing I had ever tasted!

IF YOU COULD BE ANY TYPE OF FARMER, WHAT TYPE WOULD YOU BE?

I would be a grain farmer. I've been blessed with being able to do just that. If one does what they love, they never have to work a day in their life!

WHAT IS YOUR FAVORITE FARM MEMORY?

Riding standing up in the back of grandpa's triple box wagon while he picked corn. As the ear corn filled the wagon, we had to keep from becoming buried in it. It was fun!

Farm and Food Bytes

MORE SCRATCH FOR EGGS (NPR). USDA predicts consumers will pay less for beef, pork, lamb, chicken and turkey in early 2018 compared to a year ago. Not so for eggs. Prices are up thanks to increased domestic and international demand.

ILLINOIS HAY SUPPLY RUNNING LOW (FarmWeekNow).



(Photo by Catrina Rawson)

Thanks to warm weather earlier in 2017 and dry conditions later, hay supplies could run out this winter. University of Illinois Extension Educator Travis Meteer said unseasonably warm weather last winter caused some hay fields to go to seed early, which stunted their growth later. Weather events stretching as far back as last winter are making it hard for some Illinois cattle producers to find hay. According to Travis Meteer, University of Illinois Extension

beef cattle educator, unseasonably warm weather last February caused some hay fields to go to seed early, which stunted their growth later. Then last fall, some farmers had to begin feeding hay early when the weather turned dry.

ATTENTION FARM TRUCKERS (Illinois Farm Bureau Local



UCR fees dropped by approximately 9 percent this year compared with 2017. (Illinois Farm Bureau file photo)

Government). Registration is now available for the Unified Carrier Registration (UCR) (effective January 5, 2018). The fees, normally due January 1 of each year, had been delayed awaiting the Federal Register publication in which the fees are formally established. Fees for the 2018 registration year have been reduced below the previous level by approximately 9.10%. For 2019 and subsequent registration years, the fees will bounce back up slightly but will remain below the 2017 level by approximately 4.55%.

The reductions are made to ensure the funds collected do not exceed the dollar limit that statute allows. Due to the delay, carriers are expected to be given a 90-day period in which to register, ending April 4, 2018, before enforcement begins. This year's fees for commercial vehicles are: \$69 for up to two vehicles, \$206 for three to five vehicles, \$410 for six to 20 vehicles, \$1,431 for 21 to 100 vehicles. For members who have questions about the UCR, go online to the Illinois Commerce Commission website <https://www.icc.illinois.gov/motorcarrier/ucr.aspx> or call the ICC's UCR hotline at 217-782-4654.

WILL-SOUTH COOK SOIL AND WATER Conservation District Annual Meeting. The Will-South Cook Soil and Water Conservation District will hold their Annual Meeting at 6:00 PM on Wednesday, February 14th, 2018 at the Will-South Cook Soil and Water Conservation District, 1201 South Gougar Road, New Lenox, Illinois. Three directors will be elected to the Will-South Cook Soil and Water Conservation District Board. The terms of Jim Robbins, Bill Hnetkovsky and Cathy Ruchaj will expire. Nominating petitions have been filed for Roger

Bettenhausen (Green Garden Township), Jim Robbins (Peotone Township), Ken Krapf (Manhattan Township), Michael Patricoski (Manhattan Township) and Cathy Ruchaj (Green Township). Absentee balloting will be available starting January 31st until February 12th with an election being held, at the office, February 14th from 7:00 am until 5:30 pm. For more information, contact Kim Mitchell at 815-462-3106 or kim.mitchell@will-scookswcd.org.

2018 FARMLAND FORUM. The Chicago Farmers are hosting their annual Farmland Forum on Saturday, February 10, 2018 at the Chicago High School for Agricultural Sciences located at 3857 W 111th St., Chicago. The exhibitor area will be open from 8:00 AM – 2:30 PM with various sessions held throughout the day in classroom style. Session topics include farmland values and lease trends, market outlooks, crop insurance, bioenergy, improving soil health, water quality initiatives, solar/wind power, North American bee health, etc. Walk-in pricing is \$75 and student pricing is \$30. Register today at www.chicagofarmers.org. Questions may be directed to info@chicagofarmers.org or call 312-388-3276.

NATIONAL AGRICULTURE CENSUS. The U.S. Department of Agriculture's (USDA) National Agricultural Statistics Service (NASS) has mailed the 2017 Census of Agriculture to the nation's farm producers. Conducted once every five years, the census aims to get a complete and accurate picture of American agriculture. The resulting data are used by farmers, ranchers, trade associations, researchers, policymakers, and many others to help make decisions in community planning, farm assistance programs, technology development, farm advocacy, agribusiness setup, rural development, and more. Farm operations of all sizes which produced and sold, or normally would have sold, \$1,000 or more of agricultural product in 2017 are included in the census. The census is the only source of uniform, comprehensive, and impartial agriculture data for every state and county in the nation. Producers can respond to the census online or by mail. The census response deadline is February 5, 2018. Responding to the Census of Agriculture is required by law under Title 7 USC 2204(g) Public Law 105-113. The same law requires NASS to keep all information confidential, to use the data only for statistical purposes, and only publish in aggregate form to prevent disclosing the identity of any individual producer or farm operation. NASS will release the results of the census in February 2019. For more information about the 2017 Census of Agriculture, visit www.agcensus.usda.gov or call 800- 727-9540.

AG, FOOD SECTORS IMPACT ECONOMY (FarmWeek). More than one-fifth of the nation's economy is linked, either directly or indirectly, to the food and agriculture sectors, according to a new study conducted by the Food Marketing Institute. The study further found that more than one fourth of all American jobs are similarly connected. The study cited 43 million jobs in the food and agriculture sectors with wages totaling \$1.9 trillion. These sectors pay \$894 billion in taxes. In total, the sectors contribute \$6.7 trillion to the American economy.

CONSULT FORESTERS BEFORE SELLING TIMBER (FarmWeek). Thinking about selling lumber from your forest? Contact an Illinois Department of Natural Resources District Forester or a professional consulting forester first. Consulting foresters can appraise the marketability of/or the market value of timber holdings. They can also represent the landowner as an agent or can administer a timber sale for a reasonable fee. Landowners should use a written contract that spells out all financial and other details, as well as the timing of the tree harvest when considering selling timber. All timber buyers must be licensed in Illinois. For more information, call the IDNR Division of Forest resources hotline at 888-244-1706.

“From the Country” Use Caution This Winter When Using Space Heaters



Marc Rogala
Country Agency Manager
Chicago South Agency

With home heating costs on the rise this winter, many people are turning to alternate heating sources to keep costs down. If you plan to use space heaters this winter, use extreme caution.

According to the National Fire Protection Association (NFPA), portable and fixed space heaters caused a disproportionate share of home heating fire deaths in 2007. Space heaters were involved in 32 percent of home heating fires, but

79 percent of the deaths. In addition, heating equipment was responsible for \$608 million in property damage.

How To Choose The Right Space Heater

- Select a space heater with a guard around the flame area or heating element to protect children and clothing.
- Choose a heater that has been certified by a nationally recognized testing laboratory such as Underwriters Laboratories (UL).
- Buy a heater that is the correct size for the area you want to heat. The wrong size heater could produce more pollutants and may not be an efficient use of energy.
- Read and follow the manufacturer’s operating instructions, and make sure all members of the household understand how to operate the heater safely.
- Make sure the heater has an automatic “tip-switch,” a cutoff device that turns off electric or kerosene heaters if they tip over.

How To Prevent Space Heater Fires

- Place the heater on a level, hard, noncombustible surface.
- Keep the heater at least 3 feet from bedding, drapes, furniture or other combustible items.
- Turn off the space heater when you leave the area, and never leave a space heater on while sleeping or if you leave home.
- Keep children and pets away from space heaters.
- Do not use older space heaters or heaters with cords that are cracked or frayed.

When used correctly, space heaters can make a cold room comfortable and can help curb heating costs during the winter months. By following a few precautionary measures when using space heaters, you can ensure your family’s safety and warmth.

To contact Marc Rogala, email him at marc.rogala@countryfinancial.com

GOOD FOOD EXPO

Visit the Cook County Farm Bureau & IL Farm Bureau Booth at the GOOD FOOD EXPO March 23rd & 24th at the UIC Forum in Chicago!

Greet spring and celebrate our region’s growing local food community! The 14th Annual Good Food EXPO is two dynamic days that connect all the people active in the Good Food community – CCFB members and farmers, food producers, investors, trade buyers, policy makers, activists, families, and Good Food lovers. Join us March 23-24, to shop, eat, learn, network and expand Good Food!

Expo details found at <http://cookcfb.org/events>.

Recipe of the Month: Hearty Rye Buns

- 1 c warm water
- ½ c sugar
- 5 tsp yeast
- ½ c butter, soft
- ¼ c molasses
- 1 tsp salt
- 1 tsp ground cardamom
- 2 eggs
- ½ c rye flour
- 2-3 c whole grain wheat flour

Combine and mix, warm water, sugar, yeast, butter, molasses, salt, cardamom, eggs. Add rye flour and wheat flour (may need to add more to handle to knead.) Rise 2 times and cut into 8 portions and shape into fist size buns onto parchment lined bake sheet. Let rise 30 minutes, egg yolk wash and sea salt, Bake in 400° till hollow sound and release from paper. Great hot or for sandwich later!

Recipe reprinted with permission from Jane Cunningham of Riverside, from our 2017 CookFresh Recipe Brochure

You can now submit your recipes for our 2018 Cookfresh® Recipe Brochure! Please submit your recipes to Debbie at membershipdebbie@cookcfb.org or mail them to the Farm Bureau.

Heinsohn named CAE



Bona Heinsohn

The American Society of Association Executives (ASAE) has announced that Bona Heinsohn, Director of Governmental Affairs/Public Relations for the Cook County Farm Bureau, has earned the Certified Association Executive (CAE™) credential. The CAE is the highest professional credential in the Association industry. Less than 5% of all Association professionals have earned the CAE.

Heinsohn has worked for the Cook County Farm Bureau since 2008 in the area of public policy, governmental affairs, and public relations. Serving as the organization’s chief lobbyist, she communicates to elected leaders and policymakers about agricultural issues and Farm Bureau policy. She also serves in the area of public relations, communicating agricultural messages to the general public about farming, farming practices and food through traditional and social media as well as face-to-face. She works with Farm Bureau volunteers on the organization’s Governmental Affairs Team and the Public Relations Team. She also coordinates the actions taken by the Cook County Farm Bureau Political Action Committee.

To be designated as a Certified Association Executive, an applicant must have a minimum of five years of experience in working at a staff level for a qualified nonprofit organization, complete a minimum of 100 hours of qualifying professional development within the past 5 years, pass a grueling and stringent examination in various proficiencies in association management, and pledge to uphold a code of ethics. To maintain the certification, individuals must undertake ongoing professional development and activities in association nonprofit management. 2018 marks the 58th anniversary of the CAE program.

ASAE is a membership organization of more than 22,000 Association executives and industry partners representing more than 11,000 organizations. Its members manage leading trade associations, individual membership societies and volunteer organizations across United States and in 50 countries in the world.

Cook County Farm Bureau® is a non-for-profit, general farm organization created in 1920 by area farmers, businessmen, and community leaders to improve science, knowledge, lifestyle, and standards of living on the farm and off for its members. Today, the Cook County Farm Bureau holds close to these roots through agricultural literacy efforts, membership service, public policy interaction, consumer engagement, farm product marketing, and outreach.

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Your Chicago South Agency

6438 Joliet Road | Countryside, IL 60525 | 708-352-5555



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708-352-5555
Agency Manager



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6415 W. 63rd St.
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Agricultural Literacy & Public Relations

Ag Lit Bit: Smell the Roses By Diane Merrion Ag in the Classroom Coordinator



This month features the holiday that some love and some loath. Whatever way you look at it, Valentine's Day is hard to avoid. It's also a huge economic boom often bringing in over \$18 billion according to the National Retail Federation. Approximately one-third of that total represents floral sales, which falls just below candy and cards.

Customs officials at airports begin working to make sure that the flowers a loved one receives contain only flowers! Customs and Border Protection (CBP) checks the millions of flowers coming into the U.S. for insects, diseases and even hidden narcotics.

Teachers who attend our Summer Ag Institutes are fascinated with the tour we receive at O'Hare Airport where we learn so much about the importance of Agriculture Customs and Border Patrol, a topic few Americans pay attention to unless they travel

abroad. The majority of fresh flowers are imported - mainly from South America - and inspected as they arrive at U.S. airports. Miami and Los Angeles typically inspect the most flowers during Valentine's season and are the frontline in preventing harmful pests and diseases into our county.

The process of checking flowers may include shaking them over white paper to see if any pests fall out. Those are then collected and identified by the highly trained agents at the Department of Ag. While the majority of flowers entering the country are safe, even one hitchhiking pest or plant disease can cause significant damage to American agriculture. At international ports of entry, land borders and mail facilities, CBP agriculture specialists are critical to the safety of our environment.

So, when you give or receive that red rose or special bouquet, say a word of thanks to the dedicated professionals at airports across the country for inspecting our precious gifts of love.

School Gardening Grant (Grades K-12)



Join us in developing student awareness of agriculture through school gardening. We are pleased to offer a School Garden Grant Program for teachers to promote curriculum development through school gardening. We will be awarding up to \$300 per school for use in the creation or continuation of a school garden.

Applications are found at <http://www.cookcfb.org/ag-literacy/teachers-resources/grants>. They are due February 15, 2018 via email to aitc@cookcfb.org.

Has Your Child Had Ag in Their Classroom?

The Cook County Farm Bureau visits thousands of 4th grade students every school year! If we haven't visited your child's classroom, share our information with his/her teacher. Here are some quotes from teachers we visited last year:

"Everything that comes from the CCFB is first rate, hands-on and state of the art; keep it coming."

"The students gained so much knowledge from the presentation about agriculture and agribusiness. Very informative and useful for students to understand the nutritional value of their foods."

"The students enjoyed the hands on activities and simulations which increased their engagement level. Having a variety of presentation activities was beneficial: lecture, visual, simulation, and discussion."

"The students were engaged in the grain activity and in reading the food labels. It was information and enjoyable. Student responses included: 'we should have her more often' and 'That was really fun!'"

Teachers can call our office to book **FREE** presentations for 4th grade. Parents are encouraged to attend as well. Ask for Jill or Diane 708-354-3276 or email us at aitc2@cookcfb.org.

Bring your Classroom Alive: Using Seeds, Eggs & Embryology



Tuesday, February 27, 2018 4:30-6:30PM

Cook County Farm Bureau

6438 Joliet Road, Countryside 60525

With spring around the corner, Earn 2 free PDCH and prepare your lessons to include seed germination, soil, chicks and eggs.

Lessons and activities will be presented by Ag in the Classroom, along with a guest speaker from the Egg Board who will share the vast free resources available. **Recipients of the embryology grant can take home their incubator and egg turners from the workshop!** For more information on the grant visit our website at www.cookcfb.org/ag-literacy/teachers-resources/grants

Preregistration required, call Jill at 708-354-3276 or email at aitc2@cookcfb.org



JULY 10-13, 2018 SUMMER AGRICULTURE ACADEMY

Using the Farm to Teach K-12 STEM

Enjoy 3 days of intense learning as we travel throughout agriculture stops in Central IL. Speakers, farmers and agribusiness professionals will provide tours and discussions about the importance of ag. Day 4 will provide on-site lesson plans and collaboration.

- Includes 3 days coach bus, hotel, tours, speakers, meals
- Binder with classroom materials/resources
- \$125 includes PDCH credits, \$200 extra for 2 graduate credits through St. Francis University
- Registration open until May 1 or class filled; call or email Diane or Jill @ 708-354-3276 or aitc@cookcfb.org

Tour farms to learn how food is grown

Learn how to include agriculture in your STEM curriculum

Connect food, fuel, and fiber from farm to Chicago

Experience active learning like driving a tractor and walking a corn field

COOK COUNTY FARM BUREAU FOUNDATION®

6438 Joliet Road
Countryside, IL 60525

aitc@cookcfb.org

July 10-13
2 overnights included



AGRICULTURE ADVENTURES FOR FAMILIES



The Winter Olympic games take place from February 9th through the 25th in Pyeongchang County, South Korea. I know what you're thinking! South Korea isn't close to Illinois at all so what do the Olympics have to do with our great state? Well, there will be many athletes from all over Illinois that will be

competing in this year's games. They'll be among the 2,800 athletes from more than 85 countries participating in 15 different sports during the games. Be sure to cheer them on!

From seasoned veterans to young novices, here's a look at some of our locals who will be making Illinois proud...

Team USA from Illinois



Figure skating

Bradie Tennell, Carpentersville: The 19-year-old won her first figure skating national championship and a spot on the U.S. Olympic team.

Alexa Scimeca Knierim, Addison: She battled back from a debilitating illness to win a spot on the Olympic pairs figure skating team alongside her husband and partner, Christopher Knierim.

Ice hockey

Kendall Coyne, Palos Heights: The 25-year-old will be making her second appearance at the Olympics.



Long track speedskating

Shani Davis, Chicago: The 35-year-old - who was the first African-American to win a gold medal at an individual sport at the Winter Olympics - will head to the winter games for the fifth time.

Brian Hansen, Glenview: Hansen, who won a silver medal at the 2010 Olympics in Vancouver, will head to the Olympics for the third time.

Emery Lehman, Oak Park: The 21-year-old first competed in the Olympics in 2014, when he was a senior at Oak Park-River Forest High School.

Short track speedskating

Lana Gehring, Glenview: The 27-year-old bronze medalist will be making her second appearance at the Olympics.



Ski jumping

Michael Glasder, Cary: The third time was the charm for the veteran local ski jumper, who qualified just recently for his first Olympics after narrowly missing out on the previous two U.S. teams.

Source: patch.com/Illinois

Gold Medal Menu



What exactly do Olympians eat? The diet of the athletes in the ancient Olympics differed radically from that of the modern day elite athlete, however the need for protein to build muscle and carbohydrates for the energy for exercise was no different.

Early records point to a cheese and fruit based diet for the first Olympic athletes, and later on the dietary emphasis shifted to meat. Food historian, Francine Segan, found documents of an ancient Olympic runner who won several competitions while following a meat-only diet, which started a meat-only craze.

Other diet tips for athletes also included avoiding bread right before competition and eating dried figs, thought to build muscle and stamina. Wine was also popular in ancient Greek times for both drinking and cooking.

As for Olympians today, the proper diet is an integral part of their day-to-day training schedules, and they manage their food intake with as much precision as their workouts. Fierce competitors keep healthy, protein-rich snacks in tow before going to battle, but each sport has its specific requirements for weight, strength, and energy. Cross-country skiers are advised to load up on carbs before competition, while ski jumpers are aiming to reduce their body weight.

Speaking of food, in South Korea, rice is a staple when it comes to diet. Typical dishes include kimchi (spiced pickled cabbage), mandu (meat-filled dumplings), kksu (noodles), dried fish and other seafood. Like Illinois, South Korea grows soybeans and corn in addition to barley, potatoes, cabbage, cucumbers and a variety of fruit.

Source: TopEndSports.com



Olympic Fun Facts

- This is the first time South Korea has hosted the Winter Olympics. The 1988 Summer Olympics were held in Seoul, South Korea.
 - Norway has won the most gold metals in the Winter Games.
 - Only one person has ever won gold in both the Winter and Summer Olympics. That person was Eddie Eagan who won gold at the 1920 Summer Games and at the 1932 Winter Olympics.



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 2018 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies. Good luck!

Last month's word search winner is...

Mary Kosiek
Congratulations!

February Word Search

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

- | | |
|----------|-------------|
| Athletes | Olympics |
| Compete | Rice |
| Diet | Skating |
| Gold | Skiing |
| Hockey | South Korea |
| Ice | Sports |
| Kimchi | Training |
| Mandu | Winter |

Name: _____

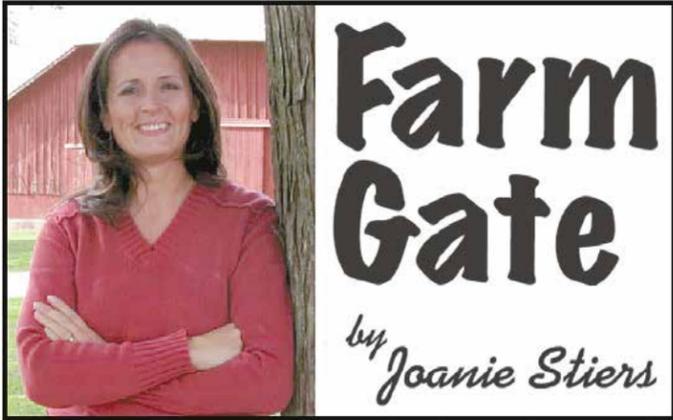
Phone #: _____

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.



Season of Self-Evaluation: Analysis Part of the Farm's Winter Work

The discussion and questioning came over a holiday dinner. A non-farming relative wondered why farmers would run field trials of different hybrids, nutrient strategies and herbicide approaches when the ever-varying weather could alter the result. I finally put the science and statistical analysis portion of the conversation aside and decided the motivation to test and try different scenarios stemmed from a farmer's desire to improve, to be better at what they do.

'Tis the season for that.

After removing snow and thawing a dysfunctional cattle drinker, farm families cozy up to a heavier load of bookwork, meetings and table talk this time of year than any other. It's the season of self-evaluation, a time to look at what worked and what didn't in 2017. A time to budget and evaluate balance sheets. And we grudgingly take time to face the flurry of tax forms and tax preparations that precede sowing the seeds of the next crop.

As I've heard a leadership guru say, you're either green and growing or ripe and rotting. And I see plenty of farmers practicing the former. The winter agenda is full of meetings, from informal farm family discussions around the kitchen table to formal regional gatherings at conference centers to help farm families like ours improve their marketing strategies, learn about evolving agronomic practices and see the latest machinery technology. Even advertisers recognize the season of self-improvement. Commercials talk about "raising the bar" with fungicide use this summer and finding a seedsman to customize the next growing season for a different experience.

Meanwhile, local agencies help farmers and landowners enhance conservation practices, often within the realm of government programs. They may work on details to adopt a new practice in the field or perhaps add a business venture simmering on the back burner for years. We evaluate the current lineup of machinery for maintenance or replacement to meet the year's goals, some the same and some new. Final decisions on insurance to protect crop revenue approach quickly, and soon enough seed will arrive to the farm shop with most of those variety selections already made from the combine cab last fall.

This year will bring a combination of sticking with what works and trying something new in search of the next tried-and-true. The knowledge passed down from previous generations tells us our farm was shaped on both failures and successes, but we're always aiming for the latter. Here's hoping for a safe and successful 2018 in farm country.

About the author: Joanie Stiers is a mother of two farm kids in West-Central Illinois, where her family grows corn, soybeans and hay and raises beef cattle

Cook County Farm Bureau Leaders Attend American Farm Bureau Federation Annual Meeting

Cook County Farm Bureau leaders from the Board of Directors participated in the 99th Annual Convention of The American Farm Bureau Federation (AFBF) in Nashville in mid-January. The group included Pres. Janet and Joe McCabe, Jim Gutzmer, Dan and Karen Biernacki, Jim and Kathy Bloomstrand, Gerry and Linda Kopping, Mark and Heidi Yunker, Mike Rauch and fiancée Laura, Tim Stuenkel, Roger Freeman, and Ruth Zeldenrust/Henry Campbell. During the event, they attended various conferences, presentations, seminars and spoke to many vendors as a part of the trade show to bring back programming ideas, concepts, trends, and potential membership benefits to the Cook County Farm Bureau.

The group also heard keynote addresses from AFBF President Zippy Duvall, Secretary of Agriculture Sonny Perdue, and President Donald Trump (each year, out of respect for the office, AFBF extends an invitation to the President to speak regardless of party affiliation or of the President's position on issues. It is important to note that the Farm Bureau refrains from taking positions on Presidential candidates). The President's remarks focused on topics of tax policy, the farm bill, regulation on business, roll back of certain regulations impacting agriculture, trade with other countries, and expanding broadband access to rural areas of the county.



United States Director of Agriculture, Sonny Perdue.



Ms. Reba McEntire chatted with AFBF President Zippy Duvall and his wife, Bonnie, about growing up on a farm/ranch in Oklahoma and the important lessons that she gained through her parents and hardwork.



At the meeting, President Trump signed an executive order to expand broadband internet access to underserved rural areas in the United States.



Mark and Heidi Yunker were interviewed by Japanese TV on their reaction to the President's comments on trade.

Food on Your Mind? Let's Talk.

Join the Chicago Ridge Library and Cook County Farm Bureau® for a candid discussion about how your food is grown and the decisions today's farmers make. Speakers will provide an overview of modern farming practices, organic farming, and the use of genetically modified organisms (GMO). Speakers will also address audience members' questions.

Speakers



Kim Morton, a former farm manager for the Northern Trust Company and farm owner, is one of Chicagoland's premier speakers on GMO testing and use. In her role with the Northern Trust Company, she became the second woman in the nation to receive the "Accredited Farm Manager" designation and was a member of the Illinois Agricultural Leadership Class of 1998.

Morton is an active member of the Cook County Farm Bureau®.



Tim Stuenkel is the Global Marketing Communications Manager at TeeJet Technologies, a leading global manufacturer of crop protection

**March 12, 2018
7:00 p.m.
Chicago Ridge Public Library
10400 S. Oxford Ave, Chicago Ridge**

application and precision farming equipment based in Wheaton, Illinois. Stuenkel has served in various roles including technical support, sales, and international market development since joining the company in 2000. Stuenkel was a member of the Illinois Agricultural Leadership Class of 2012.

Stuenkel was raised on the same corn and soybean farm in Cook County that he and his sisters now farm. Stuenkel is an active member of the Cook County Farm Bureau® Board of Directors.

Jeff Heinsohn serves as Agronomy and Machinery Manager for Walnut Grove Farms in Kirkland, Illinois. Walnut Grove Farms is a 400-cow dairy farm. Heinsohn is directly responsible for the management of over 2,500-acres of both certified organic and non-GMO crops. Over 1,000-acres of the farm are certified organic by the Ohio Ecological Food and Farm Association. Heinsohn was a member of the Agricultural Leaders of Tomorrow Class of 2006.

Heinsohn is a third generation family farmer and is a member of DeKalb County Farm Bureau®.

Continued on page 11

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GOVERNMENTAL AFFAIRS UPDATE

Farm Bureau Establishes National and State Legislative Priorities

The lists below are not ranked in order of importance but rather are intended to be all-inclusive of Farm Bureau's "to do list" for the national and state legislative arenas.

National Legislative Priorities

- Defend and remain in the North American Free Trade Agreement (NAFTA) and Korean Free Trade Agreement, work to expand trade opportunities for farmers and increase demand for Illinois agricultural products.
- Enact a farm bill that protects crop insurance and addresses as many other Illinois Farm Bureau farm bill priorities as possible.
- Address the excessive, unwarranted expansion of Clean Water Act jurisdiction over Illinois farms, reform the Endangered Species Act, and enact regulatory reform legislation that increases transparency and science-based rulemaking.
- Work for greater federal investment in rural infrastructure to improve broadband access; upgrade roads, bridges, and freight rail service; expand ag research; reinforce levees; and to finally begin modernizing our inland waterways.

- Prepare Illinois Farm Bureau to enter the healthcare reform debate and work to address escalating health insurance premiums that burden farm families.

National "Watch List" Issues

- Pursue policies that make energy more available and affordable for farmers and that encourage more ag-based renewable fuel and energy production.
- Enact immigration measures that address Illinois agriculture's need for a legal, stable workforce.

State Legislative Priorities

- Strengthen the support of the Illinois General Assembly and Illinois constitutional officers for maintaining key agricultural tax policies in Illinois.
- Maintain a balanced process for siting livestock farms through the Livestock Management Facilities Act (LMFA) that protects both the environment and farmers' ability to raise livestock.
- Seek legislation to allow for vehicles of the second

division displaying an Illinois Specialty License Plate the ability to receive the Covered Farm Vehicle (CFV) registration designation.

- Seek legislation to reduce the current traffic and criminal conviction surcharge paid on truck overweight fines.
- Seek legislation to protect landowners' property rights from installations on privately owned road rights-of-way without just compensation.
- Implement statewide standards for commercial solar energy conversion systems that protect public health and safety, protect private property rights, and allow for reasonable development of projects.
- Support legislation establishing a statewide standard for assessing commercial solar energy conversion systems for property tax purposes.
- Oppose an increase to Illinois' minimum wage that is believed to be inflationary and would negatively impact Illinois' business climate.

For additional information on any of the above legislative priorities, please contact Bona Heinsohn at 708-354-3276 or via email at bona@cookcfb.org.

Farm Bureau Remains Concerned about the Future of Horse-Drawn Carriages in Chicago

Cook County Farm Bureau® sent the following letter to Aldermen on the Chicago License and Consumer Protection Committee member:

Carriage horses are an iconic part of Chicago. For many families, carriage horses and their drivers may be the only contact they have with agriculture and livestock. Through scrupulous training and handling, carriage horses are comfortable in loud, urban areas.

Cook County Farm Bureau® disputes the unsubstantiated proposition that using horse-drawn carriages are a form of cruelty to the horses. There is simply no justification for this contention, aside from the views of certain animal rights activists that believe all animal use is cruel.

Chicago's carriage horses are among the most regulated horses in the country to ensure that they are well cared for in terms of stabling, access to appropriate food and water, grooming, horseshoeing, veterinary care and working conditions. Repeated inspections of the horses and their stables have yielded no inhumane

issues. In addition, the safety record of horse-drawn carriages in Chicago is exemplary.

The proposed ordinance would not only eliminate a very popular and charismatic form of tourism for the city of Chicago, it would eliminate jobs and reduce tax revenue to the city and the state.

Cook County Farm Bureau® policy supports the growth and enhancement of animal agriculture in Cook County (Policy #1300 Animal Agriculture). The much beloved, carriage horse industry is a vital connection for many urban families to Cook County and Illinois agriculture.

As the county's largest general farm organization, Cook County Farm Bureau® is dedicated to bridging the gap between farmers and urban consumers. Through education programs targeting youth and their parents and programs designed to connect farmers with potential consumers, Farm Bureau members are actively engaging in conversations about food and the shared values between farmers and consumers.



Farm Bureau Members are Encouraged to Participate in a Policy Discussion Without Leaving their Homes

Cook County Farm Bureau will host a policy discussion on Thursday, March 1 at 7 p.m. To participate in the discussion, farmer members will receive an automated call just prior to the discussion asking them if they'd like to participate. Once on the call, members will be able to hear the discussion, ask questions, and discuss topics of interest to them. Members will be able to participate using their phones and will not need to travel.

Additional information regarding the call will be available shortly. Mark your calendars for Thursday, March 1.

Coming to Your Mailboxes in March: Viewpoint Surveys

Cook County Farm Bureau® works hard to be a leader on legislative and regulatory issues that impact Farm Bureau members. As we prepare to represent farmers' interests, we're reaching out to you to determine what our highest priority advocacy activities should be in 2018.

Farmer members are encouraged to share their expertise and concerns by responding to the Viewpoint Survey. Farm Bureau will use your feedback to make critical decisions regarding our legislative activities for the year.

Survey topics include: local government consolidation, county taxation, and food labeling.

Voting members are encouraged to return their surveys as soon as possible.



By Bona Heinsohn

I have a confession: I'm a "Potterhead." Surprised? Maybe. But you should know that I'm an avid

reader and not just of shoe magazines.

Since learning to read, I immersed myself in stories of Nancy Drew, The Boxcar Children, Goosebumps, Sweet Valley High, and The Saddle Club. Like legions of young girls before me, I imagined myself solving mysteries while riding trails by night on my trusty steed. As I got older, my reading preferences shifted from R. L. Stine to Stephen King, Dean Koontz, and Michael Crichton. On rare occasion—usually when I stole one from my grandma—I'd throw in a Harlequin romance novel. But I'm more of a dinosaur kind of girl.

After college, my thrill-seeking tastes gave way to less Stephen King and more Kay Hooper, Iris Johansen,

David Baldacci, and Karin Slaughter. My farmer calls them my "body count books" and he may have a point. But candidly, Stephen King started to scare me after I left the comfort of roommates. *It* and *The Stand* still terrify me.

Tucked on my bookshelf is none other than Harry Potter, Ron Weasley, and Hermione Granger. Like many "Potterheads" before me, my imagination enabled me to travel to the wizarding towns of Godric's Hollow, Hogsmeade, Mould-on-the-Wold, Ottery St. Catchpole, and Upper Flagley. Like my peers, I rejoiced when Harry found his Godfather. Celebrated when he defeated dementors. Cringed and cheered him on when he talked back to Delores Umbridge. Broke a little (ok, a lot) when Hedwig died. And was lost when the story ended. What's probably most surprising is that it was my mother-in-law who introduced

me to Harry Potter.

What Harry Potter also gave me was a connection to my blue-eyed girl. Over a year ago, despite her love for The Boxcar Children, her curiosity got the best of her and soon she was immersed in the wizarding world. Our conversations turned from the Alden family and their many adventures to why a young boy would fight against all odds for what was good and right. Why there's no shame in being smart and using your brains. And why it's so important to be a good friend.

Like families before us, we journeyed to the Wizarding World of Harry Potter and tried our talents at casting spells. Consuming copious amounts of butterbeer—iced, frozen, and hot. And flying on the quidditch pitch.

My blue-eyed girl not only loved the chocolate frogs, sugar quills, cauldron cakes, and peppermint



Photo taken on the steps of Number 12 Grimmauld Place, London.

toads, but also took home Hermione's wand. What I took home was a renewed belief that even the most different of people can find common ground, and sometimes perhaps over a glass of hot butterbeer.

Manifolds, Manolos, and Manure

MEMBER RELATIONS



CCFB and U of I Extension co-host babysitting class for pre-teen/teens

When: Saturday, May 5, 2018
Time: 9:00 a.m. - 4:00 p.m. *Please bring a lunch, CCFB will provide drinks.*
Where: Cook County Farm Bureau Building in Countryside
Cost: \$10 for members, \$15 for non-members

Goal: To successfully train pre-teens and teens to be qualified babysitters.
Inputs: University of Illinois Extension Educator

Outputs:

The curriculum will provide participants with the tools necessary to understand the expectations involved and be equipped for the challenges of babysitting. The following lessons will be presented:

- Lesson 1 – Babysitting Responsibilities
- Lesson 2 – The Business of Babysitting
- Lesson 3 – Understanding Children
- Lesson 4 – Nutrition
- Lesson 5 – Fun with Children
- Lesson 6 – Sitting Safely
- Lesson 7 – Sharing Tool Kits and Portfolios

Participation in this workshop is open to any pre-teen/teen with the interest in creating a babysitting business. **Attendees will receive certification after completion of class.**

Deadline to Register: April 25, 2018

Call the CCFB to register for this important class at 708-354-3276!

Outcomes/Impact:

Short-term: Participants will attend the *Babysitting for Hire* workshop to learn how to be qualified babysitters.
Medium-term: Participants will begin to identify themselves as qualified babysitters as they prepare to develop their businesses.
Long-term: Participants will have successful babysitting businesses.

Essential Oil Rollerball Make & Take Workshop



- Feeling stressed and want to feel calm?
- Seasonal threats making you want to claw your eyes out?
- Elusive sleep becoming your enemy?
- Bad case of the Mondays and need to focus?
- Picked up a box and now you feel like you need to be in traction?
- Skin betraying your age?
- Energy levels sinking like the Titanic?

CCFB is hosting a class on Wednesday, April 25, 2018 from 7-9 PM to learn all about essential oils and how you can naturally help support the needs of your body. Each attendee will make 1 FREE rollerball blend based on their needs with the option of making more. Additional rollerballs are \$5 each.

Call the CCFB office to register for the event at 708-354-3276.

Address: 6438 Joliet Rd., Countryside IL 60525 • Email: ccfb@cookefb.org • Web: www.cookefb.org

360 SKY YOGA

AT

360CHICAGO.COM/360-SKY-YOGA

ENTER PROMO CODE "CCFB" FOR \$3 OFF!

360 SKY YOGA WELCOMES YOGA ENTHUSIASTS FROM ALL SKILL LEVELS TO A ONE-HOUR WEEKLY CLASS LED BY 360 CHICAGO'S PROFESSIONAL INSTRUCTOR.

9:00 AM - 10:00 AM EVERY SATURDAY
875 N MICHIGAN AVE

Cook Country 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.



Kevin Welsh
Chicago North Agency, Victoria Nygren, Agency Manager
 Kevin Welsh has been named Career Financial Representative of the month for December 2017. His office is located at 1701 W. Belmont Ave in Chicago, IL. His phone number is 773-248-2561. Kevin has been a Career Financial Representative since January 2009.



Sylwia Grochowska
Chicago North Agency, Victoria Nygren, Agency Manager
 Sylwia Grochowska has been named Employee Financial Representative of the month for December 2017. Her office is located at 3703 N. Harlem in Chicago, IL. Her phone number is 773-628-2502. Sylwia has been an Employee Financial Representative since February 2016.



Matt Powell
Chicago Northeast Agency
 Matt Powell has been named Career Financial Representative of the month for December 2017. His office is located at 4200 W. Euclid Ave, Ste E in Rolling Meadows, IL. His phone number is 847-934-1117. Matt has been a Career Financial Representative since February 2005.



Joe Munch
Chicago Northeast Agency
 Joe Munch has been named Employee Financial Representative of the month for October 2017. His office is located at 25 NW Point Blvd, Ste 850 in Elk Grove Village, IL. His phone number is 847-963-8835. Joe has been a Financial Representative since February 2015.



John Doherty
Chicago Northwest Agency, Jack Smith, Agency Manager
 John Doherty has been named Career Financial Representative of the month for December 2017. His office is located at 10A W. Schaumburg Rd. in Schaumburg, IL. His phone number is 847-519-9922. John has been a Career Financial Representative since May 1992.



Renata Bondarowicz
Chicago Northwest Agency, Jack Smith, Agency Manager
 Renata Bondarowicz has been named Employee Financial Representative of the month for November 2017. Her office is located at 2435 W. Schaumburg Rd. in Schaumburg, IL. Her phone number is 847-891-6388. Renata has been an Employee Financial Representative since July 2016.



Martha Dominguez
Chicago South Agency, Marc Rogala, Agency Manager
 Martha Dominguez has been named Career Financial Rep of the Month for November 2017. Her office is located at 3458 S. Halsted St. in Chicago, IL. Her phone number is 773-254-5963. Martha has been a Career Financial Representative since June 2012.



Ed Beavers
Chicago South Agency, Marc Rogala, Agency Manager
 Ed Beavers has been named Employee Financial Representative of the month for December 2017. His office is located at 1401 S. State St., Ste 150 in Chicago, IL. His phone number is 312-588-1404. Ed has been an Employee Financial Representative since April 2015.



Terry LaMastus
Orland Park Agency, Cary Tate, Agency Manager
 Nick Burke has been named Career Financial Rep of the Month for November 2017. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His phone number is 708-425-1816. Nick has been a Career Financial Representative since September 2005.



Kevin Gardner
Orland Park Agency, Cary Tate, Agency Manager
 Kevin Gardner has been named Employee Financial Rep of the Month for October 2017. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His phone number is 708-425-2251. Kevin has been an Employee Financial Representative since July 2016.



Bob Smith
South Holland Agency, Jeff Orman, Agency Manager
 Bob Smith has been named Career Financial Representative of the Month for December 2017. His office is located at 18159 Dixie Hwy in Homewood, IL. His phone number is 708-798-4844. Bob has been a Career Financial Representative since March 1980.



Tim Winters
South Holland Agency, Jeff Orman, Agency Manager
 Tim Winters has been named Employee Financial Rep of the Month for October 2017. His office is located at 10607 S. Harlem Ave, Unit 1A in Worth, IL. His phone number is 708-361-4330. Tim has been an Employee Financial Representative since May 2016.

Want to Sell? Want to Buy? List it in the 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 (Auto, Home, Furniture, etc.) 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 date 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 free, 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.

Miscellaneous

Men's ski outfit, pants, jacket and hat size medium \$35. Men's goggles \$8. Men's ski gloves 3-pair size medium \$6 each. Ladies ski mittens size medium \$6. Excellent condition. Call 815-320-6178.

Furniture: Old (60+ years) dresser for sale. In good condition and has four little wheels on the end of the legs to move it around. 2 long drawers and 2 small drawers. \$150, cash only. Dimensions: 36" high, 45" wide, 20" depth. Call 815-463-0517. (See cookcfb.org/membership/classifieds for photo)

4 combo vending machines (RC800/RC850), Cap 200 snacks, 177 drinks each, \$3,500 for all four. Call 630-665-9832, leave message.

Motorized Vehicles, Boats and Accessories

1998 18' SeaRay, 135 HP inboard with trailer. Call 815-999-5195.

Tires "4" - P265/70R18 Contitrac tires & mag, fits Nissan & Chevy 6-lug \$325. 4 Michelin P275/65R18 \$100. 4 Toyo A20 235/55R18 Open Country \$250. Call 847-366-4962.

Real Estate for Sale/Rent

Industrial building for rent located in Worth,

IL. 2300 square feet office with 2 restrooms, 2 overhead doors with loading dock, fenced in yard space, asphalt paved parking lot. Available March 1, 2018. Please call 708-670-2118.

Vacation Sales/Rentals

Florida Keys condo for rent. Furnished 3 bedroom, 2.5 bath, full kitchen, washer, dryer, decks, & pool. Located in the Middle Keys with easy access to ocean or gulf. Boat slip included with condo rental. Coral Lagoon, UNIT 18, Marathon, FL. Call 305-289-2212. (See cookcfb.org/membership/classifieds for photos)

WANTED

Wanted: Old jukebox and older slot machine.

Food on Your Mind? Let's Talk.

Continued from page 8

About Cook County Farm Bureau®

As the county's largest general farm organization, Cook County Farm Bureau® is dedicated to bridging the gap between farmers and urban consumers. Through education programs targeting youth and their parents and programs designed to connect farmers with potential consumers, Farm Bureau members are actively engaging in conversations about food and the shared values between farmers and consumers.

\$\$\$Receive discounts on your auto insurance\$\$\$

Defensive Driving Course

Spots are limited!



The Cook County Farm Bureau® and Country Financial will be hosting a Defensive Driving Course on May 15 & 16, 2018 from 10:00 am to 3:00 pm at the CCFB office in Countryside. Both days must be attended to receive the certification. Cost for the class is \$15 for members and \$25 for non members (includes course materials and lunch both days).

The course explores the causes of vehicle collisions (mental, physical and environmental factors) and teaches how defensive driving principles can prevent most of these costly incidents. Upon completion, you may be eligible for a discount on your auto insurance. Rated drivers 55 and over who have not had a motor vehicle accident or violation within the past 12 months are eligible. The savings will extend for 3 years on the policy.

This program was developed by the National Safety Council and will be taught by safety specialist, Doug Sommer. The course, which is conducted in a classroom setting, is very informative, entertaining and relevant to today's driving environment and standards. An exam is not required to complete the course or receive certification.

Reservations are required and class size is limited. Call the CCFB at 708-354-3276 to make your reservation or for more information.

Make one of your New Year's resolutions come true—travel!



Exclusive Member Savings to travel locally or see the world!

Travel is fun and members can enjoy the benefits of travelling with Mayflower Tours, and enjoy life enriching experiences while creating lasting memories!

Cook County Farm Bureau® members and their guests will enjoy exclusive savings on top of any and all discounts, promotions, and travel deals offered by Mayflower Tours.

Members simply provide our exclusive member discount code: **ccfb16** to receive the direct savings! To begin your Life Enriching Experience and learn more about Mayflower Tours call Kayla at 630-435-8201 ext. 201 and state that you're a Cook County Farm Bureau member to receive the added savings.

Member-to-Member Discount Program

Are you a business owner and a member of the Cook County Farm Bureau?



A Member-to-Member discount program was created to provide members with businesses the opportunity to promote goods and services offered through their business

to the other members of the organization. By offering a discount to the members of the organization, business owner members receive free advertising and promotion on our website and, as space permits, in our monthly publication The Cooperator. It is designed to be a win-win program for members of the Cook County Farm Bureau!

Please visit www.cookcfb.org/membermember.html for details, to sign up for the program, and to view a list of current participating member-to-member businesses.

John Deere Member Benefit

Illinois Farm Bureau and John Deere recently announced a new partnership providing Farm Bureau members special access to the John Deere's GreenFleet™ Loyalty Rewards program with a free two-year Platinum 2 membership. The new member discount program strengthens the existing partnership between John Deere and Farm Bureau and continues to grow John Deere's dedication to strengthening its support of America's farmers and ranchers.

Along with equipment discounts, GreenFleet Loyalty Rewards Platinum members are eligible for special parts savings, Home & Workshop Products discounts and other members-only promotions.

Normally, a customer must initially purchase two pieces of qualifying equipment within 12 months to reach Platinum status. Farm Bureau members will automatically qualify by signing up through JohnDeere.com/FarmBureau. Once registration is complete, members will receive their GreenFleet member number and can instantly access program benefits. Members can purchase equipment online at JohnDeere.com/BuyOnline or visit a local John Deere dealer.

Farm Bureau members are eligible for the following discount benefits as Platinum 2 status members:

- \$350-\$3,200 off Commercial Mowing
- \$100-\$250 off Residential Mowing
- \$200-\$350 off Utility Vehicles
- \$200-\$350 off Tractors
- \$500-\$3,700 off Golf & Sports Turf
- 17% off MSRP - Commercial Worksite



Go to the GreenFleet website at deere.com/en/campaigns/ag-turf/greenfleet/ to learn about the discounts and other benefits of being a Platinum 2 member!



The Cooperator, official publication of the Cook County Farm Bureau, does accept paid advertising. A copy of the rate card may be accessed at www.cookcfb.org in News and Views or call the CCFB office at 708.354.3276 for a copy. The publication goes to more than 40,000 households each month.

2018 Foundation Scholarship Applications Being Accepted until February 16th



The Cook County Farm Bureau Foundation is offering college students the opportunity to start or continue his/her higher education with a scholarship. Last year, the Foundation provided ten scholarships ranging from \$1,000 - \$3,000 each. This is the Scholarship program's 20th year!

The Board will name the top applicant as the Howard Paarlberg Excellence in Agriculture Scholarship recipient. A number of general scholarships will also be provided through the evaluation process. The Conserv FS FFA Scholarship for \$1,000 will also be offered to a High School Senior

in an approved FFA Program.

The Foundation Board has set the following criteria for the scholarship program:

- Applications must be completed and submitted to the CCFB Foundation by February 16th, 2018. Late applications will not be considered.
- All applicants must be members or dependents of members in good standing with the Cook County Farm Bureau for at least one year. (Except for the Conserv FS FFA Award)
- All applicants must be high school graduates accepted for enrollment by, or currently enrolled at, an accredited college, university, or community

college.

- All applicants must be pursuing a field of study in agriculture, agri-business, or an agriculturally related major with a focus on an ag-related career (food or fiber).
- Scholarships will be awarded following application evaluation for exceptional academic ability, financial need, demonstrated interest in agriculture, evidence of self-help, and character. For more information or an application, please contact the Cook County Farm Bureau Foundation at 708-354-3276 or print an application out from our website at cookcfb.org/foundation/scholarships.

What is an Agricultural Career? Here are 3 examples...



ANIMAL NUTRITIONIST



HORTICULTURIST



NUTRITIONIST/DIETITIAN

2018 Ford Bonus Cash Program Announced

Farm Bureau members can get \$500 off the purchase or lease of most new Ford vehicles.

Farm Bureau members planning to buy or lease a new Ford vehicle may receive a \$500 cash bonus through Jan. 2, 2019.

The offer will not be available on the Mustang Shelby GT350 or GT350R, Ford GT, Focus RS or F-150 Raptor. The offer cannot be used in conjunction with most other Ford private incentives or AXZD Plans.

To receive the offer, you must be an Illinois Farm

Bureau (IFB) member for 30 consecutive days prior to the purchase or lease. Members will be limited to one \$500 Bonus Cash offer per vehicle. Each member will be limited to five new eligible vehicle purchases or leases during the program period.

IFB members are also eligible to enter the Built Ford Tough F-150 Sweepstakes, which ends September 30, 2018. No purchase is necessary, and members must be 21 years or older with a valid driver's license. Go to <https://www.fordspecialoffer.com/farmbureau/sweeps> to enter.



2018 Community Urban Garden Grant Program Applications Available



Grant Program Applications are now available. All community based urban gardens in Cook County are encouraged to apply. Grant details and applications are available on our website at cookcfb.org/buy-local/events or by calling 708-354-3276. All applications must be emailed, faxed, or postmarked by Wednesday, February 28, 2018 to be considered.



New to Agriculture and Farming? "Where's the Dollar in Your Yard" Workshop is for you!

Join the growing agricultural community members who are creating adventures in their backyard by growing food, producing honey, and finding natural resource opportunities on their property or for land they are looking to purchase. By looking "outside the box" and finding your niche enterprise you may be able to make a little or a lot of money.

Need ideas for putting your land to work for you? Or do you have an idea and need to know what to do next? Whether it is starting a backyard farm or keeping it simple by raising honey bees, this workshop will help you evaluate your options as you begin planning your enterprise. If you live in the country, suburbs, or an urban area, and are interested in earning additional revenue from your land consider joining us at the Cook County Farm Bureau in Countryside, IL on Saturday, February 10, 2018 from 9:00 AM to noon. Registration fee is \$20.00 for members and \$30 for non-members – all are welcome!

This workshop will provide practical, common-sense information to explore starting an ag

enterprise including:

- Evaluating Your Resource: Land, soil, water, people
- Accessing the Help You Need: Training and educational opportunities
- Marketing Your Products: Finding a market
- Cook County Do's and Don'ts for Ag: Rules and regulations you need to know
- Business Planning Tools: Planning and analyzing the finances of the farm
- Risk (Legal and Liability Considerations): Risks to think about, insurance to consider
- Moving Your Ag Enterprise from "Paper" to "Business": Finding land and money
- Realities from the Farm: Producers share their experiences

Early registration is recommended due to space limitations and material preparation. For more information and to register, call Cook County Farm Bureau at 708-354-3276 or on-line registration at the Member Center at cookcfb.org.

New Member Benefit Platform

Sign up to access over **302,000** discounts

<https://ilfb.abenity.com>

Access local and national discounts at work, at home, or on the go! Save on thousands of hotels, restaurants, movie tickets, retailers, florist, theme parks, national attractions, concerts, and events.

Sign up today! <https://ilfb.abenity.com>