



GO-OPERATOR

To serve all our members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our agricultural heritage.

Mark Your Calendar

JANUARY

- 12, 19, 26 Planning for Organic Certification Pg. 12
- 19 & 27 Winter Agribusiness Seminar Pg. 12
- 20 NFL Field Trip Pg. 1

FEBRUARY

- 2, 9, 16, 23 Beekeeping Pg. 12
- 4 Going Solar In 2021 Pg. 12
- 9 & 25 Winter Agribusiness Seminar Pg. 12
- 10 Timber Harvesting In 2021 Pg. 12
- 25 Finger Crochet A Chunky Infinity Scarf Pg. 12

MARCH

- 2 & 9 Beekeeping Pg. 12

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 by using the member service center at www.cookcfb.org.

Historical Question of the Month

What is the cost to "attend" the January, 2021 American Farm Bureau Federation Annual meeting?

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.

Last month's question: In 2013, Cook County Farm Bureau® received what two awards from the Illinois Farm Bureau® in recognition of outstanding programming in the areas of Agricultural Literacy, Communications/ Promotions, Commodities Marketing, Health/ Safety, Legislative/ Political Process, Local Affairs, Member Relations, Policy Development, and Membership Quota?

Answer: The President's and Liberty Bell awards.



President of the Cook County Farm Bureau, Joe Lipman (left) accepts the President's Award from Philip DeLeon (right), President of the Illinois Farm Bureau. The President's Award is the highest award given to a Farm Bureau unit for outstanding programming and services in the areas of Agricultural Literacy, Communications, Marketing, Health/Safety, Legislative/Political Process, Local Affairs, Member Relations, Policy Development, and Membership Quota. The recipient also receives the Liberty Bell Award, an emblem of Agriculture, Food Security, National Honor and Policy Implementation.

December's Winner is Joseph Baldyga



A Barn Quilt was recently added to the barn of Gerry and Linda Kopping of Lemont. The farm has been in the family since 1870. The barn quilt was created by Sandra Harney of Homer Glen Art Guild.

NFL Field Trip



ILLINOIS AG IN THE CLASSROOM AND YOUTH AND EDUCATION TEAM FROM THE PRO FOOTBALL HALL OF FAME IN CANTON, OHIO

Agriculture. History. Football.

12:30-1:30 CT JANUARY 20TH

Join Illinois Agriculture in the Classroom and the Youth and Education Team from the Pro Football Hall of Fame in Canton, Ohio to learn about the great history of the game! You will not only learn the importance of the agricultural industry to the Game itself, but the Hall of Fame will take it one step further and show you a historical perspective on each of those items! Members are invited to participate. Sign up here for webinar links to this field trip: <http://iaitc.co/fieldtrips>. For questions about the Hall of Fame's Youth and Educational Programming, please contact Education@ProFootballHOF.com

But Wait, There's More!

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

- What's ahead for Agriculture with the Biden Administration
- Making the most of selling farm products, food online
- IAA Foundation Presidential Memorial Scholarship
- Take the 100-year Anniversary Virtual Tour
- Sec of State DL Facilities closure extended

Learning The Labels

Food labeling can be cause for confusion; sway purchasing habits of consumers By Carrie Steinweg, Freelance Writer

When you shop for food, there can be some confusion when reading the labels. There may be ingredients you can't pronounce. There may be terms that are unclear. There may be foods that aren't that good for you that are touted as so.

"Creative food labeling can easily ascribe a certain value to a product whether or not it is valid. A 'health halo' is a product with the illusion that it is good for you without any evidence that the product is healthier or better for you than an alternative," said Rachel Kleinman, MS, RDN, LDN with Ingalls Hospital/UChicago Medicine. A natural, non-GMO, organic cookie is still a cookie at the end of the day."

Some terms seem straightforward, but that's not always the case. While some are strictly regulated, others are not and unless you really dig in and do your homework, there's no way for a consumer to know how that product qualified to earn specific label.

"Organic" is one term that is strictly regulated by the USDA. "In order to obtain the organic seal, the product must contain at least 95% organic content and use organic farming methods," said Kleinman. By contrast, the term "all-natural" is loosely regulated and may not match the definition that a consumer expects. In this case it can be used by marketing companies to put a more wholesome spin on a product to boost its sales.

Kleinman noted that while consumers are free to choose what products they buy, such labeling plays upon food fears and can be misleading. "This confusion has led to an overall decrease in fresh produce consumption despite conventional produce being safe and inexpensive," she said.

While a word like "all-natural" can be used to elevate a product and make a consumer believe it is a healthier product that it really is, the term "GMO" can be used by marketers to demonize foods and make them seem dangerous and deadly when that isn't the case.

"The non-GMO project label implies there is something wrong with GMOs that we need to be afraid of. Fortunately, GMOs go through decades of research to prove safety for human consumption before they can be sold on the free market. Even then, their presence in our food supply is limited right now," Kleinman explained. "In fact, there are only 10 GMOs on the market. Because of this, it is easy for pretty much any food company to slap a non-GMO project label on their items. There is no GMO wheat on

Continued on Page 2

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!

Learning The Labels...Continued

the market, so there is no reason the whole grain bread you've purchased needs to identify itself as non-GMO outside of the health halo the label provides."

"Hormone-free" is another unnecessary tag that can be used to convince consumers that a product is superior to another. "It is illegal to inject hormones into chicken and turkey so any brand of chicken can be labeled as 'hormone free'. This provides no added benefit to the consumer and only leads to fear surrounding other brands of meat," said Kleinman.

Another term that can be misleading is "farm raised," which can be used by any chicken company as all chickens are raised on some type of farm, noted Kleinman.

"There is also no precise government definition of 'free range' and companies can use this on a case-by-case basis. The USDA permits use of this label for any chickens that had access to the outdoors for some part of the day, whether the chickens actually choose to go outside or not," said Kleinman "This label provides a nice wholesome image of happy

chickens roaming around outside when it is a simple standard that many companies can choose to use."

While the examples above may show how labeling terms can go awry, there is certain verbiage you should look for and can be confident in believing. The terms "high in," "excellent source of", "fortified", or "enriched" are regulated and give a true sense of its contents. You might also look for labels like "low sodium" if your diet requires that you limit salt intake.

Another thing to keep in mind, according to Kleinman, is the false notion that if you can't pronounce something in the ingredient panel, you shouldn't be eating it. Take cyanocobalamin for example. It may sound scary, but it's just another name for Vitamin B12.

Resources to help you boost your food labeling knowledge:

- USDA.gov
- choosemyplate.gov
- safeandhealthyfruitsandveggies.com
- gmoanswers.com
- nationalchickencouncil.org

5 things members should know about... the Cook County Farm Bureau Board of Directors

1. All board members are volunteers with an interest in a strong local farm and agricultural presence.
2. Each year, one-half of the members serving on Board of Directors are elected (or reelected) as a director for a two-year term by the members at the organization's Annual Meeting in November.
3. Over the course of the 100 years of the Cook County Farm Bureau organization, 20 individuals have served as President of the Board. Current President, Janet McCabe is the first woman to serve on the Board of Directors. The President and other Officers are elected by the Board of Directors.
4. To be a Director, an individual must be a voting member (M or PM) paid in good standing with substantial financial interest in agricultural production or agricultural employment.
5. The Board of Directors are composed of a variety of individuals with experience in farming and agriculture in the areas of commodity crop production, greenhouse business, vegetable and farmer markets, flower cultivation, equine management, agricultural history, farm property ownership and a farm product marketing.

Note: the provisions, guidelines and structure of the Board of Directors are outlined in the Cook County Farm Bureau bylaws.

2021 Foundation Scholarship Applications Being Accepted... Feb 15 deadline

The Cook County Farm Bureau Foundation has opened the 23rd Annual "Farm and Food" Agricultural Scholarship Program. The Foundation is offering college students the opportunity to start or continue their higher education with a scholarship. Last year, the Foundation provided twelve scholarships ranging from \$1,000-\$2,500 each.

The Board will name the top applicant as the Howard Paarlberg Excellence in Agriculture Scholarship recipient. The Foundation will award a scholarship(s) to college students pursuing agricultural related fields of study. The Conserv FS FFA Scholarship for \$1,000 will also be offered to individuals in Cook County involved past or present 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 15, 2021. Late applications will not be considered. Much of the application can be submitted electronically.

- All applicants must be members or dependents of members in good standing with the Cook County Farm Bureau for at least one year (with the exception of 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 agricultural related major with a focus on an ag-related career (food, fuel, 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 www.cookcfb.org/foundation.

What is an Agricultural Career? Farming, of course, but so much more!



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, both big and small. We appreciate it greatly!

The Cook County Farm Bureau thanks...

Member Mr. L. Zielezinski for his kind note to CCFB Member Service Center staff

The members who donated coats to the Young Leaders winter coat drive to benefit Together We Cope and to Jessica Biernacki for presenting approximately 250 coats to the charity

The Pro Football Hall of Fame for working with Ag Literacy staff locally and statewide to develop a special virtual field trips for teachers.

Ms. Emily Stelter for the nice note to the board and staff following her 100th birthday.

Mr. Orion Samuelson, who retired December 31, for providing such a powerful voice and advocacy for farmers and agriculture for so many decades through radio, TV, and print.

The many PM members that took time to respond to our survey as we seek to improve the membership experience and access of the organization to this group of voting members.



Jack Smith, Chicago Northwest Agency Manager, retires after quality stint as a leader

Board recognizes success, achievement



Jack Smith

The Cook County Farm Bureau Board of Directors took time to recognize and congratulate Mr. Jack Smith, COUNTRY Financial Agency Manager for Chicago Northwest, during their December 9 Board of Directors meeting. Smith who has been the Agency Manager for 30 years stepped down on December 31, 2020 to enjoy the fruits of retirement. Smith said, "I plan on playing retirement one day at a time. I have two grandchildren on the way and I am looking forward to being able to help and be of service to my family. With my kids and family in the Chicagoland area, we look forward to being in the area for the foreseeable future."

Smith, originally from Tolona, Illinois, was hired in 1984 as a Country Companies agent in the Champaign Agency at age 22. In December of 1989, he met the Cook County Farm Bureau Board and Manager Alden Kilian at the William Tell restaurant in Countryside regarding the possibility of leading a new scratch agency in Schaumburg. His first day in the new position was January 1, 1990 and he reports that he met with Manager Alden Kilian and CCFB employee Darlene Lundeen (future COUNTRY Financial Rep) in the Farm Bureau building in Rolling Meadows that first day on the new job.

During Smith's tenure, he earned 14 All-American Recognitions from COUNTRY Financial.

He is especially proud that he was able to assist and support 15 different Financial Reps from his agency over the years in earning the All-American Recognition as well. While attempting to deflect the question regarding other notable recognitions received from the insurance company, he did concede that he received Executive Club recognition through GAMA, adding that one of the best parts of being Agency Manager has been serving as a mentor and team leader for many great individuals and their families.

Jack reminisced that there are too many great Cook County Farm Bureau memories to count. However, among the best memories include, "Everything that the Cook County Farm Bureau/COUNTRY partnership did to benefit Ronald McDonald House in the Cook County area" and "the many years of attending the Illinois Farm Bureau convention in Chicago and going out as a group for fantastic dinners with Board interaction."

Smith reports attending an estimated 300 County Farm Bureau board meetings (for three different County Farm Bureaus) during his career. This does not include the many Member Relations Team meetings, Foundation Fundraiser meetings, and FB/Country Agency manager meetings through the years.

"It has been a heckuva run," Smith said. "Farm Bureau and COUNTRY Financial have always been a true partnership and I have always treated it that way. I would not have done it or wanted it any other way!"

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Past issues of the Co-Operator are available online at cookcfb.org/stay updated



Downwind

by Bob Rohrer, CCFB Manager

“Almost Resolutions”

Have you ever seen the reality show “Alone”? My wife and I have been watching reruns of this History channel show recently. The basic concept is 10 people are dropped into a remote location of the world featuring an unfriendly climate, with bare minimum of tools and supplies and no contact from the outside in a competition to see who can survive alone the longest. While I enjoy the romance of survivalist mentality, I am realistic enough with myself to know that I would not last long at all...I really, really don't like to be cold, hungry or be eaten by predators.

Just imagine if one of these competitors was dropped off in the wilderness at the beginning of 2020 and then just returned to our civilized world now... What would they think of today's world? Pandemic! I can see them heading right back to the woods...do not pass GO.

I am one of those people who annually puts New Year's resolutions in writing. I view these resolutions as goals and promises to myself with the approach that it is bad practice to break promises to one's self.

As the year 2021 rapidly approached, I was recently reviewing my 2020 New Year's resolutions. I develop my New Year's resolutions around the major categories influencing my life ... Financial/Home-Improvement Assets, Travel, Physical, Mental/Spiritual, Spousal/Family, and Work. I am typically good at following through on my New Year's resolutions although those in the “it would be nice” category sometimes fall a bit flat.

I did “check” the box on some of my 2020 resolutions but Covid changed the world and my ability to achieve meet some of my resolutions. I cannot give myself high grade marks (maybe a passing grade?) on achieving my 2020 resolutions. What disturbs me most was falling short in some of the areas which Covid should have enhanced my achievements (Mental/Spiritual and Spousal/Family). With the amount of time spent sequestered at home, I certainly do not have any excuses to fall short in these areas!

It is fun to reflect on the resolutions that I should have made in 2020 such as...

- Buy stock in Zoom, Netflix, Peloton and Procter & Gamble
- Hoard toilet paper and hand sanitizer
- Start a groceries shopping company
- Create a boring reality show called “Homebody”
- Invent a flu-like vaccination. I will call it the Covid vaccine

If only I had a DeLorean time machine!

As I looked forward to the year 2021 and resolutions... I thought “at least it's not 2020”. Hopefully 2021 does not end up being a bad sequel like “_____”(fill in your favorite movie bomb).

Whether you make resolutions or not, it is our Cook County Farm Bureau wish for members in 2021 to enjoy quality physical health, mental health, spiritual health, emotional health, relational health, and financial health. And I will throw in world peace for good measure!

I would love to share some of our Cook County Farm Bureau “Almost” resolutions as we move into 2021...plans that help make your organization special.

- We will provide a week dedicated to celebrating the member (we have creatively dubbed it Member Appreciation Week).
- We will work with partners to create a Pollinator Garden on the grounds of the Cook County Farm Bureau (we have creatively dubbed it The Pollinator Garden)
- We will continue efforts of social to support those in need of food and warm clothing by supporting Food pantries throughout the county (Food checkout Day, Food pantry grants, Member contributions and more)
- We will transition our standard, in-person approach Part 2 Ag in the Classroom presentation to an interactive video/virtual live presentation similar to our Part 1 transition that has become so wildly popular with Cook County schools during the pandemic.
- We will develop more virtual tours of farms and agriculture related industry that our local elected leaders, classrooms, and member connections have found so fascinating. (Lunch and Learn tours)

And under the category of more of the same...

- We will develop and maintain strong working relationships with our newly elected and existing legislative leaders locally, at the state level and at the national level.
- We will help area farmers market their products and services to area consumers.
- We will continue create and provide unique and essential membership programs, activities, benefits, and services using videoconference, web-based, conference call, in-person or hybrid approaches.
- We will actively watch for member needs and trends to timely assist as appropriate.

To put an “!” on the strangeness of the 2020 year, the Cook County Farm Bureau staff Christmas luncheon was conducted on Zoom while eating Jimmy John's sandwiches. And much to my surprise, it was quite enjoyable!

Bob can be reached at brohrer@cookcfb.org

Recipe of the Month:

Goebbert Oven Stew

2013



Ingredients:

- 1 ½ lb. round steak (cut into 2 in strips)
- 2 stalks celery, diced
- 1 ½ c tomato juice
- 2 onions, chopped
- 2 T tapioca
- 6 carrots, cut into strips
- 1 T sugar
- 1 t salt
- 1 t pepper
- 1 T sugar
- ½ t fresh basil chopped



Directions: Preheat oven to 250°F. In a large greased casserole dish, combine meat, carrots, and celery. Mix the tomato juice, tapioca, sugar, salt, pepper and basil together. Pour over meat mixture. Cover the casserole and bake in the oven for 4 hours. Do not peek! Serve this with mashed potatoes or over noodles with a tossed green salad.

Recipe from our 2020 CookFresh Recipe Collection, booklets still available!



Your South Holland Agency



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Helping you protect what matters most

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Farmers Join Forces For Sustainability And Responsible Climate Change Policy

22 farm and ranch groups representing millions of U.S. farmers and ranchers have launched Farmers for a Sustainable Future (FSF), a coalition committed to environmental and economic sustainability. This coalition serves as a primary resource for lawmakers and policymakers as they consider climate policies.

The coalition will share with elected officials, media, and the public U.S. agriculture's commitment to sustainability and the incredible strides already made to reduce agriculture's environmental footprint. As policy proposals are developed and considered, the goal is for the coalition and its guiding principles to

serve as a foundation to ensure the adoption of meaningful and constructive policies and programs affecting agriculture.

Farmers and ranchers are committed stewards of the land, leading the way to climate-smart farming by promoting soil health, conserving water, enhancing wildlife, using nutrients efficiently, and caring for their animals. For decades, they have pushed past the boundaries of innovation thanks to investments in agricultural research and the adoption of practices that improve productivity, provide clean and renewable energy, enhance sustainability, reduce greenhouse gas emissions,

and sequester carbon.

FSF's guiding principles call for policies that support science-based research, voluntary incentive-based conservation programs, investment in infrastructure, and solutions that ensure vibrant rural communities and a healthy planet.

FSF members include American Farm Bureau Federation, American Pulse Association, American Sugar Alliance, American Soybean Association, National Association of Wheat Growers, National Barley Growers Association, National Cattlemen's Beef Association, National Corn Growers Association, National Cotton

Council of America, National Council of Farmer Cooperatives, National Farmers Union, National Sorghum Producers, National Milk Producers Federation, National Pork Producers Council, National Sunflower Association, American Sheep Industry Association, Southern Peanut Farmers Association, United Egg Producers, U.S. Canola Association, U.S. Dry Bean Council, USA Dry Pea & Lentil Council, and USA Rice.

More about the coalition members, guiding principles, and sustainability achievements can be found at www.SustainableFarming.us.

Pandemic Driven: The Milo Market Is On Fire



Milo, also known as grain sorghum, grows three to four feet in height with a large seed head.

The strength of milo markets grew with demand, due in part to the COVID-19 pandemic. Currently, the top use is bird feed. Because people were at home feeding birds, the bird feed market went off the charts, and the milo supply ran thin, but this year's crop was in the ground so the supply was set, and farmers couldn't plant any more.

Demand for milo grew as the pandemic changed people's habits and Chinese buyers drove up prices. (Photo by Don Guinnip, Clark County farmer)

The second biggest market? It was determined milo could be substituted for other dog food ingredients as a carbohydrate source.

Outside of the food market, finely ground milo is added to a potting mixture for mushroom production. Milo also makes good chicken feed for certain egg markets. Poultry farmers add milo to

feed when they need lighter yellow yolks for use in such foods as mayonnaise and tartar sauce.

Milo's food market includes humans as well. A Texas-based company makes a full line of milo breakfast cereals with everything from milo nuts, to flakes, to "Cheerios" and shredded strands.

Milo brings attributes for less fertile soils, resiliency for some less-than-ideal weather, and few pest problems. Milo can be grown on lighter, "white-oak ground." With a fibrous root system, milo helps hold soil and breaks up compaction.

Farmers can rotate milo crops with soybeans and wheat. If milo is planted too thick, yields will suffer. A bag of milo seed costs \$120 to \$150 and will cover eight acres.

Given milo's strong attributes for less-than-ideal conditions and the current strong market, more farmers may consider grain sorghum in their future.

This article was adapted from 2 recent articles written by Kay Shipman, FarmWeek

CCFB Volunteer Leaders Re-inducted into Master Member Club



Karen Biernacki (L) was named Volunteer Recruiter of the year pictured with Janet McCabe (R), Cook County Farm Bureau President

In December, the Board of Directors conducted the ceremony for the Master Member Club which recognizes Cook County Farm Bureau volunteers that actively recruit members into the organization. Leaders reinducted in the Master Member Club included Ruth Zeldenrust, Dan Biernacki, Karen Biernacki, Janet McCabe, and Gerry Kopping.

Karen Biernacki was named the Volunteer Recruiter of the year by virtue of earning 25 points by signing up to new voting and five new associate members during the year. Karen has

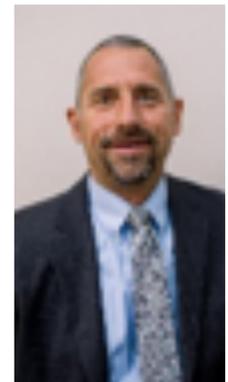
been a member of the club since 2017 when the Master Member Club was created. Ruth Zeldenrust, Dan Biernacki, and Gerry Kopping have also been members of the club since 2017. McCabe joined the club in 2018.



Zeldenrust



Kopping



Biernacki



McCabe

The Board of Directors approved the following organizational goals and objectives for 2021

- Surface and develop voting member based organizational policy while providing reliable, accurate, and common-sense information to elected officials and their staffs to build a dialogue between the organization and policy makers.
 - Provide effective and open communications (through a variety of venues including social media) to bridge the agricultural knowledge gap between Cook County agriculture and our urban neighbors and consumers.
 - Teach primary, middle, and high school students and teachers about farmers and agriculture through quality virtual and hybrid methods.
 - Provide a continuous stream of information and tools that help farmers and potential farmers succeed financially in Cook County.
 - Reverse the net loss trend of membership within the organization through regular contact, engagement, new member recruitment, and membership benefits/services.
 - Gain greater readership of the Co-Operator and increase open rates of E-Cooperator.
 - Increase involvement within the organization by Professional Members, Young Leaders, and nonactive members through a Volunteer Management System
- The goals will be the focus of the efforts by the Board of Directors, volunteers from the six teams of the organization, staff, and partners of the CCFB.

Meet a "face" of the Cook County Farm Bureau

Donna and Sam Nykaza-Jones, Owners of Ray's Quality Greenhouse



- Opened as Ray's Quality Produce roadside stand in 1962

- Ray started growing for Libby's cannery, tomatoes and pickles, and sold the excess at their house. He added 2 more sites and added sweet corn, peppers, melons, beans, squash and more! Attended several farmers markets every week and also provided U-pick at the farm.

- Transitioned to greenhouse growing of vegetable starts and ornamentals in 1982 at their house only by then.

- Sam and Donna bought the business in 2006 and have added to the varieties and product lines since.

- They would like to be seen by their customers as a boutique garden center, small but unique with knowledgeable staff and great customer service.



Ray's Quality Greenhouse

117 E 231st St. Steger, IL 60475

Phone: 312-608-7042

Email: osoph@aol.com

Website: <https://www.raysqualitygreenhouse.com/>

Facebook: <https://www.facebook.com/RaysQualityGreenhouse>

WHAT DO YOU "SPECIALIZE" IN?

Geraniums of all kinds, heirloom tomatoes and our customer container plantings.

WHAT IS YOUR FAVORITE PLANT?

So many! We have to pick Dragon wing begonia...beautiful workhorse and easy for all to grow and enjoy!

IF YOU/FAMILY WAS NOT DOING THIS, WHAT WOULD IT BE?

Donna already did her thing as a veterinarian for 38 years and is now looking forward to a "retirement" just working in the greenhouse. Sam would be the play-by-play voice of the St. Louis Cardinals.

WHAT IS YOUR MOST VALUABLE PRICE OF EQUIPMENT?

Ray always said read the plant, so our most valuable equipment is our eyes and touch...along with our great staff!

WHAT IS YOUR FAVORITE FARM RELATED MEMORY?

Sam - walking behind my grandfather's mule drawing the single blade plow through his acre garden in Jacksonville. Donna - playing in the hay fields before the cutting, enjoying the sweet clover, and picking tiny bouquets for home.

WHAT IS THE MOST UNUSUAL QUESTION OR REQUEST YOU HAVE RECEIVED?

Most unusual request was for some one who wanted a flower they did not have to water all summer!

Cook County Farm Bureau® to Support Cook County Families and Food Pantries as Part of Food Checkout Day 2021

In celebration of the healthy and nutritious food grown and raised by local farmers, Cook County Farm Bureau® members and partners are supporting local families and food pantries.

The year 2021 marks the 21st anniversary of Food Checkout Day and Cook County Farm Bureau's largest effort to date to support local families in need. Rather than support a single charity or even a handful, **Cook CFB will match member donations to any area food pantry.**

Farm Bureau members who wish to donate to a local food pantry in celebration of Food Checkout Day are asked to complete the form below and to designate the food pantry that their donation and Cook CFB's match is for. The food pantry selected must be a registered 501(c)3. A total of \$1,000 has been allocated for this program. All donations will be considered part of Food Checkout Day.

In addition, Cook County Farm Bureau is partnering with six food pantries for Food Checkout Day. The food pantries are selected by our partners at COUNTRY Financial.

Meet our Partner Food Pantries

Alicia's House, South Chicago Heights: Selected by representatives from the South Holland COUNTRY Financial Agency, Alicia's House Food Pantry is dedicated to Alicia who loved people and loved helping people. She would spend hours working with her Grandma Stella at the church food pantry, making bags of food to hand out to people in need. Although her Grandma had a specific way to nutritionally pack the bags, Alicia would always add her special touch by making sure each bag would contain a special treat, usually candy. To honor the memory of Alicia who passed away at the age of four, Grandma Stella and Poppy Juan started Alicia's House. Alicia's House feeds hundreds of hungry families and each bag of food contains Alicia's special loving touch. Alicia's House serves the communities of Beecher, Crete, Steger, Peotone, University Park, Monee, and South Chicago Heights.

Lakeview Pantry, Chicago: Selected by representatives from the Chicago North COUNTRY Financial Agency, Lakeview Pantry is Chicago's largest and longest-operating food pantry. Lakeview Pantry's mission is to eliminate hunger and poverty in their communities by providing food to fill the basic need of hungry people, empowering clients to achieve independence through social service programming, and raising awareness of hunger and poverty. Lakeview Pantry experienced a 400% increase in demand when COVID-19 hit Chicago and anticipates another surge in the coming winter months. The Pantry is on track to

provide 5 million meals in Chicago this year. **Orland Township Food Pantry, Orland Park:** Selected by representatives from the Orland Park COUNTRY Financial Agency, the Orland Township Food Pantry supplies food to low income residents residing in Orland Hills, Orland Park, and parts of Tinley Park who need immediate assistance. Since 2009, the food pantry has expanded to more than 2,200 square feet and houses a walk-in freezer, walk-in refrigerator, reach in-freezers, reach-in refrigerators, and aisles of non-perishable food items. The food pantry now assists more than 300 families per month.

Schaumburg Township Food Pantry, Hoffman Estates: Selected by representatives from the Chicago Northwest COUNTRY Financial Agency. For over 40 years the Schaumburg Township Food Pantry has been serving residents in Schaumburg, Hoffman Estates, Streamwood, Elk Grove, Rolling Meadows, Roselle, and Hanover Park. The Schaumburg Township Food Pantry is a client choice pantry meaning that clients can shop for and select their items from a variety of shelf stable, fresh, and freezer items as well as produce and personal items. The 100% donation-based program is currently serving over 800 households per month.

St. Cletus Food Pantry, LaGrange: Selected by representatives from Chicago South COUNTRY Financial Agency, the St. Cletus Food Pantry strives to best meet the needs of our neighbors where they are, serve them with dignity, and provide pathways to self-sufficiency. Monthly, the food pantry serves between 300 and 400 households throughout Lyons Township, which includes 18 municipalities. The 'client choice' model empowers clients to shop for the items that work best for them including produce from their onsite garden, milk, meat, shelf staple items, as well as household necessities.

Wheeling Township Food Pantry, Arlington Heights: Selected by representatives from the Chicago Northeast COUNTRY Financial Agency, the Wheeling Township Food Pantry serves residents in all or portions of Arlington Heights, Buffalo Grove, Des Plaines, Mount Prospect, Northbrook, Rolling Meadow, Prospect Heights, and Wheeling. Food pantry distributions are Tuesday, Wednesday, and Thursday and include shelf stable items such as beans, cereal, meat products, pasta, soup, and vegetables. Donations can be made by credit card by calling the Farm Bureau office at 708-354-3276 or by mailing in the form below with a check. Donations will be accepted until February 25, 2021.



Food Checkout Day 2021 Food Pantry Match Donations

Food Pantry for Match: _____
 Your Name: _____
 Address: _____ City: _____
 State: _____ Zip Code: _____ Phone: _____
 Email Address: _____

Please make checks payable to: Cook County Farm Bureau. All proceeds will be donated to Cook County food pantries. Add the address of where to mail the check and this form. **Deadline: February 25th, 2021**

Your Orland Park Agency



Cary Tate
708-226-1111
Agency Manager
Orland Park, IL



Piero Setta
708-226-0431
7601 W. 191st St
Tinley Park, IL



Jim Andresen
708-633-6490
17605 S Oak Park Ave
Tinley Park, IL



Thomas Geraghty
708-425-9700
5003 W 95th St
Oak Lawn, IL



George Parthemore
708-226-1896
9432 W 143rd St
Orland Park, IL



Mike Skrabis
708-226-1666
9731 W 165th St
Orland Park, IL



Tony Palumbo
708-403-5708
7601 W. 191st St
Tinley Park, IL



Mike Spadoni
708-425-1825
3923 W. 95th St
Evergreen Park, IL



Bob Johnson
708-429-9422
17605 S Oak Park Ave
Tinley Park, IL



Dan Stumpf
708-614-1688
17605 S Oak Park Ave
Tinley Park, IL



Bill Thompson
708-361-1304
106 Stephen St
Lemont, IL



Nora Beverly
708-429-7789
1938 Lincoln Highway
New Lenox, IL



Brian Zielinski
630-257-6100
106 Stephen St
Lemont, IL



Nick Burke
708-425-1816
3923 W. 95th St
Evergreen Park, IL



Mike Thauer
708-425-1559
3923 W. 95th St
Evergreen Park, IL



Erica Storrs-Gray
708-671-1465
12130 S Harlem Ave
Palos Heights, IL



Terry LaMastus
708-754-5900
3308 Chicago Rd
Steger, IL



Joe Voves
708-425-1527
3923 W. 95th St
Evergreen Park, IL

9731 W 165th St, Suite 36
Orland Park, IL 60467
708-226-1111



0820-519HO

Lunch & Learn

FARM TOURS

Visit Cook County Farms for a behind the scene look at what it takes to be a modern day farmer.

We will have more upcoming tours in 2021!
Missed any of our previous tours, go to <https://bit.ly/3nwmLuZ>



Ag Lit Bit

“Keeping the Resources Coming in 2021”



Diane Merrion, CCFB Director of Ag Literacy

January is the time we typically create a neat and tidy list of goals for the upcoming year in our personal and work lives. I will not bore you with personal goals (although my family thinks my goals should be to

variety of ways. We have seen long term care facilities, home schools, and families use our resources, and we believe there will continue to be a market for accurate ag resource in the new normal that we'll find ourselves in soon!" shared IL AITC Director of Education, Kevin Daugherty.

We should celebrate the shift that occurred as it has opened so many new doors for use by students and educators. Don't get me wrong, there is no substitute for in-person learning, but there has been great value in these alternative resources.

The requests for more agriculture education are being seen, heard, and developed. New programs will include virtual job shadow speakers and a virtual Ag Day event for our primary level students. We are excited to share the amazing programs that will be offered by Illinois Ag in the Classroom including tours, professional development, authors, book recommendations, and more! So, we will keep the resources coming and you let us know what else you need.

Diane can be reached at aitc@cookcfb.org.

lighten up, let loose, and stop worrying which do not exactly align to my goals at all). On the work front, however, goals have been reviewed by our Ag Literacy Team and we are ready to create an engaging year of educational options. As we experienced last year, however, the best laid plans are going to need flexibility and adaptability. Just as we shifted directions for just about everything in 2020, we will see that trend continuing in 2021.

Teachers throughout the county agree that some of the virtual methods they are using now will continue to be offered in years to come. "As we have been flexible and adapted and pivoted, then pivoted some more, we have found that there is a great need to provide a variety of agricultural literacy resource materials in a



COOK COUNTY FARM BUREAU® FOUNDATION AGRICULTURE IN THE CLASSROOM

Apply at: <https://bit.ly/Spring2021grant>

APPLICATION DEADLINE FEBRUARY 16, 2021



Thank You From Room 206



A class of fourth-grade students in Chicago put together a Google Jamboard thank you note to AITC presenter, Kathy Lesser after receiving a virtual field trip visit. Each student created a one-page visual showing their takeaways from the program. Their feedback shows just how much students are learning from the virtual version of our Agriculture in Illinois visits.

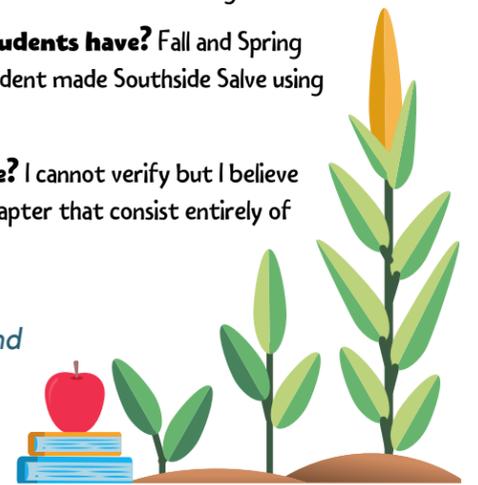
Get to know Agriculture Education in Cook County!



SOUTHSIDE OCCUPATIONAL ACADEMY (SOA) IS A TRANSITION SCHOOL FOR 16 TO 22-YEAR-OLD STUDENTS FOR DIVERSE LEARNERS.

- **How is agriculture used at your school?** SOA seeks to train our students with special needs life skills and soft job skills to prepare them for life outside of the classroom. We utilize our greenhouse, aeroponic grow towers, orchard, poultry, and apiary programs, and 7 acres to practice landscaping and gardening. These programs not only enrich our students' lives but teach them vital skills that we hope they nurture after completing school.
- **How many students are FFA Members?** As this year is so... "unique" we currently have only 25 students participating but hope to expand that when "in-person" teaching recommences.
- **What classes do you teach?** Basic Horticulture and Basic Agriculture
- **What kinds of projects do your students have?** Fall and Spring plant sales, honey and candle sales, and student made Southside Salve using beeswax and natural oils.
- **What makes your program unique?** I cannot verify but I believe we are one of the few if not only FFA Chapter that consist entirely of diverse learners.

*Naaman Gambill is the Career Tech Ed Teacher/ Agriculture and Horticulture at SOA which is located at 7342 S Hoyne Ave in Chicago.



OUR FREE VIRTUAL PROGRAMING CONTINUES IN 2021.

We are proud to offer several programs to choose from



Intro to Illinois Agriculture ~4th grade

There's Ag on MyPlate~Nutrition based program is the perfect follow-up to Intro to Illinois Ag. Ideal for Physical Education or Health & Science teachers. Coming mid January



Keeping Warm with Agriculture ~Primary grades

Apples & Pumpkins~Pre-K~4th



teacher comments



SO many of our content standards were included! Compare/contrast, life cycle, cause/effect...the list goes on and on. Excellent!

The use of mini-videos for demonstrations and colorful slides really helped my students to receive this information.

Very user friendly, great visuals, very informative. Loved the prepared Kahoots and assessments!

Agriculture Adventures for Families

The New Year often brings resolutions to eat healthier. Play a game of bingo throughout the week as you glance at your meal selections and see if you are eating a variety of foods across all categories and colors. Some days will be better than others but keep this variety in mind when selecting the food, you and your family might prepare. Keep in mind portion size as well and become familiar with the new labels that reflect more accurate serving sizes.



The next time you are at the grocery store or unpacking your grocery delivery, play this game of BINGO and see how well you did with eating foods from all 5 sections of the MyPlate

FRUITS	VEGGIES	GRAINS	PROTEIN	DAIRY
Banana 	Potato 	Popcorn 	Eggs 	Any Dairy!
Apple 	Any Vegetable!	Cereal 	Chicken 	Milk 
Blueberries 	Carrots 	Free Space 	Any Protein!	Cream Cheese 
Orange 	Broccoli 	Any Grain!	Peanut Butter 	Yogurt 
Any Fruit!!	Corn 	Bread 	Beans 	Cheese 

What's on the NEW food label you will see in stores?

Understanding and Using the Nutrition Facts Label

The Nutrition Facts label found on packaged foods and beverages is your daily tool for making informed food choices that contribute to healthy lifelong healthy eating habits.

Servings Per Container shows the total number of servings in the entire food package or container. One package of food may contain more than one serving.

Serving Size is based on the amount of food that is customarily eaten at one time and is not a recommendation of how much to eat. The nutrition information listed on the label is usually based on one serving of the food; however, some containers may also have information displayed per package.

Calories refer to the total number of calories in a serving of the food. To achieve or maintain a healthy body weight, balance the number of calories you eat and drink with the number of calories your body uses. 2,000 calories a day is used as a general guide for nutrition advice. Learn your number at www.choosemyplate.gov/resources/MyPlatePlan.

As a general guide:

- 100 calories per serving of an individual packaged food is considered moderate
- 400 calories or more per serving of an individual packaged food is considered high

% Daily Value (%DV) shows how much of a nutrient in a serving of the food contributes to a total daily diet. Use %DV to determine if a serving of the food is high or low in an individual nutrient and to compare food products (remember to make sure the serving size is the same).

As a general guide:

- 5% DV or less of a nutrient per serving is considered low
- 20% DV or more of a nutrient per serving is considered high

Nutrients
The Nutrition Facts label can help you learn about, compare, and monitor the nutrients in many foods in your diet.

Nutrients to get less of: saturated fat, sodium, and added sugars. Compare and choose foods to get less than 100% DV of these nutrients each day.

Nutrients to get more of: dietary fiber, vitamin D, calcium, iron, and potassium. Compare and choose foods to get 100% DV of these nutrients on most days.

FDA U.S. FOOD & DRUG ADMINISTRATION
Interactive Nutrition Facts Label • March 2020
Understanding and Using the Nutrition Facts Label 1

Action Steps for a Healthy Diet

- Eat a variety of colorful vegetables
- Focus on whole fruits
- Make at least half your grains whole grains.
- Vary your protein routine.
- Substitute fat-free or 1% low-fat dairy products
- Limit saturated fat, sodium, and added sugars.

For more information and some helpful meal preparation tips, visit <https://www.accessdata.fda.gov/scripts/InteractiveNutritionFactsLabel/>

Test your knowledge by visiting this website and taking the online quiz!

<https://www.choosemyplate.gov/quiz>



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 2021 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.
 Good luck!

January Word Search

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

- Apple
- Bread
- Carrot
- Cheese
- Dairy
- Eating
- Family
- Food
- Fruits
- Grains
- Healthy
- Label
- MyPlate
- Protein
- Routine
- Veggies

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...
 **Shmoon Ibrahim**

Innovation Grows On The Farm



As infatuated as I am with old barns and windmills, I'm equally captivated by rows of young corn plants that don't overlap at the end rows, a pleasing visual credited to satellite technology and automatic planter row shutoffs. Photographs of our farm's old barns decorate walls of the farm office, where the top of a weathered windmill also backdrops my desk. The newest canvas print on the wall shows modern machines harvesting biotech crops near the solar panels that help power our grain drying and storage.

We fondly respect the farm's nostalgic qualities as well as the generations of innovation that have improved the farm and likewise the world. "Innovation grows here" and represents the topic of a new docuseries at the Illinois Farm Families web site WatchUsGrow.org. As a kid, my grandpa remembers farming with horses to grow feed for his own livestock. He retired with hands-free, satellite-guided steering in a high-horsepower tractor to grow grain and oilseed for a global market.

Innovation on the farm leaps significantly one generation to the next, just as smartphones, online shopping, and Zoom have changed modern life. Satellite-guided machinery drives with greater accuracy than car navigation systems to precisely place seed and nutrients.

Seed biotechnology produces more crops with fewer inputs and less environmental impact. Farmers grow cleaner-burning fuel from corn and soybeans, a local-grown, renewable resource producing more than 1.7 billion gallons of renewable biofuels in Illinois alone.

Modern livestock farmers tell me about smarter barns that automatically control air quality or customize feed rations based on scans of an animal's identification tag. At our grain storage facility, my brother controls grain drying and monitors grain temperature from his tablet. We can observe solar energy production from an app, watch market prices on the go, and receive alerts when hail potentially damages crops in a field miles away from the home farm.

Evolving farm practices that improve the bottom line often benefit the environment, a reason innovation will continue. Our farm planted more cover crops than ever in fall 2020. Ground cover of cereal rye, balansa clover and radish (the type to reduce soil compaction, not eat) grow in fields to control erosion and hold nutrients in place until we plant the next crop.

When our kids schooled remotely during harvest, we had plenty of cab time to talk technology and how their great-grandparents farmed. The older ones learned to drive a tractor with a modern-day transmission, too. The experiences strengthen their respect for the farm, its history, and the innovation that helps fulfill our duty to leave the land better than we found it.

About the author: Joanie Stiers' family grows corn, soybeans and hay and raises beef cattle and backyard chickens in West-Central Illinois.

Family Farm and Food Bytes

AFBF PART OF CLIMATE CHANGE ALLIANCE ANNOUNCEMENT (AFBF) - On November 15, the American Farm Bureau Federation in November was part of an announcement regarding the Food and Agriculture Climate Alliance (FACA). FACA is currently made up of the following 8 organizations that represent a unique cross-section of national level organizations: AFBF, Environmental Defense Fund, FMI - The Food Industry Association, National Alliance of Forest Owners, National Association of State Departments of Agriculture, National Council of Farmer Cooperatives, National Farmers Union, and The Nature Conservancy. FACA has united around 3 principles that support 40 recommendations related to food/agriculture and climate change policies. For more information, see www.agclimatealliance.com

SKECHER INCORPORATES SOY INTO ITS SHOES (FarmWeekNow) - U.S. soy is now found in new lines of Skechers footwear, thanks to their collaboration with The Goodyear Tire & Rubber Company. United Soybean Board checkoff-supported research by Goodyear showed soybean oil could improve tire flexibility



across temperatures and enhance traction in rainy and snowy weather conditions. The rubber technology contains a special polymer made with U.S. soybean oil. And Skechers was paying attention. The footwear company now uses the same technology to deliver grip, stability and durability for select models of its running shoes.

Skechers has launched the soy-based shoes in its Skechers GORun collection. The soy-based models carry the label "Goodyear Performance Outsoles." The company plans to bring this technology into a wider assortment of styles and colors throughout 2021 and beyond, including branching out into trail, work and safety footwear categories for men, women and children.

COOKIES IN SHORT SUPPLY THIS SEASON, MILANO-MAKER CAMPBELL WARNS (Bloomberg) - Campbell Soup Co., the maker of Pepperidge Farm cookies, warned it's working through "supply constraints" in its cookie division, which makes familiar packaged varieties like Milano and Chessmen.

BIDEN EXPECTED TO NOMINATE MARCIA FUDGE TO LEAD HUD, TOM VILSACK TO HEAD AGRICULTURE AGAIN (Wall Street Journal) - President-elect Joe Biden is expected to nominate Rep. Marcia Fudge of Ohio to lead the Department of Housing and Urban Development and former Iowa Gov. Tom Vilsack as Agriculture secretary, according to people familiar with the plans.

SHOULD I WIPE DOWN GROCERIES DURING THE PANDEMIC? (Associated Press) - Should I wipe down groceries during the pandemic? Experts say it's not necessary for most people.

ILLINOIS FARM FAMILIES PRESENTS



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**We are a 24/7 Fuel Supplier servicing Illinois - Wisconsin - Indiana
Call us today at 847-994-3010 or visit us online at www.luckysenergy.com
Growing To Serve You Better**

Are You a Business Owner and a Member of the Cook County Farm Bureau?

The Member-to-Member discount program was created to provide Cook County Farm Bureau 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.

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.



Manifolds, Manolos, and Manure



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

Fifteen years ago, my farmer and I purchased our first house. With our big dog in tow we stepped into a basic, beige ranch on a quarter acre in town. Time passed. We added corgi. Hardwood. Fence. blue-eyed girl. Granite.

Backsplashes. A big-little boy with no official eye color. Upgraded bathrooms. A lot of gray. Patio. Partially finished basement. And in-floor heat.

We've always talked about moving or building at the farm, but never really felt the draw to move until about a year ago. Last year was the first winter that we didn't make any upgrades. We handled the repairs then enjoyed a quiet winter complete with a family vacation. At night we talked about building. We drew up a floor plan complete with exposed beams and a loft bedroom. We even spoke with the road commissioner about fully decommissioning the road that runs through one of our farms. Time passed.

This summer a friend sent us a home listing for a two-story farmhouse on five acres. Even though we weren't looking, the pictures (or maybe the three-season room) were too enticing to pass up. We passed on the property, but we started paying more attention to houses for sale. Again, time passed. The blue-eyed girl and big little boy went back to school. We played some softball and we had a handful of barrel races.

For anyone who knows my farmer, he's not the most observant person. He doesn't notice hair styles. He doesn't notice paint colors. And he's never really concerned himself with

noticing other peoples' properties unless they include a farm field or tractor or two. This fall he happened to notice a weathered 'for sale' sign in front of an old tractor and farmhouse. In a move completely and totally out of character he called to see what exactly was 'for sale.'

Yes, the tractor was for sale. And yes, the property complete with a farmhouse, old (red!) dairy barn, run-in shed, pastures, and pond were for sale by owner. From the haymow you could see our farm, a mile and a half away. Within the week our family of four visited. We walked through the barn. Visited the pond. And strolled through the house complete with a bay window and three-season room. We imagined bringing home our blue-eyed girl's show calves. Raising beef calves. And having the big red dragon and the pocket picking hunter pony running through the pastures.

Less than a week later our offer was accepted. Within a week our house was on the market. And two months later seven mini tornados, also known as strapping young men, loaded our worldly possessions onto two flatbeds, a 30-foot stock trailer, and a two-horse trailer. Our first week was less than glamorous; we ate leftovers, couldn't find light switches, and stumbled up and down stairs.

But our first week was also incredible. Our blue-eyed girl ran the pastures with her golden retriever in tow. We ate leftovers as a family. And our big-little boy explored the old milk house foundation.

We still can't find the right light switches and the house needs updates, but we're ready for our next adventure as a family living on a farm.

Bona can be reached at Bona@cookcfb.org

Delegates Approve Cook County Farm Bureau® Policy Submittals

As a conclusion to this year's grassroots policy process, Farm Bureau delegates from throughout Illinois approve Cook County Farm Bureau's policy submittals during the virtual 2020 Illinois Agricultural Association® annual meeting.

Compensation of Public Officials

We support legislators only receiving compensation for the days they are in office.

Existing law allows for lawmakers to receive a full month salary even if they resign their seat effective the first of the month.

Legislative Bodies

We support prohibiting lawmakers from concurrently serving as an elected official and as a paid lobbyist.

In Illinois, it's legal for an elected official to be a paid lobbyist, if they aren't lobbying the same branch of government they were elected to represent. A recent proposal would prohibit members of the General Assembly from working as lobbyists or in a manner that would require them to register as a lobbyist while they are an elected official. The proposal further bars their immediate family members, spouses, or others living with them, from being paid as lobbyists. The ban would also keep those individuals from communicating with executive officials in both state and local government for the purpose of trying to influence administrative action in those offices.

Chicago City Council members took similar action at the end of 2019, fulfilling one of Mayor Lori Lightfoot's anti-corruption promises. The City Council resolution bans aldermen, city workers, state lawmakers, and other elected officials from lobbying City Hall or other city departments for private gain.

A recent analysis by WLS-TV found Illinois has had more public corruption convictions than any other state since 2000. The state has put away

891 individuals for their roles in various schemes during the past two decades.

Law and Order

We support the regulation and taxation of recreational marijuana.

This language is essentially cleanup language for Farm Bureau policy. Since January 2020 anyone 21 and older can legally purchase recreational cannabis from a dispensary in Illinois.

Taxes and fees from cannabis are to be deposited into a Cannabis Regulation Fund, which then defrays the administrative costs of the state agencies responsible for administering the program. The state agencies and offices that receive funding from the Cannabis Regulation Fund for direct and indirect costs associated with the implementation, administration, and enforcement of the Cannabis Regulation and Tax Act include:

- Governor's Office for the Cannabis Regulation Oversight Officer (sometimes known as the "Cannabis Czar") and its staff and activities
- Department of Revenue
- Department of State Police
- Department of Financial and Professional Regulation
- Department of Agriculture
- Department of Public Health
- Department of Commerce and Economic Opportunity and
- Illinois Criminal Justice Information Authority.

Policy generation is an ongoing process for Farm Bureau; Governmental Affairs Committee members will prepare and release the first of several 'micro' Viewpoint Surveys in the upcoming months. Members with ideas for policy topics are encouraged to contact Bona Heinsohn at 708-354-3276.

Virtual "Lunch" Focus on Impact of COVID-19



State Representative Jennifer Gong-Gershowitz met with Cook and Lee County Farm Bureaus during a virtual "lunch" in December. Cook County Representative Gong-Gershowitz is "adopted" by Lee County Farm Bureau through the Adopt-a-Legislator® program. The afternoon's conversation focused on the impact of COVID-19 on hospitals, schools, and agriculture.

Inside the Courthouse: Clerk of the Circuit Court

The Clerk of the Circuit Court is the official record keeper for the courts. The circuit clerk is an integral part of the entire county governmental process and is endowed with certain authority to aid and promote the judicial process.

The circuit clerk is not an official of local government but a state constitutional officer.

Primary Duties

The primary duty of the circuit clerk is to assist the Circuit Court judge in the execution of their judicial duties by preparing and maintaining court records, collecting fees and fines, and processing paperwork. The circuit clerk issues all processes such as citations, notices, and summons for service to the sheriff and subpoenas all witnesses in trials of matters.

The circuit clerk must be present at all court sessions and keep complete records of the proceedings and determinations of that court.

The circuit clerk keeps the following books:

- A general docket book upon which is entered all suits in the order in which they are commenced.
- Proper books of record indexed to show the names of all parties to a suit.
- Judgment and execution docket in which all final judgments are minuted.
- Two well bound books, known as Plaintiff's Index to Court Records and Defendant's Index to Court Records, which include all information concerning all cases commenced and decided by the Court.
- A fee book in which is set down the title of the suit, cost of each suit, and witness fees.
- Such other books of record and entry as may be required by law.

In order to efficiently manage these duties, the areas of responsibility are commonly divided into four divisions which

are Civil, Criminal, Family, and Traffic.

The circuit clerk assigns a chief deputy to each division to help facilitate communication between the circuit clerk and deputy clerks.

The Civil Division deals with a variety of cases including personal injury, probate (wills), small claims, and product liability just to name a few.

The Criminal Division is where all felony charges are processed. Charges filed here are initiated by either the State's Attorney, Attorney General, or the grand jury on behalf of law enforcement agencies and range from homicide and armed robbery to felony drug charges and juvenile delinquency.

The Family Division processes payment records for divorces, child adoptions, orders of protection for victims of abuse, and paternity suits and maintains payment records for all child support cases.

The Traffic Division usually handles the highest volume of cases which include traffic violations, DUIs, and misdemeanors.

Other Responsibilities

The circuit clerk also manages the courts' docket and juries. The circuit clerk furnishes the County Clerk a list of all persons who have served as jurors and draws the names for jury service as needed.

Training

The office of Clerk of Circuit Court is open to laypersons. The Circuit Clerk has many different constituencies to serve including judges, the state's attorney, the county board, law enforcement, social service agencies, witnesses, and jurors.

To maintain this high level of professionalism, Circuit Clerks continually review law, technology, policies, and procedures to increase efficiency and effectiveness.

Term

Clerk of the Circuit Court is an elected office serving a four-year term.

**Inside the Courthouse, Illinois Association of County Board Members, 2019*

Hello Ciao Guten Tag Hola Bonjour Tere Olá Shalom Translate to other Languages

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

Cześć Aloha Zdravo Salam Dobry den Hei God Dag Alo

Participate in National Event from Home

The Covid – 19 impacted world is providing an opportunity for members...
Participate in this national event from the comfort of your home!



The 2021 American Farm Bureau Virtual Convention will be held January 10-13, 2021, and for the first time ever, registration fees are being waived to give all Farm Bureau members and anyone interested in agriculture the opportunity to experience one of agriculture's premier events from the comfort and safety of home.

Register at <https://annualconvention.fb.org/register>

CCFB Centennial Goodie Bag Available While Supplies Last



Members interested in a 100 year Goodie Bag can call the office and request a bag to be held until we are back in the office for a "curbside pickup". The CCFB staff will bring your bag outside to you. (while supplies last)

- 100 – year coffee table book
- Anniversary calendar

- CCFB/Country coffee cup tumbler
- CCFB anniversary logo cap
- Throwback recipe brochure with cooking board
- Ink pen
- And more in a reusable shopping bag.

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.



***Mirsad Kljucanin**

Chicago North Agency, Victoria Nygren, Agency Manager

Mirsad Kljucanin has been named Career Financial Representative of the month for November 2020. His office is located at 4725 N. Western Ave., in Chicago, IL. His phone number is 773-728-2957. Mirsad has been a Financial Representative since February 2010.



***Natasha Hodzic**

Chicago North Agency, Victoria Nygren, Agency Manager

Natasha Hodzic has been named Employee Financial Representative of the month for November 2020. Her office is located at 3339 N. Harlem Ave. in Chicago, IL. Her phone number is 773-427-2851. Natasha has been a Financial Representative since November 2019.



***Michael Weinstein**

Chicago Northwest, Jack Smith, Agency Manager

Michael Weinstein has been named Career Financial Representative of the month for November 2020. His office is located at 5 E College Dr., Arlington Heights, IL. His phone number is 847-749-1740. Michael has been a Financial Representative since November 2003.



***Faustino Ramirez**

Chicago Northwest, Jack Smith, Agency Manager

Faustino Ramirez has been named Employee Financial Representative of the month for November 2020. His office is located at 1515 E. Woodfield Rd., Ste. 930 in Schaumburg, IL. His phone number is 847-891-3937. Faustino has been a Financial Representative since October 2017.



***Nick Burke**

Orland Park Agency, Cary Tate, Agency Manager

Nick Burke has been named Career Financial Representative of the Month for November 2020. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His phone number is 708-425-1816. Nick has been a Financial Representative since September 2005.



***Dan Gallivan**

Orland Park Agency, Cary Tate, Agency Manager

Dan Gallivan has been named Employee Financial Representative of the Month for November 2020. His office is located at 17605 S. Oak Park Ave., Ste C&D in Tinley Park, IL. His phone is 708-381-4015. Dan has been a Financial Representative since January 2018.



***Jim Parthemore**

South Holland Agency, Jeff Orman, Agency Manager

Jim Parthemore has been named Career Financial Representative of the Month for October 2020. His office is located at 9432 W. 143rd St. in Orland Park, IL. His phone number is 708-745-5151. Jim has been a Financial Representative since April 2000.



Jacob McGrath

South Holland Agency, Jeff Orman, Agency Manager

Jacob McGrath has been named Employee Financial Representative of the Month for October 2020. His office is located at 4845 167th St., Unit 101 in Oak Forest, IL. His phone number is 708-560-7777. Jacob has been a Financial Representative since May 2020.

**Indicates that this Financial Representative is a CCFB Financial Certified Representative. The Cook County Farm Bureau Certified Financial Representative Program is designed to strengthen the partnership and relationship shared by Financial Representatives from Country Financial with the Cook County Farm Bureau organization.*

2021 Cookfresh® Recipe Collection Recipes Wanted!



The 2021 Cookfresh Recipe Collection is looking for your favorite recipes that you prepare using the freshest locally grown ingredients. Recipes submitted will be included in a special drawing to **win a \$50 gift** certificate to a member Farm Stand or grocery retailer near you.

Mail or email your recipe along with your name and phone number by **March 30th** to:
Email: membershipdebbie@cookcfb.org
Mail: **Cook County Farm Bureau, Attn: Recipes, 6438 Joliet Rd, Countryside IL 60525**

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 *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

Floor model 16 speed floor standing drill press ¾ HP. \$400. Wood cutting band saw 14x14 table ½ HP. 91-inch blade \$400. Table saw floor model 10-inch

blade large table \$400. Kenmore Tip-toe mangle \$200. Amana radar range 1975 model \$200. Philco B&W TV with Motorola roto-tenna blonde cabinet \$200. Buyer must pick-up from Tinley Park area call Tom 708-429-1775.

Air leg massager with heating function S9022A brand new bought from Amazon, never used. Paid \$80 w/tax & shipping. Asking \$50. Fireplace tools & holder, 4pcs brass plated \$30. Call 708-654-2010.

2 snow blowers, Ariens 7 horse, 2 cycle, single stage, electric start. Toro Snow Commander, 2 cycle, 7 horse, single stage, electric start. \$400 each. Call Mark 219-617-0363.

2006 Yamaha V-Star 650cc Silverado, Windshield, Studded Seats, Backrest, Leather Saddlebags, Two-Tone Silver Paint, Approx. 6800 mi, Beautiful bike in great condition. \$3995. Call Gulio at 708-267-8548
60" Vermeer tree spade on a 1981 GMC Kodiak truck. 10.2 l cat diesel auto w ps. Many new parts run excellent. \$19900 obo. 1969 Alliss Chalmers hd4 dozer crawler w clamshell bucket. Dozens, loads, grapples. Run great. \$4999 obo. 11ft x 40 snowplow for med-large dump or gain truck. \$499 obo. Call Don 708-408-0284

Wanted

Wanting to buy your HO scale or N scale electric train engines, cars, buildings, or anything train related. Do you have electric trains in your closet, basement, crawl space, attic or garage that you're not using? I buy train items from just a few pieces to hundreds of pieces at a time. Why sell them bit by bit, I'll offer you a price on all you have! I'm retired and just enjoy trains. I realized that some may need work from sitting for a long time, but I have the time to fix them! TURN THOSE UNWANTED TRAIM ITEMS INTO CASH and give me a call! I also buy slot cars. Call 630-272-4433 ask for Ron. Thanks!

Vintage plastic dealer promo cars & trucks, cast iron and tin toys, toy outboard motors also wind up and slot cars. Call 708-361-8230.

Vintage plastic dealer promo cars & trucks, cast iron and tin toys, toy outboard motors also wind up and slot cars. Call 708-361-8230.

For commercial promo & discounts go to our member to member link: <https://cookcfb.org/membership/member-to-member>

FREE CLASSIFIED ADS

For Cook County Farm Bureau members All Cook County Farm Bureau members may run four non-commercial classified ads annually for free in the *Co-Operator*. Only items of personal property will be accepted. Ads must be in the office by the 17th of each month.

Category:

For Sale For Rent Wanted

To place an ad, call the CCFB office at 708-354-3276 or mail details to Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525. You can also fax your ad to 708-579-6056 or email to juanita@cookcfb.org. Non-member ad rate: \$.75 per word; \$15.00 minimum

Rohrer Presented Perry Schneider Special Recognition Award

Bob Rohrer, Manager of the Cook County Farm Bureau and Executive Director of the Cook County Farm Bureau Foundation, was recently presented the Perry Snyder Special Recognition Award by the Illinois Leadership Council for Agricultural Education (ILCAE).

During remarks upon accepting the award, Rohrer said, "I am a 'behind the scenes guy' with the Ag literacy staff and volunteer leaders serving as the faces of our Ag Literacy program. I view this award as a recognition for the Cook County Farm Bureau, Foundation, Ag literacy program and the many staff and volunteer leaders that are truly responsible for our collective success here in urban Cook County." He added "what a joy it is to be a part of it!"

The Perry Schneider Special Recognition award is presented to people whose work and/or efforts do not fit into any of the other specific ILCAE award categories. These agricultural education champions have shown distinctive dedication to Illinois agricultural education or have gone above and beyond what is required of them in the area of agricultural education.

Ms. Katie Pratt, Ag in the Classroom Program Coordinator, Lee County Farm Bureau was also recognized for the same award during the program.

Past recipients of this award from the Cook County Farm Bureau staff include Diane Merrion, Director of Ag Literacy (2014) and Gail Petersdorff, former Ag in the Classroom Coordinator (2005).

During the statewide zoom videoconference

meeting and recognition ceremony, ILCAE also recognized other agricultural advocates in Illinois including the following...

- Excellence in Agribusiness Award
 - Becky Ropp, Director, Compliance & Communications, GROWMARK, Inc.
- Excellence in Media Award
 - DeLoss Jahnke, Network Anchor/Editor, RFD Illinois

- Jim Guilinger Legislative Award
 - Senator Scott Bennett, 52nd District
 - Senator Jill Tracy, 47th District
 - Representative Sonya Harper, 6th District
 - Representative Charlie Meier, 108th District

The Illinois Leadership Council for Agricultural Education (ILCAE) is governed by a 30-member board of directors who represent and serve as a link between the agricultural industry and agricultural education. ILCAE is an advocacy group focused on legislation, funding, and promotion of agricultural education and serves as an advisory council for the initiatives of the Agricultural Education line item. ILCAE is responsible for the vision of Agricultural Education thru the Illinois Agricultural Education Plan. ILCAE was formed in 1984 as a result of a grassroots movement by the Illinois agriculture industry to recognize that agriculture is central to the welfare and economic stability of the state and requires a continued source of trained and qualified individuals for employment in agriculture.

County Assessor Deadline for Farmland Questionnaire/Affidavit

The Cook County Assessor's office has a deadline of January 31st for filing the 2021 Cook County Farmland Questionnaire/Affidavit. Forms are available at www.cookcountyassessor.com, click Forms>Farms>Download. Filing of this form is necessary on an annual basis to maintain the farm assessment of the property that is farmed in Cook County. The Cook County Assessor's Office annually reviews the status of all properties classified as farms in the County. If the affidavit is

not provided, the county will reclassify its usage which will likely increase the assessment value and increase the tax burden as a result.

We recommend that you maintain a copy of the document for your records for future use. The Cook County Farm Bureau does provide a notary service for members (required on the form). Please call the office at 708-354-3276 in advance to verify that Melanie or Kelli will be available to provide this service.

Community Urban Garden Grant Program to Award Gardens



Cook County Farm Bureau's Community Urban Garden Grant Program is looking to award six gardens a \$350 grant! All community-based urban gardens in Cook County are encouraged to apply. Grant details and applications are available from January 8 through February 28.

- Online at <https://cookcfb.org/discover-local/community-programs>
- Email Debbie at membershipdebbie@cookcfb.org
- Call Debbie at the CCFB: 708-354-3276

SPONSORSHIP OPPORTUNITY

COOK COUNTY FARM BUREAU® FOUNDATION DRAWDOWN FOR AG EDUCATION

Join the Friends of the Cook County Farm Bureau Foundation in a reverse raffle, fund-raising virtual experience to benefit agricultural literacy in urban area of Chicagoland!

A \$250.00 SPONSORSHIP WILL INCLUDE:

- Company logo on Foundation event landing website page
- Company logo added to event promotional material as available
- Recognition and Banner during the virtual event
- Sponsorship appreciation placard for company display/use
- Recognition of Sponsorship in Farm Bureau publication, the *Co-Operator* (cir. 42,000)
- Recognition posts through Facebook/Twitter/Instagram (6,000+ followers)

*The Cook County Farm Bureau® Foundation is a 501(c)(3) not-for-profit organization. Donations/contributions to the Foundation may tax-deductible under IRS guidelines. Please consult your tax advisor if you have any questions.

Business/Organization Name _____

Contact Name _____

Address _____

City/State/Zip _____

Phone _____ Email _____

If you are making a donation by check, please mail to:
CCFB Foundation, 6438 Joliet Road, Countryside, IL 60525



Programs, Workshops, and Webinars

For Members, Farmers, Teachers, Landowners, Foodies, Business owners, and those that want new experiences and to have a great time!

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



Planning for Organic Certification Webinar

Farmers and growers, are you thinking of going organic? Learn what is involved to go organic and the resources available during three – 1-hour webinar segments with unlimited Q & A. Each segment presented by Ellen Phillips, Small Farms & Local Foods Consultant featuring a speaker/panelist during each webinar.

Date: Tuesdays – three consecutive 1-hour webinars in January:
January 12th: Certification; January 19th: Production; January 26th: Marketing & Economic Costs
Time: 6:30-7:30 PM

Location: Webinar via Zoom
Price: \$10 member | \$20 non-member for all three sessions
Registration: Call the Farm Bureau at 708-354-3276 or online at the Member Center at www.cookcfb.org.



Illinois Farm Bureau/COUNTRY Financial Winter Agribusiness Seminars

COUNTRY Financial® and Illinois Farm Bureau staff will also host four live webinars throughout January and February to provide you updated information and answer viewer questions in real-time. RFD's Rita Frazer will host these 90-120-minute live meetings, and each session will cover crop/farm bill updates (Doug Yoder, COUNTRY Financial), legislative updates (Adam Nielsen, Illinois Farm Bureau) and provide a farm legacy planning overview (Joe Buhrmann, COUNTRY Financial). Choose the meeting date and time that best fits your schedule.

Dates/Times: Tuesday, Jan. 19 at 8:30 AM; Wednesday, Jan. 27 at 11 AM; Tuesday, Feb. 9 at 4 PM; Thursday, Feb. 25 at 12 PM

Location: Webinar
Price: Free for members & guests
Registration: Visit COUNTRYFinancial.com/AgWebinars

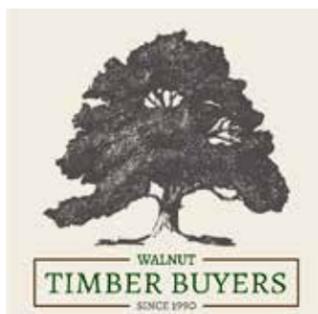


Going Solar in 2021 - Virtual Lunch & Learn for Homes, Farm & many Businesses

Many homes, businesses, and farms are capitalizing on current rebates for producing clean and renewable energy. Atlas Solar Advisors will be walking us through the solar process, the economics of going solar, and grants /rebates available.

Date: Thursday February 4
Time: 1:00-1:30 PM | 20-minute solar discussion with 10 min Q&A
Location: Webinar via Zoom or call in by phone – info and link will be sent prior

Price: Free for members & guests | BYO lunch
Registration: Call the Farm Bureau at 708-354-3276 or online at the Member Center at www.cookcfb.org.



Timber Harvesting in 2021 - Virtual Lunch & Learn

Timber is the crop to be harvested! Industry experts, Walnut Timber Buyers, will walk us through Best Practices of Timber Harvesting, the Timber Harvest Process, What Timber's Worth and Market Outlook, Walnut Timber Buyers service available to growers and land owners.

Date: Wednesday, February 10
Time: 1:00-1:30 PM
Location: Webinar via Zoom or call in by phone – info and link will be sent prior

Price: Free for members & guests | BYO lunch
Registration: Call the Farm Bureau at 708-354-3276 or online at the Member Center at www.cookcfb.org.



Crochet a Chunky Infinity Scarf

Stay home and stay warm while learning how to crochet a chunky infinity scarf with your fingers.

Dates: Thursday, February 25
Time: 7-9 PM
Location: Via Zoom
Registration and Price details in February Co-Operator

COOK COUNTY FARM BUREAU FOUNDATION FUNDRAISER

DRAWDOWN FOR AG EDUCATION

MARCH 23, 2021 | 7-9PM

\$100 PER TICKET

Purchase your ticket by 2/15/21 to be entered into a special early bird drawing for \$250
(early bird drawing will take place on 2/16/21)

A MAXIMUM OF 300 TICKETS WILL BE SOLD.

The Drawing will occur virtually using Facebook live and Zoom
The top prize (if all tickets are sold) will be \$3,000 with smaller prizes provided during drawing breakpoints

To purchase tickets go to: <https://bit.ly/2KpKNsY>
call the office to make payment with a credit card or mail a check to the address below.

2021 IT'S TIME TO
"BEE ALL ABOUT IT!"

This class offers a seasonal approach to the craft of keeping bees. Gain a comprehensive look at the various types of hives and methods, with emphasis on what you will need to know to keep your bees strong and healthy here locally. The Cook County Farm Bureau is excited to be partnering to present this course via Zoom or limited in-person classroom setting, as this course is offered two ways: **online via Zoom or you may elect to attend in person at the Cook County Farm Bureau. Seating is currently limited to 8, subject to change due to ongoing COVID guidelines, so reserve your place early.**

When: Class is on six consecutive Tuesday evenings with 1 hour of instruction and 30 mins Q&A.

Dates:

- Feb 2 Session 1: Honeybee Biology and Behavior
- Feb 9 Session 2: Gearing-up and Sourcing Bees
- Feb 16 Session 3: Arrival of Spring: It's Showtime
- Feb 23 Session 4: Transition to Summer
- Mar 2 Session 5: Onset of Fall and Preparing for Winter
- Mar 9 Session 6: Harvesting Honey and Course Review

Time: 6:30pm – 8:00 pm
Zoom or Location: Via Zoom or at the Cook County Farm Bureau Meeting Room
6438 Joliet Rd, Countryside, IL 60525

Fee: \$50.00 for full course for CCFB Members; \$70.00 for non-members.
Registration: Register by calling the CCFB office at 708-354-3276 or emailing Debbie at membershipdebbie@cookcfb.org. Members can register at the Member Center online.

This program is brought to you by Kim Kulton, President of Bee All About It. Kim's background is in entomology. Kim operates a commercial beekeeping business which produces local honey, raises queens, and rescues bees. She is joined by Pete Soltz, President of Cook DuPage Beekeepers Association, one of the largest bee clubs in the Midwest. Kim and Pete are experts on what works locally in our Northern Illinois/ Chicago area counties.

*Must be 18 years or older at the time of entry purchase

The intended purposes of the proceeds from the drawdown raffle is to provide funding for the Cook County Farm Bureau's award-winning Ag in the Classroom program, fund higher education scholarships for members/dependents pursuing a future agriculturally related career and to provide funding for a Foundation sponsored internship focused on supporting the agriculture literacy program of the organization.

For official rules please go to
www.cookcfb.org/foundation

Cook County Farm Bureau Foundation
6438 Joliet Rd.
Countryside IL 60525
708-354-3276