



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. 3

Countryside, IL 60525

www.cookcfb.org

March 2018

Mark Your Calendar

MARCH

10th	Advanced Beekeeping	Page 11
12th	Food on Your Mind Discussion	Page 8
23rd & 24th	Good Food Festival... Come Visit Us!	Page 5

APRIL

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MAY

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115th & 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 www.cookcfb.org, or contact the office at 708-354-3276.

You can register for most programs using the member service center at [cookcfb.org](http://www.cookcfb.org).

New Planter Workshops offered this Spring at Cook County Farm Bureau® Member Greenhouses!



Spring Planter Workshop

Make a spring planter with other Farm Bureau members to display on your porch. For CCFB members and guests. Class size limited to 20.

AT: Big John's Farm Market & Greenhouses

1754 E. Joe Orr Road, Chicago Heights, IL

ON: Saturday, April 21, 2018 at 10am

FEE: \$30.00.



Summer Entertaining Container Workshop

Choose from 3 themed containers using decorative flowers & plantings used in recipes for summer entertaining. This unique workshop is certain to conclude with "it's 5 o'clock somewhere" flair! For CCFB members and guests. Class size limited to 12.

AT: Ray's Quality Greenhouse:

117 231st St, Steger, IL

ON: Saturday, April 28, 2018 at 4pm

FEE: \$25.00.

Pre-registration is required for members and their guests by calling the CCFB office at 708-354-3276. Members may also register online at the Member Center at www.cookcfb.org. Check out the Events calendar online for additional details.



Farm Bureau members are invited to watch the Chicago Cubs take on the Chicago White Sox!



VS



Wrigley Field • Sunday, May 13, 2018 • 1:20 pm

Tickets go on sale Thursday, March 22nd at 10:00 am
CCFB members can purchase bleacher tickets for \$82.88 per ticket!
(4 ticket limit per membership)

To order tickets, call the CCFB office at 708-354-3276.

VERY LIMITED QUANTITY AVAILABLE! These tickets will SELL OUT!

If you have any questions, please contact the office at 708-354-3276.

The Cook County Farm Bureau® 2018 Cookfresh® Recipe Collection: Recipes Wanted!

The Cook County Farm Bureau® 2018 Cookfresh® Recipe Collection - Recipes Wanted!

The 2018 Cookfresh Recipe Collection is looking for your favorite recipes that you proudly cook using the freshest locally grown and raised 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 to membershipdebbie@cookcfb.org, or mail to

Cook County Farm Bureau,
6438 Joliet Rd, Countryside, IL 60525, Attn: Recipes. Deadline: March 30th.

Question of the Month

Who can claim shopping spree bragging rights following the 2018 Food Checkout Day benefit to fill the kitchen cabinets of area Ronald McDonald Houses?

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

Call the Farm Bureau at 708-354-3276 or fax your answer to 708-579-6056. **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.

February's winner is **James Palermo**.

Last Month's Question:

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

Answer: January 11, 1878

☆*Bonus*☆: The page number where Farm Bureau mascot, *Corny Calvin*, was hanging out in the February issue of the *Co-Operator* was... page 9.



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 betray your age?
- Energy levels sinking like the Titanic?

CCFB is hosting a class on Wednesday, April 25, 2018 from 7-9pm 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@cookcfb.org • Web: www.cookcfb.org

Let's Talk About the Ag on Your Plate How do GMOs affect the food we eat?

Answered by Kim Morton, Cook County Farm Bureau®



Kim Morton

There's no nutritional difference between foods that have been genetically altered and their non-genetically modified counterparts. The exception is when the nutritional content has intentionally been altered, like high oleic soybeans or Golden Rice. Golden Rice is an example of a crop that has been

biofortified.

Through biofortification scientists can increase the nutritional quality of staple food crops. These crops could help to solve important global health challenges in developing countries once they are available to the public. Scientists are using genetic engineering

to develop iron fortified rice, beans, sweet potatoes, cassava and legumes, as well as zinc fortified wheat, rice, beans, sweet potatoes and maize.

GMO and non-GMO crops are nutritionally equivalent but enhancing a crop's nutritional value is one of the many uses of genetic engineering.

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*.

Cook County Farm Bureau® forms Centennial Celebration Group

The Cook County Farm Bureau was established in the year 1920 by a group of farmer pioneers who took an idea...a dream of farmers working together for their common benefit and formed it into reality! We recognize that it was not always easy. It was not always simple. It was not always clear.

Today, the Cook County Farm Bureau® enjoys the fruits of success that are a direct result of this group of forward-looking leaders.

Throughout the 100 years, the immense volunteer time, energy, passion, cooperation, creativity, money and risk that was put forth to build a successful organization for the short- and long-term is hard to fully appreciate and imagine.

The Cook County Farm Bureau Board of Directors has taken action to create a 100 Year Anniversary Celebration Committee to design a suitable tribute to recognize the accomplishments and celebrate the legacy of the Cook County Farm Bureau and build upon it for another 100 years of excellence! Members of the Committee represent the various 5 active Teams of the Farm Bureau: Young Leaders, Country Financial leadership, Board members, legacy active members and staff.

CCFB President Janet McCabe said, "We are excited about the opportunity to celebrate the amazing local farmers and leaders that have made this great organization what it is in this modern era and will use this occasion to lay the groundwork for the challenges our members will face over the next 100 years."

If anyone has an interest in serving in this effort, please contact Manager Bob Rohrer at 708-354-3276 or email brohrer@cookcfb.org.

Ag Adventures for Families Word Search Winner



Kathleen Down

Ms. Kathleen Down entered the Ag Adventures for Families word search every month in 2017 (there were 30 members who also entered all 12 months) and was drawn as the winner! Her prize was a basket packed with agricultural related items with ties to Illinois, the Chicagoland area and Cook County Farm Bureau.

Kathleen and her siblings own farmland in the Ford County area. Farm Bureau Manager, Bob Rohrer, stopped by Kathleen's place to drop off the basket and reports that he had a great conversation with her about life and life lessons gained from the farm.

Congratulations to Kathleen!

New Employee Joins CCFB Staff



Juanita Ramos

Hi, I would like to introduce myself my name is Juanita Ramos. I am excited to be a new employee at the Cook County Farm Bureau. I am a new Administrative Assistant in the Member Service Center. I grew up in Chicago and continue to live there with my family of four. I am looking forward to helping the Farm Bureau achieve its goals and objectives including helping and assisting our many members. I am also bringing bilingual verbal and written Spanish skills. I will be assisting in FB communications to members through *The Co-Operator*, website, and social media support as well.

Please stop into the office to say "Hi"!

Gracias

THANK YOU

The Gratitude Box

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

The Cook County Farm Bureau thanks...

All the Country Financial Managers, Representatives and support staff that joined Bob Rohrer for six round table discussions on strengthening our partnership.

Our many voting and associate members who have renewed their membership for 2018 and continue to support the efforts and goals of the organization.

The Foundation Gala Planning Committee for great efforts to put together an outstanding fundraising event to benefit agriculture literacy and scholarships through the Cook County Farm Bureau Foundation®.

The many Gala attendees, donors, and sponsors supporting the event and for understanding the importance of teaching youth and adults where their food comes from.

The many supporters and donors to the 2018 Food Checkout Day benefit for area Ronald McDonald Houses sponsored by your Cook County Farm Bureau Public Relations Team.

Beginning Beekeeping instructors, Pete Soltesz and Kim Kulton, for delivering an outstanding Beginning Beekeeping Workshop to members and guests interested in the care and keeping of bees!

Recognition Appreciative Gratitude

Gratified

Gratified

THANK YOU

Gracias

Gratified

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Downwind

by Bob Rohrer, CCFB Manager

“Just Text Me . . . Later”

In 2018, I will “celebrate” the nine-year anniversary of sending my very first text message. Cake, noisemakers, balloons, and games please... Yes, I was a late comer to this phone phenomenon that nearly everyone takes for granted today. Shockingly, I really have no desire to make up for lost time. Even my father, the Farmer, sends text messages nowadays... pigs now fly.

So, is the world a better place with texting? My children prefer text communication, so this is one way that I can “speak” with them. On the negative side, they may only respond when they get around to it or need something. It is harder to lecture through this medium...

The phone that I learned to text on was a flip phone (see pictured). I found the old phone in a file cabinet the other day... Remember when a smaller, sleeker phone was what it was all about?

You’ll remember that the process of sending a simple text message was quite a chore when we only had 10 number buttons...

444(I)_222666676667777333(composed)_2(a)_63377777777
72433(message)_22999(by)_7773373328333555999
(repeatedly)_22255544422255444664(clicking)_88827774
44666887777(various)_6688622337777777(numbers)_666
66(on)_84433(the)_7446666633(phone).

Let me repeat that - I composed a message by repeatedly clicking various numbers on the phone (And this little exercise of writing this article helped me remember what a chore that was!) Many times, I lost focus half way through the process of sending a message. Anyone else remember those days? Anyone else still composing text messages using the numbers pad?

Now to send a text message, I simply click on the microphone icon and start speaking... The phone magically hears my voice and does the typing for me. I’m not sure how it works, but what a relief! I have learned that I should check the text before clicking “send”... What I say and what the phone types into the text message can be two distinctly different and sometimes funny (or offensive) things. This seems like a good time to apologize to the many family members, friends and random strangers to whom I have sent errant, confusing, appalling, garbled and/or incoherent messages.

I get that there is a constant temptation to text while driving. All you need to do is click on a button and start talking. I see so many drivers with their heads and necks slanted downward while driving, looking at their phones. Are these distracted drivers busily reading and responding to text messages and emails? I see it everywhere...on the interstate, highways, streets, stop signs, parking lots, turn lanes, rearview mirrors... Yikes! And isn’t texting while driving against the law?



When you choose to text and drive, you’re threatening every driver around you—and placing more value on that text message than yourself and your fellow drivers. Remember, every time you get behind the wheel, you’re entering a shared experience with **mothers, fathers, friends, and children.**

IT’S DANGEROUS!

- **1 out of every 4 car accidents in the United States is caused by texting and driving.**
- **Nearly 330,000 injuries occur each year from accidents caused by texting while driving.**
- **According to a AAA poll, 94% of teen drivers acknowledge the dangers of texting and driving, but 35% admitted to doing it anyway.**
- **11 teens die every day as a result of texting while driving.**
- **In 2015, distracted driving claimed the lives of 3,477 people.**

IT’S DISTRACTING!

- **Visual:** Takes your eyes off the road.
- **Manual:** Takes your hands off the steering wheel.
- **Cognitive:** Takes your focus away from safe driving.

IT’S ILLEGAL!

- Penalties for texting while driving include:
- Fines
 - License suspension
 - Rise in auto insurance rates
 - Prison time

IT’S HELPFUL!

- Consider installing a safe-driving app such as:
- LifeSaver
 - AT&T DriveMode
 - TrueMotion Family, or
 - Mojo

RESOURCES

- <http://www.nsc.org>
- <https://www.dmv.org>
- <https://aaafoundation.org>
- <https://www.nhtsa.gov>

The Illinois Farm Bureau has just come out with a campaign (see the ad below) in an effort to reduce the distracted driving habits that relate to the urge to text. Would you look at those stats, please?

Primarily, the issue is texting when driving an automobile or a truck. However, I see some other potential areas of concerns...

- Texting while driving a tractor on the highway...
- Texting with earbuds blasting while crossing the street...
- Texting while riding a bicycle...
- Texting while walking on the railroad tracks...
- Texting while cutting down a tree using a chainsaw...
- Texting while skiing...
- Texting while push mowing the lawn...
- Texting while using a circular saw...
- Texting while shaving with a straight edge...
- Texting while coaching 3rd base...
- Texting while on the toilet...

All not a good plan!

There are enough dangerous situations out there, people...let’s stop trying to multi-task everything with a phone stuck in our hand. One simple text message while driving (and other activities) can go very bad and change the course of your life while ruining the lives of so many. Stop it!

PS. We have a supply of car window clings that are available for members that want to spread the “U Text, U Wreck” message...give us a call at 708-354-3276 if you are interested.

AUTO | HOME | LIFE | BUSINESS | RETIREMENT

Your Chicago South Agency

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

 Marc Rogala 708-352-5555 Agency Manager	 Robert Sweiss 773-498-7339 6415 W. 63rd St. Chicago, IL 60638	 Theo Leonard 773-239-7800 10414 S. Western Ave. Chicago, IL 60643	 Gwen Shaw 773-487-0918 738 E. 87th Street Chicago, IL 60619	 Silver Castillo 773-284-9000 6239 S. Archer Ave. Chicago, IL 60638
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Consumers Feast on Agriculture Science Facts

Illinois screening of *Food Evolution* documentary helps broaden attendees' perspectives on biotech

By Andrea Casali, FarmWeek

Following a screening of the "Food Evolution" documentary film at the Mar Theatre in Wilmington, attendees submitted questions for a panel discussion through their smartphones. (Photo by Andrea Casali)

In many developed countries, the decision of eating organic or buying food containing genetically modified ingredients at the grocery store is a big decision for families. In less-developed countries, the focus is not so much on how the food is grown as just being able to eat it.

Cook County Farm Bureau, Grundy County Farm Bureau and Will County Farm Bureau hosted the screening in Wilmington. A panel discussion followed the screening, allowing consumers and those with farming backgrounds to come together to learn more about the science behind biotech and its potential.

"I think it's important that you take an active role to try to understand GMO technology, or technology period," said Westphal, founder of D3 Consulting, LLC and a former member of the senior management teams at both Cargill and Monsanto.

Illinois Farm Bureau funded the Wilmington event, as well as 14 other screenings through its Consumer Communications Grant Program, which aims to create discussions with consumers about food and farming.

With GMOs being such a hot topic, organizers of the screening hope the event creates meaningful dialogue among consumers, scientists, farmers and others that can broaden perspectives.

"We hope that you can feel a little more comfortable about eating the food in your grocery stores," said Gloria Dollinger, a registered dietician who oversees nutrition programming and coaches groups on healthy eating within her role as a food nutrition specialist with the Joliet Park District. "People look to their food as something they can control. There are lots of ways of eating, and everything can have a role."

Jeff Heinsohn, a third-generation farmer who grows both conventional crops and certified organic crops in northern Illinois, said both types of products have value. He thinks a middle ground may "end up being the answer to make the healthiest world."

"I think that if we manage it (biotechnology) correctly and use it as one of the tools in our toolbox ... and not just rely on it, it's great," Heinsohn said during the panel discussion. "If we can meet in the middle and use some of (both) technologies, I think it will be the healthiest, (most) sustainable food supply for the world."

Having been challenged to think beyond their kitchen tables about people who don't have the luxury of questioning where their food comes from, some audience members stuck around afterward to chat with panelists and with one another.

Steven Ashby, a Will County farmer said he hopes the documentary encourages consumers to think about the other side of the story and "learn about GMOs and the science and benefits behind them. And not just go by what somebody else says on social media."

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 ...

Ruth Zeldenrust



- Ruth has been a member of the Board of Directors since 2013 and was recently elected the Secretary-Treasurer. She is also a member of the Foundation Board of Directors, the Cook County Farm Bureau PAC and Illinois Farm Bureau ACTIVATOR trustee. She has served as chairman of the Governmental Affairs Team and has been a part of the organization's team structure since its creation in 2005.
- Ruth is a beekeeper and loves growing things
- 8 little people.. soon to be 9 (and one grandpa) call her Grandma in her blended family
- Ruth loves to go hunting and fishing and cook for people

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

Exactly the one I am- except younger!

WHAT IS YOUR BEST FOOD MEMORY?

When I was a little girl, my dad would butcher a cow or a pig and I got to help package the meat and make sausages.

WHAT IS YOUR FAVORITE COMFORT FOOD AFTER A TOUGH DAY?

Hot homemade bread, soft butter, and a cold beer.

WHAT IS YOUR FAVORITE SOURCE OF PROTEIN?

Elk meat or Venison

WHAT IS YOUR FAVORITE TRACTOR?

My new Holland TN75- because it's 'snew! Ford Jubilee-it was my Grandpa's.

WHAT IS YOUR FAVORITE FARM MEMORY?

Once when we were kids, we had baby chicks in the house and my mom had a fit!



Panelists (left-to-right) Gloria Dollinger, a registered dietician; Jeff Heinsohn, conventional and organic farmer; and David Westphal, a former senior executive in worldwide agribusiness, addressed audience members questions following a private screening of *Food Evolution*. Audience questions included: "If GMOs aren't harmful, why are so many foods labeled 'Non-GMO'?" and "Could GMO technology, if adopted worldwide, add to both overpopulation and overproduction?" The private screening was sponsored by Cook, Grundy, and Will County Farm Bureau® and the Illinois Farm Bureau®.

Farm and Food Bytes

"Gathering of the Green" – a Destination for John Deere Fans



10th Conference Slated for March 21-24, 2018 in Davenport, Iowa 2018 is the 100th anniversary of John Deere entering the farm tractor business with the acquisition of the Waterloo Gas Engine Company in 1918. March 21, 22, 23 and 24, 2018 are the dates for the 10th "Gathering" to be held in the beautiful and spacious RiverCenter, 136 E 3rd St., Davenport, Iowa for John Deere two-cylinder and New

Generation tractor and implement collectors, restorers and enthusiasts.

Register online: www.gatheringofthegreen.com

call/text: 563-845-3298

e-mail: info@gatheringofthegreen.com

U of I ranks among world's best in Ag (Farm Week). The University of Illinois joined several Midwestern universities ranked among the world's top universities in agriculture and forestry in the QS World University 2017 ranking. The U of I tied for 13th with Oregon State University. Other Midwest universities and their ranks included University of Wisconsin – Madison (6), Michigan State University (7), Purdue University (8), and Iowa State University (11). For the second consecutive year, Wageningen University in the Netherlands received the top ranking. Research citations, along with the results of major global surveys of employees and academics, are used to rank the universities.

Broker: Farmland Remains "Solid Investment" Despite declining values, land still competitive with other investments over long term.

By Jim Taylor, FarmWeek

Although land values aren't trending upward like they were from 2003 to 2013, farmland purchases still represent money well spent, according to Randy Dickhut, senior vice president with Omaha, Neb.-based Farmers National Company. "Over time it's just a good, solid investment," he said. "It does appreciate in value long term, and it competes well with stock market

investments over time," Dickhut continued. "It may not be exciting or may not have as high a cash return on investment every year as some land investments, but it's steady and secure."

Solar Farms, other property right issues to get attention legislative session

Eighty percent of Illinois counties have had some type of contact from companies representing the solar farm industry, according to Illinois Farm Bureau's Mark Gebhards. The 2018 Illinois legislative session is underway in Springfield, and Illinois Farm Bureau Executive Director of Governmental Affairs and Commodities Mark Gebhards

says, "We're working on a lot of property rights issues in this session." That includes statewide standards for solar farms and how they are assessed and then decommissioned. He said IFB staff have been out and about discussing landowner rights with farmers. "The one thing we certainly encourage those landowners to do before they sign any type of agreement with the companies is to make sure they either get an attorney to look at that or represent them as a landowner to make sure they're comfortable with what they are entering into," Gebhards said. "That's not to say these companies are not legitimate, but we just say proceed with caution."

Solar Mitigation Bill (FarmWeekNow.com) – Legislation introduced in the Illinois House and Senate would require commercial solar energy developers to enter an agricultural impact mitigation agreement. The goals are to protect landowners and ensure that land impacted by construction and deconstruction is properly restored.

USDA Launches New Farmer Website (FarmWeek). The USDA has unveiled a new, interactive, one day stop website for farmers at farmers.gov. USDA officials plan to add more features during the upcoming months to allow farmers to make appointments with USDA offices, while forms and apply for USDA programs. The website contains information about

Continued on page 11

“From the Country” Don't Let Your Financial Security Get Washed Away



Jeff Orman
Country Agency Manager
South Holland Agency

Before floodwaters lap at your front door, make sure your financial security isn't in danger of being washed away.

Floodwaters can be a nasty cocktail of water, mud, sewage, animal waste and chemicals. A flood can ruin your home and belongings. Without flood insurance, you're likely to be on your own to pay for damage caused by flooding.

Many homeowners have a false sense of security because they believe that their homeowner's insurance covers flooding. Homeowner policies typically do not cover flood damage.

Other people believe that federal disaster assistance will provide them with full compensation in the event of a flood. This assistance often comes in the form of a low-interest loan to help rebuild after flood damage. This is often insufficient compensation for the losses of flood victims.

Plus, federal disaster assistance loans are only available if the federal government formally declares a disaster. Few flood events are declared federal disasters, according to National Flood Insurance Program (NFIP) officials. That's not a gamble you want to take!

There's only one way to rest easy during wet months – purchase flood insurance through the NFIP. You must live in a community that participates in the NFIP to qualify for National Flood Insurance. Visit <http://www.fema.gov/fema/csb.shtm> to find out if your community participates in the program.

You may be eligible to buy federal flood insurance through your local COUNTRY® Financial representative. You might be surprised how inexpensive it is. Rates depend on whether you live in a low-to-moderate or a high-risk flood zone as well as the amount of coverage you need.

You may believe you don't need flood insurance because you live in a low-risk area. Almost a quarter of all flood insurance claims come from areas with low-to-moderate flood risk. Those living in low-risk areas may qualify for the lower cost Preferred Risk Policy, which provides contents coverage beginning at \$49 per year and building plus contents coverage starting at \$129 a year.

Don't wait to shore up your financial security until it's too late. There is a 30-day waiting period for federal flood insurance to take effect.

Visit your COUNTRY Financial representative to learn more about flood insurance. Check out www.floodsmart.gov for more information about the NFIP.

To contact Jeff Orman, email him at jeff.orman@countryfinancial.com

Stemke Named Chicago NE Agency Manager



Sharon Stemke

Ms. Sharon Stemke appeared before the Cook County Farm Bureau® Board of Directors on February 14 with Mr. Joe Gergely, Vice President of Agency District 7. Gergely

introduced Ms. Stemke as candidate for new Agency Manager for Chicago Northeast Country Financial Agency to the Board of Directors. The Board was provided an opportunity to hear her background, sales philosophies in partnering with the Farm Bureau, and areas of emphasis in working with the agency. The board voted to support her selection as agency manager.

Janet McCabe, President of the Cook County Farm Bureau, said, “we look forward to working with Sharon as we continue to seek a strong partnership with Country Financial to serve the insurance and financial needs of our many members of the organization.

Stemke has been with Country Financial for over 10 years where she started as an Employee financial representative in the North Will South DuPage Agency. After three years she

took on her role as Agency Associate Manager for South Holland/Frankfort Agency. For the last three years she has been a career Financial Representative with an office in Lisle, IL. Previous to her career at Country, Sharon had over 15 years Banking/Lending experience including 10 years as an Assistant Vice President of a Financial Institution.

She has a full slate of licensing and industry designations including...

- Series 6, Series 63 and Investment Solutions Licensing
- Series 26 License
- LUTCF Designation - Life Underwriter Training Council Fellow
- FSS Designation- Financial Service Specialist
- Member of the National Association of Insurance and Financial Advisors

She has been recognized by the Country Financial for a number of accomplishments including 5 All Americans, 8 All Stars and Agency awards.

The Chicago NE Agency is headquartered at 25 NW Point Blvd Ste 850 in Elk Grove Village. Stemke replaces Mr. Joe Youngman who recently was promoted in Country Financial System.

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 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 and 24, to shop, eat, learn, network, and expand Good Food!

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

AUTO | HOME | LIFE | BUSINESS | RETIREMENT



Your South Holland Agency



Jeff Orman
Agency Manager
708-560-7777



Andrew Carrell
South Holland
708-596-3999



Jim Verduin
South Holland
708-596-0008



Randall Cox
Matteson
708-679-1870



Elliot Day
Matteson
708-679-1870



Gary Molenhouse
Matteson
708-679-1870



Pat Hickey
Worth
708-361-4081



Tim Winters
Worth
708-480-5094



Josh Van Namen
Worth
708-361-3925



Jim Pathemore
Orland Park
708-745-5151



Tim Perchinski
Steger
708-754-7300



Bob Smith
Homewood
708-798-4844



Paul Turay
Mokena
708-478-0423



John VanGennep
Mokena
708-478-5500



Bob Deenik
Lansing
708-474-5600



Tim Van Zuidam
St. John, IN
219-365-1781



Mike Cerf
Oak Forest
708-560-7777



Dalbert Steele
Oak Forest
708-381-4022



Charmaine Toney-Adkins
Oak Forest
708-381-4010

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AGRICULTURE: Food for life.

American agriculture is the foundation of our country. It's the backbone of a healthy and prosperous nation that's made possible by the hard work of America's farms and farm families.

Illinois Farm Bureau® is proud to celebrate the nutritious and plentiful contributions of our country's farms on National Agriculture Day.



Agricultural Literacy & Public Relations

Ag Lit Bit: Food, Farm, Family By Diane Merrion



As our logo stares back at me from the computer screen, I can't help but reflect on how these

three words - Food, Farm, Family - came together in a most significant way last month. Farmers growing food, food feeding families. Seems simple enough.

It takes a way more circuitous route when you look at it through the eyes of Food Checkout Day's School Food Drive. Food reaching families who are facing most challenging circumstances. The heroes of this story are too many to name, but I will take a moment to salute the schools and communities who rallied around this cause once again this year as part of our School Food Drive. Thank you.

Thank you also to the Ronald McDonald Charities® whose reach extends to 64 countries and regions throughout the world. Thank you to farmers who grow the food and to the schools who donated bag after bag, box after box of items.

And thank you to the farmers who reach families every day and not just in what we eat.

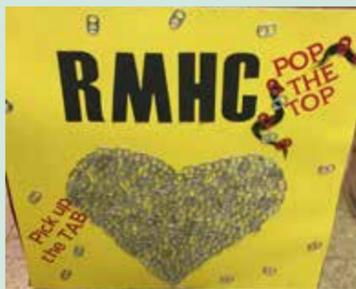
As our "wish list" for the drive this year included tissues, paper towels, laundry

detergent and toothpaste, it was farmers who supplied the needed ingredients to produce these items. Thank you to tree farmers, livestock farmers, grain farmers and farmers devoting their lives to produce products we all use.

We don't often think about agriculture when grabbing a paper towel or squeezing out that toothpaste, but we should. As we always do in ag literacy, we took this opportunity to continue to educate about the impact of agriculture in our everyday lives.

Toss in a load of laundry and know that agriculture is attached to it. It may be the ingredients in the detergent, the cotton in your jeans, the buttons on your shirts or the wool in your socks. We also can credit agriculture for the stains on your clothes that may have come from beets, grass, or other ag products.

We may need to add the word fantastic to our logo as the farmers, their food and many families did a fantastic job helping others.



Schools Fill the Pantries of local Ronald McDonald Houses

Our hearts were full when we saw the results of the school food drive that were donated to the Ronald McDonald House Charities. These students and community members showed their commitment to giving with their generosity. Ten schools donated thousands items with our new focus for the program on fulfilling the Ronald McDonald House "wish list". Fighting bone chilling temperatures, the students helped us load our cars with paper towels, laundry detergent, boxed individual snacks, toothbrushes, k-cups, peanut butter, soup, cereal, and more. Each local house will use the donations to fill their pantries for use by families staying to tend to a sick loved one. John Dore Elementary School, Chicago

St Germaine Elementary School, Oak Lawn

St Rita of Cascia High School, Chicago

Most Holy Redeemer School, Evergreen Park

Komarek Elementary School, Riverside
Nathan Hale Middle School, Crestwood
McCord School, Burbank
St John Fisher School, Chicago
Tobin School, Burbank
George Washington High School, Chicago



Students at George Washington High School not only donated hundreds of pounds of food, they also decorated their donation boxes. Great french fries design shown here.

National Nutrition Month

March is National Nutrition Month® and is a wonderful time to reflect on your food and lifestyle choices. While many people made New Year's resolutions to exercise and eat better, this month can be a time to evaluate those goals and adjust them where necessary. As explained by the American Dietetic Association, "Think nutrient-rich rather than good or bad foods. Most of your food choices should be packed with vitamins, minerals, fiber and other nutrients, and lower in calories. Making smart

food choices can help you stay healthy, manage your weight and be physically active." The lessons we conduct in schools through our Ag in the Classroom Program talk about choices and becoming more knowledgeable about the options we can make. We emphasize that while children probably have to eat what their parents purchase at the grocery store, they can help guide that process by encouraging their parents to read labels and share the information they learned from our classroom program.

This month would be an excellent time to keep a food journal as a family. Involve everyone in writing down what they eat each day for at least 3 days and then use the USDA MyPlate as a resource to see if you are eating ½ fruits and vegetables and ½ grains and protein, along with some dairy each day. There are many online tools to track diet and exercise, along with many valuable websites to learn about reading and understanding food labels beginning with the USDA MyPlate, www.choosemyplate.gov or <http://www.eatright.org>.

Embryology Grants Awarded to Local Schools

Cook County Farm Bureau® is pleased to assist in bringing agriculture into more classrooms through our new Embryology Grant. While teachers have access to many Agriculture in the Classroom free resources and lessons, this grant will enable educators to build

upon their curriculum with new learning tools. The following schools received incubators at the February 27 workshop: **Springfield Elementary (Midlothian), Ogden International (Chicago), Dawes (Chicago), St. Alphonsus-St. Patrick (Lemont), St. Joseph**

(Summit), Saint Germaine (Oak Lawn) and Gwendolyn Brooks (Chicago). CCFB was impressed with the grant applications and the ability of this program to reach over 1,000 students through lessons and activities that will accompany these resources.



Our Embryology workshop took place on February 27th and brought together 14 teachers to learn about eggs, chickens and several other topics to bring new lessons back to their classrooms. Our thanks to Jacinta LeDonne, the Director of Marketing and State Programs from The Egg Board for joining us and providing valuable free resources that are available for educators. The experiment shown here involved using different concentrations of rubbing alcohols when conducting "The Incredible Chemical Egg" experiment. Our next workshop will focus on Earth Day and Soil activities. Register by calling or emailing our Ag Literacy team.

AGRICULTURE ADVENTURES FOR FAMILIES

March brings many celebrations to our great state and the city of Chicago. One of those celebrations is St. Patrick's Day! What do you associate with St. Patrick's Day? Does corned beef and cabbage come to mind? And what exactly is "corned" or "corning"?



Corning & Cabbage

Corning is a form of curing, it has nothing to do with corn. The name comes from Anglo-Saxon times before refrigeration. In those days, the meat was dry-cured in coarse "corns" of salt. Pellets of salt, some the size of kernels of corn, were rubbed into the beef to keep it from spoiling and to preserve it.



Today, brining - the use of salt water - has replaced the dry salt cure, but the name "corned beef" is still used, rather than "brined" or "pickled" beef. Commonly used spices that give corned beef its distinctive flavor are peppercorns and bay leaf. Of course, these spices may vary regionally.

Why do most people eat cabbage with their corned beef? According to *history.com*, cabbage was a more cost-effective alternative to cash-strapped Irish families, and corned beef was a more cost-effective alternative to pork. Cooked in the same pot, the spiced, salty beef flavored the plain cabbage, creating a simple, hearty dish that couldn't be easier to prepare.

Although cabbage is grown throughout the United States, 78 percent of the nation's total cabbage (fresh market and processing) is produced in five states; California, Wisconsin, New York, Florida, and Texas. The national average yield in 2016 was estimated at 39,600 pounds per acre.

Source: fsis.usda.gov & agmrc.gov

Would you like some Horseradish with that?

Horseradish and Illinois - Everyone likes a slightly different condiment to go with their corned beef, but many choose one that has strong roots right here in Illinois: horseradish! Collinsville, Illinois is the horseradish capital of the world!



The rich soil of the Great American Bottoms farmland below the bluffs in Collinsville grows what is arguably one of the world's largest concentrations of horseradish. With soil rich in potash, a cold winter for dormancy and long summers for growing, this area provides the perfect climate for growing horseradish. They even have a festival in June to celebrate! Visit www.horseradishfestival.com/ for more information.

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...

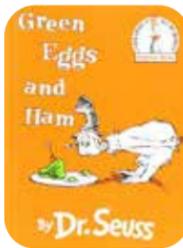
Delia Zuniga
Congratulations!

Corned Beef Fun Facts:

- ◆ The term 'corned' has been in the Oxford English Dictionary as early as 888 AD.
- ◆ Abraham Lincoln's inaugural dinner was corned beef and cabbage.
- ◆ Corned beef is not considered an Irish national dish, and the connection with Saint Patrick's Day specifically originates as part of Irish-American culture.
- ◆ Today, corned beef is brined with salt water.
- ◆ The fresh cuts of corned beef you find at the grocery store are usually the brisket cuts.
- ◆ Corned beef hash is a mixture of corned beef, potatoes, and onions all chopped up together and cooked on the stove.

Source: Mobile-cuisine.com

Recommended Reading



The National Education Association Read Across America Day is a nationwide reading celebration that takes place annually on March 2 - Dr. Seuss's birthday. Across the country, thousands of schools, libraries, and community centers participate by bringing together kids, teens, and books, and you can too! While there are so many Dr. Seuss books to choose from, we think Green Eggs and Ham is the perfect choice for St. Patrick's Day!

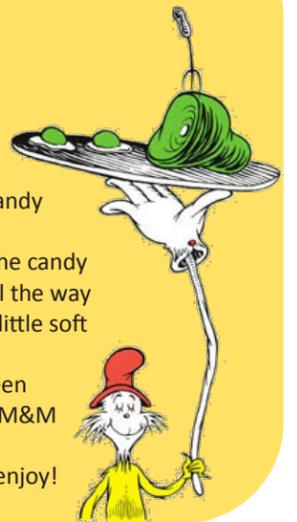
Make your own green eggs & ham (pretzel bites)



Here's what you need:

- square pretzels
- white candy melts
- green M&Ms

1. Preheat your oven to 200 degrees.
2. Put some pretzels out on a cookie sheet, and put a candy melt on top of each.
3. Put the sheet in the oven for 4-5 minutes, just until the candy melts start to soften. You don't want them to melt all the way through the holes in the pretzels; just let them get a little soft on top.
4. Pull the sheet out of the oven and carefully add a green M&M to the top of each pretzel, gently pressing the M&M into the candy melt.
5. Let the candy melt cool for a few minutes, and then enjoy!



March Word Search

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

Beef
Brined
Cabbage
Celebration
Condiment
Corning
Eggs
Green

Ham
Hearty
Horseradish
March
Pickled
Seuss
Shamrock
St. Patrick

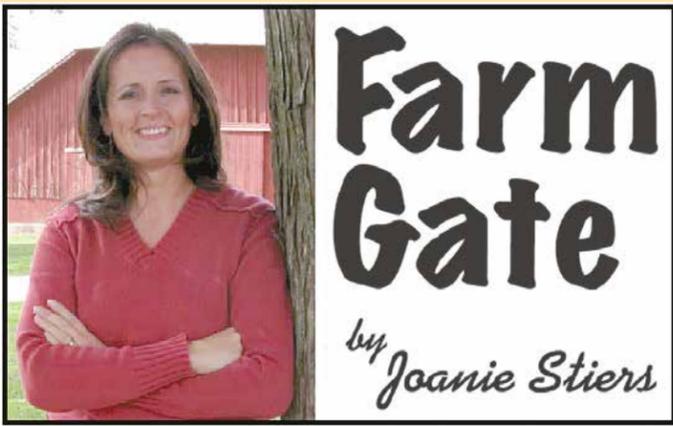
Name: _____

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.



Label Lingo Complicates Food Purchases

The label on the can of green beans steamed me before I steamed the contents. A well-positioned emblem demanded my attention with the phrase non-GMO. I agreed. They are non-GMO. Just like every other can of green beans in the store or the Blue Lake variety in my summer garden. There's no such thing as a GMO green bean. But if you didn't know, you would think that of the competitor on the shelf.

Mark Twain receives credit for having said, "It's easier to fool people than to convince them that they have been fooled." Believe it or not, there's no gluten in a bottle of orange juice, no genetic modification in popcorn or antibiotics in milk or meat at the grocery store.

Sustainable. All-natural. Conventional. Organic. High-fructose corn syrup. Locally grown. Antibiotic-free. Genetic engineering. Enhanced with water. Responsibly raised. The marketing behind catchphrases such as these irritate some farmers like a leaky rubber boot. Those of us who know the truth behind the label lingo fear that when marketers use these words as persuasive ploys, they leave too many consumers reaching for products with what seems the "best" label.

When did food get so complicated? The Illinois Farm Families web site WatchUsGrow.org addresses common food questions with some fun quick-hit videos, short testimonials and on-target literature. The site presents educational material in a grab-and-go format, a friendly gesture to most us who seem perpetually short on time. It's worth a look, even if you think you know the content already. If nothing else, consumers and farmers can learn how to frame the food conversation with fellow bleacher buds at the basketball game or room moms at the next holiday party.

My farm family has chatted on more than one occasion about the increasing fog of information and opinions that make the truth hard to find. Sometimes, I sigh deeply, go to bed and hope I can sleep off the world's nonsense (far more than labeling issues, of course). The strategy never works, but I feel more prepared for the next day's dilemmas with seven hours of slumber.

Our family has a history of growing both GMO and non-GMO corn and soybeans on our farm, so I'm fine with either choice. Rather, my irritation lies with the stereotypes and the arrogance of opinion. In the end, people believe what they want to believe, fooled or not by the cans they grab for that dish of green bean casserole.

About the author: Joanie Stiers manages records for her family's third-generation farm that grows corn, soybeans and hay and raises beef cattle in West-Central Illinois.

IFB Board Sets 2018 Action Priorities

At its January meeting, the Illinois Farm Bureau® (IFB) board of directors approved action priorities for 2018. They addressed issues both internal to the organization, and issues that impact farmers' profitability and livelihood.

The board's first priority is to increase farm income opportunities.

Congress is expected to begin writing the next farm bill soon. Of major importance to IFB will be advocating for a farm bill that is consistent with IFB policy. That includes protecting crop insurance. Farm Bureau will also advocate for maintaining and expanding trade agreements. Given the importance to farmers of roads, railways and waterways, IFB will advocate for infrastructure investments. Other priorities include the enactment of immigration reform that protects ag labor, protecting property rights related to solar and other energy projects, and maintaining Illinois' Livestock Management Facilities Act.

Delegates at the IFB annual meeting in December directed the organization to explore health insurance options for IFB members. The request stems from rapidly increasing healthcare costs and from farmers' struggle to afford health insurance, especially if a spouse or other family member doesn't have coverage through off-farm employment. A healthcare summit in March will kick off the effort.

The second priority is to lead on environmental stewardship.

Action items include promoting practices to meet the goals of Illinois' Nutrient Loss Reduction Strategy, as well as promoting responsible pesticide use. IFB supports a Waters of the U.S. (WOTUS) rewrite that is acceptable to agriculture, reform of the Endangered Species Act, and a common-sense approach to pollinator protection.

The third priority has IFB building trust with consumers and other influencers.

The board supports maximizing resources available through Illinois Farm Families® - of which IFB is a member - and expanding the geographic scope of county Farm Bureau consumer communications.

The board also prioritized serving as the leading farm organization in Illinois.

In 2018, IFB will focus on providing value to grow membership and increase member involvement; increasing political engagement including FB ACT and ACTIVATOR; maintaining our financial strength; strengthening and growing IAA and CFB foundations; and building consensus with county Farm Bureaus and commodity groups.

Understanding the importance of a good climate for attracting people and jobs to the state, IFB will seek to influence state and federal governments to create a positive fiscal and business climate and will work to influence the passage of a fiscally responsible state budget.

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 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

March 12, 2018
7:00 p.m.

Chicago Ridge Public Library
10400 S. Oxford Ave, Chicago Ridge

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®.

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.

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GOVERNMENTAL AFFAIRS UPDATE

Farm Bureau Provides Comments on Food Purchasing Policy

Cook County Farm Bureau® provided the following comments to Cook County Commissioners regarding the “Good Food Purchasing Standards” resolution:

Cook County Farm Bureau® participated in the Chicago Metropolitan Agency for Planning’s Go To 2040 comprehensive planning process and was an active member of the Local Foods Task Force. The Task Force was charged with investigating and drafting the Local Foods section of the Go To 2040 comprehensive plan.

Regarding Resolution 18-1650, the resolution provides that the Good Food Purchasing Standards would emphasize “Environmental Sustainability-support producers that employ sustainable production systems that reduce or eliminate synthetic pesticides and fertilizers; avoid the use of hormones, antibiotics, and genetic engineering; conserve soil and water; protect and enhance wildlife habitat and biodiversity; and reduce on-farm energy

consumption and greenhouse gas emissions.”

The above provision is admirable, but it raises several concerns, including:

- It’s a misconception that farmers overuse synthetic pesticides and fertilizers. Through technology, such as genetic engineering, farmers have been able to reduce the use of crop protectants. Additionally, technology also allows farmers to selectively apply crop protectants to only the areas where they’re needed.

- It’s also a misconception that farmers overuse hormones and antibiotics. Antibiotics are administered to animals in a similar manner as to when a doctor prescribes antibiotics to humans—only when medically needed. Additionally, when antibiotics are administered the animal cannot be harvested and the milk cannot be used for liquid milk or processed milk products. All meat and milk are tested for antibiotics before they enter the food system. Antibiotics are an important tool to treat

sick animals.

- Genetic engineering is an important tool for farmers. Through genetic engineering farmers reduce the use of crop protectants, conserve soil and water, reduce on-farm energy consumption, and reduce greenhouse gas emissions.

- Regarding soil and water conservation, farmers are utilizing cover crops to preserve soil, nutrients, and water. These fields also offer wildlife habitat and enhance biodiversity.

For lingering questions about today’s food system visit watchusgrow.org.

The overall goal of purchasing healthy and nutritious food is shared by farmers and consumers. We’re happy to work with you to develop a resolution that supports healthy and nutritious food and the farmers who grow it.

Members are encouraged to contact Bona Heinsohn at 708-354-3276 with any thoughts on the resolution.

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.

#FloatUs Ducky Campaign Continues



Earlier this year, the American Farm Bureau Federation® announced a lighthearted social media campaign, entitled, “#FloatUs,” to support the withdrawal of the Waters of the U.S. rule. Members are encouraged to share photos of their non-navigable waters, preferably with a rubber duck. Be sure to tag your photo #FloatUs and pass your duck along to your neighbor. (Photo reprinted with the permission of Megan Dwyer.)

Cook County Farm Bureau® Political Action Committee Endorses Candidates for Local Election

Fritz Kaegi, Assessor

Karen Yarbrough, Clerk

Dennis Deer, Cook County Board District 2

Steven Wolfe, Cook County Board District 3

Donna Miller, Cook County Board District 6

Debra Shore, Metropolitan Water Reclamation District

Kari Steele, Metropolitan Water Reclamation District

All candidates were interviewed and endorsed by members of the CCFB PAC Governance Board.

A copy of our report is (or will be) available at the Illinois State Board of Elections website.



By Bona Heinsohn

Since 2010, Cook County Farm Bureau® has operated a Political Action Committee (PAC) designed to

support candidates who are supportive of the policies, priorities and mission of the Farm Bureau while promoting the economic and social well-being of farmers and farm-related interests in Cook County.

Since being created, the PAC has made 34 endorsements. Not all incumbents. Not all challengers. Not all major party candidates. But candidates who Governance Committee members felt would make the largest impact on their District and the County.

Members of the Cook CFB PAC Committee are charged with making endorsements. When considering a candidate, members consider the results of the candidates’ interviews, questionnaires, support of Farm Bureau policies, and when applicable, voting record.

This Primary, alone, Committee members spent 34 hours interviewing candidates and determining endorsements. 34 happy, unpaid, volunteer hours.

Of the candidates running for Cook County office, Governance Committee members interviewed candidates for

the Cook County Board, Assessor, Clerk, President, and Metropolitan Water Reclamation District.

In 2017, incumbent Clerk David Orr announced that he would not be seeking re-election to an office he’s held since 1990. Adding fuel to the fury of candidates jockeying for the office is the fact that the Recorder of Deeds and Clerk offices are being combined. Incumbent Recorder Karen Yarbrough has shown that she’s willing to make changes and automate the process. We hope she continues to streamline and invest in technology. - For Clerk it is **Karen Yarbrough**.

Perhaps the hottest race on this year’s ballot is the contest for Cook County Assessor. Four years ago, Cook CFB PAC endorsed an independent candidate amid ethic concerns surrounding Joseph Berrios. Those concerns remain and have grown given that Berrios sued the very same county that pays his salary. It’s important to note that Berrios sued the county in his official capacity as assessor so it’s the taxpayers footing the bill for his attorney and the attorney representing the county ethics board. Berrios claims that he should be able to accept unlimited campaign contributions and donations from the very same attorneys and real estate professionals who argue property tax cases before him. The

ethics board found 41 donations that exceeded the county’s campaign limits. Fritz Kaegi, the challenger, is focused on providing taxpayers a fair and transparent tax system. Kaegi is prepared to implement the improved assessment system that has been available to the current assessor for numerous years. Kaegi is also a Certified Illinois Assessing Officer, a requirement for all assessors except the Cook County Assessor. Berrios is not certified. - For Assessor it is **Fritz Kaegi**.

For several years, CCFB has had a strong working relationship with Commissioner Robert Steele. When Steele passed away earlier last year, Dennis Deer was appointed to his seat. Commissioner Deer holds a doctor of Christian Psychology degree and has built businesses focused on rehabilitation and mental health. He brings a wealth of knowledge in the areas of mental health, recidivism, and medical billing to the board. - For the Cook County Board District 2 it’s **Dennis Deer**.

The third Cook County Board District has long been represented by Jerry “Iceman” Butler who has decided not to seek reelection. There’s numerous candidates for the third district, including Steven Wolfe. Wolfe is an electrical engineer trained and educated at IIT and holds a MBA

from Washington University. He’s committed to improving the local economy and neighborhoods.

- For the third districts it’s **Steven Wolfe**.

Earlier last year Joan Patricia Murphy, a longtime commissioner from the sixth district, passed away. In the race for the sixth district there are three strong candidates and all three will bring a wealth of knowledge and talent. Donna Miller is a pharmaceutical professional who will bring a strong voice for the county’s health care system. - For the sixth district it’s **Donna Miller**.

In the six-year Metropolitan Water Reclamation District race, voters will elect three Commissioners from a strong group of candidates. Leading the way is current incumbent commissioner Debra Shore, a strong leader who poses a wealth of knowledge about the District. Another standout candidate is Kari Steele. Both Steele and Shore go above and beyond to learn more about the county and agriculture. Cook CFB PAC has endorsed both Shore and Steele in prior elections. For the six-year MWRD seats it is **Debra Shore** and **Kari Steele**.

Members are encouraged to vote on March 20.

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.

Workshop on Preparing Wills and Trusts and Transferring Non-Titled Property

Sponsored by the Cook County Farm Bureau

When: Wednesday, April 18, 2018, 6:30-9pm.
Where: Country Financial Building
 25 NW Point, Suite 850
 Elk Grove Village, IL 60007
Cost: **No charge for Cook County Farm Bureau Members**
 \$10 per person for non-members
To Pre-register: Call the Cook County Farm Bureau at 708-354-3276.
Register by: **Wednesday, April 11, 2018—Limited seating!**

Speakers and Program Descriptions:

Estate Planning and Trust Administration
 Presented by Linda S. Fine, Kelleher & Buckley, LLC

Ms. Fine concentrates her practice in estate planning for high net worth clients, estate and trust administration, estate and gift taxation, guardianships, contested estates, and complex probate matters. Ms. Fine also represents business owners with respect to the formation and operation of corporations, partnerships, and limited liability companies.

Presented by Robert A. Holland, Kelleher & Buckley, LLC

Mr. Holland concentrates his practice in estate planning, estate and trust administration, taxation, corporate transactional work, business planning, asset protection, residential and commercial real estate transactions and antenuptial agreements. Mr. Holland's business planning practice includes representation regarding the formation and operation of corporations, partnerships, limited liability companies, including ownership agreements, mergers and acquisitions, succession planning, and not-for-profit planning.

Who Gets Grandma's Yellow Pie Plate and Grandpa's Pocket Watch? Transferring Non-Titled Property!

Presented by Katherine Reuter, Consumer and Financial Education Consultant

Distributing personal items such as wedding pictures, a vase, furniture, jewelry, Grandpa's pocket watch, or even Grandma's pie plate is an issue that impacts almost all families. Attorneys say that personal property, not the more valuable titled property, causes the most problems when settling an estate. This program will provide tips to help you distribute your own or others non-titled property such as understanding the sensitivity of the issue; deciding what you want to accomplish; deciding what the word "fair" means in your family; identifying the meaning of precious possessions; recognizing distribution options and consequences; and learning how to manage conflicts, if they arise.

Build a Board Night at the CCFB

We invite you to join us for a night of pallet painting at the 1st Build a Board Night at the Cook County Farm Bureau on Tuesday, April 3, 2018 from 7-9 pm!

Choose from 4 designs with step by step guidance. No artistic experience required. Admission is \$35 for members (regularly \$45). Admission includes all painting supplies, snacks and soft drinks. Please go to <https://www.eventbrite.com/e/cook-county-farm-bureau-build-a-board-night-tickets-42947044767> to purchase tickets.

Choose from 4 designs...

CCFB 6438 Joliet Road, Countryside IL 60525

708.354.3276



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, Sharon Stenke, Agency Manager
 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, Sharon Stenke, Agency Manager
 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.



Mark Coon
 Chicago Northwest Agency, Jack Smith, Agency Manager
 Mark Coon has been named Career Financial Representative of the month for January, 2018. Mark's office is located at 23042 N Main St., Prairie View, IL 60069. His phone number is 847-415-2666. Mark, has been a Financial Representative with COUNTRY® Financial since February, 1981.



Almira Hodzic
 Chicago Northwest Agency, Jack Smith, Agency Manager
 Almira Hodzic has been named Employee Financial Representative of the month for January, 2018. Almira's office is located at 2435 W Schaumburg Rd., Schaumburg, IL. Her phone number is 847-891-6792. Almira has been a Financial Representative since December, 2016.



Theo Leonard
 Chicago South Agency, Marc Rogala, Agency Manager
 Theo Leonard has been named Chicago South Career Financial Representative of the month for January 2018. His office is located at 10414 S. Western Ave., Chicago, IL 60643. His phone number is 773-239-7845. Theo has been a Career Financial Representative since August 2012.



Alonzo Nevarez
 Chicago South Agency, Marc Rogala, Agency Manager
 Alonzo Nevarez has been named Chicago South Employee Financial Representative of the month for January 2018. His office is located at 6239 S. Archer Ave., Chicago, IL 60638. His phone number is 773-5539. Alonzo has been a Financial Representative since Nov 2013.



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.



Jim Parthemore
 South Holland Agency, Jeff Orman, Agency Manager
 Jim Parthemore has been named Career Financial Representative of the Month for January 2018. His office is located at 19432 W 143rd St in Orland Park, IL. His phone number is 708-798-4844. Jim has been a Career Financial Representative since April 2000.



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.

"546,000"

Co-Operators went to households in the last year!

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

Bluetooth Karaoke Machine model IJB5858 brand new in box, asking \$25. Call 708-349-1636.

Hamilton Beach 4qt slow cooker model 33249 brand new box \$20. Call 708-349-1636.

1902 Working Singer sewing machine-in cabinet-wired for electricity. Best offer call (708) 482-4871.

Czech Crystal Chandelier 46yrs old 5 lights/ best offer call 708-482-4871.

Motorized Vehicles, Boats and Accessories

2011 GMC Acadia Denali, fully loaded, 126,000 hwy miles. Asking \$13,500. Call 708-906-6107.

For Sale 2005 - 19' Sylvan Profish Boat Custom cover, especially load trailer with spare tire, 2 live wells and bait well. 175hp Mercury optimax outboard motor. Original owner, used approx. 4x year, under 100 hrs. on motor. Asking \$17,300. Call 708-906-6107.

Real Estate for Sale/ Rent

Garage space located River North. 435 W. Erie St. Chicago. Indoor, fully covered with climate control and 24 hour security and access. Located inside a residential condo building which has a 24 hour doorman. \$250/month or substantial discount for 12 month paid in full. Please contact Dave at 312-951-6412 or Dave@FutureFirstProperties.com

Vacation Sales/ Rentals

5 Star Resort 3br/2ba Condo 2 miles from Disney World Orlando. Rental rates from \$80/ night. Call (630) 853-7669 or go to www.vrbo.com

Mini-Crane with boom extension gas/propane option. Good condition. Minor repairs. \$4800.00 or better offer. Palos Hills 708-974-3067

WANTED

Wanted: Old jukebox and older slot machine. Call 708-361-8230.

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 realize that some may need work from sitting for a long time, but I have the time to fix them! **TURN THOSE UNWANTED TRAIN ITEMS INTO CASH** and give me a call! I also buy slot cars. Call 630-272-4433 ask for Ron. Thanks!

Register for the March 15 Pond Workshop

The Will/South Cook Soil and Water Conservation District is pleased to announce that it will host a Pond Workshop for Will and South Cook County landowners on Thursday, March 15th from 6:30-8:30 pm at the District Office located at 1201 S. Gougar Rd., New Lenox, IL 60451.

Join us for a timely and informative program featuring Illinois Department of Natural Resources (IDNR) Fisheries Biologist Rob Miller. Rob Miller will share information on pond stocking and aquatic plant management.

To register, or for more information, contact Kim Mitchell at 815-462-3106 ext. 3 or info@will-scookswcd.org.

Farm and Food Bytes

Continued from page 4

services provided by the Farm Service Agency, the Natural Resources Conservation Service and the Risk Management Agency. The website farmers.gov is mobile friendly.

Meat Company Expands. Carl Buddig & Co. will expand its operations in Illinois with the purchase of the former Butterball facility in Montgomery. The facility has been vacant since prior operations ceased last July. Buddig will utilize the 280,000 square foot facility to make lunch meats and specialty meats. This marks the company's fourth manufacturing facility in Illinois. The project will create 250 jobs within the first two years of operations and then ramp up to 350 jobs by year five. Buddig employs more than 1200 people within Illinois.

Cattlemen's Association calling for tougher meet labeling standards (Associations Now). Responding to member concerns, the US Cattlemen's Association has contacted the USDA to request stricter standards so that meat-like plant analogues or lab-grown alternatives can be labeled "meat" in stores. This concern is a result of attempts to create plant-based burgers with the look and feel of a beef patty and a company's efforts to grow beef, chicken and duck from stem cells using biotechnology.

Another Member Benefit: the IAA Credit Union

Some members may receive a direct mail offer in March from the Illinois Agriculture Association Credit Union (IAACU) that provides details about potential auto loans that are available to Cook County Farm Bureau members. The IAACU is owned by the Illinois Farm Bureau and provides membership benefits through their financial services to members of the Farm Bureau including those in Cook County. Obviously, members are under no obligation to take advantage of the benefits services offered by the IAACU, but we do encourage you to check them out and compare their services to your current financial needs. We believe that there are potential savings available through this affiliated company including mobile banking options.

Contact Information:
IAA Credit Union
808 IAA Drive
Bloomington, IL 61702 - 2901
Phone: 800.676.2541 or 309.557.2541
Fax: Main Line-309.557.2419
Fax: Service Center-309.557.2080
E-mail: servicecenter@iaacu.org
<https://www.iaacu.org>



Last Chance to Sign Up for Advanced Beekeeping Class Offered at the Cook County Farm Bureau®

An Advanced Beekeeping class is scheduled for Saturday, March 10, 2018, from 8:30am - 3:30pm. Registration fee to attend is \$40.00 for CCFB & CDDBA 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.

Defensive Driving Course

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

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.



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.

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.

Farm Bureau Partners with Local Charity to Celebrate Food Checkout Day

Since 2001, Cook County farmers and the Cook County Farm Bureau® have been celebrating Food Checkout Day.

Food Checkout Day highlights the safe and nutritious food grown by local farmers while also drawing attention to those families who struggle to find solutions to feeding their families healthy food on a tight budget. Through Farm Bureau's partnership with Ronald McDonald House Charities® of Chicagoland and Northwest Indiana, Farm Bureau members can assist families during the most difficult time of their lives, when their child is ill.

Cook County Farm Bureau members celebrated Food Checkout Day this year by collecting food items, hosting a scavenger hunt and shopping spree to benefit local Ronald McDonald Houses, and by encouraging farmers, sponsors, Country Financial Agencies, and students to participate in a food drive. This year's contest raised over \$8,000 and over 6,200 pounds of food.

"Cook County and Illinois farmers are committed to growing safe and nutritious food for our families and for others," said Janet McCabe, President of Cook County Farm

Bureau. "Food Checkout Day allows us to recognize the importance of healthy, nutritious food while supporting a local charity."

As part of Food Checkout Day, Farm Bureau sponsored a scavenger hunt between representatives from the Chicago Police Department and Chicago Fire Department at the Jewel-Osco® in the Old Towne Triangle. Farm Bureau also sponsors a shopping spree at Jewel-Osco® in Oak Lawn. Representatives from the Oak Lawn Fire and Police Departments will race against each other to collect the most non-perishable food items.

Additionally, members of the Cook County Farm Bureau®, County Financial Agencies, sponsors, and schools donated food, pop tabs, and money to RMHC® CNL.

"This year we've asked our members to open their hearts to the families calling our local Ronald McDonald Houses their temporary home," said Mike Rauch, Chair of the Public Relations Team. "I'm proud to say that not only did they accept the challenge, but have worked to ensure that even more families and businesses contributed to Food Checkout Day and our area Ronald McDonald Houses."



Pictured: CCFB Board members Mike Rauch, Janet McCabe and Chicago Scavenger Hunt Participants. The Chicago Fire Department came out on top and gained bragging rights against the Chicago Police Department in this year's Food Checkout Date benefit for Ronald McDonald House.



Food donations were collected by:

- John Dore Elementary, Chicago
- Komarek School, North Riverside
- St. Germaine, Oak Lawn
- George Washington High School, Chicago
- Tobin Elementary, Burbank

- St. John Fisher School, Chicago
- Nathan Hale Middle School, Crestwood
- Most Holy Redeemer, Evergreen Park
- St. Rita High School, Chicago

Food donations were also collected by representatives from the following Country Financial agencies:

- Chicago North Country Financial
- Chicago Northeast East Country Financial
- Orland Park Country Financial

- Chicago South Country Financial
- Chicago Northwest Country Financial
- South Holland Country Financial

Food Checkout Day is in cooperation with:

- Jewel-Osco®
- Cook County Farm Bureau® members
- All-Types Elevators
- Zeldenrust Farms
- Kopping Farms
- Bob and Jayne Rohrer

- American Ag Insurance
- Ted's Greenhouse
- Acacia Academy
- Joe and Janet McCabe
- Jeff and Bona Heinsohn
- Rauch Farms



Thank you to the Chicago North Country Financial Agency for serving lunch at Ronald McDonald House Lurie's Children's Hospital.



Cook County Farm Bureau volunteers loaded food collected from this year's Food Checkout Day scavenger hunt. Together with sponsors and Country Financial representatives, Farm Bureau donated over \$8,000 to Ronald McDonald House Charities.

Creating a Farm Enterprise: \$\$\$'s in Your Yard Workshop at the Cook County Farm Bureau® -Rescheduled Date- Saturday, April 14, 2018 9:00am - Noon

Need ideas for putting your land to work for you by creating an ag enterprise? Do you have an idea and need to know what to do next? Join us for the "Creating a Farm Enterprises: \$\$\$'s in Your Yard" Workshop at the Cook County Farm Bureau in Countryside, IL. Whether you live in the country, suburbs, or an urban area, this workshop will help you start a farm or keep it, simply by raising honey bees in your backyard. Speakers will cover topics such as: Evaluating your resources and what you need, Marketing, Regulations, Business planning tools, and Risk management. Producers who started small and are expanding their ag enterprises will share their experiences.

Registration by April 11th is required due to space limitations and material preparation. The \$20 member fee or \$30 non-member fee will cover workshop materials and refreshments. For more information or to registration call Cook County Farm Bureau at 708-354-3276 or e-mail membershipdebbie@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>

**But Wait,
There's More!**

Visit the Cook County Farm Bureau blog (www.cookcfb.org) for bonus Co-Operator articles and information!

- 2017 Census of Ag-Farmers – Still Time To Respond
- New Cook CFB Family of Logos
- National Ag Week Placement
- Solar Legislation
- Think Spring... Partners magazine