



# 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. 91 No. 8

Countryside, IL 60525

[www.cookcfb.org](http://www.cookcfb.org)

August 2017

## Join Us for... **Farm Crawl 2017** Saturday, August 19th 10 AM—4 PM



Come see some of the diverse Family Farms, Greenhouses, and Agri-businesses that are proud members of the Cook County Farm Bureau on this self-guided tour.

- No set schedules
- You pick and choose where you want to visit
- Opportunity for great value purchases, demos, tours, and Farm experiences by presenting the Passport to Ag or your Farm Bureau card.

### Big John's Farm Market & Greenhouse

1754 E Joe Orr Rd Chicago Heights IL  
 • Recipe demonstrations at 10:30 AM & 2 PM using fresh vegetables & fruit  
 • Buy 6 get 6 homegrown sweet corn special

### Bultema's Farmstand & Greenhouse

2785 E Lincoln Hwy Lynwood IL  
 • Check out our great U-Pick for the season's freshest produce.

### Children's Farm at the Center

12700 Southwest Hwy Palos Park IL  
 Hours: 1 PM - 4 PM  
 • Free admission to the Farm.

### Crete Garden Center & Nursery

1625 East Richton Rd Crete IL  
 Closes at 3PM  
 • 20% off full price plants & trees

### Goebbert's Farm/Garden Ctr

40 W Higgins Rd So Barrington IL  
 • 10 % discount on purchases at Farm

### Horcher Farms & Flower Shop

910 McHenry Rd Wheeling IL  
 • 15% off all garden plants

### Kopping Farms

12300 115th St Lemont IL  
 • Farm Tour at the top of every hour: equine, beef cattle, alpacas, haying

### Ludwig's Feed Store

13205 131st Street Lemont IL  
 Closes at 3 PM  
 • Present Passport or CCFB member card to receive a discount.

### Melka Landscape & Garden Center

11606 179th St Mokena IL  
 • Free refreshments for Crawlers  
 • \$5 off purchase of \$25 or more in garden center

### Puckerville Farms

13332 Bell Rd Lemont IL  
 • Homegrown Honey sale  
 • Receive 10% discount coupon for fall

and winter purchases on pumpkins and Christmas trees

- Shell own popcorn/kettle corn

### Schroeder's Home Landscape

10800 Southwest Hwy Worth IL  
 • 30% off Trees and Shrubs, 15% off Perennials, 20% off all Statuary, 15% Fairy Gardens - In stock products only- Retail Pricing Only- Voids Guarantee on plants.

### Smits Farms

3437 E Sauk Trail Sauk Village IL  
 • Guided Farm Tours at 10 AM & 1 PM on hay wagon • \$1.00  
 • \$3 per dozen sweet corn sale

### Ted's Greenhouse

16930 S. 84th Ave Tinley Park  
 Closes at 3 PM  
 • Buy 1 get 1 Free Perennial plants with passport at time of purchase

### The Feed Store

5400 S Harlem Ave, Summit  
 • Free Mini Wildlife Feeder  
 • Free Popcorn

### Van Kalker Farms

Park Forest Farmers Market  
 271 Lakewood Blvd Park Forest 7 AM -Noon only  
 • Recipe Booklets

### VanderGriend's Farm Market

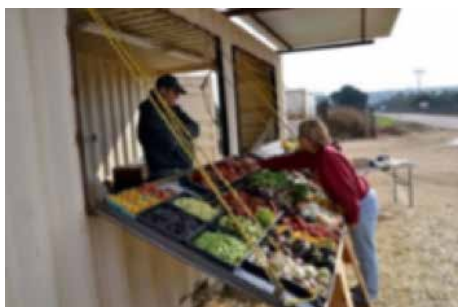
2812 Glenwood Lansing Rd Chicago Heights IL  
 • All homemade Jams - \$5  
 • Fresh sweet corn discount

### West Harlem Supply Greenhouse

8025 W Grand Ave River Grove IL  
 • 10 % discount on purchases during Crawl

### Zeldenrust Farm Market

1001 Glenwood Dyer Rd Chicago Hts IL  
 • Customer Appreciation Corn roast  
 • Guessing /trivia games for gift card prizes



At each location you visit, ask to have your Passport stamped or signed. Turn your passport into the CCFB office by August 26th and you will be entered into a special drawing for additional great prizes.

### Ways to obtain your Farm Crawl Passport to Agriculture:

- Download at: [http://cookcfb.org/events/Farm-Crawl!\\_338](http://cookcfb.org/events/Farm-Crawl!_338)
- Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org)
- Call: 708.354.3276
- Pick up a copy at CCFB office
- Each location will have limited copies available on August 19th



## Upcoming Events

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Stroke Detection Plus	Page 10
Shred Day	Page 10
Chicago White Sox	Page 10
Fall Planter Workshops	Page 12
Giant Pumpkin Contest	Page 12

## BROOKFIELD ZOO TICKETS

LAST CHANCE TO BUY Brookfield Zoo tickets for Sun. August 13th! \$25 for Adults, \$18 for Children (ages 3-11) & Seniors (ages 65 & up). Call for availability.

## Question of the Month

What is the new "app" that provides members with thousands of discounts at their fingertips through a mobile phone?

Call the Farm Bureau at 708-354-3276, fax your answer to 708-579-6056, or email your answer to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org) (Please include Name, FB# and phone number) for your chance to enter a drawing for a \$25 gas card.

June's winner is **Michael Bavier**.

**Last Month's Question:** What Cook County High School used a \$300 Food Science Grant from the Cook County Farm Bureau Foundation® to build a hydroponics garden?

Answer: *Rolling Meadows High School*

THE POWER OF (A)

AWARDS

Cook County Farm Bureau Winner of the Power of 'A' 2012 Summit Award



# Let's Talk About the Ag on Your Plate Is your farm sustainable?

*Answered by Ruth Zeldenrust,  
a vegetable farmer from Chicago Heights*



Ruth Zeldenrust, vegetable farmer

As a fourth-generation family farmer, I'm committed to taking care of my land to ensure that future generations can continue our family tradition, farming.

To improve soil health, we routinely test soil nutrient levels and only apply nutrients if absolutely necessary. To conserve water, we use drip irrigation and only add water when necessary. To minimize chemical use, we scout our

fields and identify pests before applying any chemicals.

I'm committed to taking care of my land to ensure that my family can continue farming for many more generations.

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

## Beekeeper Survey Shows Fewer Honeybees Lost

The Bee Informed Partnership, in collaboration with the Apiary Inspectors of America, reported beekeepers in 2016-17 experienced the second-lowest rate of annual colony loss during the past seven years. The partners based their information on the 11th annual national survey of honeybee colony losses.

For the 2016-17 winter, 4,963 beekeepers across the nation provided survey responses. Based on preliminary results, an estimated 21.1 percent of managed colonies were lost during the winter. That represents an improvement of 5.8 percentage points compared to the previous winter and is below the 10-year average total winter loss rate of 28.4 percent.

The survey respondents managed 363,987 colonies in October 2016 and represent

roughly 13 percent of the nation's estimated 2.78 million managed honey-producing colonies.

Beekeepers not only lose colonies in winter, defined as October to March, but also throughout summer from April to September. The 2016 summer colony loss rate was 18.1 percent.

When all the survey results were combined, beekeepers lost 33.2 percent of their colonies between April 2016 and March 2017. This is the second-lowest rate of annual colony loss recorded during the past seven years.

The Bee Informed Partnership is a collaboration of leading research labs and universities in agriculture and science across the United States.

## Dear Members,

Agriculture and Cook County Farm Bureau has changed a lot since the organization was created by a group of leading farmers back in 1920.

As we consider the long, storied history of the Cook County Farm Bureau, we have begun seeking memorabilia and artifacts that can help tell the story.

We are asking members to check your attics, closets, bookshelves, and basement storage areas for items that can help us chronicle agricultural and Farm Bureau history in Cook County. We also welcome any affiliated company history such as Lake-Cook Farm Service Supply, Country Companies, etc.

Items may include — photographs, member signs, clothing, newspapers, lapel pins, old "give-away" promotional items, documents, and other keep-sakes.

If there is a story behind the item, please share it with us as well. We will be pleased to credit you and your family. Items can be provided on loan or donated.

We hope to be able to partially recreate the evolution of Agriculture and Farm Bureau through the power of memory items!

Please contact the Cook County Farm Bureau at 708-354-3276 or email us at [ccfb@cookcfb.org](mailto:ccfb@cookcfb.org).

Thank you for your help!

### Bob Rohrer, CAE, FBCM, Editor

P.S. For more information, please access [www.cookcfb.org](http://www.cookcfb.org) and checkout the "Who We Are" video and the Country Financial Connection history.

**The "Co-Operator," the monthly publication of the Cook County Farm Bureau, is available to members through mail delivery, e-mail, or by viewing at [www.cookcfb.org](http://www.cookcfb.org). Members that wish to receive the publication solely by email can let us know by sending an email to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org) with the subject: E-Co-Operator.**



### 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!

CCFB 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 Imelda at 630-435-8264 and state that you're a Cook County Farm Bureau member to receive the added savings.

*Gracias* **THANK YOU** *Gratified*

# The Gratitude Box

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

*No matter how big or small...We appreciate you!*

- Charles Rice, owner of West Harlem Supply Co for their support of a Cookfresh Community Garden Grant recipient, Mercy Housing Lakefront Youth Garden in Chicago.
- Alyssa Tobias for volunteering to prepare learning materials for next year's AITC classroom programming.
- The Cook County Farm Bureau Staff for working so hard serving members, even when the weather looks so pleasant out the window!
- Janet McCabe for stopping the wheat harvest on her farm long enough to gather a very generous supply of full wheat heads and stalks for our 2017/2018 Ag in the Classroom Part 2 presentations throughout the County.
- Amy Hansmann, Illinois Farm Families City mom and CCFB volunteer, for speaking about her experiences interacting with farmers to 51 representatives from various businesses at the Agribusiness Roundtable on the campus of the University of Illinois in July.
- Rick Johnson, CCFB Team Member, who visited and viewed El Paseo Community Garden in Chicago's Pilsen's community (Cookfresh Community Garden Grant Recipient) in July.
- Kathy Bloomstrand, CCFB Team Member, who visited and viewed Root Community Garden in Palatine (Cookfresh Community Garden Grant Recipient) in July.

*Gracias* **THANK YOU** *Gratified*

### Co-Operator

published monthly  
Cook County Farm Bureau  
6438 Joliet Road, Countryside, IL 60525  
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(e-mail) [ccfb@cookcfb.org](mailto:ccfb@cookcfb.org) (website) [www.cookcfb.org](http://www.cookcfb.org)

USPS No 132180 Periodical Postage Paid at LaGrange, IL 60525 & additional mailing office

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Postmaster - Mail Form 3579 to 6438 Joliet Road, Countryside, IL 60525  
"Co-Operator" (USPS No 132180) is published monthly as a membership publication for \$2.50 per year to members as a part of their annual membership dues by Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525. Periodical postage paid at LaGrange, IL and additional mailing office. Postmaster: send address changes to the Co-Operator, 6438 Joliet Road, Countryside, IL 60525.





# Downwind

by Bob Rohrer, CCFB Manager

## My First "Ride"

Most Americans hold great nostalgia about the first car they owned. Your first "ride" usually wasn't the best, flashiest, nicest, or coolest. Many times, it reflected a piece of one's personality: "how fast it would go, how cheap it was, how great it cornered, how practical it was, how ugly it was, how many times it broke down, how many people could fit in it, etc." Perhaps it was a true "classic"...a Gremlin, a big boat, a Ford Pinto, a Chevy Chevette, a VW bug, a station wagon, or the a perfect cor for a rattletrap. That first ride provided a great feeling of independence; you didn't have to ask your parents to borrow the car any longer!

Prior to my "first ride", I was fortunate to have access to farm vehicles of various types and sizes. I remember the Farmer's (my father) 1976 F 100 Ford pickup truck that my brothers and I borrowed for several years. This truck was really attractive...two-tone cream green over hunter green with large mirrors that stuck out like Dumbo ears. Low-Rid-Er! It was even cooler when it had the topper on.

It featured a really light-weight backend which seemed to cause frequent fishtailing by the vehicle (maybe the accelerator had a flaw). The truck also sported four very bald tires. Bald tires on gravel roads are not a good combination. My brothers and I got to the point where we carried three spares just to prevent being stranded. We got to be so practiced at changing tires on that truck

that we could swap the flat tire out in less than five minutes.

My brothers and I really enjoyed use of that truck until someone (yes, yours truly) totaled it in an accident. As a practical "Do It Yourselfer", The Farmer cut the truck bed off the destroyed truck cab and turned it into a farm trailer to haul stuff. I now believe that the Farmer created the trailer, in part, to stand as an ever present reminder for me to slow down and stop being stupid. That trailer still sits on the farm today. Okay Dad, I get it... message received...you can get rid of the reminder!

My true, first car (titled in my name) was a 1978 Oldsmobile Cutlass Supreme diesel (yes, a sporty diesel). I bought it in 1985 and paid around \$1,200 for it. The Farmer explained to me the value of a diesel engine, saying that the gas mileage for a diesel vehicle would be so much greater than a gas version. There were some car companies in the United States testing the diesel market with its consumers. Farmers, with great affinity for their diesel tractors, were willing to give the diesel car a shot.

I nicknamed it "Fumes". I should have nicknamed it "the oily lemon". After a year, the car leaked so much oil that I stopped to fill the engine more frequently than I stopped to fill the fuel tank. I don't recall celebrating great money savings from fuel efficiency.

With that car, I really was somebody...windows down as the breeze was flowing through my stringy, bowl cut



A farm trailer...the remains of Dad's Ford F100 farm truck

locks of hair, a deeply bronzed farmer's tan contrasting with pasty white skin along my neck line, black diesel smoke billowing around the car

when idling accompanied by the rattle and shake of the diesel engine. Eventually, the exhaust and rattle would overtake my ability to cope

and those windows would have to go up; the only "cool" factor now gone.

Eventually, I had the car's engine removed and replaced it with a 350 rocket and replaced it with a 350 rocket 8 banger. I renamed it to D-Con-G (diesel converted gas). I certainly didn't enjoy any great fuel efficiency after that but I had a lot more fun with the car. Now, 30 years later, I wish I still had that car!

What was your first ride and what made it special? Feel free to share with me at brohrer@cookcfb.org.

## Your Orland Park Agency

 <b>Cary Tate</b> 708-226-1111 Agency Manager Orland Park, IL	 <b>Piero Setta</b> 708-226-0431 7601 W. 191st St Tinley Park, IL	 <b>Jim Andresen</b> 708-633-6490 17605 S Oak Park Ave Tinley Park, IL	 <b>Thomas Geraghty</b> 708-425-9700 5003 W 95th St Oak Lawn, IL	 <b>Mark Wright</b> 708-403-2416 7601 W. 191st St Tinley Park, IL
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Four south suburban Culver's restaurants have partnered with the Cook County Farm Bureau to help guests of all ages make the connection between farm-to-table dining through reading. On July 18, the Farm Bureau delivered "book barns" filled with reading materials for children as young as 4 years old to Culver's restaurants in Tinley Park, Orland Park, Homewood and Matteson. As part of Culver's nationwide "Thank You Farmers" initiative, the book barns are filled with books that bring agricultural learning to a child's perspective, while teaching them where the food they are enjoying comes from.



# “Where Am I?”

After all the summer traveling that Calvin did, he decided to get away to cooler temps in Antarctica. We look forward to his return next month!

## Last Month’s “Where Am I?”

In last month’s “Where Am I?”, Calvin was at Medieval Times in Schaumburg, IL. Congratulations to July’s Winner Sonya Stopka!



Winfred Iga'Lwalanda, Lorraine and Maureen Murphy, and Patricia Harper with Greg Stack

Thank you TED’S Greenhouse, owners Dan, Karen and Ted Biernacki and workshop instructor Greg Stack for opening their doors to our members and guests. Ted’s conducted a Succulent Planter workshop where members

learned about and created a beautiful Succulent planter on June 24th. Attendees had a great time and took home personalized, beautiful planters to last a very long time.

# Speakers Bureau, Four Years Later



Kim Morton, CCFB volunteer, speaks to Farm Stand and Green House owners & employees at Zeldenrust

The Public Relations Team of the Cook County Farm Bureau launched a Speakers Bureau about 4 years ago. The initiative was designed to connect groups, organizations, and clubs with local experts in the field of modern farming, roadside marketing, greenhouse production and farm related information/issues.

Speakers Bureau members have diverse backgrounds and areas of expertise. Speakers specialize in conversations about GMOs and discussions about the life cycle of corn, soybeans, and hay. Speakers also dialogue about growing plants and vegetables in a greenhouse, yard, or garden.

If you have a group or organization interested in dialogue through the Speakers Bureau, please contact Kelli via email at [membershipkelli@cookcfb.org](mailto:membershipkelli@cookcfb.org) or call 708-354-3276.

The Public Relations Team is also adding speakers to the Speakers Bureau lineup. Contact Bona if interested in this opportunity. Speakers receive presentation development assistance and training.

## Meet a “Face” of the Cook County Farm Bureau®

Each month we highlight a volunteer, staff member, or ag partner of the Cook County Farm Bureau. This month’s “Face of CCFB” is ...

### Sheila Fowler



- Serves on the Agriculture Literacy Team
- Assistant Principal at Chicago High School for Ag Sciences
- Has lived in Chicago for 14 years and lives in the Garfield Ridge Neighborhood
- Loves to travel - Current tally is 44 states and 18 countries!

#### WHAT IS YOUR FAVORITE FOOD?

Pizza. Especially Giordano’s

#### WHAT IS YOUR FAVORITE FARM MEMORY?

When I was too young to drive, I always liked getting to ride in/ on the tractor with Daddy. Once I was older, I enjoyed the sense of relief at the end of the harvest season. When the bin is full and the last load has gone to the elevator you can feel all the tension melt away.

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

Such a difficult question! I like row crops, vegetables, beef cattle, peach orchards ...it’s hard to say.

#### WHAT’S PLAYING ON YOUR PANDORA?

Glenn Miller Radio, Merle Haggard Radio & 90’s Country Radio

#### WHAT IS YOUR BEST FOOD MEMORY?

Sunday dinners after church at Gramp and Granny’s house

#### WHAT IS YOUR FAVORITE TRACTOR?

JD 2940

#### WHAT IS YOUR FAVORITE FARM SMELL?

Freshly tilled soil in the spring (even though I know I should promote no-till)

## Can You Name This Antique Farm Tool?



Do you know what the name of this tool is or what it’s used for? Each month we will post a photo of an antique farm tool until the end of the year. There will be a total of seven antique tools (one being featured each month in the Co-Operator until December). Try to name each tool each month, and once we post the final tool, you can submit to us your list with the name of all of the tools. If you name all seven tools correctly, you will be entered into a drawing for a \$50 gas card. For an entry form, please see past Co-operator issues (beginning in June) or visit [www.cookcfb.org](http://www.cookcfb.org).

(If you miss a month, you can always go to [cookcfb.org](http://cookcfb.org) to view past issues of the Co-Operator).

## Summer Fun!



Members can save on ticket prices. Click on the Member Benefits link on our website at [cookcfb.org](http://cookcfb.org) for pricing and to purchase your tickets online.

Discounted Movie Tickets!



Contact our office for ticket prices and to purchase your tickets at (708)354-3276.

Save 20% with Choice Hotels, Wyndam Hotel Group & Great Wolf Lodge Wisconsin Dells



Save up to 25%



Purchase discounted Car Wash Tickets!



- Super Kiss Car Wash Member Ticket Price: \$9.50
- Basic/Touchless Car Wash Member Ticket Price: \$6.00
- Super Interior, Larger Vehicles (Trucks, Van, Jeeps, Etc.) Member Ticket Price: \$7.50
- Super Interior, Smaller Vehicles Member Ticket Price: \$6.50



## “From the Country” Giving the Gift of Life Insurance



*Joe Youngman,  
Country Agency  
Manager  
Chicago Northeast  
Agency*

in value. It's the gift of life insurance.

Life insurance is an appropriate gift for two reasons. First, a child or grandchild can utilize the cash value in a whole life insurance policy to defray future education expenses or to supplement retirement benefits.

Second, making a gift of cash for the purchase of life insurance removes the gifted cash from inclusion in the gross estate of the donor for federal estate tax purposes, and provides life insurance protection for the child or grandchild in later years.

A gift of life insurance will also show the importance you place on insurance. This helps

to educate the child in the area of insurance and learn to build a solid foundation for future financial programs.

Life insurance purchased on the life of a young child or grandchild is relatively inexpensive because it's based on the child's/grandchild's current health. Since the premiums are low it's possible to build a solid foundation for your child or grandchild with only one premium.

Purchasing a policy at a young age can guarantee the child insurance protection when he/she is older and starts a family. It also helps since a child's future insurance needs may dwarf your own.

You may consider setting

up an irrevocable insurance trust for your child or grandchild. However, every precaution should be taken in establishing and funding an irrevocable insurance trust if the desired tax benefits are to be realized. If there is any connection between the insured and insurance policy, the IRS may try to establish that the trustee is merely an "agent" of the insured. This could cause the policy to be included in the estate of the donor. You should contact your attorney and/or accountant to learn more about establishing an insurance trust.

There are several tax advantages in choosing life insurance as a gift for a child

or grandchild.

One of the tax advantages is that each year a \$13,000 gift can be given gift tax-free. If your spouse participates, the maximum annual tax-free gift is \$26,000. The gift is also removed from your estate.

Each year you do not take advantage of the gift tax law, you are increasing the value of your estate and the estate taxes that will be paid. In addition, you may be unintentionally disinheriting your children and grandchildren since their inheritance would go toward paying estate taxes.

*Joe can be reached at joseph.youngman@countryfinancial.com*

## Look What is Happening With the CookFresh Community Garden Grant Program!



*Member Charles Rice, owner of West Harlem Supply Co. in River Grove is a proud supporter of our Cookfresh Community Garden Grant Program. Grant recipient, Mercy Housing Lakefront Youth Garden in Chicago, used grant funds to purchase plantings from West Harlem. Thank you to Charles and the entire West Harlem Supply Co. staff.*



*Roots Community Garden volunteers are amazing! Above, High School Camp volunteers, Anthony and Stephanie with Garden Coordinator, Rachel Lara (left).*

Roots Community Garden in Palatine is a Cook County Farm Bureau® 2017 Cookfresh Community Garden Grant recipient. Grant funds were used to purchase plants, gardening tools and supplies from member business, Goebberts Farm and Garden Center located in South Barrington. Good Luck to Roots Community Garden and thank you to Kathy Bloomstrand, CCFB Team member who visited and viewed the garden in July.

## Your Chicago South Agency

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

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 <b>Naeemah Muhammad</b> 773-420-0064 738 E. 87th Street Chicago, IL 60619	 <b>Chase Penn</b> 312-846-7574 1401 S. State St. #150 Chicago, IL 60605	 <b>Lex Means</b> 773-424-1004 10414 S. Western Ave. Chicago, IL 60643	 <b>Edgar DeLeon</b> 773-498-1184 6239 S. Archer Ave. Chicago, IL 60638	 <b>Jacinta Walker</b> 773-420-0154 738 E. 87th Street Chicago, IL 60619	 <b>Daniel Jemison</b> 708-937-0023 6438 Joliet Road Countryside, IL 60525
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Cook County Farm Bureau®  
Ag in the Classroom

# Agricultural Literacy & Public Relations

## SAI: Engaging Students through Agriculture



Carl Smits (back left with hat) owner of Smits Farms in Chicago Heights invited our group to his farm to learn about growing crops and running a greenhouse operation. Teachers were so impressed with his passion for the farm, family and community and his incredible knowledge of conservation methods he uses with his land. A highlight was learning about his self-designed drip irrigation systems and the small amount of water used to grow his crops.

“Agriculture is a complex branch of science and I learned there is really nothing simple about it. In fact, farming involves a high level of dedication, passion, patience, and financial background, among other things,” stated 1 of 17 teachers who spent one week learning how to integrate agriculture into their classrooms as part of our five day Summer Ag Institute 1 Program. Days 1 and 5 provided in-house speakers to discuss current topics in agriculture and education. The speakers

included lessons on how to use agriculture in every subject area from grade school to high school, how a family dairy farm is operated and makes decisions on livestock and crops, and the resources available through the many commodity groups in Illinois including the IL Corn Growers. The middle three days of the program were spent on the road where teachers toured an impressive list of agriculture sights including Double J Ranch (equine/youth ag programs) Land ‘O Frost (lunchmeat/sausage producers), Smits Farms (greenhouse/farm), Stuenkel Farm (corn/soybean/farm machinery), Fair Oaks Farms in Indiana (dairy cow/ pork production), Metropolitan Farms (urban aquaponics farm), and O’Hare Agriculture Customs and Border Patrol.

Educators found the week to be a perfect mix of discussion, travel, research and experiences. Said one teacher, “I’ve learned more about the business of agriculture this week while attending SAI 1 through lectures, discussions, demonstrations and field trips than I ever imagined. The use of the information will be of immense help in introducing the aspects of agriculture in my classroom.”

Teachers were surprised to learn was that 97% of all farms are family owned, with one commenting that “farmers are humble, yet determined members of society who deserve farm more credit than

they are given.” Our sincere thanks to the Cook County Farm Bureau Foundation® and Illinois Ag in the Classroom for funding this program and to the many speakers and businesses who opened their doors to us for the purposes of agriculture education. A special thank you to pork farmers Mike and Tricia Haag who volunteered to guide our tour at Fair Oaks Farm in Indiana and share their vast knowledge of pork production as 3rd generation Illinois family farmers.



Teachers were treated to a drone demonstration by farmer Tim Stuenkel following a tour of his corn and soybean operation. Tim explained the various uses he hopes to gain from using a drone including scouting his fields and taking photos of visiting teachers!

## Holistic Riding Equestrian Therapy Program (HRET)



Marlene Karman is the face of a program that is impacting many students right here in Cook County. Holistic Riding Equestrian Therapy Program (HRET) is a nonprofit 501 (c) 3 organization that is designed to improve the quality of life physically, emotionally and socially for special needs children and adults, including veterans afflicted with Post-Traumatic Stress Disorder (PTSD). HRET offers a variety of skill-appropriate classes and has even partnered with School District 218 for a farm experience during the school year and summer. Our Ag in the Classroom Program is providing agriculture connections to the riding program by adding some farm education components outside of the riding experience. Students in District 218 learned about

corn, wheat, soybeans and cattle this spring and enjoyed a hands-on program in July learning about goats, chickens, eggs, hay and wheat.

The program is always looking for interested volunteers who will be trained and prepared to assist. Volunteering with HRET is also an excellent internship opportunity and a perfect way to meet community service hour requirements. Minimum age required is 14. Please contact their Program Development and Rider Coordinator, Ashley Wurth with additional questions or ideas at hretrider@gmail.com or 630-878-8096 Ext 1. The program is held in Lemont and classes are offered year-round, Monday through Thursday from 9 am to noon and 4 pm to 7 pm.

## Youth Huffed and Puffed

Children in Cook County showed off their engineering and design skills after being challenged to build a structure the “wolf” couldn’t blow down. Being provided sticks, wood, straw and more children used their own designs to form a house that could withstand the force of a blow dryer to save their pig. Ag in the Classroom provided non-fiction education about pigs and soybeans while using the fictional account of The Three Little Pigs as a springboard to discussion and activity during the summer library program that was funded by the Cook County Farm Bureau Foundation®. In addition to the building and reading, attendees identified by-products provided by pigs through a matching activity, ate their snack of pretzel “sticks” and some even had the chance to play OINKO Bingo. We enjoyed our time at the following libraries: Lemont, Glenwood Lynwood, Morton Grove, Stickney, Evergreen Park and North Riverside.



## Ag Lit Bit By Brittany Nash

## SAI Reflections

There was a lot for me to do over the course of this month, but prepping for Summer Ag Institute was the most important. When I would tell people that I was an intern at the Cook County Farm Bureau, everyone would always ask me what that meant. The typical response that I would get was, “So you make copies of farm articles?” I would have to hold back my laughter because for some time, the preparation did consist of me doing that! The joke is surely on them because I have learned so much; not only how many pieces of paper come in each ream, but I had the time to read all of the information I was putting together for the teachers who signed up to take this course.

Once the “dirty work” of prepping for SAI was done, it was time for me to take a seat among the rest of the teachers. Since being an alumna of the Chicago High School for Agricultural Sciences, I had some background knowledge in agriculture. I have never lived on a farm and I don’t know anyone who lives on a farm, so when it came time to travel from farm to farm, I was thrilled to see what larger scale operations looked like.

From family owned farms like Tim Stuenkel and Carl Smit’s, to large scale operations like Fair Oaks, the teachers and I could see it all. Talking to the owners of these farms we learned a lot. It was a surprise to many that typically the clear majority

of farms are family owned and the employees are members of the immediate family or close relatives. At the larger scale, we saw that there always needs to be people working to ensure the safety of the animals for the best quality for our food.

I think my favorite part of the entire SAI experience was having Ag in the Classroom come in and do a presentation about Ag Literacy. It is important for people to be educated about the food we consume and where exactly it is coming from. The more informed we are about our food the better we can be at making decisions for what goes into our body and what food lifestyles we choose to take.



# AGRICULTURE ADVENTURES FOR FAMILIES

Take a look at gardens all across Cook County and you'll be seeing vines full of wonderful fruits and veggies to be picked to enjoy throughout the month of August. Large crops and small crops will fill our plates and finally satisfy our craving for fresh, locally grown produce. What's growing in your garden?

## Cucumber

Cucumbers are a tender, warm-season vegetable that produces well when given proper care and protection. The vines of standard varieties grow rapidly and require substantial space. Vertical training methods and new dwarf varieties now allow cucumbers to be grown for slicing, salads and pickling, even in small garden plots.

Cucumbers are usually started by planting seeds directly in the garden. Plant after the danger of frost has passed, and the soil has warmed in the spring. Warm soil is necessary for germination of seeds and proper growth of plants. With ample soil moisture, cucumbers thrive in warm summer weather. A second planting for fall harvest may be made in mid-to-late summer.

Source: [Extension.illinois.edu](http://Extension.illinois.edu)

## Peach

Do you know that peaches are grown in Illinois?

Not all fruit will grow well in Illinois because extreme winter weather limits the growing conditions. Crops such as peaches and nectarines will suffer when grown in northern Illinois but can perform well in the central and southern parts of the state because of the warmer temperature and longer growing season. All tree fruit crops prefer full sunlight, but can grow in partial shade, although it may produce slightly lower quality fruit. A large peach has fewer than 70 calories and contains 3 grams of fiber. It's also a good source of vitamins A and C.

Source: [AgintheClassroom.org](http://AgintheClassroom.org)

## Tomato

Tomatoes today, are the most popular garden vegetable in America. For many years, however, tomatoes (once called "love apples") were considered poisonous and were grown solely for their ornamental value. Tomatoes are usually easy to grow and a few plants provide an adequate harvest for most families.

Hundreds of varieties of tomatoes are now available for the home gardener. They range widely in size, shape, color, plant type, disease resistance and season of maturity. In the fall just before the first frost, be sure to pick the large green fruits as well as the riper fruits. Ripen these fruits at about 60° to 70° F. in the dark. By sorting them out every 2 or 3 days you will have a gradual supply for about a month.

Source: [Extension.illinois.edu](http://Extension.illinois.edu)

## Watermelon

For years people have debated whether watermelon is a fruit or a vegetable. Which do you think it is?

Like the pepper, tomato, and pumpkin, watermelon is a fruit, botanically. It is the fruit of a plant originally from a vine of southern Africa. Loosely considered a type of melon (although not in the genus Cucumis), watermelon has a smooth exterior rind and a juicy, sweet interior flesh.

Watermelon is a member of the cucurbitaceae plant family of gourds (classified as Citrullus lantus), related to the cucumber, squash, and pumpkin. It is planted from seeds or seedlings, harvested, and then cleared from the field like other vegetables.

Watermelon is popularly used as a fruit, to be a sweet enhancer or fun accompaniment to everyday meals. Like other fruits, it is commonly cubed, balled, sliced and enjoyed fresh. In places like China, the outer rind of the watermelon is used as a vegetable: stir-fried, stewed and often pickled.

\*\*\*\*\*

Is watermelon or seedless watermelon GMO? No, no watermelon (seedless or other) is the product of genetic modification. Simple cross breeding is how seed breeders create new varieties with specific traits.

Source: [Watermelon.org](http://Watermelon.org)

## Lemony Quinoa and Watermelon Salad

### Ingredients

- 4 tablespoons agave syrup
- 4 tablespoons lemon zest
- dash of salt (to taste)
- 2 ¾ cups watermelon cubes
- 4 tablespoons shredded coconut
- 5 tablespoons fresh lemon juice
- 1 tablespoon rice wine vinegar
- 2 cups cooked black quinoa
- 1 kiwi, peeled and diced
- 1/2 cup candied pecans\*

1. In a medium bowl, blend thoroughly the agave syrup, lemon juice, lemon zest, vinegar, and salt. Add the quinoa and toss until fully coated. Set aside to allow flavors to blend.
2. Add the watermelon, kiwi, coconut, and nuts. Toss.
3. Divide into four bowls and garnish each with a mint sprig.

\* You can use store-bought candied nuts, such as Sahale Snacks Valdosta Pecans.

Recipe by: [Watermelon.org](http://Watermelon.org)

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: [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org)

Complete and submit an entry every month all in 2017 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies. Good luck!



**Kaileigh Leahy**

**Congratulations for being last month's word search winner!**

## August Word Search

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

Crops  
Cucumber  
Fresh  
Fruits  
Gardens  
Growing  
Local  
Peach

Plants  
Produce  
Ripe  
Seeds  
Tomato  
Variety  
Vegetables  
Watermelon

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

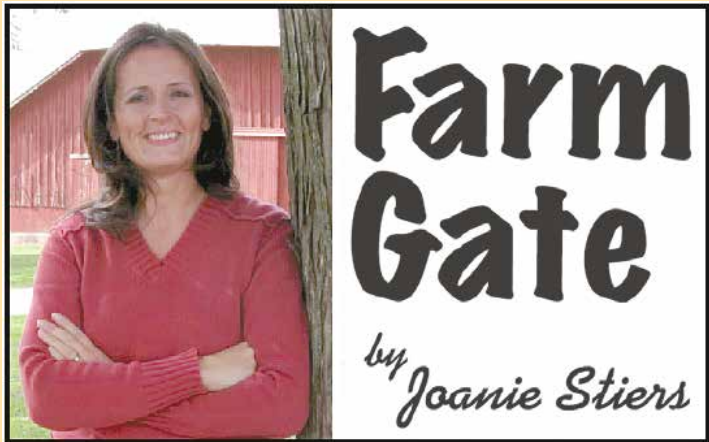
Membership #: \_\_\_\_\_  
(Membership # is located on front of paper)

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.





## Bugs Abound This Season

Our little gardeners have witnessed the devastation of a tomato worm, but still succumb to its caterpillar cuteness. The worm's detailed spots and vivid V-shaped stripes outline a bright green body as large as my ring finger. The kids can't bring themselves to eliminate these cartoon-like creatures, which seem fit for a role in Alice in Wonderland.

As a compromise, they moved the first tomato worm of the season from our garden to an empty ice cream container. They named him Timothy Ray. They decorated his home with sticks and flower blossoms. They fed him small tomatoes and leaves. The kids know that I tolerate their actions, as long as Timothy stays away from our tomato cages.

Lightning bugs usually receive the most insect-specific attention from our kids every summer, but not this one. In July, they helped remove camouflaging green worms that turned my garden cabbage to Swiss cheese. In June, they swatted at Japanese beetles as they picked raspberries. And we started carrying anti-itch cream in my purse a month earlier than usual for bug bites.

Entomologists call this summer a "good" one for insects, which thrived in the mild winter. Relatively speaking that is "not good" for farmers and gardeners, or even motorcycle drivers. We wondered how anyone could enjoy the open road this summer without a windshield. The flight of hard-shelled Japanese beetles pelted our minivan like pea gravel.

At the doorstep of "Beetle Mania," experts warned us to scout our farm's crops for alarming populations of Japanese beetles and

other plant predators like armyworms, black cutworm, corn rootworm, earworm and stink bugs. Collectively, they eat leaves, clip ear silks, dine on roots, devour corn kernels, introduce plant diseases and make plants more susceptible to infection. University researchers define economic thresholds that outline the amount of insect infestation that warrants treatment. Here and around the state, some fields met that threshold.

In our yard alone, we have thrown time and money at the beetle battle, having invested in milky spore, set traps, applied insecticide and hand-flicked Japanese beetles into buckets of soapy water. The bugs two years ago killed our young cherry tree and last year destroyed about 80 percent of our home's raspberry crop. My grandma this season called upset and seeking advice after she found they had turned her signature cannas to lace. It's beyond frustrating to work so hard and have insects ravage your season's work, whether cannas or field corn.

Meanwhile, we pay attention to beneficial insects, too, and continue a concerted effort to attract monarch butterflies. Our guys purposely have left milkweed alone in feasible grassy spaces on the farm for monarchs to feed and proliferate. We also transplanted some milkweed to our yard, with hopes to bring more butterfly beauty to Illinois. The tomato worms, however, better hope the kids find them first.

*About the author: Joanie's family grows corn, soybeans and hay and raises beef cattle in West-Central Illinois. She is a wife and mother of two farm kids.*

# Family Food Bytes

**EGG PRICES HIT BOTTOM** (Bloomberg) – Egg supplies in the U.S. have surged so much in recent months that prices are the lowest for this time of year in at least a decade. The USDA is predicting egg costs will drop another 6 percent this year, and will drop more than any other food group in 2017.

**SNACK TRENDS EMERGE AT FOOD SHOW** (AP) – Water that packs a hydrogen punch, snack bars as sticks and confections more savory than sweet are among innovations to emerge from hundreds of purveyors at the Summer Fancy Food Show. The annual showcase hosted by the Specialty Food Association offered attendees three days of sampling artisan and high-tech bites and beverages from more than 1,200 companies.

**BEEF IS BACK ON THE GRILL** (USA Today) – As backyard grills fire up

this summer, one thing is clear: most Americans no longer have a beef with beef. Thanks to lower prices, more disposable income and a guarded thumbs-up from the wellness community, the once-maligned meat is now seen as an ingredient in a well-balanced and even trendy diet.

**ILLINOIS PORK FARMERS GIVE BACK** – Since the year 2008, Illinois pork producers have been donating pork to local food pantries to help provide meat protein as a part of a well-balanced and nutritious diet. The Illinois Pork Producers Association recently kicked off its ninth year of program, Pork Power 2018. Since its inception, Illinois pork and grain farmers have generated more than 565,000 pounds of pork in donations, amounting to more than 2.3 million servings.

**FARMERS MARKET REFRESHER FOR**

**SELLERS, BUYERS** – Food safety concerns increase this time of year when fresh produce and specialty foods are abundant and temperatures are higher. The following is advice from the Purdue University Department of Food Science.

- Farmers should try to avoid washing fresh produce before selling it as this extends the shelf life and prevents a warm, moist environment which can encourage growth of bacteria and mold.
- Vendors should put signs up advising customers to wash produce before they eat it.
- Consumers should cool the produce when they get home and wash it right before eating it.
- When using a vegetable brush, ensure the brush is cleaned afterwards or other produce could be contaminated.

## Farm Bureau Provides Glimpse of Area Agriculture to Illinois Farm Bureau Staffer

When Raghela Scavucco began her new employment with the Illinois Farm Bureau® in June, she wanted to start on the ground running. With Cook County being the epicenter of the Midwestern local food movement, she was interested in learning more about Cook County agriculture and meeting some producers. Working with the Cook County Farm Bureau® a quick tour was put together that provided Raghela with a glimpse of diverse farming approaches and products. On Wednesday, June 28, Ms. Scavucco joined Cook County Farm Bureau staff in a

traveling meet and greet with several Cook County Farm Bureau farmer members. Stops included Windy City Greens in Chicago, Smits Farms in Chicago Heights, and Kopping Farms in the Lemont.

*Manager for the Illinois Farm Bureau. Raghela is responsible for developing and implementing programs and projects to assist Farm Bureau members and industry with local and regional food business development among grocery and specialty retailers, wholesalers, food service, schools and other farm-to-market outlets. She will help to communicate Illinois Farm Bureau's position on local food business development and related regulatory issues, and will represent Illinois Farm Bureau with agencies and organizations regarding local business development.*



**Raghela Scavucco is the Local Foods Programs**



*PJ Mazza, owner of Windy City Greens in Chicago, provides micro greens and vegetables to restaurants, food services and outlets across the area.*



*Carl Smits (L) with Raghela, owner of Smits Farms in Chicago Heights, grows a variety of fresh herbs, vegetables, perennials and bedding plants and markets them through his farm stands in many Chicago farmers markets.*



*Gerry Kopping (R) (with Raghela and Bob Rohrer), owner of Kopping Farms and Stables in Lemont, is exploring a variety of specialty niches including chickens, bees, alpacas, and beef cattle in addition to providing comfort and facilities to 110 horses.*

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# PUBLIC POLICY UPDATE

## USEPA Begins Process to Rescind the Waters of the US Rule

Earlier this summer, USEPA issued its proposed rule to rescind the 2015 Waters of the US (WOTUS) rule. This is the first of a two-part approach Administrator Pruitt plans to take to rescind and then replace the WOTUS rule. Both parts of the plan will undergo notice and comment, and therefore, Farm Bureau and interested members will have opportunities at both times to file public comments.

The 2015 WOTUS rule- marketed by the USEPA as the “clean water rule” had more to do with land than water.

- It was a land-grab that created confusion and uncertainty for regulators and farmers, ranchers and others who depend on their ability to work the land.
- It imposed enormous regulatory road blocks and costs for simply moving dirt in low spots on the landscape.
- The rule’s definition of “tributary” was so broad that it even included landscape

- features invisible to the human eye.
- Withdrawal of the rule will not harm water quality. The rule has never been implemented because it was stayed by both a federal district court and a federal court of appeals.

The rule was challenged in multiple courts by all sides (31 states and 53 non-state parties, including environmental groups, state and local governments, farmers, landowners, developers, businesses, and recreation groups). Challengers raised numerous substantive and procedural defects in the rule, including that the rule exceeds USEPA’s statutory authority, imposes burdensome regulatory uncertainty, was promulgated in violation of mandatory procedural requirements designed to ensure a well-informed result, and is otherwise unlawful.

Farm Bureau leaders welcomed Pruitt’s announcement.

## Farm Bureau Recommends Policy Changes

Cook County Farm Bureau® has submitted the following policy issues for consideration by Farm Bureau delegates from throughout Illinois:

Policy enabling elected local and state officials having access to a 457 plan rather than a taxpayer-funded pension.

Seven percent of members support elected state and local officials receiving taxpayer-funded pensions. However, 74 percent of farmers responding, support giving elected state and local officials access to a 457 plan.

The second policy supports the absorption, dissolution, disconnection, and consolidation of units of local government by front door referendum.

Over 80 percent of farmer members responding to the 2017 Viewpoint Survey believe that a referendum to consolidate or dissolve a unit of local governments should be initiated by the registered voters residing within the unit of government.

Next, over 86 percent of farmer members responding to the 2017 Viewpoint Survey support units of government that go dormant for over two years automatically going before voters to determine

if the unit of government should be continued.

The policy supports allowing units of local government that go dormant (no projects or expenditures) for more than two years automatically go before the voters to determine if the unit of local government should continue to be in existence.

The final policy issue addresses scientific studies and supports researchers at publicly-funded institutions being required to release data from all scientific studies in a timely fashion.

Ninety-six percent of farmer members responding to this year’s Viewpoint Survey support requiring researchers at publicly-funded institutions being required to release data from all scientific studies in a timely fashion even if they go against popular beliefs.

Farm Bureau members continue to work on policy regarding food labels and misleading information.

These issues will likely be considered by Farm Bureau delegates during the annual meeting in December. Anyone with comments, concerns, or questions is encouraged to contact Bona Heinsohn at (708) 354-3276 or via email at bona@cookcfb.org.

## Farm Bureau Statement on the Approval of an Illinois Budget

For the first time in more than two years, the state of Illinois has a budget. Following this extended period of political discord and disagreement, we are hopeful Illinois can now begin to heal its fiscal wounds.

From the beginning, Illinois Farm Bureau® has called for a compromise to end the budget impasse. Given the political gridlock, it was clear any solution would include items that are not desirable. Despite that, Illinois can now hopefully move forward and

begin to address its unpaid bills while valuable programs for agriculture also receive funding.

While no one likes a tax increase, important agricultural programs like the National Corn-to-Ethanol Research Center, county fairs, University of Illinois Extension, and Soil and Water Conservation Districts received additional funding in the budget package. Sales tax incentives for E-85 and biodiesel were also extended for

five years.

However, the work of the General Assembly is not complete. We will continue to urge legislators to take up reforms that will improve the business climate in our state.

Cook County Farm Bureau® members are encouraged to express their thoughts to their lawmakers on the budget and tax increase. If you need assistance finding the contact information, please feel free to contact Bona Heinsohn or Kelli McSherry at 708-354-3276.



Downstate Farm Bureau members delivered sweet corn to families in State Representative Art Turner’s legislative district. Rep. Turner is a participant in Farm Bureau’s Adopt-a-Legislator® program. Photo credit: Blake Roderick, Pike Scott County Farm Bureau®



State Representative Fran Hurley (pictured left) and Senator Bill Cunningham (pictured middle) listen as NuFarm executives describe their worldwide operations and product development. NuFarm is one of the world’s leading crop protectant manufacturers.



NuFarm’s operations management, Scott Pfantz addresses Cook County Farm Bureau® Staff Exchange participants during a visit to NuFarm’s Chicago Heights manufacturing plant. The Staff Exchange program seeks to provide staff and legislators with a hands-on agricultural experience.



By Bona Heinsohn

Earlier this year, my blue-eyed girl learned about our local food pantry. Along with 20 of her closest friends, they learned about how they and their families can help families in need in our community. They learned about collecting, dividing, and repacking food. They learned about their community and the families in that community.

Volunteering is not something new to her. She travels with me to various activities and gives freely of her time. Last year, she gave a Saturday to help raise money for her traveling softball team. This year, she spent a Saturday helping to raise money for scholarships

## Manifolds, Manolos, and Manure

and her Sunday helping with an event to raise money for our conservation projects throughout the county.

However, the food pantry was the first time she’s picked a cause to volunteer with. As a parent, her excitement in choosing a cause simply made my heart swell. No longer does she have to be prodded along, instead she’s the one prodding me along and asking me to sign us up to volunteer.

Cook County Farm Bureau® also doesn’t have to be prodded along. Earlier this year, staff donated their time and cooking talents to the Ronald McDonald House near Advocate Hospital. Staff members prepared lunch for families staying at the House while their child is receiving treatment at the nearby hospital.

Farm Bureau’s history with Ronald McDonald House Charities® of Chicagoland and Northwest Indiana is rich. Since 2001, CCFB has partnered with the charity to provide food and donations in celebration of Food Checkout Day. This year, we raised \$10,600 and over 10,600-pounds of food for the five Chicagoland houses. Since 2001, Farm Bureau members and partners have donated over \$123,000 and 82,000-pounds of food.

Farm Bureau also donated over 200-pounds of fresh pork and lamb to the Ronald McDonald House and to the Oak Park River Forest Food Pantry. Both animals were purchased from Cook County 4H members at the Lake County Fair animal auction.

Speaking of food pantries, Farm

Bureau is donating over \$600 to area food pantries through the Grocery Giveaway contest. Pantries receiving donations are chosen by each month’s winner. To be eligible, pantries must be a partner agency with the Greater Chicagoland Food Depository. In June, Cook County Farm Bureau Young Leaders bagged 10,430-pounds of apples for families. They also donated \$400 through the Harvest for All program. The food depository partners with over 700 food pantries throughout the county and works to ensure that families have access to food.

For my blue-eyed girl, like the farm, volunteering and community activities are part of her life. It’s my hope that they will become part of her future as well.



# MEMBER RELATIONS

## October Member Relations "Sneak Peak"

The Member Relations Team has some great programs that you will want to check out!

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

Sponsored by the Cook County Farm Bureau

Wednesday, October 18, 2017 from 6:30-9 p.m. at the Orland Park Country Financial located at 9731 W 165th St. Ste 36 in Orland Park, IL 60467. **No charge for Cook County Farm Bureau Members** (\$10 per person for non-members) **To Register:** Call the Cook County Farm Bureau at 708-354-3276 **Seating is limited!**

**Topics:** *What You Need to Know About Preparing Wills and Trusts and Who Gets Grandma's Yellow Pie Plate and Grandpa's Pocket Watch? Transferring Non-Titled Property!*



Stroke Detection Plus will be screening at the CCFB, 6438 Joliet Rd., in Countryside on Wednesday October 18, 2017 from 9AM-3:30PM.

A complete wellness profile (ultrasound screening for Stroke, Abdominal Aortic Aneurysm, Peripheral Arterial Disease, and Osteoporosis) is **only \$100 for Farm Bureau members. That is a \$35 savings** over the \$135 the general public will pay. Now, add an EKG to detect Atrial Fibrillation for just an additional \$35.

Appointments are necessary. To set up an appointment, call 1-877-732-8258.

A two minute virtual tour of the screenings can be found at [www.strokedetectionplus.com](http://www.strokedetectionplus.com)



Cook County Farm Bureau will be hosting a "Shred Day" on Saturday, October 21, 2017 from 10 am to 12-noon at the Oak Forest Country Financial Building located at 4845 W. 167<sup>th</sup> St. Bring any old documents (up to 3 bankers boxes) that you would like to be shredded FREE OF CHARGE!

Please call the CCFB at 708-354-3276 to make a reservation.  
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**GRAND SLAM GROUP FARM BUREAU**



**WHITE SOX VS. TWINS**  
Wednesday, August 23, 2017 @ 7:10 P.M.  
Guaranteed Rate Field

**SPECIALLY PRICED WHITE SOX TICKETS!**

Join Cook County Farm Bureau and the Chicago White Sox on **Wednesday August 23rd** at Guaranteed Rate Field as they take on the Minnesota Twins.

On this special night the White Sox would like to offer specially priced tickets to all Farm Bureau members, their families and friends. Tickets start as low as \$12!

Visit [www.whitesox.com/fbn](http://www.whitesox.com/fbn) to order your tickets today!

### FOR MORE INFORMATION CONTACT:

Katie Smith, Director of Membership, 6438 Joliet Road, Countryside, IL 60525  
[membershipkatie@cookcfb.org](mailto:membershipkatie@cookcfb.org) phone: (708) 354.3276 fax: (708) 579.6056

Cook County Farm Bureau's Member Service Center is now on Facebook. We will keep you up-to-date on all upcoming events, new membership benefits, and programs. Look us up by searching "Cook County Farm Bureau Membership/Benefits."

## 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.



### Mirsad Kljucanin

Chicago North Agency, Victoria Nygren, Agency Manager  
Mirsad Kljucanin has been named Career Financial Representative of the month for June 2017. His office is located at 4725 N. Western Ave, Ste 280 in Chicago, IL. His phone number is 773-728-3041. Mirsad has been a Career Financial Representative since February 2010.



### Kamila Rosinska

Chicago North Agency, Victoria Nygren, Agency Manager  
Kamila Rosinska has been named Employee Financial Representative of the Month for June 2017. Her office is located at 3703 N. Harlem in Chicago, IL. Her phone number is 773-628-2659. Kamila has been a Financial Representative since June 2015.



### Nader Mikhaeil

Chicago Northeast Agency, Joe Youngman, Agency Manager  
Nader Mikhaeil has been named Chicago Northeast Career Financial Representative of the month for June, 2017. His office is located at 4200 W. Euclid Ave, Suite E in Rolling Meadows, IL. His phone number is 847-963-8874. Nader has been a Financial Representative since March 2006.



### Craig Cline

Chicago Northeast Agency, Joe Youngman, Agency Manager  
Craig Cline has been named Chicago Northeast Employee Financial Representative of the month for June, 2017. His office is located at 5750 Old Orchard Rd., Ste 550 in Skokie, IL. His phone number is 847-733-0763. Craig has been a Financial Representative since May 2015.



### Joe Moran

Chicago Northwest Agency, Jack Smith, Agency Manager  
Joe Moran has been named Career Financial Representative of the month for June 2017. His office is located at 637 E. Golf Rd. in Arlington Heights, IL. His phone number is 847-818-6507. Joe has been a Career Financial Representative since December 1986.



### Renata Bondarowicz

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



### Kirk Gregory

Chicago South Agency, Marc Rogala, Agency Manager  
Kirk Gregory has been named Career Financial Rep of the Month for June 2017. His office is located at 10414 S. Western Ave. in Chicago, IL. His phone number is 773-253-0281. Kirk has been a Career Financial Representative since November 2008.



### Kandi Keyes

Chicago South Agency, Marc Rogala, Agency Manager  
Kandi Keyes has been named Employee Financial Representative of the month for June 2017. Her office is located at 738 E. 87th St. in Chicago, IL. Her phone number is 773-420-0062. Kandi has been a Financial Representative since December 2012.



### Nick Burke

Orland Park Agency, Cary Tate, Agency Manager  
Nick Burke has been named Career Financial Rep of the Month for June 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 June 2017. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His Phone number is 708-425-2251. Kevin has been a Financial Representative since July 2016.



### Jim Verduin

South Holland Agency, Jeff Orman, Agency Manager  
Jim Verduin has been named Career Financial Representative of the Month for June 2017. His office is located at 17080 S. Park Ave in South Holland, IL. His phone number is 708-596-0008. Jim has been a Career Financial Representative since March 1982.



### Monica Moore

South Holland Agency, Jeff Orman, Agency Manager  
Monica Moore has been named Employee Financial Representative of the Month for June 2017. Her office is located at 4845 167th St, Unit 101 in Oak Forest, IL. Her phone number is (708) 560-7777. Monica has been a Financial Representative since April 2015.



**"546,000"**  
is the number of  
**Cooperators sent to**  
households in the  
last year!

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 along with your ad. All ads that we receive for the Co-Operator are also listed on our website at [cookcfb.org/membership/classifieds](http://cookcfb.org/membership/classifieds). Email your photo along with your ad to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org).

**Classifieds**

All items listed are for the accommodation of the membership and without guarantee of the publisher.

**Miscellaneous**

FREE: Solid oak entertainment center with a drawer and double glass doors. Call 847-593-7498. See photo on [cookcfb.org](http://cookcfb.org) under Classifieds.

Women's Schwinn bike, blue, perfect condition, \$100 OBO. Call 630-880-6442.

Teeter inversion table model EP970. See Teeter website for description and specifications. Used only five times. Retail for \$550, asking \$375. Located in Streamwood, IL. Call 630-222-0257.

Misc items for sale: High end gun collection for sale. Long guns & handguns, home defense shotguns & AR rifles. Various taxidermy animals for sale. Hunting items such as decoys, roboducks, and other forms of hunting gear for sale. Also selling a Swedish made partner masonry saw, electric, Model K2300e1. Exc. condition, used twice. Paid \$1,200, will take \$550 OBO. Call Jim for details: 773-581-4400.

Exercise bike, DP Fit for Life airgometer. Tell distance and speed \$100 OBO. Call 708-359-5408.

Misc items for sale: 1) Helenbrand Watermate 3 water conditioning system water softener. Model WM 3-32 gr. Used three years. Never run out of soft water with this twin tank softener. \$600 OBO. 2) 5' almond color polyvinyl fence. 179.5' plus two 5' wide gates with standard hardware and posts. Scallop top with gothic style post caps, dismantled. Needs to be cleaned. This is not a big box

store fence. \$2,000. 3) Antique 1950's American Seating company desk \$75. Desk is an old time school desk. Seat is attached and lid lifts up. Call 708-349-0627.

Nascar diecast cars. Two Rubbermaid containers full. \$100 for everything. Call 708-526-4535.

Hot tub "new" still in wrapper! 6 seater w/ lounger, 32 jets, waterfall, LED light, ozone, delivered w/cover. Only \$3,975. Call 708-299-4640.

**Motorized Vehicles  
Boats & Accessories**

2002 Jaguar XKR convertible super charged, limited edition, 17,000 original miles. Every available option, pristine condition, new tires. \$32,500 OBO. Call 773-581-4400.

Excellent touring bike: 62K miles, 1979 BMW 650. Includes: faring, saddle bags, 2 seats, rain cover, has many extras, \$2,500. Call 708-841-6699.

Battery operated, ELITE traveler scooter, four wheels, model 74, weight cap. 325 pounds. Like new \$600. Call 708-359-5408.

1998 Buick Regal LS, needs gas lines and gas sensor replaced. Runs good, A/C. Also replacement broken side view mirror. \$1,200. Call Mike or Ramona at 847-462-0516.

2005 Grand Caravan, 120,000 miles. Good condition, Stow and Go, Alarm, Remote starter. \$1,700 OBO. Call 630-408-4666 or email [mimijiries@gmail.com](mailto:mimijiries@gmail.com). See photo on [cookcfb.org](http://cookcfb.org) under Classifieds.

1990 Safari LXF snow mobile. Price - "FREE". Needs carb cleaning to run. Must pick up in Prospect Heights. Call 847-309-2871.

**Tractors, Farm  
Equipment, Snow  
Blowers**

International 240 Utility Tractor, P.T.O., 3 point hitch. \$400 OBO. Call 815-483-4331.

**Real Estate  
for Sale/Rent**

NEW Construction FOR SALE: 2000 sqft., 3 Bedroom, 2 Bath, 2 Car Attached Garage, Basement, Large Fenced Yard 44 x 63, Mature trees and landscaping, Maintenance free exterior, Great Village, Great Neighborhood, minutes from I90, near Higgins & Rte 31, everything up to 2016 codes. NEW, NEW NEW (upgrades, material choices and color choices still available). Lock in now; move when ready. 91 Edwards in West Dundee IL. Call 312-968-0802.

**Vacation Sale/  
Rentals**

Condo for sale in Cape Coral, Florida. 2 BR, 2 Bath, 30 foot boat allowed on 200' wide canal. Call for details 312-209-5151.

**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 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!

Wanted to buy: Old balloon tire bicycles w/

tool or horn box, also front spring fork type: Schwinn, Elgin, Ranger, Monark, Silver King, J.C. Higgins, etc. Also older boys 20" banana seat models. Call 708-361-8230.

Antique cars, project cars, barn finds MG's, Model A. Call 630-985-8895 or email [mrb8113@hotmail.com](mailto:mrb8113@hotmail.com)

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 along with your ad. All ads that we receive for the Co-Operator are also listed on our website at [cookcfb.org/membership/classifieds](http://cookcfb.org/membership/classifieds). Email your photo along with your ad to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org).

**FREE Classified Ads**  
for Cook County Farm Bureau members

All Cook County Farm Bureau members may run four non-commercial classified ads annually free in the Cooperator. Only items of personal property will be accepted. Ads must be in the office by the 15th of each month.

Category:  For Sale Misc.  For Rent  Wanted

Name \_\_\_\_\_

Farm Bureau # \_\_\_\_\_ Phone \_\_\_\_\_

Ad \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*Please be sure to include a contact phone number where interested buyers can contact you. Ad can be typed or written. PRINT CLEARLY. (If not enough room, put on separate sheet)

Complete the above form and mail to:  
Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525.  
You can also fax your ad to (708) 579-6056 or email to [membershiplinda@cookcfb.org](mailto:membershiplinda@cookcfb.org)  
Non-member ad rate: \$.75 per word; \$15.00 minimum.



**Want a free movie ticket?** Encourage your family, friends and neighbors to join the Cook County Farm Bureau as an associate, farmer or professional member. If they join, you will receive a free movie ticket! Call our office at 708-354-3276 to let us know that you referred a member. Individuals can join the Cook County Farm Bureau by going to [www.cookcfb.org](http://www.cookcfb.org) and clicking on MEMBER CENTER.

Mark your calendar for the 2018  
**"Farming for Our Future" Gala**  
March 10, 2018 at 6:00 pm  
Ruffled Feathers Country Club, Lemont  
Fun, Food, Festive! Live Auction, Silent Auction & Sponsorships Appreciated  
A benefit event for the Cook County Farm Bureau Foundation@...  
Planting Seeds of Agricultural Literacy in Cook County



**MEMBERSHIP  
MAKES  
MEMORIES**



Sign up today!  
[ilfb.abenity.com](http://ilfb.abenity.com)

We invite you to access your New Membership Benefit Platform.

To show appreciation to our members, you will now have access to more discounts than ever before on agriculture, entertainment, travel, theme parks, movie tickets, restaurants and automotive programs.

Cook County Farm Bureau  
6438 Joliet Rd., Countryside, IL 60525  
Ph: 708-354-3276 • [www.cookcfb.org](http://www.cookcfb.org)

**THERE'S REALLY SOMETHING FOR EVERYONE**

With membership so affordable, it's hard to believe there's something for everyone. Over 302,000 discounts available to you. Search our platform to find savings that fit your needs.

- Attractions & Tours
- Automotive
- Cellular Phones
- Concerts & Events
- Electronics
- Everyday Living
- Fashion & Beauty
- Gifts & Flowers
- Health & Wellness
- IL Farm Bureau Exclusives
- Movie Tickets
- Restaurants
- Travel
- Unique Experiences

**ONE STOP SAVINGS**

- Log-in to our new membership benefit platform using your county Farm Bureau® membership number at <https://ilfb.abenity.com>
- Search offers using business names, locations, categories, and more
- Change your location to see deals near you
- Show and save mobile coupons
- Provide instant, in-store discounts at nearby restaurants and retailers
- Share on your social networks and let others know about your savings, so they can start saving too



# New Documentary Shakes Up GMO Debate

By Mike Orso, Illinois Farm Bureau Director of News and Communications  
The new documentary, "Food Evolution," takes a deep and dramatic dive into the development, controversy and potential of biotechnology. The film had its theatrical premieres in New York City in June, Chicago in July, and other locations around the country. It had already made its debut last November at DOC NYC, a documentary film festival, and at film festivals in Cleveland, Seattle and Copenhagen, largely attracting positive reviews.

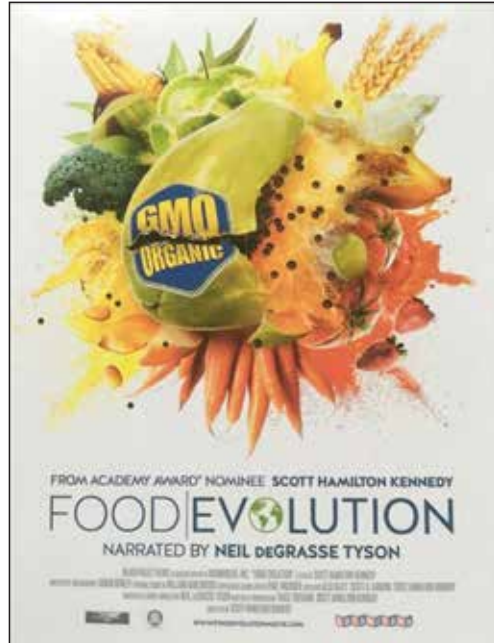
"Food Evolution is trying to reset the conversation on GMOs," said Scott Hamilton Kennedy, the film's director. "Obviously a very controversial subject, it has not, for many, many years, been told in its full picture."

In an interview following a recent screening in St. Louis hosted by the U.S. Farmers & Ranchers Alliance (USFRA), Hamilton Kennedy, an Oscar-nominated documentarian, said he and his partners probably would've made it with or without the help of the Institute of Food Technologists (IFT). The organization, made up of scientists from 90 countries

across the globe, backed the film.

"I don't want it to be called that side or this side," said Hamilton Kennedy. "The only line I want to draw in the sand is the fringe who are being extreme in pushing forward fear and bad information. That's the line in the sand."

To see the film's preview, go to [www.foodevolutionmovie.com](http://www.foodevolutionmovie.com).



**Visit the Cook County Farm Bureau website blog for more great articles and info including:**

- Expanded menu: New Sectors Adding Fresh Produce Choices
- More to Monarch Situation than Milkweeds
- Vanilla Reigns Supreme; Chocolate Flavors Dominate in Top Five Ice Cream Favorites Among Americans
- Cost Share Funds Available from SWCD for Rural/Urban Landowner "Run Off" Projects
- Ford F-150 Sweepstakes for Members
- From the Farm Desk

## Master Gardener Resource Center is Here to Help!

Master Gardeners are housed in the Cook County Farm Bureau® office for regular business hours to answer questions from members and the general public related to gardening and horticulture. Office hours are Monday & Thursdays from 9:00 AM to 1:00 PM. This service is expected to continue through November 13th.

The master gardeners are accessible by contacting the CCFB at 708-354-3276 or by email at [mastergardener@cookcfb.org](mailto:mastergardener@cookcfb.org). Master

Gardeners are also available to speak in person at the Cook County Farm Bureau suite located at 6438 Joliet Rd. in Countryside.

General topic areas that can be addressed include soil test recommendations, plant disease issues and treatments, horticulture related questions, pest identification and treatment, and more.

Commercial related questions will be forwarded to the University of Illinois Extension professional staff.

## Grocery Giveaway



Farm Bureau's fourth giveaway of the summer is a: \$150 grocery store/farmstand gift card AND a \$100 food pantry donation to the food pantry of the winner's choice. The only thing individuals have to do is LIKE Cook County Farm Bureau®'s Facebook page and COMMENT ON or SHARE the post to enter to win. The winner will be chosen on August 17! Official contest rules are available at [cookcfb.org](http://cookcfb.org).

## Planter Workshop Series continues... CCFB member Greenhouses hosting 2 new workshops this FALL!

Cook County Farm Bureau® member businesses are excited to be hosting 2 new Fall Planter Workshops in September. Members and their guests are encouraged to register early to ensure a spot!

**Fall Planter Workshop at Horcher Farms & Flower Shop**  
910 McHenry Rd | Wheeling, IL 60090  
**Saturday, September 16th | 10 AM Fee: \$25.00**  
Create a fall planter to display on your porch, patio or balcony area while learning planting tips and tricks from the experts; workshop includes pot, soil, and all plantings.

**Fall Planter Workshop at M & D Farms**  
14946 S Bell Rd | Homer Glen, IL 60491  
**Saturday, September 23rd | 10 AM Fee: \$30.00**  
Create a fall planter to display on your porch, patio or balcony area while learning planting tips and tricks from the experts; workshop includes basket, soil, and all plantings.

**Registration & Payment Required**

Call the Farm Bureau at: 708-354-3276 or Register online at the Member Center: [www.cookcfb.org](http://www.cookcfb.org)

Class size is limited!

## Theme Park Tickets

**Six Flags Great America in Gurnee, IL**  
**Online 1-Day General tickets: \$45.63\*** (ages 3 yrs & up)  
\*\$8.99 processing fee per on-line order, plus tax  
**Tickets bought directly from Cook County Farm Bureau® are \$47.00\*\***  
\*\*Tickets bought over the phone/in person are slightly higher but there is no processing fee or tax.

**Santa's Village, East Dundee, IL**  
**1-Day: \$16.25 Ages 2 and under are free.**  
Tickets for Santa's Village are available online and at the CCFB office.

**Silver Dollar City, Stone City, MO**  
**Adult 1-Day: \$52.70, Child 1-Day (Ages 4-11): \$43.35**  
Ages 3 and under are free.  
Tickets for Silver Dollar City are only available online.

**For pricing and to order tickets online for Six Flags Gurnee, Silver Dollar City and Santa's Village visit [cookcfb.org](http://cookcfb.org) and click on 'Member Benefits'.**

**To order tickets by phone call (708) 354-3276.**

## Saturday, September 30, 2017 - 9 AM - 16th annual Giant Pumpkin Contest & Activities

**Date:** Saturday, September 30, 2017  
**Time:** 9:00 A.M. Registration/Check-In  
**Location:** Puckerville Farms, 13332 Bell Road, Lemont

**Giant Pumpkin Weigh In Contest:**

**Divisions:** Adult and Youth (16 and younger)  
**Rules:** Contest open to CCFB members and their dependents. One Pumpkin **grown** per member or dependent may be entered into the contest. Members of the Commodities/Marketing Team will serve as the weigh-in judges. The decision of the judges is final.

**Prizes: Adult** 1<sup>st</sup> Place - \$250.00 Youth 1<sup>st</sup> Place - \$100.00  
2<sup>nd</sup> Place - \$150.00 2<sup>nd</sup> Place - \$75.00  
3<sup>rd</sup> Place - \$75.00 3<sup>rd</sup> Place - \$50.00

**Entry Fee:** Free for Members, Non-members may enter by joining CCFB

**Homemade Pumpkin Dessert Contest:**

**Rules:** Contest open to any CCFB Member/Dependents - Open to all ages - Must be present to win - Must arrive by 9:15 am October 3rd to be considered - Dessert will be judged by appearance, taste, and texture. Members of the Commodities/Marketing Team will serve as judges. The decision of the judges is final.

**Prizes:** 1<sup>st</sup> Place - \$100  
2<sup>nd</sup> Place - \$50.00  
3<sup>rd</sup> Place - \$25.00

**Entry Fee:** Free for Members, Non-members may enter by joining CCFB.

**Home Grown Honey Contest:**

**Rules:** Contest open to CCFB or CDDBA Members/Dependents and open to all ages. Must arrive by 9:15 am October 3rd to be considered and must be present to win. Honey judging criteria will be provided once registered, prior to contest. Members of the Commodities/Marketing Team and CDDBA will serve as judges.

**Prizes:** 1<sup>st</sup> Place - \$100  
2<sup>nd</sup> Place - \$50.00  
3<sup>rd</sup> Place - \$25.00

**Jack-O-Lantern Decorating Contest:**

**Rules:** The contest will begin at 10 a.m. and a ½ hour timeframe will be used for contestants to paint/decorate a pumpkin - **Contest open to anyone 16yrs and younger** - The individual must decorate his/her own pumpkin provided by CCFB - The individual entering must be present to win - Three age categories will be evaluated by a judging team from the Commodities/Marketing Team

**Prizes:** 1<sup>st</sup> Place, Runner up in each age group  
**Participation Prize:** All entries receive a prize

**Pumpkin Carving Contest**

**New...1<sup>st</sup> time offered**  
*So new...details coming soon!*

**CONTESTS Registration Form**

\_\_\_ Giant Pumpkin \_\_\_ Adult \_\_\_ Youth

\_\_\_ Pumpkin Dessert (open to all ages)

\_\_\_ Pumpkin Decorating:

\_\_\_ 6 & under \_\_\_ 7-11 \_\_\_ 12-16 years

\_\_\_ Home Grown Honey (open to all ages)

\_\_\_ Pumpkin Carving Contest (details online)

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Farm Bureau Member Number: \_\_\_\_\_

Registration form online: [www.cookcfb.org/Events](http://www.cookcfb.org/Events)

Mail, fax, or email entry form to:

**Cook County Farm Bureau**  
**Attn: Debbie Voltz**  
**6438 Joliet Road Countryside, IL 60525**  
**Fax: 708-579-6056**

Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org)

Register by phone at: 708.354.3276

