



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. 9

Countryside, IL 60525

www.cookcfb.org

September 2017

2017 Cook County Farm Bureau® Farm Crawl



Cook County Farm Bureau member, Barbara Clark (L) had her Passport signed by Becky (R) at Bultema's FarmStand during the August 19 Farm Crawl. As an organization, we are proud of the many diverse family farms, greenhouses, and agricultural businesses that can be found throughout Cook County's urban setting and the Farm Crawl provide an opportunity for people to discover the value this farm operations provide. We thank the 18 member businesses that opened their doors to the public to provide the chance to get to know you a little bit better!



At VanderGriend's Farm Stand, Scott was found helping customers choose fresh picked sweet corn during the August 19 Farm Crawl.

See the Cook County Farm Bureau facebook page or our website for more photos and highlights!

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

Cook County Farm Bureau® member businesses are excited to be hosting two 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 in advance

Call the Farm Bureau at 708-354-3276 or

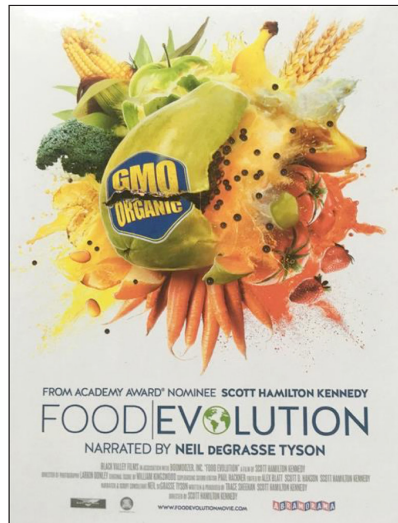
Register online at the Member Center: www.cookcfb.org

Class size is limited!

"Food Evolution" Coming to Chicago

Have a non-farmer friend, relative, doctor, lawyer, dietitian, kid's teachers or other influencers in the Chicagoland area that could be enlightened and entertained by today's agriculture? Illinois Farm Bureau®, Cook County Farm Bureau®, Illinois Farm Families, Illinois Science Council and the Chicago chapter of the Institute of Food Technologists will host a public screening of "Food Evolution" on Tuesday, October 3, 7:00 p.m. at the Arc Light Theater in Chicago. Tickets are \$15.00/person; details to be announced soon on how to reserve seats online.

To learn more about "Food Evolution" and to view the trailer visit: <https://www.foodevolutionmovie.com/>.



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



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Question of the Month

What is the key ingredient that is locally grown for this month's 'Recipe of the Month'?

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

August's winner is [Jason Holste](#).

Last Month's Question: What is the new "app" that provides members with thousands of discounts at their fingertips through a mobile phone?
Answer: *Abenity*

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 How do you know if your animals are healthy?

Answered by Gerry Kopping, a horse stable owner from Lemont



Gerry with sons Justin and Jerrod

As a farmer, I'm committed to taking care of my animals and ensuring that they are healthy.

Animals, like our kids, will act differently when they're not feeling well. By monitoring our animals, we're

able to identify when they're not feeling well and begin treatment.

We work with nutritionists to ensure proper nutrition. We also provide animals with access to chiropractors and acupuncturists to ensure comfort and veterinarians for preventive health care. They provide vaccinations and dental work and help in situations when the animal is ill.

We're committed to ensuring that our animals are healthy.

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*.

Tree and Pond Stocking Sale

The Will-South Cook Soil & Water Conservation District is currently taking orders for the fall Tree and Fish Sale. Order forms are available on the District Website <https://will-scookswcd.org> and can be picked up at the Will-South Cook Soil and Water Conservation District office during business hours. U.S. Mail, email and fax copies can also be requested by calling (815) 462-3106 x 3.

The District has a wide variety of plants, shrubs, and trees available this fall. Stock ranges in size from 8 inches to 6-foot linear stock, and one, two and three gallon potted stock.

Fish varieties for sale include Channel Catfish, Largemouth Bass, Redear, Hybrid Sunfish, Fathead Minnows, Bluegill, Black Crappie, Triploid Grass Carp and Albino Catfish (new).

Grass Carp must be ordered by September 22nd. All other orders must be received by Monday, October 2nd. Orders are pre-paid only.

Tree orders will be available for pickup on Friday, October 6th, 12:00 p.m. until 6:00 p.m. and Saturday, October 7th, 7:00 a.m. until 11:00 am at the Will-South Cook SWCD building located at 1201 S. Gougar Road in New Lenox.

Fish stock will be available for pickup on Saturday, October 7th, 7 a.m. only, at the above location.

Rain Barrels, Composters, Water Test Kits, Soil Test Kits and Logo t-shirts and baseball caps will also be available for purchase. Call Kim Mitchell (815) 462-3106 ext. 3 for more info.

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.

Thank you for your help!

Bob Rohrer, CAE, FBCM, Editor

P.S. For more information, please access 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. Members that wish to receive the publication solely by email can let us know by sending an email to membershplinda@cookcfb.org with the subject: E-Co-Operator.



The fall issue of Illinois Farm Bureau Partners Magazine should have arrived in your mailbox. Be sure to check out the various articles, great places to see in Illinois, and the special Cook County Farm Bureau Page. More information, articles, and past issues are available at www.ifbpartners.com.

Gracias THANK YOU Gratiified The Gratitude Box

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

This month, we would like to thank:



• New volunteer, Jane Cunningham (pictured), along with senior volunteer Charlotte Sellers for stuffing

and labeling envelopes for Agriculture in the Classroom school fall mailings.



• Ruth and Janis Zeldenrust for their family's donation of a 1990 limited edition Tiffany American Farm

Bureau Research Foundation plate to the Cook County Farm Bureau historic archives.

• Don & Josh Rietveld, owners of Crete Garden Center & Nursery in Crete, for their support of the Cookfresh Community Garden Grant recipient, El Paseo

Community Garden in Chicago's Pilsen community.

• Ken, Manager of Clarke's Garden & Stone Depot for their support of the Cookfresh Community Garden Grant recipient, Mozart Community Garden in Chicago's Humboldt Park community.

• The Farm Bureau members with farmstands and farm-related businesses that opened their doors for members and the general public for the August 19th Farm Crawl.

• Mike Nolan, Daily Southtown reporter, for writing a nice story on the Farm Crawl.

• The Culver's restaurants located in Tinley Park, Orland Park, Homewood, and Matteson that donated nearly \$800 to the Cook County Farm Bureau Foundation as a part of their "thank a farmer" campaign.

Gratitude
Appreciative
Thanks

Recognition
Appreciative
Gratitude

Gracias THANK YOU Gratiified

Co-Operator

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Downwind

by Bob Rohrer, CCFB Manager

Democracy is Not Easy

Courage. Patriotism. Heroism. Bravery. Right over wrong. Liberty.

My wife and I love going to Washington, D.C. to soak in history, learn more about the famous, not-so-famous and the infamous figures that have influenced the course of our great country.

We go from landmark to historic marker, from tribute to memorial absorbing the moments, times and people of impact. History captured in granite, marble, quotes, and photos.

The words, phrases, images and quotes etched into stone and metal transcend the centuries and generations, bringing tears and smiles, inspiration and humbleness, sadness and pride. I marvel at the situations in which ordinary men and women rise to occasions. I marvel at the circumstances that lift and elevate the average to historic proportions.

Our son recently began his service to the United States of America through the Army and has been assigned to 3rd US Infantry Regiment, "The Old Guard" stationed at Fort Myer next to Arlington Cemetery in Washington, D.C. SNAP! What a great bonus! We have another wonderful reason to make trips to Washington, D.C.

Recently, we made a visit to our "soldier" and spent a couple days exploring D.C. with him. Old sites or new, each provided a powerful imprint. We left with amazing, indelible memories of the Tomb of the Unknown Soldier, Arlington National Cemetery, the Pentagon 9/11 Memorial, the Holocaust Museum, Lincoln Memorial,

Vietnam Memorial, Korean Memorial, Martin Luther King Memorial and more.

Sacrifice. Pain. Grief. Solemnity. Gravity.

And yet I returned home with optimism. Optimism that we, as a society, can learn from our mistakes... our trials... our conflicts. We can find greater wisdom in interactions with people... people who may be the same or who may be different. Knowledge that the selfless sacrifices by so many leaders, citizens and no-names have made freedom a reality. Inspiration that justice and right will win in the end, though at great cost.

Democracy is not simple. Democracy is not free. And, democracy should never be taken for granted.

Last month, I wrote about my first "Ride" and gave members an opportunity to share your first ride and what made it special. I want to share what a couple members sent to me.

Gary from Hoffman Estates wrote:

First car I bought for myself was a 1940 Nash. \$100 in 1958. Top speed? About 35mph. Water pump leaked so if I drove it in the winter, had to drain it every night so the block wouldn't freeze and crack.

Growing up on the farm, you got to drive a lot of stuff because you were expected to "work." First thing I drove was a team of horses around 10 years old. Hay rack that dad used to pick up logs/trash that would flood the field after a big rain caused by two creeks on each side. I didn't volunteer to drive the team of horses, was told to get on the hay rack, we've got trash to

clean off the field today. Next was a little Oliver tractor that was like a small bulldozer without a blade. Couldn't get it stuck in the mud and no fear of it turning over on the hillsides. Kid friendly but... No seat belts or helmet required in those days. Then the ton and a half truck at around 13? Dad bought it new but... He didn't pay for the optional heater and as I recall, he bought it in the spring so why add the heater option??? And dad had a rule, you had to back the truck into the barn once you

got home. Barn wasn't made for parking the truck, you had about ten inches on each side for clearance. No lights in that area of the barn and no backup lights on trucks in '53. But as I recall, never hit the side of the barn and could do it on first attempt.

Richard from Northbrook wrote:

When I was in college (1952), I was living on dust so my first car purchase was lean to say the least. The 1928 Model A coupe I had had no starter motor so you had to

either park on an incline for a rolling jump the clutch start or have somebody with you to help push for a start. Another feature of Model A Fords was mechanical brakes (pre-hydraulic). The best were not great so you had to "anticipate stops and hope it did". There was also a slight leak in the fabric roof which was not great in rain but what do you expect for \$50 bucks. It served me well but I didn't miss the experience when we parted.

Bob can be reached at brohrer@cookcfb.org.



Farm Bureau volunteers donated fresh meat to Chicagoland Ronald McDonald Houses. Although the meat was purchased from Cook County 4H members, the donation was made as part of this year's Food Checkout Day. Farm Bureau matches member donations up to \$1,000.



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0317-562HO

“Where Am I?”

If you can guess where in Cook County Calvin was when this photo was taken, you will be entered to win a \$25 gas gift card! To enter, call us at 708-354-3276 with your answer OR email your answer (please include name & member number) to membership@cookcfb.org using the subject “Where Am I?” A name will be drawn at random.



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 ...**

Kim Morton



- Serves on the CCFB Public Policy Team
- Owns her family farm
- Had a farm management career that allowed her experiences in 22 states
- Advocate for science and policies that will that will provide safe and affordable food.

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

Christmas tree farmer.

WHAT IS YOUR FAVORITE FARM MEMORY?

Taking dinner to the field during harvest.

WHAT IS YOUR FAVORITE FOOD?

Cheese. All kinds, but the creamier the better.

WHAT IS YOUR FAVORITE TIME OF YEAR?

Fall. Harvest is the culmination of all a farmer has known & done.

WHAT IS YOUR BEST FOOD MEMORY?

Mom’s ribeye roast & mashed potatoes on Saturday nights, or her sausage gravy & biscuits. She cooked simple dishes, but with great flavor.

WHAT IS YOUR FAVORITE SOURCE OF PROTEIN?

I don’t eat them often, but I love a good steak. I think bacon is God’s way of telling us we’re at the top of the food chain. So, I have a rule that I only eat it when I’m traveling. Fortunately, we travel often!

Toy Drive for Teens



The Cook County Farm Bureau’s Young Leader Group and Toy Box Connection will be kicking off their second annual toy drive for teens!

The Group is hosting a holiday toy drive to collect unwrapped new/gently used toys for children between the ages of 13-19.

The group is seeking support from members for the following types of donations: DVDs, all clean and working toys, puzzles and games, video games & systems, books, sports equipment, musical instruments, gift cards, bikes, etc.

Watch next month’s Co-Operator for donation details.



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.

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

“No Trespassing” Notice

How Landowners Can Help Protect Themselves and Their Property
By Brenda Matherly, Assistant Director of Local Government, Illinois Farm Bureau



Landowners can take action to help protect themselves and their property from the risk of trespassing on private property. Now is the time for landowners to put up notices around their property to help protect against trespassing.

A relatively new law in Illinois allows landowners or tenants the option of using purple paint on trees or posts on their property as a “no trespassing” notice. The “Purple Paint Law” was created as an alternative that landowners can use to protect their property from trespassing.

The law gives Illinois landowners or tenants the option of marking their property with a series of defined purple paint markings on trees or posts to designate a “no trespassing” notice.

Provisions of the law require that the purple paint marks used must be either:

- 1) A vertical line of at least 8 inches in length. The bottom of the mark must be between 3 feet and 5 feet above the ground. Each mark can be no more than 100 feet from another such mark and must be readily visible to any person approaching the property, or;
- 2) A post can be capped or otherwise marked on at least its top 2 inches. The bottom of the cap or mark must be between 3 feet and 5 feet 6 inches above the ground. Posts marked this way cannot be more than 36 feet apart

and must be readily visible to any person approaching the property. Prior to applying a cap or mark that is visible from both sides of a fence shared by different property owners or lessees, all such owners or lessees must agree to the decision to post their own property.

If landowners choose not to use purple marks, they can still continue to issue a “no trespassing” notice either by oral or written notice to individuals or by posting appropriate signage at the main entrance to their property.

Landowners wishing to notify people of private property will want to use either “no trespassing” signs, purple paint markings or a combination of both. When reviewing their options, landowners will want to consider the pros and cons of the purple paint markings vs. “no trespassing” signs. The biggest weakness for signs is that they can be easily torn down and removed allowing trespassers to claim ignorance of their location. The benefit of the signs is that they are widely recognized and understood by most folks as an indication that they are on or near private property.

The advantage of the purple paint markings is that they are much more permanent and less likely to be tampered with. However, though the purple paint law has been on the books for some time, the significance of the marking in trespassing terms is still not widely understood.

“From the Country”

Life Insurance: Too Valuable to Ignore



Marc Rogala, Country Agency Manager Chicago South Agency

The need for life insurance can be a difficult topic to discuss. But if someone depends on you financially, it's a topic you need to address. According to a survey commissioned by COUNTRY Financial, about four out of 10 Americans say their families would not be able to live comfortably if they died.¹

Who needs life insurance?

Everyone needs life insurance, especially if family members depend on you financially. If you are single and provide financial support for aging parents or siblings, or if you have significant debt you wouldn't want passed on to your family, you should consider life insurance.

Even if you already have life insurance, you may need to update your coverage, especially when you experience any of these life-changing events:

- Getting married
- Becoming a parent
- Buying a home
- Changing jobs
- Planning for retirement

Types of life insurance

There are two basic types of life insurance: term insurance and permanent insurance. Term insurance provides protection for a specific period of time (the “term”) and is designed to fill a temporary need, such as covering a mortgage or sending a child to college. Typically, term insurance offers the greatest amount of coverage for the lowest initial premium and is a good choice for young families on a tight budget.

Permanent insurance offers lifelong protection and allows you to accumulate cash value on a tax-deferred basis. This type of coverage is designed to fill long term needs, such as income replacement. According to the American Council of Life Insurers 2011 Fact book, 61 percent of purchased individual life insurance policies are permanent life insurance coverage.

Misconceptions about life insurance

There are many reasons people don't purchase life insurance. But don't let these common misconceptions keep you from getting the valuable coverage you need:

Misconception	Truth
“It's too expensive.”	Not having life insurance could be more costly to your family.
“I don't have time to talk with my financial representative.”	Don't procrastinate – your life situation can change in a moment.
“I don't want to make the wrong decision.”	A qualified insurance professional can guide you through the buying decision.
“I already have coverage with my employer.”	Typically, employers provide a modest amount of coverage that protects you while you are an employee.

Make your decision today

Most people need help deciding how much life insurance to purchase and what type of policy best fits their needs. That's why they usually turn to a financial representative who knows the right questions to ask.

Your family is worth the financial security and peace of mind life insurance offers. Don't leave their financial future to chance. Contact a COUNTRY Financial representative for an insurance and financial review to discuss what type of life insurance coverage is best for your family.

Marc can be reached at 708-352-5555 or marc.rogala@CountryFinancial.com

¹ COUNTRY Financial Security Index, October 2009

Policies issued by COUNTRY Life Insurance Company® and COUNTRY Investors Life Assurance Company®, Bloomington, IL.

CookFresh Community Garden Grant Recipient



Garden coordinators, Paula & Antonio Acevedo (on each end) with muralist, Eric J. Garcia (center), continue to beautify the existing garden with a 50 x 50 foot mural funded by a Neighborhood Arts Project Grant through the Chicago Department of Cultural Affairs (DCASE) and the 25th ward Alderman's office.

Grant funds were used to purchase gardening tools for the volunteers, straw for the compost bins and lots of gardening extras from member business, Crete Garden Center & Nursery located in Crete. The CCFB has been

supporting the existing community garden for 3 years and El Paseo has plans for a generous expansion. Good luck to El Paseo and thank you to Rick Johnson, CCFB Team member, who visited and viewed the garden in July.



For the second year, Farm Bureau donated fresh meat to the Oak Park River Forest Food Pantry. The animals were purchased from Cook County 4-H members at the Lake County 4H animal auction.

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Recipe of the Month: Parmesan Roasted Tomatoes

Ingredients:
6 fresh tomatoes
1 Tbsp olive oil
Pinch salt & pepper
½ c grated Parmesan cheese

Preheat oven to 400°F. Slice tomatoes and toss with olive oil, salt and pepper. Arrange on a cookie sheet and top them with grated cheese. Bake for 15-20 minutes or until golden brown.

Recipe reprinted with permission from Aurora Sanchez from Frankfort.

Helping you protect what matters most

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Agricultural Literacy & Public Relations

Ag Lit Bit By Diane Merrion



The Power of the Beanie Baby

Nothing draws more comments and praise

than the infamous beanie baby. No I'm not talking about those beanie babies that TY popularized when my kids were small. The ones that had parents crazy when a "new" one came on the market or the ones that McDonalds were offering in Happy Meals that had us eating those meals just to get a mini-version of those babies. I'm talking about the Ag in the Classroom make and take project that involves a small bag, Soil Moist, water and the #2 crop grown in Illinois, soybeans.

This month we are highlighting a school that used the beanie baby to bring attention to the soybean and its importance in our state. Farmers will soon be out in their fields harvesting this crop which will be shipped via road, river and rail throughout the USA and the world. About half of Illinois soybeans are exported. Luckily, we're uniquely situated when it comes to shipping soybeans. We have:

- Semis that carry beans on Illinois roads
- Barges that ship soybeans on the Mississippi and Illinois rivers
- Trains that transfer soybeans via railroad cars across the country

There are also "intermodal containers."

That's a fancy phrase for big bins that can be moved via ship, truck or train without being opened. Containers come to Chicagoland full of products we buy at Target, Walmart and other stores. Then, container companies fill them with soybeans and send them back to where the containers originated. Of the soybeans that stay here, most wind up feeding livestock – usually pigs. After harvest, unless soybeans are headed straight for export, they're crushed and separated into meal and oil. Soybeans are very nutritious and full of protein, making them great for animal feed and "people" feed. The average American consumes nearly half a cup of soybeans in some form each day. The oil is used in everything from food to ink to fuel. (Visit <http://www.watchusgrow.org/TheAcre> for more information.)

As you drive past fields of soybeans that are turning brown and looking ready to harvest soon, think about how that bean germinated many months ago and is now heading to a processor. The beanie baby is a wonderful educational activity to explain that process of germination and to also open up a discussion about the importance of agriculture in our state and world. With Halloween coming soon, most of us will probably be eating a lot of soybeans. Did I mention soy lecithin?

Beanie Baby Travels to D.C.



Congratulations to Sandridge Elementary School in Lynwood, Illinois who was named the Illinois Elementary School of the Year by The National Energy Education Development (NEED) Project for their outstanding energy education project: The Power of Wind. We asked 4th grade teacher, Ms. Alice Miller, about the project and process leading up to their recognition.

"I work for Sandridge Elementary, a small, one school district located in Lynwood, Illinois. We may not have the financial resources many other schools enjoy but our students are a smart, scrappy, can-do kind of group. Hoping to open new doors for them several years ago, I began to research opportunities that would bring materials and support to assist our students in their learning of science and the world around them. I was fortunate to find the Cook County Farm Bureau as well as NEED. Ag in the Classroom, through summer field trips, teacher education, and workshops has done much to further our knowledge and experience in agriculture. I have delighted

in implementing several lessons and have used their Learning Kits often to deepen understanding in the science of agriculture and make learning for my students much more enjoyable and engaging! Two years ago the NEED organization partnered with several energy companies to promote energy through a grant program entitled ESP (Energizing Student Potential).

The second year we submitted our entry and were thrilled to be named the recipients of the Illinois Elementary School of the Year, a big deal for a small school! As winners we were invited to attend the Youth Energy Conference and Awards in Washington, D.C. where our students would meet award winners from all across the United States and students of energy. Attendees were asked to introduce themselves and their state by bringing some token that represented their state to share with others in a meet and greet activity. We were not equipped to prepare or purchase materials, nor did we have a clue on what would best represent our state. I knew who to call.

Who knows better about the 'roots' of Illinois than the CCFB? When I contacted the Ag in the Classroom crew with my dilemma they jumped in with gusto! They delivered more than I could have hoped for. We needed 30 tokens for each student. AITC prepared packets for EACH student which included soybeans generously donated from Stuenkel Farms, packets to hold the seeds while they germinated, Ag Mags explaining soybeans, and stickers for each packet identifying Illinois and the CCFB. The recipients at the meet-and-greet could not have been more pleased. Being able to explain Illinois soy plants and germination opened the door for our students to great conversations and new friends far and wide. Several teachers asked us for extras!

My partnership with AITC has been a blessing and continues to grow. I am thankful for all of the support I receive and look forward to sharing the resources they have with my fellow educators. Last year I created a partnership with my kindergarten class and brought them the wheat bins while we worked on dairy. The year ended with our student partners making bread and butter to share! The primary team was so impressed that next year I promised to work with them to create AG Day as part of our end of the year festivities. I can't wait to see what we create working with our team and AITC!"

Our congratulations to Ms. Miller and her students at Sandridge Elementary School.

FREE Teacher Professional Development Workshop



Fall Harvest Lessons: Apples, Pumpkins, Fruits, Vegetables

Tuesday, September 26, 2017 4:30-6:30 at
Chicago High School for Ag Sciences
3857 W 111th St, Chicago

Use the bounty of your school garden and local farmer's markets to bring cross curricular lessons alive in your classroom. Where else will you gain ideas on using pumpkins for anything from math to silly putty and explore the origins of foods from around the world as we prepare for the holidays? Earn 2 PDCH

Grants for Teachers Available

Calling all teachers who can use some funding to start off the school year! The Cook County Farm Bureau Foundation® and Illinois Ag in the Classroom offer several grants for educators. Don't miss these opportunities to incorporate agriculture into your K-12 curriculum.

Food Science Grant: The Food Science Grant was developed by the Cook County Farm Bureau Foundation to promote the usage of high quality agricultural products that are locally produced. The purpose of this program is to offer \$300 grants for teachers to purchase dairy, meat and vegetable products for use in their classroom programming/curriculum. Grants are offered to Cook County Middle and High Schools that have a food science, culinary arts, engineering, life skills, or other closely related class or club. 10/15/17 deadline

Illinois Agriculture in the Classroom is

offering project & book grants of \$250-\$300 to Pre-School through High School teachers across the state of

Illinois to fund agricultural literacy in the classroom. Projects may be, but are not limited to, agricultural teaching units, classroom presentations, and career fairs. Be creative and develop an interesting, valuable agricultural experience for your students. Projects should focus on integrating agriculture into a variety of curriculum areas. Book grant categories are Pollinators, Soil/Water, Wheat, and Dr. Seuss. Priority for grants will be given to grants that contain materials for use over multiple school years. 10/1/17 deadline

To get more information for all grants and to apply, visit agintheclassroom.org/TeacherResources/Grants.html



Teachers, don't forget to book your free Ag in the Classroom 4th Grade Presentation!

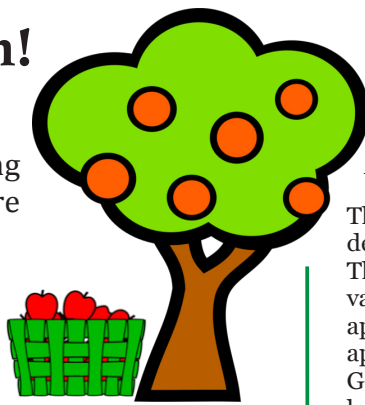
Call Jill or Diane at 708-354-3276 or email us at aitc2@cookafb.org to schedule a one hour visit from one of our outstanding presenters.

AGRICULTURE ADVENTURES FOR FAMILIES

It's officially apple-picking season!

They say an apple a day keeps the doctor away, but that's not the only benefit that apples provide. In addition to using apples to make cider, apple pie, and apple cobbler, there are many other things apples are used for.

If you're looking for a new and interesting way to use one of falls favorite fruits, here are some ideas...



Illinois State Fruit: The GoldRush Apple

State Public Act 95-0328 officially made the GoldRush Apple Illinois' State Fruit on August 21, 2007.

The GoldRush Apple is a sweet-tart yellow apple that was developed through a disease resistant apple breeding program. The GoldRush is a cross between a Golden Delicious and a lab variety apple called Coop 17. The GoldRush Apple is a hybrid apple because it is a cross between two different varieties of apples. One significant result from this cross is that the GoldRush has a long shelf life, making it available to store longer.

How did the GoldRush get its name? Scientists named the apple based on its golden, bronze color and the "rush" of flavor you get from the first bite. The GoldRush is a great apple to grow because it has qualities that make it disease resistant to apple scab, fire blight and apple mildew, all common diseases that can wipe out an apple crop.

Source: *AgintheClassroom.org*



Keep Your Cakes Fresh

Whether a cake is store-bought or homemade, you can keep it fresh for longer by storing it with half an apple in the fridge. The apple helps keep the cake moist for longer.

Ripen Other Fruits

Apples release ethylene gas, which makes fruits go ripe faster. If you have some fruits you want to ripen more quickly, put them in a paper bag along with a ripened apple. The only fruits that will not ripen with the help of apples are oranges, tangerines, and pineapples.

Reduce Salt Content in Your Soups

Did you accidentally put too much salt into your soup or stew? Simply put a few apple wedges into the pot and remove them after about 10 minutes. The apple wedges will soak up the excess salt.



Soften Brown Sugar

You know how brown sugar hardens up when it is in a humid environment? The good news is that you can make brown sugar soft enough to handle and use again with - you guessed it - apples. Put a hardened chunk of brown sugar and an apple wedge in a sealed plastic bag. Put the bag in a dry place for a couple of days, and voila, your brown sugar will be soft again.

Source: *CulinarySchools.com*



The Legend of Johnny Applesseed



The legend states that John Chapman, who was born in Massachusetts in 1774, planted more than 10,000 square miles of orchards.

He began in Pennsylvania and while traveling barefoot and using a saucepan for a hat. He spread the word about the importance of apples in people's diets.

He died in 1845 at the age of 71 in Fort Wayne, Indiana. Everyone called him "Johnny Applesseed."

Source: *AgintheClassroom.org*

Apple Fun Facts:

- The average size of a US apple orchard is 50 acres.
- There are approximately 7,500 varieties of apples grown throughout the world.
- The crabapple tree is the only apple tree native to North America.
- The apple was brought to the US by the Pilgrims in 1620.
- Apples are a member of the rose family.
- Most apples are still picked by hand in the fall.
- The science of apple growing is called pomology.
- Sunlight causes a chemical reaction in the sugars of apples. This is why they change colors.
- Don't peel your apple. Two-thirds of the fiber and many antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases.



All it Takes is a Bee



Apple blossoms, which are white or pale pink, appear on apple trees in the spring. Unknowingly a bee takes pollen, made mostly of male cells, from the stamens of one apple blossom, and leaves it near the pistils, made of female cells, of another apple blossom. This is called pollination. When the apple blossom is pollinated, it develops into an apple. Since every apple seed is made of its own unique set of genetic material, you can plant 10 seeds from a single apple and get 10 entirely different kinds of apples. Bees are important for pollination, so some apple growers place beehives in their orchards.

Source: *AgintheClassroom.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: membership@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!



Cheryl Ladewski

Congratulations for being last month's word search winner!

September Word Search

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

Acres
Apples
Blossom
Bronze
Cider
Cobbler
GoldRush
Growers

Orchards
Peel
Pie
Pomology
Seeds
Tart
Tree
Varieties

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.

Farm and Food Bytes



Wiener Roasts Evolve, Still a Fall-Time Farm Favorite

During the wiener roasts of my childhood, Dad piled logs bigger than fence posts in the barnyard. With empty feed sacks, a lighter, and about three hours to burn down, he created a fire large enough for a 4-H crowd to roast hot dogs and marshmallows. We cooked with hand-whittled willow sticks about 8 to 10 feet long. Anything shorter in distance to the burning log pile felt like an encounter with the sun.

This month, I watched my cousin rotisserie-roast his marshmallows with a manufactured roasting rod over the portable fire pit outside our family's farm shop. Camping chairs replace straw bale seating from the barn loft. Short, re-usable metal roasting sticks spare the hour-plus of cutting and whittling willows. We can adjust the fire on wheels if the wind shifts. And we literally can put a lid on it when the fun is done. The modern conveniences mean we can experience wiener roasts more often, sometimes impromptu. For those moments, I always keep s'more supplies in my pantry's inventory.

Over the years, wiener roasts have threaded through our farm lives: A wiener roast meal for birthday parties at our farm or an uncle's farm. Fourth of July parties sometimes gathered around a fire at my grandparents' farmstead. The Sunday school director occasionally hosts wiener roasts at her farm. And nearly 20 years ago, my husband and I held our first-ever conservation fireside at a local conservation club

campground. The time outdoors, the memories, casual atmosphere and food lure me to wiener roasts time and time again. I can park the lawn mower, throw on an old sweatshirt and attend a roast with grass clippings in my hair because I will leave smelling like smoke anyway. I love the ambiance, relaxation and the opportunity to enjoy my aunt's homemade zucchini relish on a hot dog. Then, I indulge in s'mores, one of my favorite desserts.

Our son made a "s'more tray" this year for his first 4-H woodworking project. The hand-made oak tray holds my canisters of marshmallows, pre-snapped graham crackers and quarters of Hershey bars. We'll certainly use the blue-ribbon project for our 4-H club's upcoming kickoff meeting and wiener roast, hosted at our farm. Our 4-H leader will start the event with a safety speech, a tradition for more than 45 years. He explains that the club's fireside rules originated during a time when kids carried sharpened willows double their height. The modern-day metal sticks still deserve some common sense reminders, and the parents nod in remembrance of something their kids will know as well as a rotary phone.

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 who cheer for wiener roasts.

WEST VIRGINIA AMPS UP VOCATIONAL ED (New York Times) – West Virginia is leading the way in turning vocational education from what was once a 'Plan B' into the top option for many high school students. Simulated workplaces overseen by teachers trained in industries like health, coal and even fracking, are now operating in schools across the state. Students punch a time clock, are assigned professional roles like foreman or safety supervisor, and are even offered vacation days.

CROPS LACK 'HIGH-END' POTENTIAL (FarmWeekNow.com) – According to Dennis Bowman, University of Illinois crop systems educator, wild weather swings in the Midwest this growing season means crops likely won't measure up to record yields observed in recent years. "We've kind of gotten used to exceptional yields the last few years," Bowman said. "This crop is still maybe a little better than average. It's just not as good as we'd like it to be."

FDA-APPROVED CLAIM ALLOWS FOOD MANUFACTURERS TO COMMUNICATE SOY HEART-HEALTH BENEFITS – The U.S. Food and Drug Administration (FDA) has approved a qualified health claim linking consumption of soybean oil to reduced risk of coronary heart disease. The claim is a result of a petition filed by Bunge North America with

FDA, which pointed to the potential heart-health benefits of soy oil. Manufacturers may now communicate that soybean oil may reduce coronary heart disease risk and lower LDL cholesterol when replacing saturated fat and not increasing calories.

MANURE FUEL (Chicago Tribune) – AMP Americas, a Chicago company that makes commercial trucking fuel from cow manure, announced a \$47 million private equity investment from Houston-based EIV Capital. AMP started as a company that turned waste from 15,000 cows out of Fair Oaks Farms in Northwest Indiana into a usable renewable energy source. Since then, AMP has expanded its sourcing to include other waste products as it markets and sells compressed natural gas (CNG), a fuel that is often cheaper and cleaner than diesel fuel. A second renewable natural gas production operation with another Midwest dairy site will launch using the new capital.

AMERICAN FARM BUREAU FEDERATION/FFA JOIN FORCES (FarmWeek) – The American Farm Bureau Federation and the National FFA Organization signed a memorandum of understanding in an effort to work together to attract, educate, inspire and prepare students to enter careers in agriculture, food, fiber and the natural resources industry.

PORK TWISTER DEBUTS (FarmWeek) – In August, at the Illinois State Fair, a marinated pork kabob weaved in bacon made its debut. The name Pork Twister came from an online voting campaign with Carly McGrew of Good Hope, IL being declared the winner.

FOOD EVOLUTION – A public screening of the new documentary, Food Evolution, will be held on Tuesday, October 3, 2017 at 7:00 PM at the Arc Light Theater in Chicago. Tickets are \$15 per person. Watch the Cook County Farm Bureau website or Facebook page on details on how to reserve seats online.

CORN/SWITCHGRASS COMBO GENERATES PROFIT (FarmWeek) – Farmers looking to cash in on the growing biomass market may be scared off by profit losses during the long establishment period but a new study from the University of Illinois provides a workaround. Farmers can plant corn as usual in year one but sow the switchgrass seed in the same field approximately one week earlier. The corn shoots up quickly leaving small switchgrass plants to establish under the corn canopy. The corn can then be harvested and sold to provide an income stream the first year. The following year, switchgrass emerges early like other perennial grasses starting from the crowns and by the end of the second year, switchgrass is typically able to be produced at full capacity.



Cook County Farm Bureau® Volunteer of the Year Application

The Cook County Farm Bureau (CCFB) Volunteer of the Year Award is an award that recognizes individuals from the CCFB who have made a significant contribution to the organization through his or her dedication to, and support of, the accrediting process.

"We would like to recognize those individuals who give his or her time and talents to promote the goals of agriculture in the Cook County Farm Bureau."—Jim Bloomstrand,

Chairman of the Member Relations Team

The program will run on an annual basis from September 1- August 31. All entries will be submitted to the CCFB Member Relations team to screen candidate forms. After the team screens the forms, they will be presented to the CCFB board for recipient approval and a winner will be selected.

Please visit our website at www.cookcfb.org for an application.



Rick Homerding, owner of Puckerville Farms, offered popcorn off the cob and discount coupons for the upcoming pumpkin season during the August 19th Farm Crawl.

Cleaner Engines, Better Performance

- **Dieslex® Gold**
- **AkroGold® Gasoline**
- **Suprex® Gold Lubricants**

Try our Synthetic 5W-40 for better fuel economy

Call Now! 800.924.9942

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PUBLIC POLICY UPDATE

Congress Poised for Tax Code Overhaul

A joint statement on tax reform released recently by Republican congressional leaders and administration officials signals that lawmakers plan to make good on their promise to overhaul the tax code as soon as this fall.

“America’s farmers and ranchers are encouraged to see that key congressional leaders and the administration understand how important tax reform is to all Americans. Fixing our tax system now is crucial to creating economic opportunities for farmers, ranchers and other family-owned businesses. This is especially important as farmers continue to face down tough economic challenges,” American Farm Bureau Federation President Zippy Duvall said in response to the statement.

Among farmers’ and ranchers’ top priorities are a comprehensive tax reform that helps all farm and ranch businesses; the reduction of combined income and self-employment tax rates to account for any deductions or credits lost; cost-recovery tools like allowing businesses to deduct expenses when incurred; a continuation of cash accounting, Section 1031 “like-kind exchanges,” and the deduction for state and local taxes.

The repeal of estate taxes and the

continuation of stepped-up basis, along with reduced capital gains taxes, are important as well.

“Not only will reform strengthen our economy, but by addressing key issues like overall tax rates, capital gains taxes and enhanced expensing, it will be good for farms and other businesses,” Duvall said.

The group of congressional leaders and administration officials who released the joint statement on tax reform includes House Speaker Paul Ryan (R-Wis.), Senate Majority Leader Mitch McConnell (R-Ky.), Treasury Secretary Steven Mnuchin, National Economic Council Director Gary Cohn, Senate Finance Committee Chairman Orrin Hatch (R-Utah) and House Ways and Means Committee Chairman Kevin Brady (R-Texas).

In the statement, the group issued its support for lower taxes for individuals and businesses, with specific references to reduced business tax rates, expanded expensing and permanence. Noticeably absent is the border adjustment tax championed by House leadership.

(Published by the American Farm Bureau Federation®)

Farm Bureau Approves Key Votes

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 members met with Congressman Peter Roskam to discuss tax reform and the Affordable Care Act.



Namrita Nelson from the Cook County Board of Review discusses the incubator program at the Legends South Farm with Windy City Staff during the second day of the Cook County Farm Bureau® Staff Exchange program. The Staff Exchange program is designed to enhanced Cook County staff members’ knowledge of farming and the economic impact of agriculture in the county.



Senate Agriculture and Conservation Committee Chairman Napoleon Harris visited with farmers during a recent farm visit to Shuman Farms in Sullivan. Senator Harris, a Cook County legislator from Harvey is “adopted” by the Moultrie County Farm Bureau® through the Illinois Farm Bureau® Adopt-a-Legislator® program.



By Bona Heinsohn

Manifolds, Manolos, and Manure

My blue-eyed girl will readily tell anyone who will listen that her parents run on coffee, and definitely not

decaf coffee. In fact, there are very few things that I’d trade for my coffee. One of those things happens to be an ice cold fountain Dr. Pepper (but not in the morning).

That same blue-eyed girl will also tell you that her parents don’t chase sales. My husband is notorious for figuring out how much traveling to a different store to save money will cost you in the long run. He tells his brother and mother at every opportunity. And happily, he will tell his brother how much money he’s wasted trying to decide what to buy and where to buy it.

I have to admit, Toni Preckwinkle’s sugar tax isn’t going to deter me from having a Dr. Pepper with lunch. But I’m not buying a six- or twelve-pack either. And I’m especially not buying a Diet Dr. Pepper and paying a sugar tax for no sugar.

Imagine that. Cook County is collecting a sugar tax on diet beverages made without real sugar. Interesting since Preckwinkle claims that the tax

is intended to deter sugar consumption and improve public health as opposed to just raising funds for a government that continues to give raises large enough to make corporate America blush.

Speaking of sugar, sugar laden coffee drinks made at retailers frequented by suit-wearing loop-goers, are exempt from the tax. Do note that a 20-ounce Dr. Pepper has 64 grams of sugar. A 20-ounce Caramel Cocoa Cluster blended milk drink boosts 85 grams of sugar. Don’t get me wrong, both drinks are well over the daily limit of 25 grams recommended by the American Heart Association. But if the basis of Preckwinkle’s tax is to deter sugar consumption, shouldn’t it be levied on a drink with 85 grams of sugar?

Let’s next ignore the tax’s spotty implementation and talk some about history. Preckwinkle was first elected in 2010 after pledging to repeal Todd Stroger’s much hated penny on the dollar sales tax. Anyone other than me remember her Benjamin Franklin television commercials? Commissioners eventually repealed the tax.

In 2015, after successfully winning

re-election in 2014 Preckwinkle revived Stroger’s tax and christened it as her own. She also successfully fought for a one percent hotel tax. Clearly the additional \$474 million from taxpayers generated by the sales tax increase wasn’t enough padding for her taxing resume. Instead she needed an additional \$31 million. Policy wonks will tell you that the county needed the additional revenue to cover the costs associated with the health and justice systems. But even they can’t ignore the substantial payroll increases since Preckwinkle took office.

Along rolls 2016 and Preckwinkle casted the tie-breaking vote to approve her beloved sugar tax. July follows in haste and the Illinois Retail Merchants Association sues to halt the implementation of Preckwinkle’s tax. The retailers’ suit alleged that the tax was unconstitutional and too vague to implement. The judge later tossed the suit and in response Preckwinkle filed a countersuit asking for \$17 million in damages for the loss in revenue. \$17 million in lost revenue, not lost opportunity, to educate the public about the dangers of sugar consumption.

Preckwinkle later withdrew the challenge after County Board

commissioners laid plans to introduce an ordinance to require board approval before the county attorney can sue for damages.

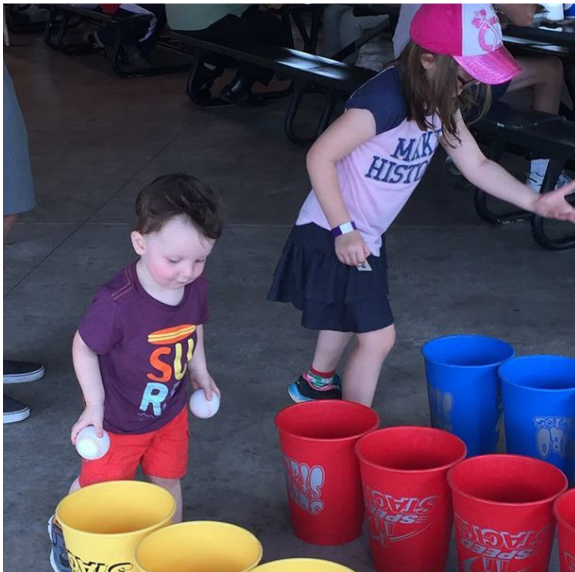
Preckwinkle’s tax even ran into trouble with the federal government who have threatened to withhold \$87 million in food stamp money because the tax is being incorrectly levied. The county has allowed retailers to collect the tax on food stamp purchases and then refund the amount at the customer service desk for those purchases made using food stamps. Federal rules provide that a tax cannot be collected.

Unfortunately for Preckwinkle, the fun is still going on. Commissioners Sean Morrison, Richard Boykin, John Fritchey, Timothy Schneider, and Jeffrey Toboloski are introducing an ordinance calling for the repeal of the tax. That ordinance will be introduced on September 13. Add your voice to the chorus calling for the repeal.

Regarding the ordinance, the sponsors are bi-partisan. And one has floated a potential run for Preckwinkle’s job. Perhaps he will remember that some consumers may enjoy a Dr. Pepper right before they vote. I know I will.

MEMBER RELATIONS

Membership Appreciation Picnic Was a Success!



The Rezny Family (top left), Timmy Hranka (top right), Rowan and Neve Quigley (bottom left), the Zeldenrust/Campbell family (bottom right) and 200 Cook County Farm Bureau members enjoyed a beautiful day at Brookfield Zoo at the 11th Annual Member Appreciation picnic.

Soil Test Kits On Sale

Soil testing takes the guess work out of soil improvement, growing plants and fertilizer recommendations. Contact the Cook County Farm Bureau® at 708354-3276 to purchase a kit today! You can purchase your kit by using a credit card over the phone or mailing a check. Upon payment, your soil test kit will be sent to you. Pricing is as follows:

One sample: \$20.00 (\$30 for non-members)

Two samples: \$30.00 (\$40 for non-members)

Lead testing is also available: \$37.00 for members, \$42.00 for non-members

Kit includes: soil sample bag (s), instructions on how to take a soil sample, questionnaire about your soil samples and a shipping box with a pre-paid UPS label. You will receive your test results and basic recommendations within three weeks (usually sooner).

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. The agent earns the award through efforts to provide quality service to existing and new clients. Listed below are the various agents honored by their agency manager with the Financial Representative of the Month designation.



Mirsad Kljucanin

Chicago North Agency, Victoria Nygren, Agency Manager
Mirsad Kljucanin has been named Career Financial Representative of the month for July 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.



Sylwia Grochowska

Chicago North Agency, Victoria Nygren, Agency Manager
Sylwia Grochowska has been named Employee Financial Representative of the Month for July 2017. Her office is located at 3703 N. Harlem in Chicago, IL. Her phone number is 773-628-2659. Sylwia has been a Financial Representative since February 2016.



Zachary Youngblood

Chicago Northwest Agency, Jack Smith, Agency Manager
Zachary Youngblood has been named Career Financial Representative of the month for July 2017. His office is located at 10A W. Schaumburg Rd. in Schaumburg, IL. His phone number is 847-519-3595. Zach has been a Career Financial Representative since February 2002.



Renata Bondarowicz

Chicago Northwest Agency, Jack Smith, Agency Manager
Renata Bondarowicz has been named Employee Financial Representative of the month for July 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.



Ed Beavers

Chicago South Agency, Marc Rogala, Agency Manager
Ed Beavers has been named Employee Financial Representative of the month for July 2017. His office is located at 1401 S. State St. in Chicago, IL. His phone number is 312-846-4723. Ed has been a Financial Representative since April 2015.



Mike Spadoni

Orland Park Agency, Cary Tate, Agency Manager
Mike Spadoni has been named Career Financial Rep of the Month for July 2017. His office is located at 3923 W. 95th St. in Evergreen Park, IL. His phone number is 708-425-1825. Mike has been a Career Financial Representative since June 2005.



Tanya Adams

Orland Park Agency, Cary Tate, Agency Manager
Craig Tanya Adams has been named Employee Financial Rep of the Month for July 2017. Her office is located at 9731 W. 165th St., Suite 36 in Orland Park, IL. Her phone number is 708-226-2039. Tanya has been a Financial Representative since November 2016.




Bob Smith

South Holland Agency, Jeff Orman, Agency Manager
*Bob Smith has been named Career Financial Representative of the Month for July 2017. His office is located at 8159 Dixie Hwy in Homewood, IL. His phone number is 708-798-4844. Bob has been a Career Financial Representative since March 1980.



Monica Moore

South Holland Agency, Jeff Orman, Agency Manager
Monica Moore has been named Employee Financial Representative of the Month for July 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.




2407 SW 9th St., Des Moines, IA 50315 • toll-free 1.877.732.8258 • www.strokedetectionplus.com

Cook County Farm Bureau® Members Receive Discount on Stroke Screenings

Everyone has risk associated with stroke. Knowing your risk and getting a fast and painless stroke screening are your best defenses against a life threatening or life-altering event.

People over the age of 40 are encouraged to get tested especially with one or more of the following risk factors: high blood pressure, diabetes, more than 20 pounds overweight, smoke, have high cholesterol, inactive lifestyle, or have a family medical history of heart disease or stroke.

A stroke screening will help to identify these blood flow blockages. Stroke Detection Plus, a mobile vascular screening company, uses ultrasound technology to find blockages in the body's blood vessels that could lead to a stroke.



**Stroke Detection Plus will be screening at:
Cook County Farm Bureau, 6438 Joliet Rd., Countryside on
Wednesday, October 18th 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 toll-free 1-877-732-8258.

FOR MORE INFORMATION CONTACT:

Katie Smith, Director of Membership, 6438 Joliet Road, Countryside, IL 60525
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."

"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. Email your photo along with your ad to membershiplinda@cookcfb.org.

Classifieds

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

Miscellaneous

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. (See photo on cookcfb.org under classified ads)

KitchenAid 3 speed hand mixer gift set \$60 firm. KitchenAid 9 speed hand mixer \$65 firm. Both white and brand new. Call 708-341-1506.

Leather couch 92" light lilac, near perfect condition, Made in Italy by Salotti, Natuzzi \$350. Antique saws, both 2 handle, 42" blade \$35, 48" blade \$40, Meat cleaver \$15, farm scythe 24" blade - 54" handle for cutting grass, wheat etc. \$50. Also can be used for country display or take all 4 tools for \$125. Call 847-910-5745. (See photos on cookcfb.org under classified ads).

Four person electric glide paddle boat. Can glide along on battery power, or paddle. Twelve cemetery lots in Ridgewood Cemetery, DesPlaines. \$750 each. Will sell together or part. Call 847-438-5425 or 847-800-0087.

1963 Player piano. Walnut, 45 rolls. Conover Cable Piano Co. \$1,200, Northbrook area. Call 630-479-1160.

Gardening tools: Snip-n-Drip garden row soaker system. 1 outlet hose faucet timer. Both items \$65 OBO. Call 773-805-6408.

2006 Trek Tri-Bike \$500 OBO. Nascar die-cast cars, 2 Rubbermaid containers full. \$100 for it all. Call 708-526-4535.

Weider Generator on cart & trailer \$500. 2-gas water pumps \$75 each. Air compressor gas \$325. Eureka party tent 20 x 30 \$425. Ask for George 847-366-4962.

King size bed \$200. Sofa bed \$150. Small glass round table w/2 matching rattan chairs \$75. 2 winged-backed matching chairs \$100. All excellent condition. Call 708-354-3441.

Free Elite treadmill, model 3.OT. Excellent condition. Have owners guide. Call 708-349-3142.

AB Lounger - brand new and still in box. Call for best offer 773-488-3424.

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.

Nautilus NE2000 Elliptical trainer \$250. You transport, located in Roselle. Call 630-295-9163.

New, never opened Xbox One, 500GB/GO with vertical stand. \$225. Call 630-291-3814.

15 strap-on tree steps for deer stands \$2.00 each. 8 door bell transformers \$2. For all. 3 piece brass fireplace set \$4. Set of 4 rigid 1" to 2" pipe threading dies \$4 for all. Fellows brand paper shredder \$10. Call 708-614-8148.

Large, mature trees from tree farm. Maples, pin oak, crabs, birch locust. Tree spade required. Manhattan area. Very reasonable. Some free. Call Don at 708-408-0284.

Misc. items for sale: Advance Tabco hand sink model 7-PS-20, \$75 NEW; Continental KC59 beer cooler \$1,000 NEW; Berkel Model 909 Gravity food slicer \$1,200 used; Oak roll top desk \$900, excellent condition; Mauve love seat lever recliners \$350, perfect condition; Vintage Collier combo baby buggy & carrying bassinets, frame folds, \$45; Green leather 4 piece sectional, worn, make offer; Several Hargrove & Carson framed paintings, make offer; Beanie Babies, make offer. Please call 630-361-2120. Will text pictures! Pickup in Elgin (Randall & Bowes Road).

**Motorized Vehicles
Boats & Accessories**

2004 Saturn L200 \$1,500. Brand new tires, new muffler, new brake lines, new A/C - runs great! Good starter car. Call 708-212-7511.

2 outboard motors for sale: 1978 Evinrude 9.9 HP \$300. 1962 Mercury 6 HP \$250. Both run good and have original tanks. Call 708-546-6768.

1979 BMW R650 motorcycle. Excellent touring bike. Includes faring, saddle bags, 2 seats, rain cover & extras, \$2,500. Call 708-841-6699.

**Tractors, Farm
Equipment, Snow
Blowers**

Loader back-hoe Ford 655A 1986, 3700 hrs, XT hoe, enclosed cab, very good condition

\$10,000 OBO. Call 708-606-6049.

**Real Estate
for Sale/Rent**

For sale: Nice wooded lot in Baywood Heights, Williams Bay, Wisconsin. Five blocks from Lake Geneva. Call 847-846-7878.

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.

Paying cash for old gold, silver, diamonds, highest prices paid. Old watches, even dental gold, broken or new. Will make house calls if necessary. Call Bob at 708-602-3350.

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. Email your photo along with your ad to 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
Non-member ad rate: \$.75 per word; \$15.00 minimum.

Hold the Date

**Farming for our Future Gala...
Sowing the Seeds of Greatness**

**A fundraiser to benefit Agricultural
Literacy through the CCFB Foundation**

The Cook County Farm Bureau® Board of Directors and Foundation Board planning team are in the process of creating the second

annual Gala to benefit agricultural literacy in Cook County. The Gala is scheduled for March 10, 2018 and will be held at the spectacular facilities at Ruffled Feathers Country Club in the easily accessible Lemont area. The funds raised will go to support the farm and food literacy efforts of the organization through Ag in

the Classroom, college scholarships for member dependents, and our conversations with our urban friends about farm and food production.

The exclusive event will feature an open bar with appetizers, filet mignon dinner, great music and dancing, the potential of walking away with big-bucks through door prizes, a

silent and live auction, and games throughout the evening. Additional details will be available through The Co-Operator.

We encourage our members to be a part of this effort to plant seeds of agricultural literacy in our area cities and communities.



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At Home With Just The Push Of A Button!**

- Manufactured, assembled, and made in America
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Members receive one month free of monitoring and no initial fees!



New Member Benefit!

Phone: 217-994-9015
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www.peaceofmindalert.com

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

Sponsored by the Cook County Farm Bureau®

When: Wed., Oct. 18, 2017 from 6:30-9 p.m.

Where: Orland Park Country Financial
9731 W 165th St., Ste 36
Orland Park, IL 60467

Cost: 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
Limited seating!

**Speakers and Program Descriptions:
What You Need to Know About
Preparing Wills and Trusts**

Presented by Thomas J. Olofsson, J.D., Estate Planning Attorney

Do you need to update your will? Do you know what to do in preparing a will and a trust? This program will provide the advantages and disadvantages of preparing a will and trust. The program will inform you what types of information you will need to gather and decisions you will need make before meeting with a lawyer to prepare a will or trust. Also,

tips will be shared on what to look for in choosing a lawyer and where to locate a lawyer for this task.

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.



LocalFarmProducts.org

As the fall season approaches, be sure to visit our website dedicated for the entire Chicagoland area to help you find local farm product marketers who specialize in fall plants, hay straw for Halloween, pumpkins and more! Localfarmproducts.org offers everything “farm” from fresh food to hay to green industry producers.

Improvements to the site include better searchability and more complete data on farms and producers, a mapping feature for locating farmstands and other services, a robust listing of area products and services, member and nonmember involvement for maintaining currency and expanding detail, and more.

The site continues to feature information about area farmers markets; a variety of

recipes using fresh, local products; how-to guidance when it comes to canning and food preservation; Cook area agricultural statistics; meet local farmer Videoettes, and local foodie news. Another feature is an events calendar for farm and related activities which farmers and farm groups may wish to promote to the general public.

As the premier organization serving farmers of Cook County, we hope that farmers and consumers alike find this meaningful programming linking local consumers in a way that helps to fulfill our goal for financial strength amongst our producers.



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. 167th St. in Oak Forest, IL

Bring any old documents that you would like to be shredded FREE OF CHARGE! Please call the CCFB at 708.354.3276 to make a reservation.

“Better than a burn barrel. Much easier than using scissors”

Free for members

Beekeeping related Classes continue at the Farm Bureau...

Marketing Honey and other Products of the Hive Workshop

With beekeeping comes honey, wax, and other products of the hive. Learn what marketing avenues there are for these products, and how to go about finding them and preparing for them. Marge Trocki, Beekeeper and Naturalist with the Downers Grove Park District Apiary, will lead the discussion and Q & A! There will be plenty of time to ask questions.

Discussion Objectives:

- Products of the Hive = Yield and Pricing
- Avenues to Sell Products
- Insurance, Licensing, Laws
- Advertising and Marketing
- Display and Packaging Considerations



When & Where: **Wednesday, October 25, 2017 | Cook County Farm Bureau**

Time: **6:30 PM – 8:00 PM**

Cost: **\$15 for Cook County FB or CDBA members | \$20 non members**

Beeswax & Beeswax Candle-making Workshop

The possibilities are endless when it comes to beeswax candles! Find out how to refine beeswax from the hive and how to prepare it for candle making. Try your hand at designing candles from this clean, non-toxic product. Leave with your own hand-rolled candle, and supplies to make your own votive candle at home.

Workshop Objectives:

- Beeswax: uses, harvesting, and rendering from hive
- Candles: dips, molds, votive, rolled candles

When & Where: **Thursday, November 16, 2017 | Cook County Farm Bureau**

Time: **6:30 – 8:30 PM**

Cost: **\$20 for Cook County FB or CDBA members | \$25 non members**

Workshop registration, payment, and information: **Contact Debbie at 708-354-3276**

Members may register online at the Member Center: cookcfb.org/membership/manage-account

*Class size is limited as is minimum enrollment.
The instructor reserves the right to cancel and/or reschedule.*

Grocery Giveaway



Our fifth giveaway of the summer is: a \$150 grocery store gift card AND \$100 food pantry donation to the food pantry of the winner's choice. Like the Cook County Farm Bureau's Facebook page and Comment on or share the post to be entered to win. The winner will be chosen on September 28!

17th Annual

Giant Pumpkin, Local Honey, Pumpkin Dessert, Carving & Youth Decorating Contest

Saturday, September 30, 2017, 9 AM -11 AM

9:00 A.M. Registration/Check-In

Puckerville Farms - 13332 Bell Rd, 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 person may be entered into the contest.

Prizes: Adult 1st Place - \$250.00 Youth 1st Place - \$100.00
2nd Place - \$150.00 2nd Place - \$75.00
3rd Place - \$75.00 3rd Place - \$50.00

Homemade Pumpkin Dessert Contest:

Rules: Contest open to any CCFB member/dependents; open to all ages and must be present to win. Dessert will be judged by appearance, taste, and texture.

Prizes: 1st Place - \$100.00
2nd Place - \$50.00
3rd Place - \$25.00

Home Grown Honey Contest:

Rules: Contest open to CCFB or CDBA members/dependents and open to all ages. Honey judging criteria will be provided once registered, prior to contest.

Prizes: 1st Place - \$100.00 & ribbon
2nd Place - \$50.00 & ribbon
3rd Place - \$25.00 & ribbon

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 decorate a pumpkin. **Contest open to anyone 16yrs and younger** in 3 age categories. The individual must decorate his/her own pumpkin provided by CCFB.

Prizes: 1st Place, Runner up in each age group
Participation Prize: All entries receive a prize

Pumpkin Carving Contest NEW this year!

Division: Ages 16 & up members and their dependents
Rules: Pumpkin will be provided by CCFB; free hand carving only, no patterns allowed. Carvers will have 1 hour to carve using their own carving tools.

Prizes: 1st Place - \$100.00
2nd Place - \$50.00
3rd Place - \$25.00

Entry Fee: Free for Members, Non-members may enter by joining CCFB.
Rules: Contest open to any CCFB member & dependents. Check in **by 9:15 am to be considered; must be present to win.**
Judging: Members of the Commodities/Marketing Team will serve as judges. The decision of the judges is final.

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

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

Register by phone at: 708.354.3276



Cook County Farm Bureau purchased two animals, including the Grand Champion Lamb at the Lake County Fair 4-H Auction. Both animals will be donated to Ronald McDonald House Charities and the Oak Park River Forest Food Pantry.

Have a question for a Master Gardener?

The master gardeners are in the Farm Bureau office this Fall season to answer questions from members and the general public related to gardening and horticulture.

The master gardeners are accessible by contacting the Cook County Farm Bureau at (708)354-3276 on Mondays and Thursdays from 9:00 am to 1:00 pm. You can also contact them by email at: mastergardener@cookcfb.org. Walk-ins are also welcome during Master Gardener office hours at the Cook County Farm Bureau

suite located at 6438 Joliet Rd. in Countryside. This service is expected to continue through November 9th.

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.