



CO-OPERATOR

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

Mark Your Calendar

NOVEMBER		
17	Composting For Ag Operations	12
20	Holiday Planter & Bow Workshop	12
DECEMBER		
18	Young Leaders Care Package Event	12
JANUARY		
11, 18, & 25	Beginning Beekeeping	5
FEBRUARY		
1 & 8	Beginning Beekeeping	5

For participation details on these programs and activities, check out the related information in this publication, go to www.cookcfb.org, or contact the office at 708-354-3276. You can register for most programs by using the member service center at www.cookcfb.org.

Question of the Month

The CCFB hosted the 21st Annual Giant Pumpkin Contest on October 2. What was the weight of this year's winning pumpkin?

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

October Winner is Richard Zaborski
Q. On September 30, leaders from the Cook County Farm Bureau received a National Award from the American Society of Association Executives in recognition of the organization's efforts to support Chicago area food pantries. What award was presented to your Cook County Farm Bureau?

Answer: "Summit Award"

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

Young Leaders Group Service Project to Support Area Troops
See Page 12 for details

Cook County FB's Food Pantry Project Wins National Award



Cook County Farm Bureau's food pantry support project included in-person efforts to purchase and deliver food and member donations to partner food pantries; online engagement to raise awareness of area food pantries, their needs, and service areas; and a grant program for local food pantries to expand their food offerings or facility in light of unprecedented need. Overall, this project directly impacted over 7,400 individuals, as well as engaged 153 association volunteers and 72 community partners. Cook County Farm Bureau members attending the American Society of Association Executives awards ceremony included President Janet McCabe (pictured center); Secretary Ruth Zeldenrust; staff Bona Heinsohn; and manager Bob Rohrer. They are flanked by various leaders of the ASAE Board of Directors.

As visits to local food pantries skyrocketed during the pandemic, Cook County Farm Bureau stepped up to ensure food-insecure families would have a place to turn for help.

During the past year and a half, Farm Bureau staff and volunteers rolled out a three-prong approach to strengthen the food support network throughout Cook County. The Food Pantry Support project included in-person efforts to purchase and deliver food and member donations to partner food pantries;

online engagement to raise awareness of area food pantries, their needs and service areas; and a grant program for local food pantries to expand their food offerings or facility in light of unprecedented need due to the pandemic.

Overall, the project directly impacted more than 7,400 individuals, engaged 15 Farm Bureau and 153 community volunteers, and 72 community partners.

The project was recognized in September when the American Society for Association

Executives (ASAE) named the CCFB's program one of six recipients of the 2021 Power of A Awards.

"We're very excited and we're very fortunate," said Bona Heinsohn, director of governmental affairs and public relations with Cook County Farm Bureau.

The Power of A Summit Awards were created to celebrate and promote the invaluable contributions that associations make to America and the world, **Continued on Page 2**

Genetic Engineering Has Helped to Save Crops and Benefit Farmers and Consumers

by Carrie Steinweg

Genetic engineering in agriculture was developed by scientists in the 1970s and from those modifications came changes to some of the foods we eat today. The process of creating a crop with genetically modified organisms (GMO) traditionally involves four steps. First, scientists identify a trait that they want a plant to have. It can be a resistance to insects or another trait. After finding an organism that already has that trait, they copy the gene. Next, they use tools to insert that gene into a plant's DNA, which doesn't change other traits, but adds the new one. Finally, they grow the new plant

in a laboratory and monitor it. It goes through reviews and tests before it can then be sold to farmers. After a GMO plant is developed, it may be several years before it hits the market.

The introduction of GMO crops has helped prevent crop loss for farmers as the three most common traits are resistance to insect damage, tolerance to herbicides, and resistance to plant viruses. They have also helped foods become more accessible and affordable for consumers. Some examples of GMO products that benefit both farmer and consumer are GMO soybeans that are used to create healthier oils and GMO



Continued on Page 2

Who We Are...

Cook County Farm Bureau is made up of many members including farmers, landowners, foodies, greenhouse operators, specialty growers, food consumers and customers of the Farm Bureau's affiliated companies (Country Financial, Conserv FS, IAA Credit Union, etc.). We bring together many members with diverse backgrounds and food interests to support the success of local farmers and to keep agriculture present and strong in Cook County.

This Co-Operator publication is designed for members to share more about how Cook County Farm Bureau is working for local farmers and agriculture and to help our members know more about farming, food, fiber and bio-fuels. As an added value, we provide great membership deals, savings, discounts, benefits, programming and activities that reflect our agricultural heritage and members' modern expectations.

Please enjoy reading and thank you for your support of area agriculture and your membership!

Cook County FB's Food Pantry Project Wins National Award ...Continued

and is ASAE's highest honor for the association community.

"The award recognizes the power that nonprofits can have when they're working together, and we were really fortunate with working with a number of food pantries and members and Country Financial agencies ... it was really cool to see all of the different groups, and all these different entities work together for a common good," Heinsohn said.

Farm Bureau members responded when they saw the tremendous strain on food pantries by providing food and donations.

"And really, they created a model going forward that we're able to use and we're looking into different avenues to support our food pantries," she said, adding the project initially partnered with 64 food pantries and project organizers will be seeking new pantries to help

in the coming year.

"Within Cook County, there's so many more," Heinsohn said. "And part of it is just building those relationships and building awareness that our Bureau's here and we want to help."

This is the second Summit Award received by the Cook County Farm Bureau. In 2012, the organization was recognized with the Power of A Summit award for the organization's efforts to support area Ronald McDonald House Charities.

"We are so very proud of the efforts made through the generous support of many members to provide food and resources for food pantries across the Chicagoland area during this very difficult time of the pandemic," said Janet McCabe, president of the Cook County Farm Bureau.

Genetic Engineering Has Helped to Save Crops and Benefit Farmers and Consumers ...Continued

apples that do not brown when cut and reduce food waste. With genetic engineering, scientists can change crops more quickly and easily.

Papaya is a fruit that was facing extinction before a new breed of tree was created via genetic engineering. A papaya ringspot virus had long been a threat to crops with leaf hopper bugs spreading this virus that infected trees that would die and have to be cut down. Pesticides alone were not able to stop or control the disease and the problem grew worse over time. Once the new tree breed started producing fruit, it was less susceptible to diseases, stronger, and produced a more consistent supply.

Only a few types of GMO crops are grown in the United States, but some of the GMOs make up a large percentage of the crop grown. In 2018, 94% of all soybeans and cotton planted were GMO crops and 92% of all corn planted

was GMO corn. Other GMO crops include potatoes, summer squash, papaya, canola, alfalfa, apples, and sugar beets.

Three federal agencies within the U.S. government regulate most GMOs: the U.S. Food and Drug Administration (FDA), the U.S. Environmental Protection Agency (EPA), and the U.S. Department of Agriculture (USDA). These agencies ensure that GMOs are safe for human, plant, and animal health and they monitor the impact of GMOs on the environment. To learn more about GMOs, visit fda.gov.

Carrie Steinweg is a freelance writer, author, blogger and photographer living in Chicago's south suburbs with her husband and five sons. Her work has appeared in dozens of print and online publications and she is the author of seven books. A passionate foodie, Carrie thoroughly enjoys traveling and visiting new restaurants and craft breweries, attending food festivals and trying out new recipes and kitchen gadgets. She writes about her food experiences at ChicagoFoodieSisters.com.

Janet McCabe Accepting Award



Cook County Farm Bureau® President Janet McCabe (pictured right) accepts the 2021 Power of Associations Summit Award from the American Society of Association Executives® during the first in-person award ceremony in over a year. Cook County Farm Bureau was named a Summit Award winner for its food pantry support project which was designed to assist food insecure families and local food pantries experiencing exponential need due to the on-going pandemic and existing systematic inequalities that existed pre-pandemic.

5 Things Members Should Know About Farming and Your Thanksgiving Feast

1. Turkey is low fat and features a great source of protein, iron, zinc, phosphorus, potassium, and B vitamins.
2. Pumpkins plants (squash) were an important part of the agrarian Native Americans' "three sisters" planting formula (to shade out weeds). Planted with the pumpkins were corn to support beans and beans to provide nitrogen for the corn's growth.
3. Sweet potatoes (from the morning glory family) and yams (from the lily family) are from two separate plant families.
4. Consider the sheer number of different types of farmers that are required for the average Thanksgiving dinner: turkey, hog, dairy, vegetable, cranberry, sugar beet, corn, soybean, wheat, sorghum, hops, honey, specialty spice and herbs, beef, and many more.
5. According to American Farm Bureau Federation cost survey in 2020, the average Thanksgiving dinner was down 4%. To find out what this year's survey says (available around Thanksgiving day), go to www.fb.org.



Gratitude Journal

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

The Cook County Farm Bureau thanks...

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The Cook County Farm Bureau thanks...

The Girl Scouts of Greater Chicago and Northwest Indiana for inviting our AITC to be a part of their virtual International Day of the Girl program. They enjoyed Linda Schaeffer's presentation, "From Cookie to Box" teaching the farm-to-table-process featuring the new Girl Scout cookie, Adventurefuls.

Farm Bureau member as well as author and illustrator, Lori Stralow Harris, for donating several copies of her book Butterfly Birthday to our AITC Library. It will be a wonderful addition to our collection.

Mike Rauch for his donation of 200 ears of field corn to the Chicago High School for Ag Sciences for a special school project. Details will be shared in the next Co-Operator.

Board member Gerry Kopping and wife Linda (with support from board member Jim Gutzmer) for providing a tour for Congressperson Marie Newman to emphasize the importance of agriculture and animal care in Cook County.

The leadership staff of Conserv FS for participating in a discussion with us regarding ways that we can partner to help purchasers and members receive FS patronage as available from the company.

Co-Operator

published monthly

Cook County Farm Bureau

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Downwind

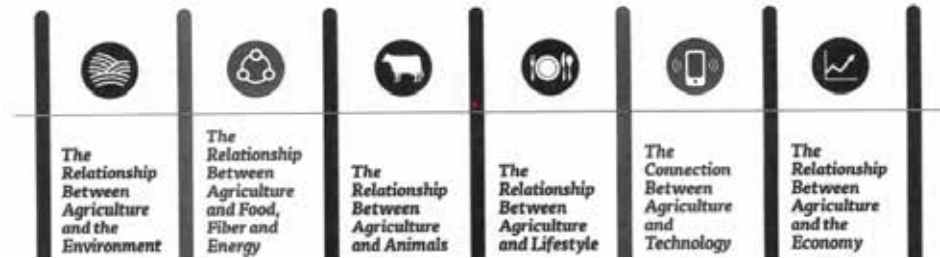
by Bob Rohrer, CCFB Manager

“Ag Literacy Pillar 3” (and Jet Fuel)

I have been writing about the Pillars of Agricultural Literacy – Understanding the intersection between agriculture and society. The last two months, I have reviewed pillars 1 and 2 (available on the Cook County Farm Bureau website, www.cookcfb.org).



Understanding the intersection between agriculture and society.



Last month, I shared comments about the first pillar shown above (accessible at cookcfb.org).

Now on to Pillar 3: The Relationship between Agriculture and Animals

When I was growing up, life was pretty simple. Mom and Dad occasionally said, “Finish your vegetables,” and I did. They never had to tell me, “Finish your meat”. That was a given. I was then, and am today, a carnivore.

I will be the first to say, I don’t “get” animal rights. I do however “get” animal welfare and I hope that readers understand the difference. In this column, I’m not going to try to debate and argue the animal-rights nonsense that is out there.

Growing up, many of my influential years were spent on the farm caring for and raising hogs. This included quality feed and water access, comfortable bedding, clean and sanitary conditions, veterinary access and treatment, climate monitoring and control, and so much more.

The welfare of the hogs was as important as the welfare of the Bob on the farm. I instinctively understood this that if the hogs were not healthy and strong, the family would be unable to enjoy the same comforts.

Thus, my Dad, the Farmer, and my mom, the Nurturer, instilled in me and my siblings the understanding and knowledge of the crucial nature of animal welfare at the base farm level.

We are not alone in this sentiment. Every farmer and rancher I know proudly carries the animal welfare torch as a part of who they are. Why? Is it love of animals? Is it to pay the bills? Is it to succeed with quality and healthy livestock? Yes. Yes. Yes.

Speaking of livestock, I feel a bit like I’ve been corralled and herded in recent months. I have traveled way too often recently using large aviation craft. At least farmers don’t make their livestock wear masks for hours at a stretch. Talk about inhumane treatment! I have worn masks for extended periods of time in Denver, Phoenix, Reno, Gillette, Washington, DC, and Chicago and many parts in-between.

I prefer the occasional airline trip just to stay in practice on how to stand in line, shuck my shoes and belt in public, and spend a small fortune to give my car a resting spot for a day or two (in my next lifetime, I am going to build a parking lot, stripe it one size too small and allow a bunch of other people to pay me the privilege to put their car there).

On the plus side, airports are a great people watching venue. People are strange. I am in shock and awe by what people wear, do, and say around others.

- Did you know that crop tops, pajamas, and bunny slippers, are airport appropriate attire?
- There’s the “loud talker” in need of attention.
- There’s the family that has 18 bags mostly carried by dad. Where could they possibly be going and for how long?
- There are the first-class flyers who are very proud to get on the plane first so they can sit there even longer.
- There’s a student taking break from college... an adult beverage at 9 am?
- Why are so many people lugging their little dogs around?
- Just a heads up to the flight attendant... Thanks for the enthusiasm but no one seems to be paying attention to your safety message.
- Apparently “eating” prevents the spread of Covid on airplanes...that is when unmasking is approved.

Flying also gives me time to write a column and to ponder/amuse myself (if not others). I ponder the new push to use corn-based ethanol or soybean oil as a sustainable aviation jet fuel. Millions of Americans have used billions of gallons of ethanol and bio-diesel fuel for decades in cars and trucks. It’s good stuff, it burns clean, and supports the American farmer instead of OPEC. The White House is asked for Sustainable Aviation Fuel to meet 100% of airline fuel demand by 2050. Suddenly, corn and soybeans are in the driver seat!

At 30,000 feet, I hope the corn or soybeans used to make the jet fuel is the good stuff, blended and distilled with love and care. Maybe the corn and soybeans that came from the Rohrer family farm?

I’m so proud...my dad, the Farmer, delivering people and dreams all over the world!
Farm, food, fiber, energy, and people...what a great intersection!

For your comprehensive access to membership discounts & offers,
Go to www.cookcfb.org/membership



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Helping you protect what matters most

0819-503HO

Pumpkin Fun Facts:

- Pumpkin pie filling is the #1 pumpkin product on the market. Pumpkin spice lattes come in at a close second.
- More than 85% of the world’s canned pumpkin is processed at the Libby’s plant in Morton, Illinois.
- In 2019, Illinois farmers grew nearly 420 million pounds of pumpkins with a value of more than \$17 million.
- Pumpkin pie has been a staple in fall Thanksgiving feasts in New England as far back as the 18th century.
- According to a 2019 Instacart survey, 68% of Americans secretly dislike a classic Thanksgiving dish but eat it anyway because of tradition. The top offenders are canned cranberry sauce, green bean casserole, sweet potatoes and sweet potato casserole, pumpkin pie, and turkey.
- 94% of Americans enjoy pie on Thanksgiving. At the top of the list? You guessed it – pumpkin pie.

Recipe of the Month:

Elderberry Immunity Syrup

Sweetened with Honey

Brenda Calvert

- 1 c organic elderberries
(make sure they are well cleaned, and all stems removed)
- 2-3 c of water
- 1 organic cinnamon stick
- ½ t organic ground ginger
- 2 organic whole cloves
- ½ to 1 c of raw honey
- 2 t brandy, optional



Combine in a medium pot: water, elderberries, cinnamon stick, ground ginger and cloves. Cook over medium-high heat until the ingredients begin to boil, lower the heat to a simmer. Simmer this mixture for about 30 minutes to reduce the liquid. Once the syrup is cooled, strain the solids, and add 1 cup of the raw honey to the syrup and mix to combine. Can be stored in a glass jar in the refrigerator for up to 2 months.

2021 Recipe Collection Booklets are available!



To receive a free copy:
Email: membershipdebbie@cookcfb.org
Download a digital copy at:
<https://cookcfb.org/discover-local/recipes>
Call the Farm Bureau at
708-354-3276



Honey Contest judges, Pete Soltesz and Kim Kulton, CDBA officers, evaluated entries in this blind contest.



1st place winner, Karen Sanroman grew her very first pumpkin, weighing 854 lbs.



Local beekeepers and honey contestants (left to right), Joe Miller, Deane Day, and Marge Trocki, hangout and catch up as they await the results.



CCFB Team members, Dan Biernacki, Alex Wojciechowski, and Roger Freeman taste and judge Pumpkin Dessert Contest entries, served by the delightful volunteer, Jayne Quetsch-Rohrer!



CCFB Emcee & Board member, Gerry Kopping presents member beekeeper Lori Harris (above) and Valerie Doorneveerd (below) with a raffle prize bag.



Team members, Gerry and Alex present a 1st place Giant Contest Adult division ribbon and check to winner, Karen Sanroman.



Local Honey Contestant Beekeepers are a close-knit group. (Left – right) Rick, Marge, Kim, Pete, Mike, Lori, Deane, Joe and John are all winners producing the best county honey!



CCFB Team member, Angelica Carmen presents Guess the Weight Youth contest winner, John, with an AITC activity bag and pumpkin to take home.



Anthony Trejo grew his 342 lb winning pumpkin from seed in his yard.



Mary Gavenda does it again with her 1st place winning Pumpkin Pecan dessert; it was delicious and enjoyed by many who attended.

Highlights of the 21st Annual Giant Pumpkin Contest and Related Events

– Winners Circle –

Giant Pumpkin Contest Adult	1st	Karen Sanroman	854 lbs
Giant Pumpkin Contest	2nd	Joy Homerding	114 lbs
Giant Pumpkin Contest	3rd	Linda Kopping	22 lbs
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Giant Pumpkin Contest Youth	1st	Anthony Trejo	342 lbs
Giant Pumpkin Contest	2nd	Amelia Doorneveerd	55 lbs
Giant Pumpkin Contest	3rd	Valerie Doorneveerd	54 lbs
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Local Honey Contest	1st	Deane Day	Sunny Day's Honey
Local Honey Contest	2nd	Mike Davies	Moraine Valley Honey
Local Honey Contest	3rd	Marge Trocki	Bee Wild Honey
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Pumpkin Carving Contest	1st	Mary Gavenda	
Pumpkin Carving Contest	2nd	Don & Donnie Carlson	
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Pumpkin Dessert Contest	1st	Mary Gavenda	Pumpkin Pecan Dessert
Pumpkin Dessert Contest	2nd	Theresa Doorneveerd	Pumpkin Pecan Pie
Pumpkin Dessert Contest	3rd	Donnie Carlson	Pumpkin Carmel Cream Muffin
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Pumpkin Guess the Weight Contest			
0-6 yrs	1st	John L	runner up Evan G
7-11	1st	Valerie D	runner up Connor L
12-16	1st	Anthony T	runner up Donnie C



(left to right) Pete Soltesz and Kim Kulton present a 1st place ribbon and check to local honey contestant, Deane Day.



Father-son duo Don and Donnie Carlson take home 2nd place Carving Contest ribbon and check, presented by Dan Biernacki.



Team member, Karen Biernacki presents a 1st place ribbon and check to local carver member, Mary Gavenda.

Thank you to Puckerville Farms in Lemont for hosting the event! Current and past contest photos online at: <https://cookcfb.org/discover-local/community-programs/profile/giant-pumpkin-contest>.

Crop Destruction Social Media Videos

This summer, the Illinois Farm Bureau began hearing from farmer members and staff about videos circulating on social media that appeared to show farmers destroying their crops. They were dubbed as the "crop destruction videos". The Illinois Farm Bureau social media and public relations staff worked with the Illinois State University's Social Media Analytics Command Center to investigate and gain insights into these videos.

Here's what was determined: The videos first emerged in May on TikTok. Conspiracy theorists shared the videos suggesting the US government was trying to create an artificial food shortage by forcing farmers to destroy crops. Some actual farmers posted parody or satire videos which some people did not realize were parodies and not based on fact or reality. Some videos were hijacked by bad faith actors looking to generate views or negative public relations. Millions of sharing of these videos have occurred as a result.

What is being done?

- Nothing can be done to stop the creation and sharing of untrue information videos.
 - Facebook and TikTok have removed some videos, labeling them as misinformation.
 - Local news outlets have done stories and Snopes did an article after speaking with the USDA.
 - Some farmers have made their own videos debunking the story, but they haven't had a significant impact.
- What can you do about this?
- Share the facts with people in your zone of influence.
 - Share the facts about these videos and social media posts.
 - Don't share the crop destruction videos on social media and avoid viewing them yourself to not increase abuse of the videos.

Dear Valued Member:

We would like to personally thank you on behalf of the board and staff for renewing your membership in the Cook County Farm Bureau®. The past two years have been difficult for many of our members with the pandemic and members have faced challenging times.

Throughout these difficult years, your Cook County Farm Bureau has offered resources, information, and programs for necessary and essential support to you and our other members, farmers and farm owners, workers, small businesses, parents and youth, and affiliated companies.

We have seen firsthand the important role farming and agriculture plays every day in everyone's lives in the Chicagoland area. We continue the important work with area food, fiber, and fuel farm producers to help them be able to provide high-quality, farm fresh products to local consumers.

Cook County Farm Bureau membership remains the best value in town. We thank you for your membership and we do look forward to serving you!

Best wishes!
Janet McCabe, President

Best wishes!
Bob Rohrer, CAE, FBCM, Manager

We Seek to Serve You in So Many Ways!

Agricultural Literacy/Ag in the Classroom - Kids and young adults should know where their food comes from and the hard work it takes to bring it to their families. Our multilevel approach includes in-person and videoconference presentations and a host of farm-related experiences showcasing the importance of agriculture and farming to students, teachers, administrators, and parents.

Commodity/Marketing - A variety of programs and activities connect consumers with area farmers and members with vegetable production, greenhouses, livestock, corn/soybeans, honeybees, industrial hemp, composting, community gardens, and much more.

Member Relations - Members are the lifeblood of the organization, and we seek to deliver a full and comprehensive membership experience through our services, benefits, discounts, programs, and activities package.

Public Relations - Through in-person programs and social media, Chicagoland residents and area consumers who have a natural curiosity about farming, farming practices and agricultural topics gain answers and insight.

Governmental Affairs - CCFB seeks to inform, engage, and influence elected officials and leaders locally, regionally, in the state and federally for quality farm and food policy.

Young Leaders - Younger members ages 18 - 35 enhance leadership skills and serve area agriculture's needs in an enjoyable format.

Cook County Farm Bureau® Foundation - This 501c(3) non-for-profit created to give members the opportunity to support, through their tax-deductible gifts, scholarships, Agriculture in the Classroom programming, adult leadership training, internships and more.

Cook County Farm Bureau® Political Action Committee - This Political Action Committee was created to provide members with the opportunity to help positively influence the political landscape of Cook County and support the election of individuals supportive of agriculture and fiscally and ethically responsible.

Master Gardener Resource Center - CCFB has partnered with the University of Illinois Extension to provide members access to local Master Gardeners during the growing season to interpret soil test results, answer questions and provide expertise and assistance in the area of horticulture.



Beginning Beekeeping

Are You Interested In:

- Keeping bees to connect with nature?
- Improving your health with raw honey, bees wax, pollen, antibacterial propolis, and bee venom?
- Pollinating your flower and vegetable gardens?
- Growing the right type of plants to maintain native pollinators and honey bees in balance?

Or, You May Be:

Already a beekeeper and have experienced some losses thus far? We'll share our understanding of how bees overcome challenges. And you'll learn techniques that leverage their natural abilities to adapt and thrive. This program will guide you season by season into keeping bees sustainably.

Location: Live in-person at the Cook County Farm Bureau
6438 Joliet Rd, Countryside, IL 60525 or Via Zoom
Date: Tuesdays Jan 11th, 18th, 25th, February 1st, and 8th
Time: 6:00 to 8:00 pm
Cost: \$50 for Cook County Farm Bureau or CookDupage Beekeepers Association members. \$75 for non-members; ask how to join!

Registration Details: Register by calling the CCFB office at (708) 354-3276; members can register at the Member Center Online. For additional information, email Debbie Voltz at membershipdebbie@cookcfb.org.

We'll Cover:

- ✓ Honey Bee Behavior, Biology, and Fascinating Features;
- ✓ Evolution of Hive Designs and their Management Techniques;
- ✓ Tools and Equipment You Must Have and How Much You Should Expect to Budget;
- ✓ Practical Ways to Obtain High Quality Bees to Get Started;
- ✓ What Happens Inside the Colony from Day 1 thru Winter and into Second Season Spring;
- ✓ Case Studies on What You May Find While Inspecting Your Colony;
- ✓ Best practices on How and When to Harvest Honey and Other Hive Products.

Sessions are led by Kim Kulton, President, Bee All About It. Kim operates a commercial beekeeping business producing local honey, breeding Queens, and rescuing bees. And, Pete Soltesz, President of CookDupage Beekeepers Association, one of the largest bee clubs in the Midwest. With the goal that their bees thrive in a chem-free environment; produce an abundant, great-tasting, honey crop; and survive over winter, Pete and Kim challenge modern conventional beekeeping wisdom, and share their extensive experience in what works locally in our Chicago area counties.



Cook County Farm Bureau Powered by People

For 101 years the Cook County Farm Bureau has depended on its members, the people of Cook County to support its mission of serving the agricultural community in Cook County. Members have depended on the Cook County Farm Bureau to be there during times of need.

Whether it's producer or consumer education, delivering valuable member services or dealing with local, state, and federal legislative issues, the Cook County Farm Bureau has been at the forefront with timely, innovative, and unique programming which encompasses all of our members needs.

Due to continual increases in operating costs, and programs that are so vital to our members, starting November 1, 2021, dues will increase from the current \$36 to \$45. This increase, **the first since 1978**, will allow the Cook County Farm Bureau to continue to provide essential services to our membership.

The Cook County Farm Bureau is powered by our people, and we hope that you will continue to help power this great organization into the future.



Freeman Family Farm Granted Sesquicentennial Status

The Cook County Farm Bureau would like to congratulate board member Roger Freeman and the Freeman Family. The Illinois Department of Agriculture recently designated Freeman Family Farm located in Boone County, in the Cherry Valley area, as a Sesquicentennial Farm!

To qualify as a Sesquicentennial Farm, a straight or collateral line of descendants must own the agricultural property for at least 150 years. The family received this historical distinction to their farm after their application for designation as a

sesquicentennial farm was approved.

The Illinois Sesquicentennial Farms program has recognized 1,246 farms since its inception in the early 1970s. Sesquicentennial farm owners receive outdoor display signage and a certificate signed by the Governor and the Director of Agriculture. They are also recognized at "Agriculture Day" at the Illinois State Fair.



Roger Freeman with a giant pumpkin he grew on his farm.



Diane Merrion, CCFB Director of Ag Literacy

Ag Lit Bit Random Acts of Kindness

"Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom." This quote by Theodore Isaac Rubin is one of many quotes from a favorite cookbook of mine, the Cossitt Family Cookbook, with a Pinch of Kindness. A local school was selling the book, dedicated to all of the kind students, staff and parents who contributed both recipes and Random Acts of Kindness during the year, back in 1995. It's one of my "go to" cookbooks; when I used it recently one of the quotes featured in each section suddenly jumped out at me as I searched for the Ginger-Peanut Pasta Salad recipe I love. They had always been there, but I got used to passing them by and flipping right to the recipe. I should have noticed every time I opened the book.

It was great to see a reminder of how simple it can be to add kindness and acceptance to our lives. This was evident last month when I learned about the passing of a young farmer in Cass County and saw how the whole farming community came together to help harvest his fields. "Wherever there is a human being there is an opportunity for kindness." As FarmWeek shared, "Harvest volunteer needs filled so quickly that some people were diverted to other needs. Sixty

volunteers operated 14 combines, 20 tractors and grain carts, and nearly 30 semis. The goal was to combine 500 acres of soybeans and haul loads to CGB Enterprises in Naples, where the facility was alerted. Meanwhile, a volunteer army was cooking food to be delivered as field lunches and a group dinner that evening." Kindness at its best for sure!

We want to thank those who take the extra steps, small and large to make a difference. As we share each month in the Gratitude Box, our members go the extra mile to volunteer, share kind notes, and even make a special call to say thank you for a program. I am especially thankful to our supportive teachers who join Farm Bureau, register for a workshop, and provide ag literacy to their students.

The end of the cookbook has examples students submitted explaining an act of kindness they did or experienced, "I picked up someone's folder when they dropped it.", "I made a get-well card for my friend when she was in the hospital.", "I congratulated kids that were in battle of the books even if they didn't win.", "I read a social studies test to a friend who couldn't see very well.", "I bought milk for someone else." Happy Thanksgiving to you and remember to give thanks every day for acts of kindness small and large.

Diane can be reached at aitc@cookcfb.org.



We held a Fall & Winter Lesson Workshop for Cook County teachers in October that featured lessons on apples, pumpkins, fiber and more with each teacher receiving a box of materials to use with their students. We thank those who attended the virtual event and are glad for the ongoing agriculture education being used in our local classrooms.

Summer 2022 Internship

Ag in the Classroom program is offering a summer internship to a college student majoring in Agriculture Education or Ag Communications. The individual selected for this paid internship will assist with all live and virtual programming including content development and delivery to teachers, youth, and community members. Familiarity with video editing tools and experience using social media is important. Position requires excellent organizational abilities, flexibility with changing priorities, and strong oral and

written communication skills. Experience with agriculture outreach is a plus. Must provide own transportation as travel throughout Cook County is required for in-person programming. Position runs from late May to early August 2022. The position is selected through an interview process, short lesson/presentation of ag topic, as well as resume, application, academic transcripts, and references. Open-ended application process until filled. Email aitc@cookcfb.org for more information or visit <https://cookcfb.org/foundation/internships>.



<https://www.scarce.org/event/pumpkin-smash-2021/>

Saturday November 6, 2021 from 10 am – 2 pm at five Chicago locations.

- Plant Chicago 4459 S Marshfield Ave, Chicago, IL 60609
- Gary Comer Youth Center 7200 S Ingleside Ave, Chicago, IL 60619
- Chicago Vocational Academy High School 2100 E 87th St, Chicago, IL 60617
- Lake View HS 4015 N Ashland Ave, Chicago, IL 60613
- Chicago High School for Agricultural Sciences 3857 W 111th St, Chicago, IL 60655

Everyone is welcome to participate in this free family-friendly event, but please mask up!

Ag in the Classroom Welcomes New Presenters



Mike Galassini



Wayne Kolweier

Mr. Kolweier grew up on a dairy and grain farm in southern Illinois and graduated from Southern Illinois University with B.S and M.S degrees in agronomy. He also completed a Certificate of Advanced Studies in Organization Development at Loyola University in Chicago. His career includes working 24 years in agribusiness throughout the country in Sales, Training & Development, Human Resources, and Organization Development roles and recently retired from Dale Carnegie of Chicago. Mr. Kolweier has a passion for helping students reach their potential through on-going education.

Mr. Galassini grew up in South Holland, IL, which was once dubbed the "Onion Set Capital of the World," so he gained an appreciation for agriculture at an early age. After graduating from the University of Illinois with a BS in Mathematics he worked in the oil industry for 30 years. The introduction of bio and renewable fuels allowed him to develop a unique perspective on the intersection of agriculture and energy. During his corporate career Mr. Galassini was involved in training both domestically and internationally, and he is currently a part-time educator focused on energy industry operations, fundamentals, and economics. Mr. Galassini has a passion for teaching especially when it comes to the impact agriculture has on our everyday lives.

AFTER SCHOOL S.N.A.C.K. WITH IAITC


4-5:00pm on WEDNESDAY NOVEMBER 3RD

Dairy and Pork

Join IL Ag in the Classroom (IAITC) for their second professional development training of the 2021-22 school year. In the After School S.N.A.C.K. (Sharing New Ag Content & Knowledge), participants will learn more about Dairy and Pork production in Illinois. After School S.N.A.C.K. topics and themes will coincide with IAITC's lesson plan and resource-related posts on social media for the upcoming months. Register at <https://iaitc.co/SNACK2>

Membership brings out great value!
Go to www.cookcfb.org/membership
 to access great savings and discounts.

Agriculture Adventures for Families


 Thanksgiving gatherings will be varied again this year and may include a return to old traditions or the establishment of new ones. There are uncertainties with the supply and demand of many popular Thanksgiving foods, but we are confident that you can locate most (if not all) of the items seen in our scavenger hunt. There seemed to be enough Jack 'O Lanterns for Halloween and we hope the same holds true for pumpkin pie ingredients as well. Different pumpkins, different process which may results in different supplies. This month and every month we are filled with gratitude for our members and our famers and wish you all a very Happy Thanksgiving.

Turkey

We all know the star of Thanksgiving Day is the turkey! In 2020, U.S. total turkey production was tallied at 224 million birds raised, equaling to 7.3 billion pounds. According to USDA, the top turkey producing states are Minnesota, North Carolina, Arkansas, Indiana, Missouri, Virginia, Iowa and California.



Mashed Potatoes

 How do potatoes grow? Underground! Potatoes are good for you too! They are high in potassium and are also an excellent source of vitamin C, B6, and iron! There are more than 100 varieties of potatoes, but some of our favorites are Russet, red, yellow, and fingerling.

Pumpkin

Illinois is home to Libby's pumpkin processing plant in Morton, IL the pumpkin capital of the U.S. More than 80% of the world's canned pumpkin is provided by Libby's. Their pumpkins are oval and pale orange and very different from the ornamental or carving pumpkins. They are meaty and grown specifically for canning.

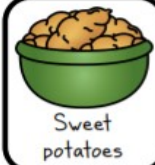


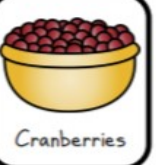




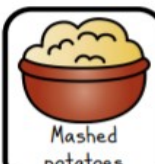





Cranberries

Cranberries are native to America. Do cranberries grow in water? You might have seen pictures that make you think so, but cranberries don't actually grow in water! They grow on dry land and are harvested using water because cranberries float! Are you a whole or jellied cranberry sauce kind of person?

Source: AgFoundation.org

Thanksgiving dinner Scavenger Hunt

 Sweet potatoes	 Set table	 Pumpkin	 Cranberries
 Gravy	 Turkey	 Dinner rolls	 Green beans
 Mashed potatoes	 Stuffing	 Pie	 Cook

Source: <https://twokidsandacoupon.com>

Thanksgiving Detective

Something is missing! Circle the 6 things that are missing from the picture on the right.

Source: <http://www.southernmomloves.com>

Turkey Fun Facts



- Only male turkeys gobble.
- Wild turkeys can fly.
- Wild turkeys can run at speeds up to 25 miles per hour.
- A wild turkey's gobble can be heard up to one mile away.
- The average American eats 18 pounds of turkey every year.
- Turkeys can see better than humans.
- Presidential pardons for turkeys started in 1989.

Source: <https://www.thespruce.com/fun-facts-about-wild-turkeys-387112>

Choose your prize:
 Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey .
 Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.
 Mail to: Cook Co. Farm Bureau
 Ag Adventures Word Search
 6438 Joliet Rd
 Countryside, IL 60525
 Fax to: 708-579-6056
 Email to: FBCooperator@gmail.com
 Complete and submit an entry every month all in 2021 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies.
 Good luck!

Last Month's Word Search Winner Is..

Janet Lence

November Word Search

- | | |
|-----------|--------------|
| Canning | Pies |
| Cranberry | Potato |
| Dinner | Pumpkin |
| Family | Russet |
| Gobble | Stuffing |
| Gravy | Thanksgiving |
| Jellied | Tradition |
| Pardon | Turkey |

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 Tickets
 (If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

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



Farmers Know More, Do More About Soil Health



My kids quickly mastered the abbreviations N, P and K during study sessions on the periodic table for middle school science. I couldn't explain why K stood for potassium other than phosphorous already used the letter P. Regardless, the kids memorized the elements knowing they impacted their lives as much as course grade.

Every fall, our farm samples the soil in our fields for levels of nitrogen (N), phosphorous (P), potassium (K), organic matter, pH, sulfur and various micro-nutrients. We review the collected data to identify deficiencies that need treatment. Like humans, the soil needs certain nutrients for its best health and performance. Where doctors order blood tests, farmers order soil tests for a health assessment that helps determine nutrient availability to crops and the soil's ability to support swift crop emergence and quality root development.

Armed with the know-how and technology, today's farmers can do more than ever to improve soil health. While N, P and K remain the industry standard macro-nutrients of the

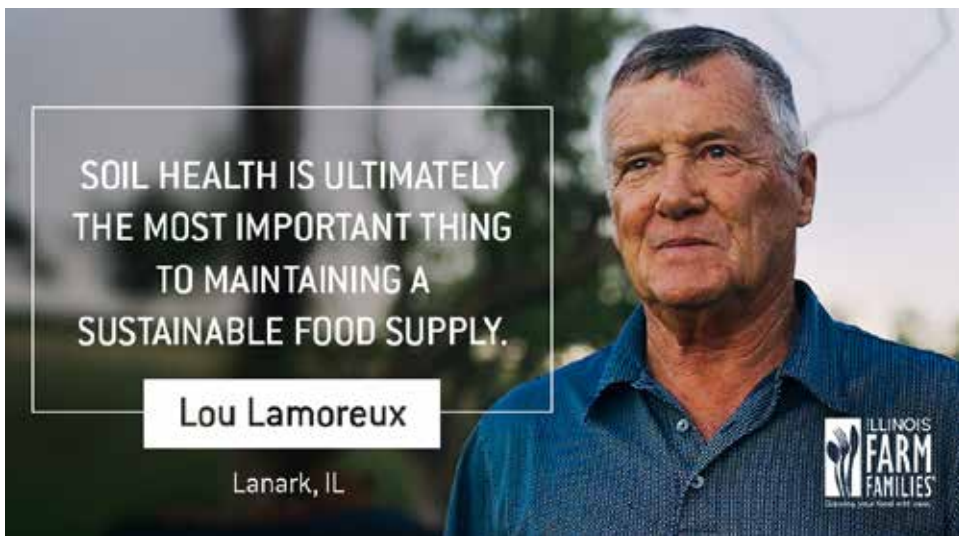
soil, we're now reviewing more components of the periodic table than previous generations. Micro-nutrients like boron (B), manganese (Mn), zinc (Zn) and copper (Cu) have their place in soil performance. We also assess organic matter, soil tilth and porosity and determine ways to improve them.

Minimal to no mechanical tillage reduces soil disturbance. Water management structures in fields prevent topsoil erosion. Cover crops serve as a groundcover to hold soil in place, keep the soil active, store nutrients, retain moisture and improve the soil structure between cash crops. Like routine human exercise, we're learning the soil's health improves with year-round activity.

This fall, we're using an additional tool on the combine to level and break up crop residue, making the residual plant material smaller for microorganisms to decompose. The primary goals: More organic matter and nutrients for the soil. Crushed stalks also prove gentler on tires.

After harvest, we order soil tests with site-specific coordinates using global-positioning technology. Our agronomist then writes prescriptions for machines to variably apply the rate needed across specific areas of a field, making the most efficient, productive and environmentally conscious use of elements from the periodic table.

About the author: Joanie Stiers farms with her family in West-Central Illinois, where they grow corn, soybeans, wheat, hay and cover crops and raise beef cattle and backyard chickens.



IAA Foundation Boosts Cook County Farm Bureau Ag Literacy With Grant

County Farm bureaus and other Ag literacy coalitions in the state of Illinois are the local delivery system of agricultural information to students and teachers. The IAA Foundation recently distributed \$630,000 to these organizations to further their mission.

The Illinois Farm Bureau's charitable arm, the IAA Foundation, awarded a \$9342 grant to the Cook County Farm Bureau with other grants going to 77 other county coalitions that serve 27 counties. The Cook County Farm Bureau grant will use the funding for materials, educational lessons, activities, and teacher training during the current school year.

Kevin Daugherty, education director of Illinois Agriculture in the Classroom (IAITC), explained the grants' importance on the local level. "Providing these grants helps ensure students are reached with accurate agricultural messages, which help them connect food, fuel and fiber systems back to farming," Daugherty said.

Typically, the coalitions reach more than 650,000 students and 40,000 teachers with ag literacy during a school year. Because schools pivoted to remote learning last year, IAITC outreach numbers were down, but the scope and availability of online resources increased and adapted along with educators, students, and parents. Plus, the online resources allowed IAITC

to expand its reach beyond traditional users.

"The funding from this grant, along with the resources and support from IAITC enabled us to continue to create new lessons for school presentations, virtual teacher workshops, and even a virtual Ag Day at the farm right here in Cook County. These efforts resulted in us visiting with over 10,000 students last year through our revised virtual programming," shared CCFB Ag Literacy Coordinator Diane Merrion.

Daugherty praised ag literacy coordinators for finding new ways keep in contact with local students. "More than 15,000 lessons were conducted during the height of a global pandemic," he noted.

For more information or to donate, visit the foundation website at iaafoundation.org or call 309-557-2230. Susan Moore serves as the executive director of the IAA Foundation.

In addition to the IAA Foundation and IFB, entities that partner with IAITC include Facilitating Coordination in Agricultural Education, University of Illinois Extension, Illinois Beef Association, Illinois Corn Marketing Board, Illinois Pork Producers Association, Illinois Soybean Association, Midwest Dairy Association, Illinois Department of Agriculture and the Association of Soil and Water Conservation Districts.

Family Farm and Food Bytes

MCDONALD'S TO TEST MCPLANT BURGER CREATED WITH BEYOND MEAT IN EIGHT U.S. RESTAURANTS NEXT MONTH – McDonald's will test the meatless McPlant burger created as part of its partnership with Beyond Meat in eight U.S. restaurants next month. The trial is the latest step in McDonald's cautious march to add plant-based meat to its menu. (CNBC)

FARM GROUPS ASK SUPREME COURT TO BLOCK CALIFORNIA'S PROP 12 – With California's Proposition 12 animal welfare law set to go into effect on Jan. 1, two farm groups asked the Supreme Court to invalidate the voter-approved standards as an unconstitutional burden on farmers and consumers everywhere. (Successful Farming)

IS YOUR NATIONAL COFFEE DAY CUP FILLED WITH US-GROWN COFFEE? NOT LIKELY, BUT THAT COULD CHANGE – The U.S. consumes and imports more coffee than any other country in the world. But could a nation full of coffee drinkers ever grow a significant portion of its own here? Maybe. (USA Today)

ERS: STEPPED-UP BASIS TAX PROPOSAL IMPACTS 20% OF FARMS – For months farmers have been concerned about proposed tax changes, including the elimination of stepped-up basis. New research from USDA's Economic Research Service confirms those concerns are warranted as nearly 20% of farms could have an increased tax liability, including 65% of the value of U.S. farm production. (Farm Progress)

FOOD PRICES ARE CLIMBING AMID WORKER SHORTAGES, SUPPLY-CHAIN PROBLEMS, EXTREME WEATHER AND MORE – Grocery shopping has gotten more expensive. In August, grocery store prices crept up another 0.4%, leaving them 3% above their level a year earlier and 7.6% higher than they were two years ago, before the COVID-19 pandemic upended the U.S. economy. Staples such as beef, pork, fish and eggs have notched double-digit increases just in the last 12 months. (USA Today)

HOW COVID MISINFORMATION CREATED A RUN ON ANIMAL MEDICINE – For more than a year, misinformation that ivermectin is effective at treating or preventing the coronavirus has run rampant across social media, podcasts and talk radio. Even as the Food and Drug Administration has said the drug is not approved to cure COVID and has warned people against taking it, sales for the medicine have gone up and the demand has strained the equine and livestock world. (New York Times)

IS THERE A NATIONAL TURKEY SHORTAGE? HOW THANKSGIVING AND OTHER HOLIDAYS MAY BE IMPACTED – Turkey remained a staple of Thanksgiving and many holidays during the pandemic, even if families

couldn't all gather as they had in previous years. And because dinner tables were tighter and more intimate than ever during the holiday season, many Americans opted for a much more petite turkey than before — meaning the demand for smaller turkeys is higher than experts have ever seen it. And while COVID-19 vaccines may enable more family members to reunite over the holiday season safely (albeit carefully!) this year, it's unclear if the trend of roasting a smaller turkey is here to stay. (Good Housekeeping)

PHASE ONE AGREEMENT WITH CHINA BOOSTS US EXPORTS – The latest trade numbers show strong U.S. agricultural exports despite transportation challenges. Trade data shows U.S. exports are up this year with a significant increase in exports to China. (Hoosier Ag Today)

INSURANCE PROGRAMS FOR ORGANIC AND SPECIALTY CROPS ON THE RISE – The U.S. Department of Agriculture's Risk Management Agency is seeing growth in programs to insure a larger volume and variety of organic and specialty crops, reflecting increased consumer purchases of such products. (Business Insurance)

CONAGRA, PEPSICO AND OTHER FOOD MAKERS GRAPPLE WITH HIGHER COSTS – Escalating costs and supply-chain challenges are squeezing major U.S. food companies, boosting food costs and hampering the flow of staples to grocery-store shelves. (Wall Street Journal)

WHY IMMUNITY IS THE NEW BUZZWORD IN FOOD. EVEN CHEESE BALLS – If you've seen a barrage of food packages promising to help your immune system lately, you're not alone. Even cans of cheese balls now are touting immune-system benefits. (Wall Street Journal)

IFB VIDEO TEAM NOMINATED FOR EMMYS – Illinois Farm Bureau's video team has been nominated for two regional Emmy awards with winners to be announced on November 20. The nominations were announced Oct. 5 by the National Academy of Television Arts & Sciences Chicago/Midwest chapter.

- Outstanding achievement for informational/instructional – short form or long form content: Mental Health Awareness: "Don't do nothing." The video featured Adrienne DeSutter, who shared the importance of taking care of yourself and those around you.
- Outstanding achievement for human interest: A Work of Art. The video featured the Illinois farmer behind the breakaway rim.



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

Since 2010, Cook County Farm Bureau® has operated a Political Action Committee (PAC) designed to support candidates who are supportive of the policies, priorities, and mission of the Farm Bureau while promoting the economic and social well-being of farmers and farm-related interests in Cook County.

Since its inception, Cook CFB PAC has made 64 endorsements. Not all incumbents. Not all challengers. Not all major party candidates. But candidates who Governance Committee members felt would make the largest impact in their district and the county.

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

In 2012, and again in 2018, members of the Governance Committee met with and endorsed Metropolitan Water Reclamation District (MWRD) Commissioner Debra Shore. During those meetings Shore brought forth a wealth of information and a willingness to work across the table with a wide variety of interested parties.

Throughout her term at MWRD, Shore and her staff joined Cook County Farm Bureau leaders and staff for numerous farm and agricultural visits. She helped lead MWRD's pursuit to create and subsequently hire an independent inspector general (the district's first independent inspector general). Shore also has been a leader in the area of soil nutrient reduction, an area that Farm Bureau and Illinois farmers are also deeply concerned with and taking a forward-thinking approach to through innovative new practices, such as interseeding spring crops into cover crops or green tilling cover crops for soil nutrients. In

both cases the cover crops helped to keep soil nutrients in the soil rather than in nearby streams or rivers.

Earlier this year, Cook County Farm Bureau submitted a letter of support to President Joe Biden and U.S. Environmental Protection Agency Administrator Michael Regan in support of Shore's appointment to head the EPA Region 5 office in Chicago. Region 5 covers Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin and 35 Native American tribes.

Cook CFB PAC worked in conjunction with Cook County Farm Bureau to build a lasting relationship with Shore and her staff, a relationship that we look forward to continuing as Shore assumes the helm of the largest regional EPA office.

On the note of the PAC, Governance Committee members will be busy in 2022. Both Cook County Commissioner Larry Suffredin and Deborah Sims have announced that they will not seek re-election. Suffredin has served as Commissioner of the 13th district for 20 years. During his tenure, Suffredin piloted the codification of Cook County laws, changed the leadership structure of the Juvenile Temporary Detention Center, and created an Independent Inspector General. Suffredin is a proven leader and a thoughtful and research driven commissioner.

Commissioner Deborah Sims has also announced that she will not seek re-election in 2022. Sims has served since 1994. The fifth district includes parts of the south suburbs as well as part of the southside of Chicago. In a Chicago Sun Times article, Sims said her proudest accomplishments were the creation of health clinics in Robins and Blue Island.

In addition to candidate interviews and endorsements for Cook County Board, Governance Committee members will interview candidates for Cook Countywide offices and Metropolitan Water Reclamation District commissioners. Outcomes of those interviews will be available this spring.

Bona can be reached at Bona@cookcfb.org

Forest Preserve Budget Assumes Passage of Tax Increase

In November 2022 Cook County voters may have an opportunity to vote on a Tax Increase for Cook County Forest Preserves to continue to protect water and air quality and provide opportunities for children with summer jobs and scholarships and exploration places, nature education, and outdoor programs.



The proposal currently under consideration would call for an increase in the Forest Preserves property tax limiting rate. An increase of 0.03 percent above the limiting rate could generate approximately \$49.7 million in new revenue in the first year and approximately \$1.2 billion over 25 years. This would cost the average homeowner \$20 a year. Currently, less than one

percent of the property taxes levied on the average home benefits the forest preserves.

Neighboring collar county forest preserve districts have successfully passed referendums to increase and improve their sites; however, Cook County has never done so.

The forest preserve district total budget request for all funds is \$136.6 million dollars, an increase of nearly two percent. The Corporate budget request, which funds the day-to-day operations of the district is \$65.2 million, \$3 million more than the prior fiscal year. Under Preckwinkle's proposal \$17.1 million is to be transferred from the reserve fund to offset the revenue losses during the COVID-19 pandemic, rising expenses, deferred maintenance, an aging fleet, and available property land for acquisition.

Preckwinkle's proposal acknowledges that the district has \$64 million in unfunded maintenance needs over the next four years and an ongoing pension shortfall. Although the proposal highlights the shortfall, it does not provide any guarantee that revenue from the property tax increase would be used for the same concerns.

Earlier this year, the Cook County Farm Bureau® Board of Directors opted not to support the referendum due to numerous concerns about the use of the funds as well as existing district operations.

County Board calls for Study of Elected Official Compensation

During their October meeting, Cook County Commissioners approved a resolution calling for the creation of a compensation and market survey. The compensation and market survey will be used to determine if the current compensation received by Cook County elected officials is appropriate or if an increase is warranted in December of 2022.

Salary increases were last approved for Cook County elected officials in 2000. Resolution 00-R-013 set the following salaries:

Clerk of the Circuit Court

\$105,000

Commissioners

\$85,000 (was \$61,000)

Chairman of Finance

\$90,000

Cook County President

\$170,000 (was \$115,000)

Assessor

\$125,000 (was \$75,000)

Board of Review Commissioners

\$100,000 (was \$74,000)

Clerk

\$105,000 (was \$86,100)

Sheriff

\$160,000 (was \$139,633)

The resolution calls on the Bureau of Human Resources in conjunction with the Bureau of Finance, an economist selected by the Chief Financial Officer, and an outside consultant to comply and validate the data collected as well as provide recommendations regarding compensation data.

Findings are to be presented to the Finance Committee prior to March 2022. Commissioners will then have the option to incorporate the recommendations into the budget for Fiscal Year 2023 or disapprove the recommendations, meaning that the salaries of the various elected offices would remain the same.

Cook County Farm Bureau will continue to monitor this issue and will provide comments if appropriate. Members who have feedback are encouraged to contact Bona Heinsohn at bona@cookcfb.org.

MWRD Commissioner to Be Appointed to EPA Post

Cook County Farm Bureau has learned that Metropolitan Water Reclamation District (MWRD) Commissioner Debra Shore will be appointed to head the Environmental Protection Agency Region 5, one of the country's largest offices overseeing air, water, and land pollution issues in Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin.

Cook County Farm Bureau has worked with Shore in her role with MWRD for over 10 years. Created in 1889, MWRD is a special-purpose district responsible for treating wastewater and stormwater management for residents and businesses in over 880 square miles in northeastern Illinois. Governed by a nine-member board of commissioners, MWRD is home to a \$1 billion annual budget and a 2,000-employee workforce. Commissioners are elected at-large in staggered six-year terms.

During Commissioner Shore's tenure at MWRD she led the District to install disinfection technology at two of the world's largest wastewater treatment plants and the world's largest nutrient recovery facility. Under Shore's leadership the District has transitioned from simply a wastewater treatment facility to a resource recovery agency committed to the recovery of nutrients, biogas, biosolids, and water reuse.

Shore's work in the area of nutrient recovery and biosolids is most exciting. Continuing in that vein since 2015, the District in collaboration with

partners and the Farm Bureau, have engaged in research in the areas of inter-seeded cover cropping, riparian grass buffer, denitrifying bioreactors, runoff irrigation, subirrigation, drainage water management, designer biochar, and watershed-scale nutrient reduction demonstration. This partnership was borne out of EPA's goals to reduce the hypoxic zone in the Gulf of Mexico, restore and protect local and regional water quality in the Mississippi River basin, and improve land management practices throughout these communities. The synergies created by this partnership illustrate the potential nutrient reduction possibilities created when point and nonpoint sources work in collaboration.

Shore has been endorsed by the Cook County Farm Bureau® Political Action Committee in both 2012 and 2018. Earlier this year, Cook County Farm Bureau also submitted a letter of support on behalf of Shore's appointment to the post to President Joe Biden.



Commissioner Debra Shore



Congresswoman Marie Newman (pictured left) joined Linda and Gerry (pictured right) Kopping for a visit to their Lemont farm, Kopping Farms. The Kopping family operate a horse boarding facility as well as grow corn, soybeans, and hay. Congresswoman Newman's district includes all or parts of LaGrange, Summit, Burbank, Oak Lawn, Worth, Palos Heights, Orland Park, Homer Glen, Lockport, Romeoville, and Lemont.

Alicia's House



Earlier this year, Cook County Farm Bureau submitted a grant application to Midwest Dairy for a commercial-grade refrigerator for Alicia's House Food Pantry in South Chicago Heights. The refrigerator was delivered in October and is being used to increase Alicia's House offering of dairy products. Alicia's House serves the communities of Beecher, Crete, Steger, Peotone, University Park, Monee, and South Chicago Heights.

Considering Travel During the Holidays? Let Your Farm Bureau Membership Help!.....

CAR RENTAL



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- Renters and additional drivers must be 21 years of age or older
- Nationwide and International



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- Nationwide and 165 countries



NEW BENEFIT in 2020

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- Make advance reservations by calling 1-800-527-0700 and use **Budget Customer Discount (BCD) BCD NUMBER Y775713** to receive the discount or visit budget.com/ifb
- Renters and additional drivers must be 25 years of age or older at most locations
- Nationwide and more than 120 countries



SAVE up to 5% Discount

- Advance reservation required. Make reservations by calling 1-800-RENT-A-CAR and use **IFB Customer #ILFARM** to receive the discount or visit enterprise.com/ifb
- Renters and additional drivers must be 21 years of age or older
- Nationwide and International



SAVE up to 25% Discount

- Make reservations by calling 1-800-CAR-RENT and use **Contract ID #5706352** to receive the discount or visit nationalcar.com/offer/ifb
- Renters and additional drivers must be 25 years of age or older at most locations
- Nationwide and International



HOTELS



Save up to 20%

- Advance reservations are required by calling 1-800-256-2847 and use **00800614**
- Book online at www.choicehotels.com and under "Special Rate" select Special Rate/Corp ID and input **00800614**
- Book through Choice Hotel App and make sure you select Significant Organization Savings Rate and input **00800614**
- Nationwide and International.



Save up to 20% off the "Best Available Rate"

- Advance reservations are required by calling 1-877-670-7088 and use IFB **#800002027**
- Nationwide and International.



Save Up to 30% off "Best Available Rate" for all locations

- Make reservations at any 17 locations by calling 1-800-905-WOLF (9653) and use Corporate Code **ILLI617A** for ALL LOCATIONS or visit www.greatwolf.com
- Advance reservations required
- Show Membership Card at check-in

Cook County Financial Representatives of the Month

The Financial Representative of the Month program is designed by COUNTRY Financial Agency Managers of Cook County to recognize overall Insurance Leaders in Life, Disability, Auto, Home, and Health production during the month. The agent earns the award through efforts to provide quality service to existing and new clients. Listed below are the various agents honored by their agency manager with the Financial Representative of the Month designation.



Mirsad Kljucanin

Chicago North Agency, Victoria Nygren, Agency Manager

Mirsad Kljucanin has been named Career Financial Representative of the month for September 2021. His office is located at 5750 Old Orchard Rd., Ste. 550, in Skokie, IL. His phone number is 773-728-3041. Mirsad has been a Financial Representative since February 2010.



***Robert Baron**

Chicago North Agency, Victoria Nygren, Agency Manager

Robert Baron has been named Employee Financial Representative of the month for August 2021. His office is located at 1701 W. Belmont Ave., Unit 1, in Chicago, IL. His phone number is 773-248-1741. Robert has been a Financial Representative since October 2016.



Matt Powell

Chicago Northeast, Sharon Stemke, Agency Manager

Matt Powell has been named Career Financial Representative of the month for September 2021. His office is located at 4200 W. Euclid Ave., Ste E., in Rolling Meadows, IL. His phone number is 847-934-5117. Matt has been a Financial Representative since February 2005.



Ray Massie Jr.

Chicago Northeast, Sharon Stemke, Agency Manager

Ray Massie Jr. has been named Employee Financial Representative of the month for September 2021. His office is located at 25 NW. Point Blvd., Ste. 850 in Elk Grove Village, IL. His phone number is 847-794-1217. Ray has been a Financial Representative since May 2019.



Brett Riekema

Chicago Northwest, Kevin Gomes, Agency Manager

Brett Riekema has been named Career Financial Representative of the month for September 2021. His office is located at 23042 N. Main St., Prairie View IL. His phone number is 847-415-2666. Brett has been a Financial Representative since May 2011.



***Renata Bondarowicz**

Chicago Northwest, Kevin Gomes, Agency Manager

Renata Bondarowicz has been named Employee Financial Representative of the month for September 2021. Her office is located at 1515 E. Woodfield Rd., Ste.930 in Schaumburg, IL. Her phone number is 847-891-6388. Renata has been a Financial Representative since July 2016.



***Nick Zegar**

Chicago South Agency, Jeff Maxson, Agency Manager

Nick Zegar has been named Career Financial Representative of the month for September 2021. His office is located at 16614 W. 159TH St., #303 in Lockport, IL. His phone number is 708-352-5560. Nick has been a Financial Representative since July 1998.



Kirk Gregory Jr.

Chicago South Agency, Jeff Maxson, Agency Manager

Kirk Gregory Jr. has been named Employee Financial Representative of the month for September 2021. His office is located at 1401 S. State St., #150 in Chicago, IL. His phone number is 773-619-0649. Kirk has been a Financial Representative since February 2018.



***Nora Beverly**

Orland Park Agency, Cary Tate, Agency Manager

Nora Beverly has been named Career Financial Representative of the Month for September 2021. Her office is located at 17605 S. Oak Park Ave., Ste C&D in Tinley Park, IL. Her phone number is 708-429-7789. Nora has been a Financial Representative since August 2011.



Nadia Abueid

Orland Park Agency, Cary Tate, Agency Manager

Nadia Abueid has been named Employee Financial Representative of the Month for September 2021. Her office is located at 12130 S. Harlem Ave., Unit A in Palos Heights, IL. Her phone is 708-995-0233. Nadia has been a Financial Representative since December 2019.



John Vangennep

South Holland Agency, Jeff Orman, Agency Manager

John Vangennep has been named Career Financial Representative of the Month for September 2021. His office is located at 19806 S Wolf Rd., in Mokena, IL. His phone number is 708-478-5500. John has been a Financial Representative since November 1984.



John Tymms

South Holland Agency, Jeff Orman, Agency Manager

John Tymms has been named Employee Financial Representative of the Month for September 2021. His office is located at 10607 S. Harlem Ave, Unit 101 in Worth, IL. His phone is 708-480-5091. John has been a Financial Representative since June 2019.

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

This Month in Cook County Agriculture

2021-22 Winter Workshops, Monthly Business Development Series October to February

Shop Local, Live Local is an Illinois Farm Bureau (IFB) program that connects local food and farm businesses with Illinois communities. We're offering technical assistance and market opportunities for farms and businesses through our new series of monthly webinars, which runs October 2021 to February 2022. Most of these workshops will be delivered online. All trainings times shown are CST. Take advantage of these unique sessions and register today at www.ilfb.org/LiveLocal.

Illinois Certified Farmers Market Manager Course Beginning November 8

Cost: Illinois Farmers Market Association Member (ILFMA) \$250 / Non-Member \$350

Farmers Market Master Series Beginning November 2021

Cost: ILFMA Members \$10 each webinar or \$35 per series of 4 webinars / Non-Member \$40 each webinar or \$100 per series

QuickBooks Intensive Workshop Beginning November 9

Cost: IFB Member \$15 | Non-Member \$50 | Class is limited to 25 participants.

Professional Grant Development Workshop November 10 & 11

Cost: IFB Member \$5 | Non-Member \$25 | Class is limited to 25 participants.

Conflict Management November 17

Cost: IFB Member \$25 | Non-Member \$45 | Class is limited to 35 participants.

HR System Sessions and Resources December 9

Cost: IFB Member \$25 | Non-Member \$45 | Class is limited to 35 participants.

Emerging Issues; Online Farmers Market Stores Intensive Offered in February 2022

Cost: ILFMA Member FREE / Non-Member \$40

Visit ilfb.org/LiveLocal for full details and registration.

Please contact Sharon Dodd, sdodd@ilfb.org or Raghela Scavuzzo, rscavuzzo@ilfb.org with questions.

This article is for local farmstands, farmers' markets, chefs and restaurants, and organizations that are hosting farm-related activities, events, workshops, and gatherings that will occur soon.

To promote your activity, email membershipdebbie@cookcfb.org or call 708-354-3276 by the 15th of the month. Please include your name, the event date/time, a one-sentence description of the event, and how a reader can obtain further information in the email. We will edit submissions based on space allowances in the publication. In addition, we will post farm, garden, or livestock related photos on our social media platform if you forward those to: membershipdebbie@cookcfb.org.

2022 Farmland Questionnaire

2022 Farmland Questionnaire/Affidavit for farmland status in Cook County have been sent. The filing deadline date is January 31, 2022, and the forms must be notarized. Additional copies of the 2022 Farmland Questionnaire/Affidavit can be obtained at <https://www.cookcountyassessor.com/farms>

and sent to:
Cook County Assessor's Office
Incentive Department
Farmland Questionnaire/Affidavit
118 N Clark Street Room 301
Chicago, IL 60602

MAKE A

Holiday Planter & Bow Workshop



Saturday, November 20, 2021
10:00 am

Horcher Farm & Country Flower Shop
910 McHenry Rd, Wheeling 60090

\$30.00 fee for members and guests; includes planter, holiday greens, foliage, make your own bow and container

Registration:
Call the Farm Bureau at 708-354-3276; members may register by logging into their member account online at www.cookcfb.org.

Classifieds

All ads that we receive for *The Co-Operator* are also listed on our website at cookcfb.org/membership/classifieds. If you have a photo of the item(s) that you are selling you can email it to us to include it on our 'Classifieds' page on our website only along with your ad.

Email your ad (and photo if you have one) to fbcooperator@gmail.com. Please be sure to include your full name, Farm Bureau number, and phone number. Deadline for Classified ads is the 17th of each month. Any ads submitted after the 17th will appear in the following months. *Co-Operator*. Members may run up to four non-commercial classified ads annually for free. Any ads submitted after the fourth, will be charged.

If mailing your ad, please mail to: Cook County Farm Bureau, Attention: Classified Ads, 6438 Joliet Rd, Countryside, IL 60525. You can also fax your ad to 708-579-6056.

For Sale

For sale - Longaberger collectibles baskets, liners, pottery, negotiable. Call Mary 847-297-6807.

Wood wall panels 8-ft x 24-ft x 6-in, Bridge timbers 9-in x 16-in x 14-ft, Railroad ties 8ft. long, rubber pads 4-ft x 4ft x 9-in. Delivery available, Call Bill 708-415-4716.

Chicago for sale 3 units 2720 w. Summerdale 2-3 bedrooms each unit. New kitchens, new roof, windows, and plumbing. Private parking. Low taxes, and expense. Fully rented, \$539,000 call Louie owner 847-361-9292.

New Window Pella - One piece (2 double hangs) 74"x 35 \$175. One piece Fanlight (Half Circle) 33"x69" \$150. One Triangle 71" x 28" ht. \$100. One solid Oak French door 32" \$150. One solid pine door 32" w/window \$75. Call Louie 847-361-9292.

For sale Porter cable generator rated surge watts 5250/6500, 120/240 Voltz 60Hz. Briggs & Stratton 10.0 H.P. Engine tuned up 9/18/21. Replaced new car, oil, gas, air filters & spark plug \$575. Contact Ron 708-302-2363 leave message or E-mail gripper@yahoo.com.

17' Alum ext. Ladder \$50. Rail sled \$40. 4' Florescent light \$8. 4 Barrel G.M carburetor \$50. Delta miter saw \$40. Pool table light \$80. 5' wooden ladder \$15. 6' wooden ladder \$18. White rocking chair \$40. Printers type case \$5. Call Norman 708-371-0163.

Exterior door & hardware 36x80 LH. 4 9/16 width, never installed. \$100. Waiting room chairs, \$20 each. 4'x2' fluorescent 4 bulb fixtures, \$10 each. 2'x2' display case \$10 each. Call Cindy 630-390-8360.

Amzdeal- Air leg massager with heating function, model S9022A, brand new, paid \$75, never opened, asking \$45. Could be used for legs, arms, and feet. At home or in office. Call 708-654-2010.

New Shower Buddy Tubby buddy transfer system for standard bathtub 582T. Bath transfer chair that goes over the bathtub. Chair tilts with head and footrest. Weight capacity is 300lbs. \$3,000. Contact Pat 404-414-6933.

2016 Used Black Pride Mobility Quantum Q6 edge power chair that tilts and reclines with leg and seat lift. Battery charger included. Weight capacity is 300lbs. \$4,500. Contact Pat 404-414-6933.

Wanted

Wanting to buy your electric trains and slot cars, turn those unwanted trains and slot cars into cash. Call Ron 630-272-4433.

Wanted: LP Rock & Roll Album records. Call John 708-860-9562. Pre 1971 Baseball Cards. Call Gary 708-363-4559 or email bbnut123@msn.com.

Wanted: Part Time Employee to serve in role of maintenance for 20,000 sq. feet, office building and grounds. Diverse skills in areas in HVAC systems, carpentry, plants and grounds, basic electrical and comfortable with hands-on labor. Hourly 20-25 hours per week. Limited benefits. Send cover letter and resume to Cook County Farm Bureau, 6438 Joliet Road, Countryside, IL 60525.

FREE CLASSIFIED ADS

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

Category:

For Sale

For Rent

Wanted

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

Holiday Deck Your Halls

Deck your halls this upcoming *Holiday Season* with **Fresh Trees, Garland, Wreaths, Poinsettias, Décor & more** and purchase from a Cook County Farm Bureau Member Business. To locate one near you, visit our **ShopLocal** online directory at: <https://cookcfb.org/discover-local/shop-local/online-directory>.

- | | | |
|---------------------------|--------------|--|
| • Big John's Farm Market | Chicago Hts | Trees, wreaths, greens, flowers, decor |
| • Clarke's Garden Center | Chicago Hts | Wreaths, garland, greens, poinsettias, decor |
| • Gorman Tree Farm | Monee | Trees, wreaths, garland, greens |
| • Horcher's Farm & Flower | Wheeling | Trees, handmade wreaths, greens, flowers |
| • Kolze's Corner Garden | Woodstock | Trees, wreaths, garland, poinsettias, decor |
| • McCarthy's Farm Stand | Orland Park | Trees, wreaths, garland, greens |
| • Melka's Garden Center | Mokena | Trees, wreaths, garland, poinsettias, decor |
| • Puckerville Farms | Lemont | Trees, wreaths, garland, greens |
| • Smits Farms | Sauk Village | Trees, wreaths, garland, greens |
| • Puckerville Farms | Lemont | Trees, wreaths, garland, greens |
| • Ted's Greenhouse | Tinley Park | Poinsettias, greens, handmade bows |
| • Historic Wagner Farm | Glenview | Trees, wreaths, roping, garland, greens |
| • West End Garden Center | Evanston | Trees, wreaths, greens, flowers, plants, decor |



Programs, Workshops, and Webinars

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

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



Composting Basics for Ag Operations Lunch & Learn Webinar

Grab some lunch and learn and what you need to know about composting for Ag producers and farms, led by industry expert, Ellen Phillips.

Date: Wednesday, November 17, 2021

Time: 12:00 PM

Location: Webinar via Zoom or call in by phone – info and link will be sent prior to the webinar

Registration: Call the Farm Bureau at 708-354-3276; **email:** membershipdebbie@cookcfb.org; online at the Member Center at www.cookcfb.org.



Make a Holiday Planter & Bow Workshop at Horcher Farm & Country Flower Shop

Join us as we begin the holidays in making a winter Holiday Planter & Bow workshop, lead by owner and flower guru, Pat Horcher.

Date: Saturday, November 20, 2021

Time: 10:00 -11 AM

Location: Horcher Farm & Country Flower Shop | 910 McHenry Rd, Wheeling 60090

Price: \$30.00 fee for members and guests; fee includes planter, soil, holiday greens, foliage and bow material.

Registration: Call the Farm Bureau at 708-354-3276

or members online at the Member Center at www.cookcfb.org.



Young Leaders Care Packaging Event for USO

The CCFB Young Leaders Group is hosting a Care Packaging Event for USO to show support and appreciation for our troops. From now and until December 10th, they will be collecting non-perishable foods, snacks, drink mixes, toiletries, and related items. They will then host a packaging event using these items Saturday, December 18th followed by a social afterwards.

Date: Saturday, December 18, 2021

Location: CCFB office (6438 Joliet Rd, Countryside, IL 60525) or Wagner Farms (1510 Wagner Rd, Glenview, IL 60025)

Registration: Contact Tom Poole (tpoole2@illinois.edu) if you are interested in joining them for this event. More information about the program they are working with and the items they desire can be found at: <https://www.uso.org/stories/1549-how-to-make-the-perfect-care-package-for-troops>



2022 Beginning Beekeeping Course

A seasonal approach to the craft of keeping bees. A comprehensive look at the various types of hives and methods, with emphasis on what you will need to know to keep your bees strong and healthy here locally.

Dates: Five (5) consecutive Tuesdays - January 11, 18, & 25, February 1 & 8

Time: 6-8 PM

Location: CCFB Meeting Room, 6438 Joliet Rd, Countryside, IL 60525 or live via Zoom

Price: \$50 for full course for CCFB & CDBA Members; \$70 for other

Registration: Register and pay by calling the CCFB office at 708-354-3276; Members can register at the Member Center at www.cookcfb.org.

Farm Bureau members receive **\$500 BONUS CASH** ON ELIGIBLE NEW RANGER, F-150 OR SUPER DUTY

We value our long-standing partnership with Farm Bureau and are proud to offer their members exclusive savings.

Don't miss out on this offer. *Visit FordFarmBureauAdvantage.com today for complete offer details!

Hello **Ciao** **Guten Tag** **Hola** **Bonjour** **Tere** **Olá** **Shalom**

Translate to other Languages

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

Cześć **Aloha** **Zdravo** **Salam** **Dobry den** **Hei** **God Dag** **Alo**

CCFB ACTION TEAMS



Signup begins for 2021-23 CCFB action teams. The CCFB has five teams made up of excited members with an interest in a strong farming presence in Cook County and a quality Farm Bureau organization. We are always seeking individuals with a passion for farming and Farm Bureau who wish to give time, energy and enthusiasm locally.

TEAMS	PRIMARY PURPOSE	PRIMARY AUDIENCE
Commodities/Marketing Team	To help farmer members succeed financially in Cook County.	Farmers
Governmental Affairs Team	To engage and influence elected local, state, and national officials.	All Members
Member Relations Team	To recruit and retain members through an increase in membership benefits/ services.	All Members
Public Relations Team	To improve the image of farmers through public outreach activities.	Consumers
Ag Literacy Team	To teach primary and middle school students and teachers about farmers and agriculture.	Students and Teachers

MEMBERSHIP RECRUITMENT AND RETENTION IS AN ASPECT OF EACH TEAM.

Each Team meets a minimum of 4 times annually. If interested, please go to: <https://cookcfb.org/contact-us/volunteer-opportunities>.

Additional Opportunities

Not interested in joining an action team, but still interested in becoming more involved? Learn more about additional volunteer opportunities, including virtual and brief engagement at <https://cookcfb.org/contact-us/volunteer-opportunities>.

We look forward to welcoming you as a volunteer!



The CCFB Young Leaders Group is hosting a Care Packaging Event for USO to show support and appreciation for our troops. From now and until December 10th, they will be collecting non-perishable foods, snacks, drink mixes, toiletries, and related items. Items can be brought directly to the Cook County Farm Bureau office (6438 Joliet Rd, Countryside, IL 60525) or Wagner Farms (1510 Wagner Rd, Glenview, IL 60025).

The Young Leaders will then host a packaging event using these items Saturday, December 18th followed by a social afterwards. Please contact Tom Poole (tpoole2@illinois.edu) if you are interested in joining them for this event.



More information about the program they are working with and the items they desire can be found here: <https://www.uso.org/stories/1549-how-to-make-the-perfect-care-package-for-troops>

I'd like to donate I'd like to assemble package

NAME _____
 ADDRESS _____ CITY _____ ZIP CODE _____
 EMAIL ADDRESS _____

MAKE CHECKS PAYABLE TO CCFB AND MAIL TO:
 KATIE SMITH - DIR. OF MEMBERSHIP & ADMINISTRATION,
 COOK COUNTY FARM BUREAU, 6438 JOLIET RD., COUNTRYSIDE, IL 60525

To pay by credit card, call the CCFB office at 708-354-3276.