

2024 Member Benefits

Champaign County Farm Bureau has always taken pride in what we do as well as the deals that we provide to our members. It is for this reason we have recently put an emphasis on strengthening our partnerships with businesses in our community. With the help of several employees and members of CCFB in the community, we are able to bring some new benefits to our members. Some of these benefits include \$20 an order of \$100 at Chic n' Threads in St. Joseph, 10% off at Charlie's Grub n Suds in Homer, 10% off at Sidney Saloon in Sidney (excluding alcohol), 10% off popcorn at Mom n Pop's Kettle Korn Stop in Paxton (excluding popcorn tins), and Rural Rose in Fisher offers 15% off fresh floral orders or 15% off of \$100 or more on boutique purchases with some exclusions. These local businesses join the ranks of companies that value what the farm bureau provides for its members. Champaign County Farm Bureau hopes to continue to grow this list of businesses. We ask our members to reach out if there is a company that you would like to see on this list, or if you are a business owner and you would like to offer a discount of any kind

to our members. CCFB would also like to highlight the local companies that have recently reconfirmed their standing support. These benefits include \$25 off an order of \$100 at Pard's Western Shop in Champaign, 10% off at Culver's Champaign location, \$1 off a \$10 purchase at Sidney Dairy Barn, 10% off the purchase of 6 or more bottles of wine at Sun Singer Wine and Spirits in Champaign, 10% off at Wyldewood Cellars in St. Joseph, 20% off at Sherwin Williams' Champaign Location, 10% off Motorola Radios and 15% off Motorola accessories at Barbeck Communications in Urbana, 10% off at Red Wing Shoe in Champaign, 30% off MSRP at Illini Hearing in Champaign, 10% off enrollment and \$45/month dues at Refinery Health Club in Champaign, NO joining fees or long term commitments and \$5 off monthly dues at the Champaign Fitness Center, and \$45 eye exams, 25% off of frames, and 10-40% off other eyewear purchases at Bard Optical in Champaign.

In addition to the local benefits provided by the companies stated previously, farm bureau offers a multitude of discounts nationwide through their Abenity website. There are discounts for nearly anything that you can imagine at your fingertips. Looking for a new truck? Ford offers a \$500 savings to farm bureau members. Are you in need of a new watch? A farm bureau membership provides you 20% off Garmin watches through the Abenity website. Are you thinking about planning a fun vacation with the family? Find discounts all over the United States from Disney World to Disneyland. You can find zoos, aquariums, museums, waterparks, and many other attractions that suit your family's needs. Those are a few examples, but there are many more from

other categories including; apparel and wearables, automotive, education, cell phone, concerts and events, education, electron-

ics, everyday living, family and kids, fitness, dining, gifts and

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CHAMPAIGN COUNTY FARM BUREAU MEMBERS

TAKE \$20 OFF

ANY ORDER OF \$100 OR MORE



**CALLING ALL ILLINOIS RESIDENTS:
LET'S GET THE BROADBAND MAP RIGHT!**

**Do you currently have poor broadband service?
Follow these steps**

1 CONFIRM YOUR CURRENT SUBSCRIPTION


Confirm what internet speed your household subscribes to, and write it down.
(Your subscription speed will include a download and an upload speed. For example, "100/20 mbps.")

2 TEST YOUR SPEED


Visit [BEADChallenge.org](https://beadchallenge.org) and click "Start" to run a speed test.

3 SUBMIT & REPEAT

Fill in your name, email, zip code, address, and speed you currently subscribe to, then submit!
(Repeat 2 more times, on 2 separate days.)



If broadband service is not available at your location, please contact Illinois Farm Bureau at broadband@iflb.org or (309) 557-3272.



February Report

President, Doug Downs

Hello everyone,

I'm Doug Downs and I am your new Champaign County Farm Bureau President. It is believed that I am the first board president in the history of the Champaign County Farm Bureau, representing Ayers Township.

Your county farm bureau is currently at work on several issues that affect farms and farm family life. We are voicing our concerns with our state representatives on burdensome estate tax laws; keeping close contact with our county officials through our governmental affairs committee; informing our residents about wind and solar projects. CCFB is also educating the public about conservation efforts that are voluntarily implemented by our county farmers and connecting kids to agriculture through our award-winning foundation. The CCFB Foundation was in front of over 25,000 grade school kids this past year that otherwise would never have heard the local agriculture story and continually educates them about the industry with daily Ag in the Classroom programs.

This is just a fraction of the involvement your local farm bureau has across the area. It works for you. It's all made possible by you and your neighbors being members of farm bureau.

Our greatest strength is your voice and membership. I look forward to serving..

Sincerely,
Doug Downs

Prime Timers Meeting

RESERVATIONS REQUIRED by February 5
Call the CCFB Office 217-352-5235

Meeting Date: February 8, 2024
Program: Julie Reitz – Champaign County District Attorney

Entertainment: Rob Krumm

Meal cost: \$8 per person

Important Information

• FRIED CHICKEN BUFFET

- No walk-ins
- Call to reserve your spot

Women's Committee

The Champaign County Farm Bureau Women's Committee is open to all women interested in agriculture.

Calendar of Events

Women's Committee General Meeting –

CCFB Auditorium

9:30 a.m. - Monday, February 12th

Women's Committee Sewing – CCFB Auditorium

9:30 a.m. – Friday, February 23rd

CCFB Calendar of Events February 2024

February 8	Prime Timers	10 a.m.
February 11	Euchre	2-4 p.m.
February 12	Women's Committee	9:30 a.m.
February 15	Full Board	6:30 p.m.
February 20	Governmental Affairs	7:30 a.m.
February 25	Euchre	2-4 p.m.

Mark Your Calendars

2024 Marketing Meetings

- April 2
- June 27
- August 6

Supporting LOCAL FARMERS
IS AS EASY AS DRINKING A Glass of Milk

DAIRY PRODUCTS ARE VERY LOCAL.

Follow the steps below to find out where the dairy products in your refrigerator right now are from:

Visit www.WhereIsMyMilkFrom.com
LOCATE YOUR CODE:

1. Codes are usually printed near the top of the container or on the lid but is sometimes found printed on the label.
2. The first part of the code will always be two numbers (between 01 and 56).
3. The second part of the code (after the first two numbers) can be one to five digits long, can contain numbers or letters, and may include a dash.
4. Add your product code to the website's dairy code search function to learn where your product was processed and packaged before being delivered to your local store. Commonly, dairy products are made with milk that is sourced within a short distance of the processing plant.

Milk travels from the farm to the grocery store in fewer than 48 hours. Illinois dairy farmers are committed to producing wholesome, nutritious milk and dairy products for your family – best of all, you are supporting local farmers when enjoying that tall glass of chocolate milk or a delicious scoop of strawberry ice cream!

WhereIsMyMilkFrom.com

Save the Date

2024 | **GOVERNMENTAL Affairs LEADERSHIP Conference**

ILLINOIS FARM BUREAU
Farm. Family. Food.™

BUILDING
for Success
FEB20,2024

**ATTENTION
CCFB MEMBERS**
**Join us for
EUCHRE.**



Dates: February 11 & February 25

Location: CCFB Auditorium

Games - 2 p.m. to 4 p.m.

Questions – contact Gerald Henry at 217-778-6157

2024 CCFB Trip Dates, Deadlines & Information

Questions? Call the Champaign County Farm Bureau at 217-352-5235.

Monday, April 29, 2024 (Matinee)
A Rock n’ Roll Tribute from Elvis to The Beatles
featuring The Neverly Brothers
Starved Rock Lodge - Oglesby, IL

The Neverly Brothers concerts take you on a guided musical VIRTUAL TOUR of the birth, near death and resurrection of rock n’ roll – from 1955 to 1965. You’ll learn rock history and be thoroughly entertained with their chronological song sequence, stories behind the music and vintage wardrobe changes. Their energetic stage show consists of show stopping renditions of early hits by Jerry Lee Lewis, Chuck Berry, Buddy Holly, The Beatles, Rolling Stones, and more!

Price per person: \$120.00
Deadline to Register or cancel reservation: Friday, March 29



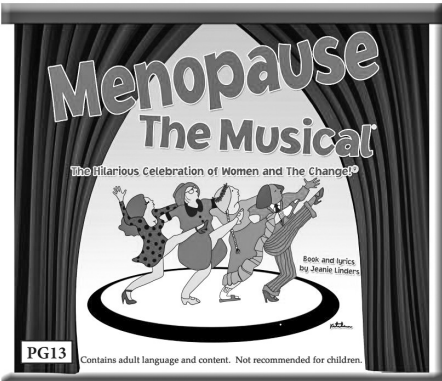
Thursday, June 20, 2024 (Matinee)
Honky Tonk Angels
The Little Theatre On The Square – Sullivan, IL

When three gutsy gals from different backgrounds take charge of their lives, the decide to follow their honky tonk dreams to the city of Nashville. Combining 30 classic country tunes (including “Stand By Your Man,” “9 to 5,” “Harper Valley PTA” and more!) The Honky Tonk Angels is a hilarious, foot-stomping good time from the creator of Always....Patsy Cline. Lunch will be at Yoder’s and is NOT included in the price..
Price Per Person: \$95
Deadline to Register or cancel reservation: May 17



Wednesday, August 14, 2024 (Matinee)
Menopause The Musical
CIRCA ’21 Dinner Playhouse – Rock Island, IL

This funny and inspiring musical parody finds the humor in a woman’s “change of life.” Four women of a certain age meet by chance at a department store lingerie sale, and bond over their woeful hot flashes, forgetfulness, mood swings, wrinkles, night sweats, chocolate binges, and more! These diverse women create a sisterhood as they realize that menopause is a shared experience that doesn’t have to be suffered



in silence. This hilarious musical parody set to classic tunes from the ‘60s, ‘70s and ‘80s will have you cheering and dancing in the aisles!
Price Per Person: \$120
Deadline to Register or cancel reservation: July 10

Thursday, September 26, 2024 (Matinee)
Million Dollar Quartet
Beef & Boards Dinner Theatre – Indianapolis, IN

On December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet bring that legendary December night to life featuring an incredible score performed live onstage, including: “Blue Suede Shoes”, “Fever”, “Walk the Line”, “Sixteen Tons”, “Who Do You Love”, “That’s All Right”, “Folsom Prison Blues”, “Whole Lotta Shakin’ Goin’ On”, “Hound Dog”.....and more.
Price Per Person: \$120
Deadline to Register or cancel reservation: August 23



Wednesday, December 4, 2024 (Matinee)
Miracle on 34th Street
Harmony Theatre – Hillsboro, IN

A holiday classic from the writer of the musical theatre classic, *The Music Man!*, and based on the movie of the same name, *Miracle on 34th Street* features a book and score by none other than Meredith Willson. Single mother, Doris Walker, doesn’t want her six-year-old Susan’s head filled with romantic notions. Their neighbor, Fred Gailey, tries to woo Doris by charming Susan and taking her to see Santa Claus at Macy’s, where Doris works. Doris is not impressed, but when it turns out that Macy’s Santa may, in fact, be the real Kris Kringle, a wave of love spreads across New York City that melts even the most cynical hearts. Filled with humor, spectacle and such beloved songs as “Pinecones and Hollyberries,” “It’s Beginning to Look a Lot Like Christmas” and “My State, My Kansas,” this joyous, heartwarming musical is pure family entertainment, wholesome without being cloying. *Miracle on 34th Street The Musical* is the perfect holiday treat for everyone.
Price Per Person: \$120
Deadline to Register or cancel reservation: October 28



ILLINOIS FARM BUREAU • RISK MANAGEMENT SEMINAR

EMERGENCY PLANNING
FOR YOUR FARM

FEBRUARY 12TH

Lunch at 11:15 a.m. in auditorium
Viewing begins at 11:30 a.m.

CHAMPAIGN COUNTY FARM BUREAU
801 N. Country Fair Drive | Champaign, IL 61821

RSVP by Feb 5th <https://form.jotform.com/233396423996167> or scan the QR code

This is a no cost for the viewing session



gave the date

YOUNG
Leader
CONFERENCE

FEBRUARY 2-3, 2024
PRESIDENT ABRAHAM LINCOLN HOTEL
& BANK OF SPRINGFIELD CENTER
SPRINGFIELD, IL

KEYNOTE SPEAKER
ERIC SNOGRASS

PREP, FREEZE, COOK

February 22 | 6:30 PM

Champaign County Farm Bureau | 801 N. Country Fair Drive | Champaign, IL
\$150 for all attendees
Participants will get 10 meals that each feed 5 people

RSVP by Feb. 14
<https://form.jotform.com/233396120194151> or scan the QR code to register

Feeding our Future.
Fueling our Industry.

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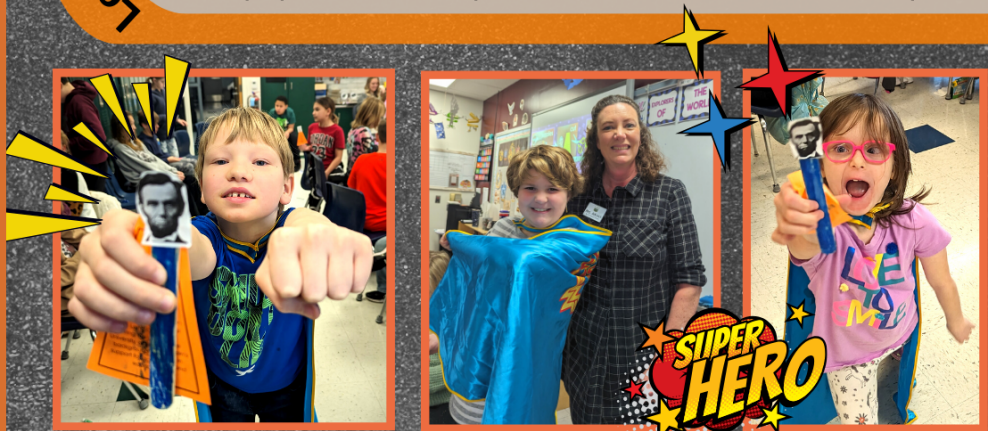
Ag in the Classroom



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Lesson Spotlight

We kicked off the new year with Superheroes in Illinois Agriculture. We discussed several superheroes like Lydia Moss Bradley, A.E. Staley, and our very own weatherman Jacob Dickey and their contribution to Illinois agriculture. The favorite of the students has been Abraham Lincoln. They made popsicle stick superheroes with facts on their capes.



AG-SURVIVOR PARKLAND COLLEGE FOR KIDS

2nd-5th Grade
2 weeks - 4 days each week
June 17-20
June 24-27

REGISTER
NOW!

parkland.edu
Search for College for Kids
Ag-Survivor

Students will have
survival
challenges in Food
Production,
Animal Care,
Weather
Prediction, and
More.



And the
Winner
is...

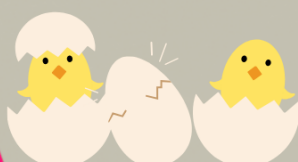
Erin Arends

Congratulations Erin Arends for participating in our Elf on the Shelf photo contest. She receives snacks, Ag games, books, and a \$25 Amazon gift card.



Resources

Incubator sign ups began in January. There are two check out cycles, February 5-March 4 and March 25-April 24.



connect
with us!

Sarah Kaper, Director & Educator
Julie Adcock, Educator



Cash
Draw Down
Casino Games
Dinner
Open Bar



Royal Community Center
Saturday, March 2nd - 4:00pm-8:00pm

Join Us!
\$5,000 GRAND PRIZE

Purchase Your Ticket Today!
www.CCFBFoundation.com/CashBash





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7 Ways Home Fires Start and How to Prevent Them

by Written by Carrie Skogsberg @countryfinancial.com

Reviewed by Eric Vanasdale, Loss Control Supervisor at COUNTRY Financial

You have likely talked with your family about an evacuation plan if a fire starts in your home. But have you thought about fire prevention? Fires can start and escalate quickly in everyday moments like cooking a meal. Staying vigilant in the kitchen and performing seasonal home maintenance can go a long way to prevent home fires.

These are the most common ways house fires start and the steps you can take to prevent them.

1. Stay by your stove

According to the U.S. Fire Administration, cooking is, by far, the leading cause of home fires and home fire injuries. The main contributing factor is leaving cooking equipment unattended. If you need to leave the kitchen, turn the burner off, and follow these other precautions for staying safe in the kitchen:

- Clean your equipment after each use, such as toaster crumbs and grease on the stove.
- Turn pot handles toward the back of the stove so no one can bump into the pans and turn them over.
- Keep a pan lid or baking sheet nearby that can be used to cover a pan if it catches on fire.
- Keep your stove clear of other debris such as oven mitts, packaging, towels and curtains.

2. Extinguish cigarettes and other smoking materials.

The National Fire Protection Agency reports that smoking is the leading cause of home fire deaths. If smoking, practice extra caution to avoid starting a fire, such as:

- Smoke outside. Many things in a home can catch fire if they come in contact with a cigarette or ashes.
- Be sure to put cigarettes out all the way every time. Don't walk away from lit cigarettes or other smoking materials and put water on the ashes and butts to make sure they're really extinguished.
- Stay alert when smoking. Don't smoke after taking medicine that may make you tired.
- Never smoke around medical oxygen. It can explode if a spark or flame is nearby, even if it's turned off.
- Never smoke in bed. Mattresses and bedding easily catch fire; and there is a risk of falling asleep with a lit cigarette.

3. Give your space heater a little... space.

Space heaters are a nice addition to a chilly room, but they can be dangerous. In fact, according to the National Fire Protection Association, they account for nearly half of home heating fires. Fire experts say it can take only three and a half minutes for a space heater to engulf an entire room.

If you're warming up your home with a space heater, take the following precautions:

- When using an electric portable space heater, plug it

directly into an outlet and not an extension cord.

- Leave at least three feet of empty, clean space around the heater and turn it off before leaving the house and going to bed.
- Remember to double-check space heaters to make sure they're approved for indoor use. Many fuel-fired space heaters emit carbon monoxide gas and cannot be used indoors. If it isn't approved to be used indoors, or that isn't clear in the instructions, don't risk it!

4. Maintain your furnace

Furnaces usually sit in dark, secluded places of the home, making it easy to forget about them. But it's important to ask a heating and cooling specialist to inspect it every year to check for leaks and any obstructions. Something as simple as lint buildup can be dangerous.

Change furnace filters every three months to reduce particle buildup. Changing the filter is easy and something a homeowner can do. Aside from adding an extra layer of safety, a clean furnace filter traps dirt and allergens and makes furnaces run more efficiently.

5. Pay for annual chimney sweeps

Annual chimney sweeps ensure a chimney is free of dangerous creosote residue, as well as soot and other debris. Buildup in the flue system is flammable and has the potential to catch fire.

When using your fireplace:

- Carefully dispose of ashes. Let them cool for at least 48 hours and put them in a metal bucket with a tight-fitting lid. Don't keep them in a garage or near buildings where they can ignite flammable objects.
- Don't vacuum ashes for at least 48 hours after putting out the fire.

6. Leave smoke detectors enabled

If your smoke detector goes off while you're cooking in the kitchen, don't turn it off. Too many people forget to turn them back on.

Test smoke and carbon monoxide detector batteries at least twice per year. It's helpful to use a specific date like daylight savings time changes to remember to check them.

The Federal Emergency Management Agency recommends homes have smoke alarms installed on every floor, including the basement. For extra safety, install smoke alarms both inside and outside sleeping areas.

7. Pay attention to your wiring

Homeowners should check that they're not overloading electrical outlets by reviewing the wattage rating and following the manufacturer instructions of how many strands can be plugged in per outlet. If you blow a fuse, consider it a warning and decrease wattage by plugging that item into a different area.



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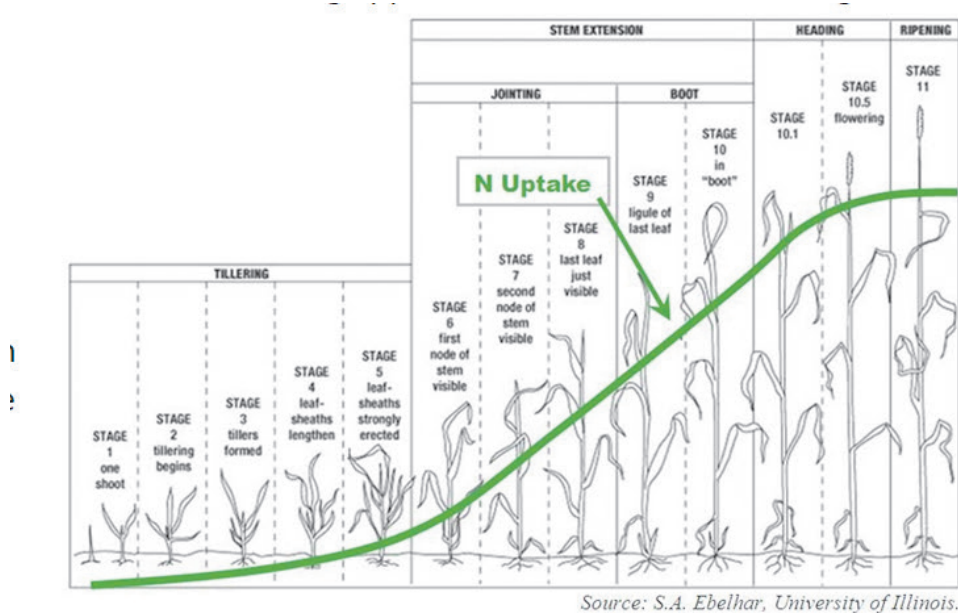
**KORY KRAUS,
GENERAL MANAGER**

From The Field

Late February and early March are generally times when growers should begin evaluating wheat in East Central Illinois. In the last several years, growers have generally seen excellent wheat yields. When reflecting on the type of growing environments we've had, it appears we owe a lot of credit to environmental conditions during the fall, winter, and springtime. However, growers that managed nitrogen, stand establishment, and disease particularly had excellent yields. I will cover key management strategies for this month's newsletter to finish out this year's wheat crop.

Once we enter late winter or early spring, winter wheat begins waking up or breaking winter dormancy. Spring green-up will occur. Wheat is generally at growth stages Feekes 4-5 depending on last year's fall growth. Wheat will generally begin tillering during the fall months before winter dormancy, but tillering may not be complete until spring. This time period of "Green Up" is an excellent time to evaluate stand establishment from winter kill or plants that may have been frost heaved during freeze and thaw cycles. Apply the remaining balance of crop nutrients and scout for potential pests, including wheat pathogens, insects, and weeds.

Growers in East Central IL have become accustomed to applying two nitrogen applications to their crop, once in the fall around the time of seeding and then in late winter/early spring. This system has worked very well for most growers. However, I would like to remind growers that nitrogen applications for wheat crops benefit from the same care and considerations as we do for corn crops and keep the 4Rs in mind when making applications. 4Rs for wheat nitrogen applications will include the following below:



1. Avoid applications on frozen soils.
2. Utilize creditable nitrogen stabilizers.
3. Avoid applications when heavy rainfall events are forecasted, especially using dry nitrogen sources.
4. Right Time, Right Rate, Right Source, Right Place.

Much like corn at V5, wheat determinesthe head size of potential spikelets and florets at Feekes 6 or the jointing growth stage. It is important to have most, if not all, of the applied crop nutrients by this growth stage. Sulfur is another crop nutrient that may be very beneficial to apply with nitrogen applications. We continue to see sulfur continuing to be deficient in many fields that may not have had any applications and conditions where soils did not mineralize sulfur from organic matter due to adverse environmental conditions. Typically,

we see a total nitrogen application of 90-150 lbs/A of nitrogen and a sulfur application of 100 lbs/A.

If growers are applying crop nutrients during this time period of "Green Up" it is important to ensure application equipment will handle application requirements. Issues with nutrient applications tend to be very costly at this growth stage and will generally continue to be an issue through harvest with variable yields.



1. Work with the limitations of application equipment.

Swath control for both liquid and dry applications.

- a. Spread patterns for dry applications.
- b. Spray tips for liquid application.
- c. Excessive windy conditions may interfere with application.
- d. Challenging field conditions may reduce plant stands from equipment tire configuration.

2. If the liquid application of nitrogen and sulfur is considered, proper spray tips must be considered to minimize foliar burn risk. Spray tips that often provide the best results are streamer-type nozzles. However, if herbicides are tank mixed with this application, these may not provide the best results for weed control. Also, nitrogen rates should be reduced by 20-30 lbs/A to reduce foliar injury potential further.

3. Spit spring application may provide the best results at Feekes 3 and then again at Feekes 5 with nitrogen stabilizers.

When scouting wheat fields, be sure to pay attention to potential wheat pests that might include winter annual weeds, wheat pathogens, and even possibly insect pests such as leaf hoppers. Many of the herbicides labeled for use within wheat have cutoff application timings around the Feekes 6 or jointing to avoid potentially interfering with wheat head size.

Be on the lookout for early-season foliar disease, including powdery mildew and leaf blotch. Depending on the severity of the disease, wheat may benefit from an early-season fungicide application with post-applied herbicide. Field scouting is also beneficial around the Feekes 8 or at the Flag Leaf stage to determine if a foliar fungicide application is needed. At Feekes 8, most fungicide applications occur. Recent data has suggested that there is as much as a 12 bu/A advantage to using foliar fungicides in wheat. If you have questions about any of the discussed topics, please contact me with any questions or comments.

Eric Beckett, CCA 4R NMS
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ebeckett@illinifs.com



Farms Need Licensed Truckers

CDL? 10-4.

That three-letter acronym for Commercial Driver’s License also stands for one of my biggest life achievements. Until two years ago, I had no idea how to drive a stick shift. Not even in a car. But our family farm needed more truck drivers, and I wanted to contribute. I stood determined to drive a 10-speed-transmission semi and learn to double clutch while mindful of a 42-foot-long trailer behind me.

Semis arrived on our farm about 30 years ago, a need driven by greater crop productivity, bigger farm equipment and the desire for efficiency. Today, we require people with this licensed skill in the spring to deliver seed and fertilizer to planters in the field, in the summer to get product to the sprayer, in the fall to move grain from field to storage, and another nine months of the year to haul grain to market.

Given my serious lack of experience, I must credit the patience of six men with licenses on the farm who encouraged and helped me earn a full-fledged CDL about 14 months ago. Poor Kent on the first day I attempted to learn straight-line backing, and poor Dale, who witnessed me crawl a hill in first gear from a standstill while fully loaded.

With the help of YouTube and excessive amounts of practice with members of our farm team riding shotgun, I passed all the required tests: the three written exams, the detailed under-hood inspection, the skills course, and the drive. Per test requirements, I parallel-parked the semi and grain trailer, suc-



cessfully putting all 18 wheels inside the lines from the driver’s side. (Just in case I ever need to parallel park on a one-way street.) I aced offset backing with no pull-ups on my second skills course attempt, and afterward drove the city streets and interstate without missing a gear. Whew.

Most importantly, I gained empathy and respect for our team and other men and women who have mastered the skill. I now drive my minivan differently, understanding the risks that drivers of passenger vehicles can create in their sudden stops, haphazard lane changes and merges without consideration. All drivers should take a written CDL exam, if nothing more than to learn the length a semi needs to stop. To that, I would expect a loud and clear 10-4..

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, backyard chickens and farm kids.



CHAMPAIGN COUNTY FARM BUREAU NEWS

(USPS 099-840)
801 N. Country Fair Drive, Ste. A, Champaign, IL 61821
Published Monthly by the
Champaign County Farm Bureau
801 N. Country Fair Drive, Ste. A,
Champaign, IL 61821

SUBSCRIPTION RATE -- \$3 PER YEAR
Periodicals Postage Paid at Champaign
(ISSN 1078-2966)
POSTMASTER: Send address changes to “Farm
Bureau News” 801 N. Country Fair Drive,
Ste. A, Champaign IL 61821-2492

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www.ccfarmbureau.com

Hand Hygiene & Avoiding Germs

Author: Stephanie Painter, APN – Carle Mobile Clinic

As the holiday season leaves us, it sometimes bestows unwanted gifts upon us, such as illnesses after gathering with family and friends. Thankfully, it is simple to protect yourself and your loved ones from many illnesses by washing your hands frequently. It is especially important to do this during times where germs are most likely to transfer, as follows:

- Before, during, and after preparing or eating food
- Before and after caring for someone at home who is sick with fever, cough, vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After handling an animal, animal feed, animal waste, pet food or treats, or garbage

One of the most successful ways to prevent the spread of germs, good hand washing is an easy task if you follow these five steps every time to wash effectively:

1. Wet your hands with clean, running water, turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. (Approximately the length of time it takes to hum the “Happy Birthday” song two times.)
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel

If soap and water are not available, please use hand sanitizer to cleanse your hands. To properly use hand sanitizer, follow these steps:

1. Apply the sanitizer product to the palm of one hand.
2. Cover all surfaces of hands.
3. Rub your hands and fingers together until they are dry. This should take around 20 seconds.

In addition to hand washing, if you are ill with respiratory symptoms or are coughing, it is wise to wear a mask to protect from droplet spread of illness. This is true for COVID-19 but

also for any contagious respiratory illness. A well-fitting surgical mask will protect you and others better than a cloth mask. Follow these steps to apply masks to protect yourself and keep from spreading germs to others:

- Clean your hands before you put your mask on, as well as before and after you take it off, and after you touch it at any time.
- Make sure it covers your nose, mouth and chin and is tightly fitting.
- When you take off a mask, store it in a clean plastic bag, and every day either wash it if it’s a fabric mask, or dispose of surgical masks in a trash can.

By observing adequate hygiene to stop the spread of germs, we leave those with whom we interact with a positive impression and the knowledge that their health, as well as ours, is our priority.

Sources include: <https://www.cdc.gov/handwashing/when-how-hand-washing.html>

For more information, visit carle.org/farmsafety or the Carle Center for Rural Health and Farm Safety at (217) 902-3117.

Member Benefits continued from Page 1

flowers, health and wellness, home and garden, self-care, and recreation. To see what companies and discounts are available go to Champaign County Farm Bureau’s website and under the membership tab, click Illinois Farm Bureau Member Benefits. This will take you to the Abenity website (<http://ilfb.abenity.com>). You will then follow the prompts to sign up. You will need your member number to log in, and it should look like this example 010-123456. Once finished with

registration, it will take you to the website that contains all of Illinois Farm Bureau’s available discounts. You can freely browse through and use any discount that is on the website.

For those of you on the go, Abenity has a mobile app that includes all local and nationwide discounts from your phone. If you are traveling or on the go for work, once you have signed up you can access these discounts anytime, anywhere. Find the app in your app store named IFB Benefits.

Throughout the year, we will be posting these benefits on our Facebook and Instagram profiles for everyone to see. This is also where new companies that partner with the farm bureau will first see their benefit advertised. We hope that all our members are able to take advantage of the benefits that are offered through the farm bureau. For any questions about benefits or how to access them, please call our office at 217-352-5235.

WOMEN'S COMMITTEE RECIPE OF THE MONTH

Submitted by Carolyn Graham

Heavenly Chicken

Preparation

Boneless chicken – thighs or breasts

Dredge in sour cream seasoned with garlic powder, salt and pepper. Roll around in crushed Ritz cracker. Put on baking sheet
Drizzle with melted butter.

Bake 425 for 45 min.



Board of Directors



The Champaign County Farm Bureau would like to recognize several retiring board members (L to R) Trent Wolken, Paul Hunsinger, and Benjamin Rice, not pictured Greg Knott. CCFB appreciates your years of service. Thank you for a job well done! Congratulations to CCFB's new leadership team including Doug Downs – President; Bob Barker – 1st Vice President; Jason Watson – 2nd Vice President; Greg Johnson – Treasurer; and Casey Hettinger – Secretary

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Register: carle.org/FarmSafety, (217) 902-3117
Attend three and receive a free PPE kit.

Funding for this project was provided by the National Institute for Occupational Safety and Health via the National Children's Center for Rural and Agricultural Health and Safety. Grant # U54OH00968-12.