Adopt A Legislator - Part II From the Legislator's Point of View



CCFB's Adopted Legislator Representative Greg Harris

The Adopt A Legislator program has been in existence since 2001 and currently has 75 legislators participating in the program. Champaign County's adopted legislator is Representative Greg Harris from Metropolitan Chicago's District 13. Last month's article focused on the program, why it exists, and how it works. This month we are focusing on how this program affects Representative Harris, why he participates, the value he has found in the program, and what is happening in his district.

Representative Harris is a long-time participant in the Adopt A Legislator program stating, "I have been participating in the program from the first year I got into the General Assembly which was 2006. It is one of the best and most helpful programs I get to participate in. My district is in a very urban area, so it has been incredibly helpful for me to build relationships and learn first-hand about agriculture which is one of our

State's most important industries but also to learn about other issues that affect families and businesses in Central Illinois. Not to mention, it has given me the chance to build real friendships with some wonderful people from Champaign County I would not otherwise have had the privilege of meeting."

According to Representative Harris, "I serve one of the most diverse districts in Illinois, which comes with a wide array of benefits and challenges. One of the most pressing issues we face is ensuring access to affordable housing. As rents and property values continue to rise, more and more people are getting priced out of the area. This impacts everyone from young people struggling to find an apartment in their price range to working families and retirees fighting to stay in their homes.

Most of my constituents are also concerned about their healthcare. Seniors need to know their medicine will be reasonably priced and available when they need it. Those suffering from mental illness and substance abuse need their potentially lifesaving treatment to be covered. Guaranteeing access to affordable quality care that is locally available in the community continues to be a priority of my office."

While the landscape of Metropolitan Chicago's District 13 is vastly different



CCFB members visit a brewery with Representative Harris in District 13.

than what we see in Champaign County some of the issues faced by constituents are comparable. Representative Harris' years of service and participation in the Adopt a Legislator program has allowed him to see the relationship between the two districts, "What surprises me about the issues that CCFB members are facing in Champaign County is how similar they are to the issues facing us in Cook County. Property taxes, cost of health insurance and the costs and access to

quality healthcare, funding our schools, being fiscally responsible are issues that we all have in common; we just need to think about them in different perspectives based on the more urban or more rural settings."

As a veteran member of Illinois' legislature, Representative Harris has spent years tackling issues. 2020 is no different, a new year with plenty of issues to

Continue Adopt-A-Legislator page 8



BROUGHT TO YOU BY







2020 RISK MANAGEMENT SERIES

FEBRUARY 26TH

5 P.M. I HOTEL AND CONFERENCE CENTER, CHAMPAIGN, ILLINOIS

KEEP FAMILY IN FAMILY FARM WITH PROPER PREPARATION: WE CAN HELP MAKE SURE YOU PASS YOUR FAMILY FARM FROM ONE GENERATION TO THE NEXT

RSVP: ILFB.ORG/GET-INVOLVED/EVENTS/FARM-PLANNING/

MARCH 2ND

6:30 PM | CCFB

SPRING MARKET OUTLOOK PANEL: REDUCE RISK BY MAKING SMART MARKETING DECISIONS

RSVP BY NOON ON MARCH 2ND

February Report



President, Mike Briggs

It seems like yesterday I was writing for the January newsletter, I blinked and it was time for February. January was a busy month around our farm and around the farm bureau. We started to get some grain moved and started the process of getting ready for the 2020 planting season. I'm definitely looking forward to getting back out there and hopefully having a little smoother season.

Around the farm bureau, we had another great turnout for the annual meeting at the end of January. I was able to attend the AFBF annual meeting in Austin during January as well. It was a great opportunity to meet farmers from around the country and to try and capture ideas that may help farmers in our area. There was also quite a bit going on behind the scenes here in Champaign County as we try and get ready for another exciting year. As we start February, I'll be meeting with other county presidents to work on ways to help both the County and State Farm Bureaus succeed. Locally we have a number of meetings coming up in February and I hope to see you there.

Sincerely, Mike Briggs

CCFB Calendar of Events

February 2020

Crop Insurance/Farm Bill Update	8:30 a.m.
Young Ag Leaders	6 p.m.
Euchre @ CCFB	2 - 4 p.m.
Women's Committee	9:30 a.m.
Prime Timers	10 a.m.
Governmental Affairs	7:30 a.m.
Full Board	6:30 p.m.
Euchre @ CCFB	2 - 4 p.m.
Farm Succession/Planning @ I Hotel	5 p.m.
	Young Ag Leaders Euchre @ CCFB Women's Committee Prime Timers Governmental Affairs Full Board Euchre @ CCFB

March 2020

	march zozo	
March 2	Spring Market Outlook Panel	6:30 p.m.
March 5	Young Ag Leaders	6 p.m.
March 8	Euchre @ CCFB	2 - 4 p.m.
March 9	Women's Committee	9:30 a.m.
March 10	Premier Ladies Marketing	9:30 a.m.
March 12	Prime Timers	10 a.m.
March 13	Health Fair	TBA
March 19	Full Board	6:30 p.m.

Save The Date

CCFB Health Fair in conjunction with OSF Healthcare March 13, 2020

Champaign County Farm Bureau Auditorium

DETAILS COMING SOON

Conservation Series for Landowners & Farm Operators

Hosted by CCFB, Land Connection, and Champaign County Soil and Water Conservation District

February 24th - CCFB Auditorium - 7:30 to 9:30 a.m.

- Why is soil health and conservation so important to a landowner?
- Economics of conservation

March 3 - CCFB Auditorium - 7:30 to 9:30 a.m.

- Conservation management practices
- How to talk to your tenant about conservation
- Conservation practice cost share opportunities

March 10 – Parkland College – 5 to 7 p.m.

Join the Prime Timers! February 13 starting at 10 a.m.

Speaker: Chris Cody Topic: All About Lincoln Entertainment: Logan Kirby



Gerald Henry, Prime Timers Chairman

Meetings are held on the second Thursday of each month Lunch cost - \$8

Call 352-5235 ahead of each meeting to reserve your spot MARK YOUR CALENDAR FOR FUTURE MEETINGS

March 12, 2020 Apríl 9, 2020 May 14, 2020

Young Ag Leaders

Upcoming Business Meeting February 6th at 6:15pm

Champaign County Farm Bureau Auditorium Facebook Champaign County Farm Bureau Young Ag Leaders for more information.

WOMEN'S COMMITTEE

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

SCHEDULE OF EVENTS

February 10 @ 9:30 a.m./CCFB
Auditorium

Steven Willette, Living Yoga Center presenting Chair Yoga demonstration and information Red & White Potluck following general meeting

March 9 @ 9:30 a.m./CCFB Auditorium
General meeting

Lunch to follow at Hickory River, Urbana

April 13 @ 9:30 a.m./CCFB Auditorium

Jim Roberts, Director Environmental Health,

Champaign-Urbana Public Health

presenting on restaurant inspections

Women's Committee Welcomes New Slate of Officers

We would like to send out a special thank you to the outgoing Women's Committee Officers- Paulette Brock, Chair; Loretta Stoerger, Vice-Chair; and Sharon Duitsman, Secretary. These women put in a lot of extra time, above and beyond the call of duty to ensure the success of the Women's Committee. We appreciate your effort for a job well done over the past several years and your hard work resulted in great success!

The new leadership team will work hard to fill the shoes left behind! Send a special welcome to the new officers - Chair, Marilyn Whalen; Vice Chair, Paulette Brock; and Secretary, Shirley Berbaum. Thank you for contributing your talents and skills to the Women's Committee.

OSF hosts Women Committee

Women's Committee members were invited by OSF Heart of Mary Medical Center in Champaign to enjoy lunch and a presentation by Dr. Alina Paul following the general meeting on January 13th. Topics discussed were medical screenings and pain management.

Dr. Paul provided information on screenings she felt were necessary during an annual physical with blood tests, as well as other information pertaining to screenings that might be needed regarding personal symptoms a patient is experiencing. In addition, important information

regarding pain management and medications was also shared.

Dr. Paul's handout communicated a written quote with all in attendance:

""Good health starts at the level of the family. Building healthy families lead to better mental and physical health in the community. I want patients to know I treat them first as an individual, not just their disease or medical issue.""

All participants left with helpful facts pertaining to their health. We appreciate Cindy Magsamen of OSF for coordinating our group's visit.



Women's Committee members taking an active role in the discussion to learn more about their health and screenings.

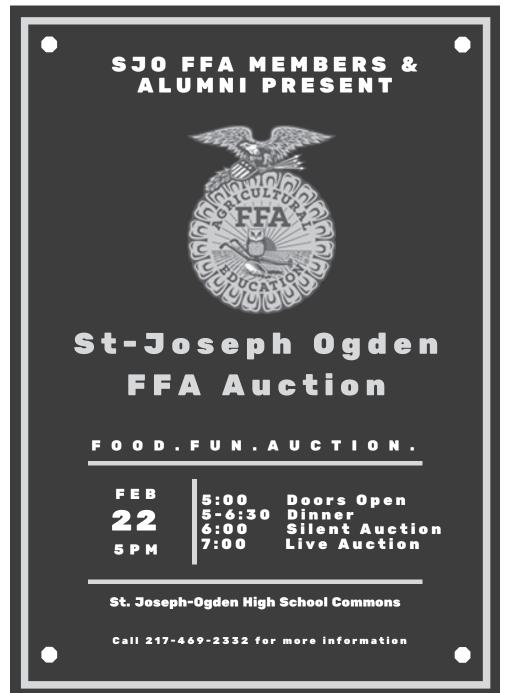


Dr. Alina Paul discussing medical screenings and pain management.

SJO FFA Auction

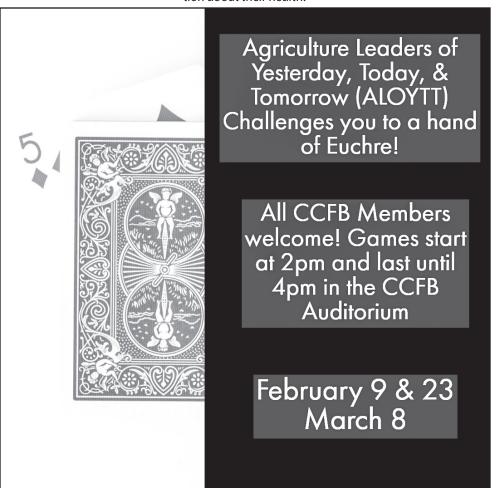
Please join the St. Joseph-Ogden FFA and Alumni as they begin FFA week with their annual auction! The live auction has been RESCHEDULED to begin at 7:00PM with the Silent Auction tables closing throughout the night. Chicken and noodles will be served alongside mashed potatoes and green beans, beginning at

5:00PM. All donations are tax deductible and support high school students in pursuing an interest FFA and agriculture. Follow St. Joseph-Ogden FFA on Facebook, Instagram, or Twitter to view items in the Silent and Live Auction as the date approaches.





Women's Committee members listen intently as Dr. Paul provides them with valuable information about their health.







Where We've Been...



Christmas Trees (Dec):
St. Matthews - Lincoln Trail - Fisher
Wiley - Judah Christian - Royal
St. Thomas - Barkstall - Unity - Leal

Corn Polymers STEM Lesson Fisher

Prairieview Ogden South

Beef/Temple Grandin Lincoln Trail - Wiley

STEAM Night-Ag Careers
Mahomet

Popcorn: Seed to Snack! Lincoln Trail - Rantoul - St. Thomas Middletown Prairie - Barkstall - Wiley Gifford - Leal Mahomet
Water Supply Stewardship

IL Mapping, Corn & Soils St. Joseph St. Matthews - Stratton - Middletown
Prairie - Homer

JAN 2020

Our Impact...

#Students #Teachers 1677 62





Jan/Feb Topics...

Beef: Beef or Dairy? Who is Temple Grandin?

Don't Use it All Up: Being Stewards of Our Water Supply

Get Popping!: IL State Snack—Popcorn!





Grounded in Ag (GIA) is a grassroots donation campaign supporting the CCFB Foundation's Ag in the Classroom Program. With your help we can continue our mission of educating our county's youth and teachers about agriculture and its impact on their daily lives!

How Can I donate?

Mail your donation in the envelope included in your Grounded in Ag Letter. Watch your mailbox!

Letters will be going out late February.

Donate online at www.ccfbfoundation.com or visit our Facebook page.

Come to a Grounded in Ag Event!

eer!

Flight Night for Ag at Riggs Beer!

Wed. - March 4th - 5:00pm-8:00pm

Live Music...Appetizers...Friends....Fun....and of course BEER!
Bring your donation and join us at this exclusive event just for
Grounded in Ag supporters!

Breakfast with "Mrs. Kaper"

Friday - March 27th - 7:30am - 9:30am - CCFB Auditorium

Join us for a morning with Ag in the Classroom Director, Sarah Kaper and learn about how she takes your agricuture message to thousands of students each year! Breakfast is come-and-go, with a short program at 8:15am.



Hey Champaign County & Piatt County Teachers!

Want a fun and dynamic way to learn about agriculture...and earn CPDU credits?

Summer Ag Institute 2020 - "A to Z Agriculture"!

June 1st-4th - 8:30am-4:00pm daily / Champaign County Farm Bureau Auditorium

Join us for four jam-packed days of engaging speakers, field trips, and hands on activities that cover agriculture from A to Z! Bring back practical ways to incorporate agriculture into your classroom and daily lessons. Registration includes daily lunch and snacks and an SAI 2020 t-shirt.

Early Bird Registration - \$100 / Registration After April 15th - \$130

Thanks to several generous Farm Bureau members, there are a few scholarships available to qualifying Champaign County teachers/schools. Please contact Sarah Kaper at **sarah@ccfarmbureau.com** for more info.

For more info: www.ccfbfoundation.com
To Register Online: https://cbo.io/grounded/SAI2020









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It's a new year, a time to start fresh and dream big. When it comes to setting goals for the coming months, saving money is always a popular one. We want to help you not only save money, but protect the things that are important to you as well. So we've laid out our top 5 [financial] New Year's resolutions to help you feel more secure.

1. Set your financial goals for the year.

Do you want to pay off debt, set up an emergency fund or college savings plan for your kids? Maybe you want to put more away for retirement. Whatever your dream is, talk with your financial rep about how you can take the first step to achieve your goals.

2. Create a budget that supports your goals.

Getting an overall view of your income and expenses will help you plan a strategy for achieving your goals. Try creating a simple spreadsheet or using an online budgeting tool to get started. Check your budget often to be sure you're staying on track.

3. Look for ways to save money on insurance.

Your rep can look to see what discounts you may be eligible for (did you purchase a home security system or put on a new roof recently? Talk to your rep to see if you qualify for a discount). Your rep can also talk with you about other money-saving strategies such as bundling or changing your deductible.

4. Talk to your insurance representative about coverage for your new expensive items.

Did you receive a new smartphone, expensive jewelry or other high-cost items for Christmas? Talk with your insurance rep about insurance protection for them.

5. Prepare for the unexpected.

Use your smartphone to take a video record of all of your belongings in case you ever experience a fire, tornado or other disaster situation. It only takes a few minutes and it's much easier than trying to remember each item in every room, drawer, closet, etc., after a loss.

Taking simple steps to protect your property and set goals can get you on the right foot in the new year.



Jim Nelson 892-4479



Aaron Wheeler 586-6170









KORY KRAUS, **GENERAL MANAGER**

FROM THE FIELD

By Dr. Howard Brown

N MANAGEMENT CONSIDERATIONS

Knowing the timing and amount of rain events in 2020 would provide enough information to know when to apply the corn crop's N requirement with one application. However, since weather remains an unknown, planning for multiple applications utilizing different sources, times of application, and placements is a best defense to minimize N loss, maximizing utilization.

A good nitrogen recommendation starts with an estimate of N required. Nitrogen is the second greatest input cost in corn production and a primary concern to water and air quality when it is not utilized. It makes economic sense to focus on its management from both an economic and environmental perspective. Start with the N Rate Calculator to establish an economic base application. The N Rate Calculator takes into consideration the price of corn per bushel in relationship to the cost of N per pound. Maximizing yield per acre can sometimes be costly, especially if that last bushel of corn harvested requires significantly more N than was covered by the revenue it generates. The N Rate Calculator does not mandate the rate of N a farmer will apply. However, it provides a starting point for an N Management Strategy. Visit the website, follow the instructions and give it a try. http://cnrc.agron.iastate.edu/

Planning for a dry 2020 growing season? Nitrogen should be applied as early as possible and injected into the soil if a dry growing season is anticipated. All nutrients must move to plant roots with soil water. Since water taken up by the plant under droughty conditions comes from subsurface soil moisture, placing nitrogen close to the source of water (injection) increases the concentration of N moving with limited soil water into the plant (as nitrate-N). Surface placement or shallow incorporation of N in a droughty environment will result in little N utilization. An amount that is 2x what is needed can be surface-applied to dry soil and corn plants will still fire (N deficiency) if no rain is received after the application.

What happens to N not utilized due to drought? The drought of 2012 provided an example of what can happen when N is applied and not utilized. Over 200 fields were sampled for nitrate-N concentration following the harvest of 2012 but before any fall N was applied. On average, enough N was detected in the upper 12 inches of soil to meet the crop's N requirement. Unfortunately, there was no crop to utilize it. Elevated nitrate-N concentrations were detected late-winter of 2013 in several lakes as a result of the drought and unused applied N. Fall-applied N was not the primary source. The elevated concentration was an outcome of the 2012 drought, a fact that should not be forgotten.

Planning for a wet Spring? Nitrogen applications should be delayed as late as possible. Fall or early Spring-applied N will be the most vulnerable to loss processes. If the primary N requirement will be applied pre-plant, a nitrification inhibitor, such as N-Serve (anhydrous ammonia) or Instinct II (UAN or urea) should be considered. A post-emerge strategy will limit N loss but increase the risk of not getting the N applied. Placement of post-emerge N can be injected, surface broadcast or banded (Y-Drop). The window for post-applied N tends to be a challenge in wet Springs. Consider using urea treated with Agrotain (NBPT) broadcast post-emerge. Agrotain protects the urea-N from volatilization for at least 10 - 14 days. Add boron to the urea application and test for a boron response. Great way to deliver boron and to determine whether boron will be a part of your 2021 nutrient management strategy. Allow Illini FS to make this timely application. Wolftrax Boron and our automated delivery system makes it easy to mix with Agrotain-treated urea for a broadcast surface application. Visit with your local Illini FS Crop Specialist for more information or to request a post-emerge surface application of Agrotain-treated urea.

Denitrification is common with a wet Spring. Denitrification occurs when soils are saturated (pore space is filled with water) for an extended period-of-time. The loss process only occurs to the nitrate-N form (only plant-available form containing oxygen). With the absence of soil air, oxygen is removed from NO3-N by anaerobic soil bacteria. Once oxygen is removed, the modified NO3-N becomes an unstable gas and is lost to the atmosphere. It takes approximately 24 -48 hours for denitrification to start. A loss of 5 -6% of nitrate-N per day is anticipated for each day the soil remains saturated.

Leaching is common with a wet Spring. Leaching is the movement of nitrate-N with soil water as it leaves the zone of application. Soil texture tends to determine the potential for leaching losses. Soils with a higher content of sand (considered coarse-textured) tend to leach more than the heavier soils (containing significant clay). The larger soil pores make it easier for water to move downward in the soil profile. Medium-textured soils (silts or silt loams) are also prone to leaching. The increase use of subsurface tiling to remove excess soil water from medium-to-heavy textured soil provides an avenue for nitrate-N to be lost.

HEDGE THE RISK OF N LOSS.

Two-Pass Strategy. Consider a combination of source, rate of application, time of application, and placement (the 4Rs) to create a Two-Pass N Management Strategy. Hedge the risk of dry weather with an early Spring N application (injected preferred). A nitrification inhibitor should be considered if applied well ahead of planting. Hedge the risk of wet weather by including a post-emerge application. Regardless of the efforts made (use of nitrification inhibitors), extended periods of saturated soil prior to May will result in N loss. Allow 2-3 weeks between applications to realize a difference as a result of a multiple N application strategy.

Three-Pass Strategy. Add an application of 30 to 50 pounds N pre-plant, usually UAN applied as the carrier for pre-plant (residual) herbicides. This strategy would reduce the percent of N applied post-emerge. The purpose of this application is to provide the young corn seedling a source of N when a primary pre-plant application of N is injected and corn residue is incorporated ahead of planting. Note: Allow 2-3 weeks between applications to realize a difference as a result of a multiple N application strategy. Suggestion: Early pre-plant: 50%, Pre-plant with herbicides: 25%, Post-emerge: 25%

APPLICATION OPTIONS

Early Pre-Plant. Early Spring N applications tend to be susceptible to saturated soil conditions prior to plant uptake (2018 is an example in East-Central Illinois). Consider using a nitrification inhibitor (N-Serve or Instinct II) for N applications made well ahead of planting time. Slowing nitrification (conversion of ammonium to nitrate) keeps the applied N in the stable ammonium-N form (not susceptible to denitrification or leaching). A suggested rate of application would be 50% of estimated N requirement.

Pre-Plant. A minimum **broadcast** application of 30 to 50 pounds of N is suggested there is no plan for any pre-plant N. The application provides the seedling plant a source of N during the early stages of stand establishment. Residue worked into the soil prior to planting will promote microbial immobilization of soil N. Microbes will out-compete the young seedlings, possibly causing a temporary early-season N shortage. A suggested rate of application would be 50% of estimated N requirement.

Planting-Time. A planting-time application of N provides a readily available nutrient source to the young seedling. However, there is a significant investment in time and equipment to make this a part of an N Management Strategy. The cost vs. benefit of application timing and placement minimizes the adoption of this practice. Rate of application depends upon placement.

Early-Post. An application of N at the "early growth" stage (V3-V6) minimize the opportunity for N loss due to an early wet Spring. The early-post application can be injected (UAN/anhydrous ammonia), surface broadcast (urea treated with NBPT), or banded (UAN Y-Drop). Surface broadcast urea treated with NBPT will result in a faster crop response due to placement but either should work equally well, providing there is moisture to move the N into the plant. A suggested rate of application would be 50% of estimated N requirement.

Late-Post. Applications of N during the rapid stage of corn growth can be timely if N loss is significant pre-plant or early post. However, the risks associated with such an application should to be considered. Plants are rapidly growing. An untimely rain could increase the risk not making the application. High winds could tangle corn plants making it impossible for a ground application (aerial N applications much more expensive). There is equally significant risk of not receiving adequate rainfall following application to get the applied N to the plant roots (normally dry in late June/early July). A suggested rate of application would be 50% of estimated N requirement.

Sign-up for an *N-TRACKER Plus* Site in 2020. The best N Management Strategy can easily be compromised with an unexpected change in the growing environment. Will it rain? Will it stop raining? "The only management tool that keeps These are common questions echoed at different an eye on the 2nd greatest input cost times before or during growing season. Establish an **N-TRACKER Plus** Site to create a window into the soil to watch the dynamics (behavior) of plant-avail-



and one of the top environmental concerns... Nitrogen."

able N. How many pounds of N are detected in the upper two feet? What form is it in? Where is it at? How much N is needed? These are common questions that **N-TRACKER** *Plus* attempts to address. With six years of tracking experience, there is a significant level of confidence with integrity and interpretation of the test results. This year each site will also track two other essential nutrients that tend to move with soil water, sulfur and boron. Sound interesting? Want more information? Contact your local Illini FS Crop Specialist to learn more about *N-TRACKER Plus* for 2020. You can also visit our website at www.n-tracker.com. Comments are welcomed.

Avoiding laws and regulations. It will not be laws and regulations that help Illinois meet the targeted reductions in nutrient loading by 2025, it will be the adoption of practices that maximize nutrient utilization, optimizing harvest yield and minimizing nutrient loss to the environment (If you use it, you won't lose it.) It is about using, not losing nutrients that were paid for and applied. What we need are tools that help us quantify the behavior of nutrients in the soil once applied. Is it still there? Was it lost? Where did it go? Is there enough? Once we are satisfied with the answers to these questions, we will improve how we manage nutrient inputs both from an economic and environmental perspective. Now is the time to proactively continue our search for the answers. Let us help you with N-TRACKER Plus. Visit with your local Illini FS Crop Specialist for more information or to sign-up for a site in 2020. We don't have all the answers, but we do know how to search for the solutions. Not a customer? Give us a chance to help.

Maggi's Membership Corner

Maggi Maxstadt

A resolution you may have made in the new year is to be more involved in local organizations where you are a member. What opportunities does Farm Bureau offer?

There are numerous committees and clubs to choose from. Most groups meet monthly and include education about agriculture, agriculture's impact on consumers, and/or development opportunities

for members from experts.

FB Connect (Agricultural Leaders of Yesterday, Today, and Tomorrow) keeps members involved, informed, and helps build cross-generational friendships between members. Check the calendar for upcoming meet-ups.

Governmental Affairs is designed to keep members abreast of developments in government and build a positive relationship with elected officials. Keep an eye on the calendar for meeting dates!

Marketing Club listens to strategists discuss agricultural topics, such as crop insurance, weather outlook, agronomy updates, and insurance policy review. The club focuses on providing CCFB members with information that can help members manage their operations risk. Check the newsletter and website for upcoming meetings.

The Prime Timers provide entertaining and informational programs, educational activities, and travel opportunities for members age 55 and older. They meet on the second Thursday of the month at 10a m

Women's Committee meets the second Monday of the month at 9:30 a.m. It

By Maggi Maxstadt, CCFB Membership & Outreach Coordinator

is open to any woman that is connected to agriculture. The women's committee focuses on educating both members and consumers on issues that affect them.

Young Ag Leaders Committee is open to any members age 18-35. Members connect with and educate consumers, empower the next generation of agriculturalists, and plan projects within the community and county. Stay tuned to the website and social media for meeting dates and times.

Want to support agriculture education for students of all ages? The Champaign

County Farm Bureau Foundation raises funds for the Ag in the Classroom program and provides scholarships for students who are studying agriculture. More information about the CCFB Foundation can be found on page 4.

As you can see, there are many opportunities to get involved in CCFB. If you would like more information about any of the committees or if you have an idea for a program, don't hesitate to call the office at 217-352-5235 or email ccfb@ccfarmbureau.com.



IAA Foundation, Gate Sign, PO Box 8, Bloomington, IL 61702 Please allow four weeks for delivery.



Sign customization is a service reserved for Illinois Farm Bureau members. Novelty signs will not be produced.

Mental Health & Farm Safety Course is Beneficial

By Marilyn Whalen, Women's Committee Chair with deal with the challenges they are facing.

those in need of mental health services

clinical training assist an individual having

a heart attack, Mental Health First Aid pre-

pares participants to interact with a person experiencing a mental health crisis," said

Amy Rademaker, Rural Health & Farm

"Just as CPR helps even those without

often do not get them until it is too late.

As farmers or others involved with agriculture continue to deal with weather, commodity markets, and tariffs, etc., it's important for me to be aware of certain things that might signal a neighbor, friend, acquaintance, or family member may need to seek professional help.

I attended the Carle Rural Health & deal with the challenges they are facing.

One in five Americans has a mental illness, but many are reluctant to seek help or might not know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. It can be hard to know when and how to step in. As a result,

I attended the Carle Rural Health & Farm Safety course held at Farm Credit Services on January 14th. While the course is several hours long, I left feeling that I had definitely learned some important things that may at some time assist me in showing someone there is hope and plans can be made to show them a better way to

CHAMPAIGN COUNTY FARM BUREAU NEWS

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Administrative Assistant -- Brenda Wood
Membership & Outreach Coordinator -- Maggi Maxstadt
Ag In The Classroom Director -- Sarah Kaper
Foundation Director -- Kirk Builta

Contact us at (217) 352-5235 www.ccfarmbureau.com

COUNTY
AU NEWS

AU News

AU News

AL Champaign, IL 61821

Safety program coordinator.

I encourage others to consider taking time to learn from this course. We were provided resources, handbook and knowledge that could be invaluable in specific

situations.

Mental Health First teaches a 5-step action plan to guide students through a process of reaching out and offering appropriate support. Carle's Rural Health & Farm Safety has another course scheduled as follows:

Mental Health and First Aid

Wednesday, February 12, from 8 a.m. -5 p.m.

McLean Co. Farm Bureau 2242 Westgate Drive in Bloomington, IL

Cost: \$10 per person Register online at carle.org/mhfa org or call (217) 365-5460 Contact: SeedsofWellness@carle.com





2020 CHAMPAIGN COUNTY FARM BUREAU TRIPS

March 26, 2020 (Thursday evening)

A Grand Old Country Tribute, The Barn III — Goodfield, IL

This is a trip that will take you to the "Opry" with the greatest classic hits from the biggest stars of country and western music! Each decade's biggest hits will be represented, from all of your favorite stars: Hank Williams, Patsy Cline, Loretta Lynn, Johnny Cash, Dolly Parton, Willie Nelson, Kenny Rogers, Tammy Wynette, Reba McEntire, Garth Brooks and more!

Price per person: \$92.00

Deadline to register, be paid in full or cancel: February 24, 2020

April 29, 2020 (Wednesday)

The Marvelous Wonderettes, Myers Dinner Theatre —Hillsboro, IN

This Off-Broadway smash hit takes us to the 1958 Springfield High School Prom where we meet the Wonderettes. As we learn about their lives and loves, we are treated to the girls performing classic 50's & 60's hits such as "Lollipop," "Dream Lover," "Stupid



Cupid," "Lipstick on Your Collar," "Hold Me, Thrill Me, Kiss Me," "It's My Party," and over 20 additional hits! You have never had this much fun at prom, and you will never forget this must-take musical trip down memory lane.

Price per person: \$85.00(gratuity included)

Deadline to register, be paid in full or cancel: March 23, 2020

July 1, 2020 (Wednesday)

Crazy for You, The Little Theatre — Sullivan, IL

A zany rich-boy-hometown-girl romantic comedy, Crazy for You tells the story of young New York banker Bobby Child, who is sent to Deadrock, Nevada, to foreclose on a rundown theatre. In Deadrock, Bobby falls for spunky Polly Baker, the theater owner's daughter. But Polly takes an instant dislike to the city slicker, so Bobby vows through cunning, razzmatazz and a hilarious case of mistaken identity to win Polly's heart and save the theatre.



Price per person: \$80.00

Deadline to register, be paid in full or cancel: May 29, 2020

Adopt-A-Legislator continued from Page 1

address and solve. Representative Harris is ready to work, "I see two overarching challenges moving forward. 1) Restoring people's trust in our state government, and 2) bringing fiscal stability back to our state budget.

My three priorities for the next session will be the state budget, healthcare, and ethics reform. As Chief Budget Negotiator for the House Democrats, I will be working with both parties in the House and Senate to create a balanced budget that puts Illinois back on the path to fiscal stability.



CCFB members making the most of their visit with Representative Harris by visiting businesses

and schools in District 13

September 16, 2020 (Wednesday)

The Ark, Myers Dinner Theatre — Hillsboro, IN

This exciting new musical is sure to delight and inspire audiences of all ages as they enter the theatre transformed into an ark only to discover they are the animals and this is not only Noah's adventure, it's theirs. A fresh take on a familiar tale, it's the story of how one family learns to brave life's rough waters by sticking together. The music for the show will have you dancing in the "isles". The Ark proves that, just like the waters, the depth of human emotion knows no bounds.

Price per person: \$85.00 (gratuity included)

Deadline to register, be paid in full or cancel: August 21, 2020

October 14, 2020 (Wednesday)

Is there Life After Fifty, The Barn III — Goodfield, IL

This new comedy flirts with a topical theme: the aging of the Baby Boomer generation. Three couples who all raised their kids on the same street have found a way to keep in touch after they move to new cities. Each year, on Labor Day weekend, the friends vacation together. This year, the ladies have planned a little surprise: a healthy, all -natural weekend at a trendy health resort, complete with organic food and



exercise. The men, who really come for the beer and snacks, are not pleased when they find out. Tensions escalate into an all-out battle of the sexes, and the cabin is divided, literally, into the men against the women. They battle over health food, exercise, pizza, The Godfather, rock and roll, hot tubs, hot flashes, tummy tucks and their refusal to become middle-aged!

Price per person: \$92.00

Deadline to register, be paid in full or cancel: September 14, 2020

Please note the deadlines posted for each trip: Any cancellation, for any reason, must be made on or before the deadline posted for each individual trip to guarantee any refund. We ask that all day trips are paid for in full when you register.*** Gratuity not included in the price unless indicated***Please feel free to share this information with friends, neighbors and family. We would love to add them to our list of travel friends. Thank you and we look forward to traveling with you. 217-352-5235

Next spring, the General Assembly will begin the next phase in redesigning our state's healthcare system. With advances in technology, care is increasingly delivered in the form of outpatient procedures and pharmaceutical therapies. We must adapt our hospital and healthcare systems to fit this new model. I look forward to leading this modernization.

Anyone who follows the news knows that we must work hard to pass ethics re-

form and begin to restore faith in our state government. I was recently appointed cochair of the Joint Commission on Ethics and Lobbying Reform, newly created to help tackle this problem. Republicans, Democrats, the Governor, Attorney General, and government ethics reform groups must work together to develop policies that strengthen ethics and restore trust."

WOMEN'S COMMITTEE RECIPE OF THE MONTH

Chicken Casserole - Marilyn Whalen

This month's recipe was submitted by the new Women's Committee Chair -Marilyn Whalen. Marilyn says this recipe is "excellent on a cold winter day." Enjoy! Chicken Casserole

- 6 boneless chicken breasts, cooked
- 1 can low sodium cream of celery soup
- 1 can low sodium cream of chicken soup
- 1 large can evaporated milk
- 4 oz. shredded sharp cheddar cheese
- 5 oz. chow mein noodles
- 1 sm. can sliced water chestnuts, drain
- ½ bag slivered almonds
- sliced mushrooms if desired

Cook chicken breasts in oven or on stovetop with water until done. Shred chicken or slice into small pieces. Mix all other ingredients together except chow mein noodles. Bake 45 minutes at 300 degrees in a lightly greased 13x9 casserole dish. Top with chow mein noodles if you wish before serving. Season with salt & pepper as desired upon serving.