



Scan for more farm bureau info. & events

A "staple" in the Farm Bureau member's home since 1938

**Mission:** To serve all members of the Cook County Farm Bureau® with meaningful and beneficial programs that reflect our Agricultural Heritage.

Vol. 93 No. 2

Countryside, IL 60525

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

February 2019

## Mark Your Calendar

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For participation details on these programs and activities, check out the related information in this publication, go to [www.cookcfb.org](http://www.cookcfb.org), or contact the office at 708-354-3276.

You can register for most programs using the Member Service Center at [www.cookcfb.org](http://www.cookcfb.org).



First row left to right Kristen Yunker, Gina Modica, Jessica Biernacki, Becca Biernacki, second row: left to right Katie Smith, Ryan Mars, Jake Ballard, Tom Poole, and Mark Hamman; back row: Blake Lamphier and Robert Schabes.

The Young Leaders Group met at Topgolf for a fun but competitive game of golf in January as the group continues to grow and broaden its efforts. Members age 18 to 35

should contact Bob Rohrer or Katie Smith at 708-354-3276 if you're interested in participating in this group focused on leadership development and service to agriculture.

## Question of the Month

How many days is the comment period open for the rules written by the Illinois Department of Agriculture and published in the Illinois Register regarding industrial hemp?

☆Bonus☆:

What page of this publication is CCFB mascot Corny Calvin "hanging out" on this month?

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

January winner is  
**Susan Peters**

Who was presented the Illinois Farm Bureau Eagle Award for Excellence in December 2018 at the IFB Annual meeting in Chicago?

Answer: The late William "Bill" Johnson



The Cook County Farm Bureau®, as a part of our the annual Food Check Out Day, collects pop tops from members, school groups and affiliated companies throughout the year to benefit local Ronald McDonald House Charities®. Members that want to get involved or have pop tops to donate can contact Bona Heinsohn at [bona@cookcfb.org](mailto:bona@cookcfb.org) or 708-354-3276.



## Sponsorship Information for Food Checkout Day 2019

Food Checkout Day highlights the safe and nutritious food that local farmers grow. Through our partnership with Ronald McDonald House Charities® of Chicagoland and Northwest Indiana supporters are able to assist families during the most difficult time of their lives, when their child is ill.

Please consider partnering with us to raise much needed funds for the Ronald McDonald House Charities® of Chicagoland and Northwest Indiana. All proceeds raised will benefit the charity.

Sponsorships are available at the following levels:

### Veggies Sponsor

Includes advance promotions, event signage, media, and social media inclusion.  
\$500

### Sweet Corn Sponsor

Includes promotion on cart signs at Chicago and Oak Lawn grocery store events, signage, media, and social media inclusion.  
\$250

### Grains Sponsor

Includes event signage, media, and social media inclusion.  
\$150

Continued on page 2

## Beekeeping Classes Offered at the Farm Bureau



The Cook County Farm Bureau® and the Cook Du-Page Beekeepers Association (CDBA) have joined together to help get you started down the right path in the keeping and caring for bees, by offering beekeeping workshops at the Farm Bureau! Pete Soltesz and Kim Kulton of the CDBA will be conducting the classes.

### Beginning Beekeeping - 12-Hour Course

**Dates:** Saturday, March 9, 2019 & Sunday, March 10, 2019

**Time:** 9 AM – 3 PM (working lunch)

**Cost:** \$75.00 for CCFB & CDBA Members; \$100 for non-members

### Advanced Beekeeping - 12-Hour Course

**Dates:** Saturday, April 6, 2019 & Sunday, April 7, 2019

**Time:** 9 AM – 3 PM (working lunch)

**Cost:** \$75 for CCFB & CDBA Members; \$100 for non-members

**Class Location:** Cook County Farm Bureau Meeting Room, 6438 Joliet Road, Countryside, IL 60525

### Registration & Payment:

- Call Debbie (CCFB) at 708-354-3276
  - Credit card payment accepted by phone at no additional charge or mail a check made out to the Cook County Farm Bureau
  - CCFB Member Online Registration at the Member Center at [www.cookcfb.org](http://www.cookcfb.org)
- For Course Details go to [www.cookcfb.org](http://www.cookcfb.org)/stay-updated/upcoming-events or call 708-354-3276

## What's Up

During a recent Board meeting, Directors were asked the following question: *What is your 2019 Resolution related to the Cook County Farm Bureau Organization?*



**Ruth Zeldenrust:**  
"I want to actively pursue new memberships for the organization."



**Jim Bloomstrand:**  
"I would like to keep existing members and sign up new members, as well as keep existing schools and add new schools for Ag in the Classroom."



**Gerry Kopping:**  
"I would like to have the Commodities and Marketing Team put forth a program on industrial hemp production for member information."



**Dan Biernacki:**  
"Sell value of membership to new AND existing members at both state, county and personal levels."



**Tim Stuenkel:**  
"I would like to engage with our membership base to recruit new volunteers to become involved."



**Todd Price:**  
"I want to invest in keeping up-to-date and informed with changes in policies that impact Cook County agriculture and reach out to elected officials."

## Teacher Resources

The Ag Literacy Department has wonderful free resources for teacher use all year long.

- **Ag Mags:** The new Illinois Ag Mag is a perfect addition to your study of Illinois in all grade levels and can be used along with our Illinois Learning Kit which is also free to checkout. Other titles of Ag Mags can be viewed at <https://cookcfb.org/ag-literacy-and-education/teacher-resources/profile/ag-mags> and are available in classroom sets of 30.
- **Science Kits:** Spring is a busy time for our Embryology supplies including our incubators and egg turners for life science projects. These are available



for a four-week period on a limited basis with a deposit.

- **Posters:** We also have a new series of posters available to teachers who may want to use them in food science or animal science classrooms or even school cafeterias. These are great discussion-starters to the origins of



## The Gratitude Box

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

**The Cook County Farm Bureau thanks...**

- Staff members Debbie Voltz for 10 years and Bob Rohrer for 20 years of quality service as employees with the Cook County Farm Bureau.
- Charlotte Sellers for preparing Ag in the Classroom reminder postcards for our back-to-school mailing and our Fun'Raiser invitations.
- Mark Keuhn for plowing and salting our Farm Bureau parking lot as well as shoveling the walks following each snow-storm.
- Ms. Judith Hennessey, winner of our 2018 Word Search entry contest, and the other 30 members who faithfully completed and submitted the Family Adventures Page word search from every month of The Co-Operator during the year.
- All members that are attending the Farming for our Future Gala benefit for the Foundation as well as our sponsors and many donors!

## Sponsorship Information for Food Checkout Day 2019

Continued from page 1

### FOOD CHECKOUT DAY SPONSORSHIP 2019

- \$500 Veggie Sponsor  \$250 Sweet Corn Sponsor  \$150 Grains Sponsor  
 Other amount (list amount here) \$ \_\_\_\_\_

Company/ Individual Name \_\_\_\_\_

Written as you wish it to appear in publications or on signage

Contact Person \_\_\_\_\_ Phone \_\_\_\_\_

Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

If affiliated with a Country Financial Agency, please indicate \_\_\_\_\_

Please make checks payable to: Cook County Farm Bureau®.

All proceeds will be donated to Ronald McDonald House Charities® of Chicagoland and Northwest Indiana.

For more information contact Bona Heinsohn at the Cook County Farm Bureau® at 708-354-3276 or [bona@cookcfb.org](mailto:bona@cookcfb.org).

## TEACHING THROUGH AGRICULTURE

≡ SUMMER AG INSTITUTE ≡

PROFESSIONAL DEVELOPMENT FOR K-12 TEACHERS

JUNE 24-27, 2019

Enjoy 4 days of active learning as we explore the connection between Chicago's urban agriculture industry and Central Illinois' rural farming entrepreneurs. Content will focus on agriculture's use of science, technology & engineering and showcase how to incorporate ag into your current curriculum.

**COMMENTS FROM LAST YEAR'S ATTENDEES:**

"Everything was absolutely phenomenal. This was one of the best professional development events I have ever attended. I've never left with so many resources. You all did a great job creating a program that appealed to and is usable for a wide range of people teaching a wide range of grades and subjects. Thank you so much for putting this together and providing all these resources!"

"The real life experience being able to physically go and experience farms was amazing and enjoyable."

Registration open until May 1, 2019 or until class filled—call or email Jill or Diane at 708.354.3276 or [aitc2@cookcfb.org](mailto:aitc2@cookcfb.org)



**SOME TOUR STOPS & PRESENTERS:**

**Kilgus Farm-Fairbury:** Goats, pigs, milk from farm to Chicago's hottest eateries, farmers markets and vendors

**Grain Elevator:** Road, river, rail and the movement of grains

**Mackinaw Winery-Mackinaw:** The challenges of starting a new business: From vineyard to bottle

**Bureau County Fairgrounds:** Farm Implements/Machinery

**Cook County Ag Stops:** Local produce and greenhouse operations

**Luke Allen:** Lessons on Ag in your classroom featuring science kits

**Haley Siergiej:** Soil lessons using Nutrients for Life free resources

**Kevin Daugherty:** Using Illinois Ag in the Classroom K-12 lessons

**THE DETAILS:**

30 Professional Development Credit hours OR

2 grad credits through University or St. Francis. (\$200 extra)

Cost: \$125.00 includes coach bus, tours, meals, hotel 1 night

\$100 for members of the Cook County Farm Bureau®

Brought to you by the Cook County Farm Bureau Foundation, Illinois Science Teachers Association and Illinois Ag in the classroom

\*Subject to change



food and the wide variety of by-products created on the farm.

- **Specialty Presentations:** If you are engaging your students in curriculum related to agriculture outside of the 4th grade, contact us to see if we may be able to supplement your learning through supplies or even a custom presentation when possible.



## Co-Operator

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# Downwind

by Bob Rohrer, CCFB Manager  
 “I’m a YouTuber”

Mother Goose may have never written the children’s rhyme, “Humpty Dumpty,” if all the King’s horses and the King’s men knew about that magical world called YouTubeania.

Yes, YouTubeania is a wonderful and imaginary place that could have provided them with design plans, schematics, helpful “how to advice,” directions, secrets, pictures and video on putting Humpty back together again by touching the royal app.

After the collective gasp of seeing Humpty break into pieces, search “unbreak an egg” and voila!

The horses and the men could have gotten right to work to save the day (the King’s horses have smart phones with really large buttons to allow them to function using their big hooves in today’s society). Humpty would’ve come back to sit on that wall better, stronger, faster.

Furthermore, I might be farming today instead of my current adventure of Farm Bureau manager if there had been YouTubeania 30 years ago. I’ve said it before, and I’ll say it again: My father, the Farmer, was much better off when I left the farm to pursue other adventures. I was a net expense drain to the farm. I worked hard but in the course of that work, I broke and damaged much. Tractor repair, tool repair, small engine repair, parts replacement in equipment, and a variety of related activities were the result. Inevitably, after I finished using something on the farm, it needed to be fixed. I’m pretty sure that if I had not chosen other adventures in life, I would’ve gotten voted off Farm Island.

It is not completely accurate to say that I could not use tools. In fact, I can recall many successful efforts of taking apart engines, equipment, and machine components only to scratch my head at thinking one or all of these:

- I have no idea what I’m looking at
- I have no idea what’s causing the issue that caused me to tear this apart
- I have no idea how to repair this
- I have no idea where to get this part
- I have no idea how to put this together again

Being a flawed individual with a lack of patience and attention span, I would leave the repair project strewn across the workbench in frustration. The Farmer would eventually come to the rescue and put Humpty Dumpty back together again.

And then, approximately 7 years ago, life changed when I discovered YouTubeania. With this amazing discovery, an incredible rainbow filled the sky and leprechauns and unicorns danced around me.

I became handy. Yes Handy, Dad!

The strange and alien creatures found in YouTubeania provided to me unworldly special guidance, direction, advice on projects and repairs complete with moving pictures. I was suddenly able to diagnose, analyze, fix pieces, replace parts, as well as repair and put stuff back together.

Since this miraculous transformation, I have repaired my 58-year-old ShopSmith, my 45-year-old snowplow garden tractor, replaced bearings on mowers, and fixed engines. I have re-piped water pumps. I have built stairs. I have fixed toilets. Farm and home improvements projects stop me no more. I have become, in part, the Farmer. (Okay, a rather poor caricature of him).

It’s a radical concept but the power of YouTubeania could have altered the course of my life 30 years ago. I could’ve followed in the Farmer’s footsteps (and alas, the Farmer just fell off the wall in disbelief).

There are some very skilled and knowledgeable beings in YouTubeania that have taken pity on the likes of me by sharing knowledge through video and voice, beaming solutions down to Earth. This column is dedicated to those YouTubers and the Farmers of today, tomorrow, and yesterday for using your gifts and talents for good each and every day. Thank you!

Bob can be reached at [brohrer@cookcfb.org](mailto:brohrer@cookcfb.org).

## Coming to Your Mailboxes Soon: Viewpoint Surveys

Reminder: voting members will soon be receiving the 2019 Viewpoint Survey.

This is an important tool in CCFB’s grassroots arsenal. Not only does this survey enable us to get a “pulse” on voting members’ positions on local, state and federal issues, it provides the basis for

future policy discussions, meetings and submittals.

Survey topics include: roadway improvements, local government consolidation and county taxation.

Voting members are encouraged to return their surveys as soon as possible.

## Recipe of the Month: Corn Rosemary Scones

- |                       |                                |
|-----------------------|--------------------------------|
| 2 c all-purpose flour | ½ c yellow cornmeal            |
| 2 T baking powder     | 2 T sugar                      |
| ½ t salt              | 6 T butter cut in ¼ inches     |
| 2 t grated lemon zest | 1 t fresh chopped rosemary     |
| 1 egg                 | ¾ c buttermilk                 |
| 1 egg beaten          | confectioner’s sugar for glaze |

Pre-heat oven to 350°. In large bowl, combine flour, cornmeal, baking powder, salt, sugar. Mix with fork. Add butter and cut in with pastry blender until mixed in evenly. Blend in lemon zest and rosemary and set aside. Beat egg in small bowl, add buttermilk. Pour into flour mixture and stir with wooden spoon, turn out on floured board and knead. Roll out to 12-inch circle. Cut out 3-inch circles with a glass or cookie cutter. Put on uncoated cookie sheet and brush top with beaten egg. Bake 10 minutes. Remove from oven, sprinkle with sugar return to oven for 5 minutes longer. Set aside to cool on a rack. Yields 10-12 scones.

Recipe reprinted with permission from member, Donna Nykaza-Jones, Steger, found in our 2018 Cookfresh Recipe Collection Brochure, available online at [www.cookcfb.org/discover-local/recipes](http://www.cookcfb.org/discover-local/recipes).

You can submit your recipes for the 2019 Cookfresh Recipe Brochure by mailing to the Farm Bureau or to [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org).

# Beef Cattle Fun Facts!



- In 2017, there were 1.18 million cattle and calves on Illinois farms.
- Cattle were first brought to the western hemisphere by Christopher Columbus on his second voyage in 1493.
- There are 50 breeds of beef cattle in the U.S. The most popular are Hereford, Angus, Brahman, and Charolais.
- Cows can eat around 40 pounds of food each day.
- Cattle “chew their cud” which means they re-chew their partially digested food.
- The meat from cattle is called beef. On average, Americans eat about 65 pounds of beef each year.
- Beef is a good source of ZIP: zinc, iron, and protein. Beef also provides B-complex vitamins.
- A cow’s diet is a mixture of grain, hay, grass, and supplements.
- Ground beef is the most popular form of beef. It is used to make hamburgers.
- The basic cuts of beef are the chuck, loin, rib, and round. Names of the cuts of meat vary regionally.
- One serving of beef is 3 ounces and provides more than half of your required protein for the day.
- We get more than meat from beef cattle. All other products are called by-products, some of which include paint, candles, plastics, soaps, piano keys, and basketballs.
- From one cowhide, 11 basketballs, 144 baseballs, or 20 footballs can be made.
- Male breeding cattle are called bulls. Females, prior to giving birth, are called heifers.

*From the Illinois Agriculture in the Classroom SM 2018-19 Calendar for Teachers*



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# Cook County Farm Bureau Leaders Attend 100th American Farm Bureau Federation Annual Meeting

Cook County Farm Bureau® leaders from the Board of Directors participated in the 100th Annual Convention of The American Farm Bureau Federation (AFBF) in New Orleans, Louisiana in mid-January. The group included CCFB President Janet McCabe, VPs Mike and Laura Rauch, Dan and Karen Biernacki, Jim and Kathy Bloomstrand, Gerry and Linda Kopping, Mark and Heidi Yunker, Tim Stuenkel, Roger Freeman, Todd and Laura Price, and Ruth Zeldenrust/Henry Campbell. During the event, they attended various conferences, presentations, and seminars, and spoke to many vendors as a part of the trade show to bring back programming ideas, concepts, trends, and potential membership benefits to the Cook County Farm Bureau.

During the meeting, AFBF delegates addressed national policy issues including one that originated “in part” from the Cook County Board Room. The delegates representing Farm Bureaus from all 50 states and Puerto Rico approved language to support Health Savings Account reform including the following pieces: repeal the annual maximum contribution, eliminate the high deductible health plan mandate from HSA eligibility requirements, allow HSA funds to be used for health insurance premiums and lift restrictions placed on the use of HSA funds for over-the-counter medicines. Cook County Farm Bureau worked with other counties in District 5 in 2017 to develop a resolution calling on the Illinois Farm Bureau to seek options to help farmers and other independent Illinois businesses find affordable options for healthcare. The Illinois Farm Bureau created a task force that created a number of recommendations including several of those listed above.

The group also heard a number of keynote

addresses including AFBF President Zippy Duvall, Governor of Louisiana John Bel Edwards, Secretary of Agriculture Sonny Perdue, and President Donald Trump. Here are highlights from two of keynotes:



American Farm Bureau Federation President Zippy Duvall delivers his annual address to thousands of farmers in New Orleans. (AFBF photo)

### AFBF President Zippy Duvall

Although it was a tough year on the farm, American Farm Bureau Federation President Zippy Duvall said 2018 was one of the most productive agriculture policy years in the organization’s history. Duvall pointed to successes in tax reform and regulatory

reform as well as passage of a new, five-year farm bill.

“You know who made it happen? It was you. It was the emails and phone calls. It was the trips to Washington. It was going to town hall meetings. You are the power and strength of this organization,” he said. “WOTUS was a big one,” Duvall said, noting the five-year battle to reverse the rule proposed and finalized under President Barack Obama’s administration. He also urged farmers to submit comments on the new Clean Water Rule.

Looking ahead to 2019, Duvall cited farm labor, trade, infrastructure, and ag research as a few of the key issues AFBF will address. “With all of this discussion about the wall and all of this discussion about immigration reform, we’re going to try to seize the moment,” Duvall stated. He also said the trade war with China “is going to be a long one.”

Duvall also reminisced about how AFBF got its start in 1919. “We always talk about this organization working from the bottom up. It started from the bottom up,” he said. “The most important people in Farm Bureau are the county Farm Bureaus and their boards of directors.”



President Donald Trump recognized the National Organization for 100 years (AFBF photo)

### United States President Donald Trump

President Donald Trump recognized the National Organization for 100 years (AFBF photo)

Each year, out of respect for the office of the President of the United States, AFBF extends an invitation

to the sitting President to speak (regardless of party affiliation or the President’s position on issues). Past United States Presidents that have spoken to the national convention include Calvin Coolidge, Franklin Roosevelt, Richard Nixon, Ronald Reagan, and George H.W.Bush. The Farm Bureau organization refrains from taking positions on Presidential candidates, but rather positions proposed by the President, Congress and regulatory agencies.

President Trump’s remarks focused on topics of tax policy, the farm bill, immigration and border security, regulation on business, roll back of certain regulations impacting agriculture, trade with other countries, and plans to expand broadband access to rural areas of the county. He called AFBF’s 100th convention a “truly historic occasion.”

## What’s Up?

During a recent Country Financial Agency meeting in Orland Park, Orland Park Financial Reps and staff were asked:

*What is your favorite membership benefit?*



Bob Johnson:  
*Ford \$500 Cash... used twice and saved.*



Tom Geraghty:  
*IAA Credit Union... great rates on various loans.*



Scott Vergara:  
*Great Wolf Lodge...“I was able to save a considerable amount on my family’s New Year weekend vacation.”*



George Parthemore:  
*Movie tickets/ entertainment*



Liana Mierendorf:  
*Movie tickets and car wash...“I have purchased both as gifts!”*

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

Each month we are highlighting a Cook County Farm Bureau Ag Presenter:  
**This month’s “Face of CCFB” is ...**

### Toni DeLaurentis



- Toni has been a Cook County Farm Bureau presenter since June of 2009.
- She was born in Malta, Europe a small island, south of Sicily in the Mediterranean Sea.
- Her family immigrated to Toronto Canada, where she lived for 6 years while waiting to be accepted as a resident of the U.S.
- At age 11 she moved one more time, this time to Lansing, IL, where she still resides.
- Toni and her husband were high school sweethearts and have been married for 47 years.
- She has 3 daughters, 7 grandchildren and expecting first great grandchild in late January.

**WHAT IS YOUR FAVORITE COOK COUNTY FARM BUREAU MEMBERSHIP BENEFIT?**  
The travel benefits such as hotel and car rentals.

**WHAT WAS THE MOST SURPRISING THING YOU HAVE LEARNED ABOUT AGRICULTURE?**  
I never realized how many different nonfood items come from various crops and livestock.

**HOW DID YOU BECOME INVOLVED WITH THE “AGRICULTURE IN THE CLASSROOM” PROGRAM?**  
I was a 4th grade teacher for over 20 years and during those years, I invited the “Ag in the Classroom” program to come into my school to present the program to our fourth grade classrooms. I loved it then and I was very happy when I was asked to be a presenter after my retirement.

**WHAT IS YOUR FAVORITE FARM ANIMAL?**  
Cows

**WHAT IS YOUR FAVORITE FARM MEMORY?**  
My grandpa worked on a dairy farm in Malta. My favorite memory of that is my mom and I walking to the farm to bring him lunch and watch him milk the cows. I always thought that cows seemed to be such content animals.

**IF YOU COULD BE ANY TYPE OF FARMER, WHAT TYPE WOULD YOU BE ?**  
A dairy farmer.

**WHAT IS YOUR FAVORITE COMFORT FOOD AFTER A TOUGH DAY?**  
Anything chocolate

**WHY DO YOU ENJOY BEING A PART OF THE CCFB?**  
I enjoy the opportunities available to me through the CCFB. I love that I am still able to work with students and teachers, and it is so much fun to bring the Agriculture experience into the classrooms. I thank the staff at CCFB for being so helpful, friendly and accommodating and for making my nine years at CCFB such a wonderful experience!

## Stump the Staff!

Every day, the Cook County Farm Bureau office fields many phone calls and provides information and answers to a variety of questions. This Stump the Staff monthly feature is designed to highlight some of the questions that we frequently receive.

**QUESTION:** How many farms are there in Cook County?

**Answer:** That is a great question (and sometimes difficult to answer)...

Every 5 years, the United States Census Bureau conducts a Census of Agriculture in which all farmers in the country are supposed to respond. The last Census of Agriculture showed that there were 127 farms in Cook County. The average size of the farm is 67 acres. However, we regularly interact with farmers who indicate that they are rarely inclined to respond to these type of surveys so it is unclear how that affects the numbers.

In addition, the definition of "farm" includes plants grown under glass, on rooftops, warehouses, equine, honey production, hay and straw production, vegetable growers, agri-tourism and more that may not be on the mailing list of the census takers. There are a number of Cook County residents that own farms in other parts of the state, country, and world through investments, inheritance, and lifestyle.

Agriculture in Cook County comes in many sizes, shapes, styles, and flavors. The common element of this broad collection of farm-related activities under the agriculture umbrella is the science of growing plants and raising livestock in order to generate income.

With five million consumers residing in the Cook County area, the farmers, greenhouse growers, agri-business professionals, forage providers, and agri-entertainment industry are poised to provide the freshest and the finest products and services for local friends, families, and neighbors within our Midwest community.

## Industrial Hemp Update

*Illinois production could still be several months away, pending state agency, legislator review.*



Illinois Department of Agriculture (IDOA), at the end of 2018, announced its proposed rules for production of industrial hemp. The rules were published in the Illinois Register and now have a 45-day comment period. The Cook County Farm Bureau has taken the changes that were published and posted the draft on the Cook County Farm Bureau website for member viewing (<https://cookcfb.org/discover-local/ag-resourcesfarmers-markets>).

This new law allows individuals or corporations licensed through IDOA to cultivate industrial hemp. IDOA will also register individuals or corporations that will process industrial hemp. Jeff Cox, chief of the Bureau of Medical Plants at IDOA, said the state has been working intensely to post the rules since August when then Governor Bruce Rauner signed the legislation that legalized the crop in the state.

As the 35th state to legalize industrial hemp, there were plenty of examples Illinois could research when developing its own state statute. In addition, the recently signed 2018 farm bill included requirements for states when it comes to regulation of industrial hemp and helped serve as a guide for the Illinois proposed rules.

The proposed rules would require a licensing application be completed at least 90 days before cultivation. That license, once approved, would be good for three years. Operators also must complete a pre-planting report, a harvest report, and be subject to at least one inspection each year.

"We don't have any limits on licenses at this time," Cox told the RFD Radio Network. "We really don't know how many applications to expect. We've had a lot of interest from the public over the last few months, calling about the licensing process. If everybody who called me were to apply for a license, we'd probably have 5,000 licenses this year. But I don't know if we'll have 50 or 5,000; it's really hard to say at this point."

David Williams, director of the University of Kentucky's industrial hemp research program, recently spoke at the Illinois Specialty Crops, Agritourism and Organic Conference in Springfield. "The farm bill cleared up some issues in an industrial hemp section." Williams noted hemp must be grown under an approved state program or a federal program yet to be developed by the USDA. By federal and state law, industrial hemp cannot contain more than 0.3 percent of tetrahydrocannabinol (THC) on a dry weight basis.

Industrial hemp crops "will be eligible for federal crop insurance. I don't think that will be a problem with (hemp grown for) fiber and grain," Williams said. But he questioned the crop insurance future of hemp grown for cannabidiol (CBD).

"The FDA probably intends to have regulatory oversight of cannabinoids," the

*Continued on page 8*

## "From the Country" Be Prepared For Tornado Season



Jeff Orman,  
Country Financial  
Agency Manager  
South Holland

Tornado season begins in April and lasts through June, but actually tornadoes can and do occur every month of the year. That's why it is important to always be prepared.

The first step of tornado safety is to know the difference between a watch and a warning. These terms often confuse people. A watch always comes before a warning and indicates weather conditions are ideal for the development of a tornado. A warning means a tornado has definitely formed and has been sighted. The best way to remember the difference is to think of a watch as an advisement to be on guard.

The best time to take action is during a tornado watch. Once a tornado warning has been issued, you may not have enough time to get to safety.

### If a storm hits while you are outside

- NEVER try to outrun a tornado. Tornadoes can change directions quickly and can easily lift vehicles and toss them around, making vehicles potential deathtraps. Always get out and away from vehicles.
- Take shelter inside a building immediately, if possible.
- Find the lowest point possible. Lie in a ditch, ravine or low area or crouch near a strong building and cover your head and neck, if you cannot take shelter inside.
- Leave mobile homes and get to a safe place. Mobile homes, like vehicles, can be tossed around by heavy winds.
- Be aware of potential flooding.

### Once you have taken shelter in a building

- Go at once to the basement, storm cellar or lowest level of the building. Go to inner hallways or smaller inner rooms without windows, such as bathrooms or closets if the building has no basement.
  - Stay at the center of the room and away from corners because they tend to attract debris.
  - Be mindful of where there is heavy furniture or appliances on the floor directly above you because heavy winds can weaken walls and floors.
- Jeff can be reached at [jeff.orman@countryfinancial.com](mailto:jeff.orman@countryfinancial.com).

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# Agricultural Literacy & Public Relations

## AG LIT BIT: Pest Protection By Diane Merrion



Diane Merrion, CCFB Director of Ag Literacy

Recently, there has been a steady stream of news about customs and border patrol, although little is known or mentioned when it comes to the importance of that control as it relates to agriculture.

Customs and Border Protection (CBP) have specialists that work daily to protect the United States from invasive species that have the potential to damage our environment. The weeks prior to Valentine's Day are especially busy with millions of flowers entering our country.

As part of our Summer Ag Institute for teachers, we often visit the CBP border patrol at O'Hare Airport to learn about the importance of their agriculture team. It is through this education that we more fully understand why we can't always bring home a homemade palm hat, a beautiful basket or a delicious papaya back with us from our vacations out of the country.

There is good reason for agricultural import regulations and during our education sessions, CBP staff members

take the time to fully explain which pests can and have entered the United States, as well as the damage these pests have caused.

As February's huge holiday is around the corner, the CBP offices in Florida, California, and New York inspect/process the almost one billion stems of flowers that can be imported during the Valentine's Day season to prevent hundreds of pests from entering our United States environment. As we purchase these beautiful flowers for our loved ones, we don't really think about the importance of these inspections. Our thanks to those who serve us in these roles at the CBP.

**Update for those who traveled with me to O'Hare over the past few years:** The four-legged friends we met, Frodo, Dino and Chex celebrated their retirement with their handlers and other agricultural specialists in October. During their careers with CBP, all three dogs produced over 75,000 finds for CBP, issued over \$170,000 in civil penalties, and turned in over 4,300 pests of possible significant agriculture risk. We wish these amazing animals a happy retirement!

Diane can be reached at [aitc@cookcfb.org](mailto:aitc@cookcfb.org).

## Farm Experience A First



Students observed the Fair Oaks milking parlor which is a huge, slowly rotating turntable with 72 cows on it. Each of Fair Oaks' ten farms has an identical carousel, and each cow rides it three times a day. The educator explained the farm's use of technology to track each and every cow at the farm and how the milk is processed after the cows leave the parlor.



Students received a backpack of information about Illinois Pork Production to take home and share with their families/teachers. The Pork Producers have partnered with Cook County Ag in the Classroom to provide many grants and resources in order to connect urban youth with agriculture.

## 3rd Grade Ag Education Day Experience



We have openings for a limited number of 3rd grade classrooms to join us at Wagner Farm to explore the world of agriculture in Cook County!

Our foundation funds the educational component of the event and each school provides their own bus transportation. Registration is ongoing until full.

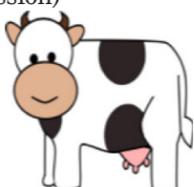
Email us at [aitc2@cookcfb.org](mailto:aitc2@cookcfb.org) to register or complete form found at: <https://cookcfb.org/ag-literacy-and-education/teacher-resources/profile/ag-days>.

Wednesday, April 17, 2019 (teachers may select one session)

Morning session: 9:15-11:15

Afternoon session: 12:00-2:00

Location: Historic Wagner Farm  
1510 Wagner Road  
Glenview, IL 60025



We were pleased to host 36 students from Cook County to join us for an experience at Fair Oaks Farm in Indiana during winter break. Arriving early in the morning after a long ride from the south suburbs, all came excited and uncertain about what they were going to see. Most in the group had never seen a dairy cow, a pig or experienced any form of farming.

Once aboard the Dairy Adventure bus they quickly got to see hundreds of dairy cows as they drove through the freestall barns and learned what cows eat and drink and how they are kept comfortable all year long. All were amazed at the 72-cow milking carousel and how in 8 minutes the cows were done being milked. A special moment came when the group sat in to observe a calf being born. "In the birthing barn, the student's silence was a statement in and of itself, since we have never seen our students that quiet," shared group leader, Cook County Sheriff's Sgt. Tangenise Porter.

The day included a visit to the Crop Adventure Building to understand the process of harvesting corn, wheat, and other Midwest grains along with

some hands-on learning experiences. The day concluded at the Cowfé where the milk the students saw earlier was transformed into a refreshing snack!

The event was hosted by the Cook County Farm Bureau Foundation and Ag in the Classroom Program through funding provided by Compeer Financial. Our thanks to the Illinois Pork Producers for donating "pig" backpacks filled with educational materials for all to take back home and share with their families (The Pig Adventure was not open during the winter months). We are grateful for our long-term relationship with the Cook County Sheriff's Office's Juvenile Justice & Advocacy Unit for partnering with us for this event and for including us in their other youth leadership camps throughout the year. The Sheriff's Juvenile Justice & Advocacy Unit vigorously advocates for fairness and social justice for juveniles throughout Cook County. The unit works to build viable relationships and improve public safety while encouraging positive interactions between police, children, their families and the community.

## Grant Reminder

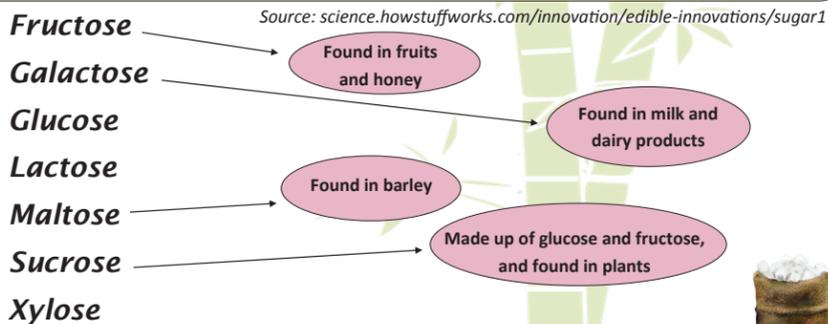
The Cook County Farm Bureau Foundation® is offering grants up to \$400 each to Kindergarten through 12th grade teachers to fund projects that promote agricultural literacy in the classroom. Grants can be used for classroom projects/lessons such as soil studies, pest management, plant science, school garden, horticultural studies, or even entrepreneurship projects to name a few. Projects should focus on expanding the minds of urban and suburban learners to understand the connection between agriculture and our urban area.

Applications due February 4, 2019 and can be found at— <https://cookcfb.org/ag-literacy-and-education/teacher-resources/profile/grants>.

# Agriculture Adventure for Families

Who doesn't love a sweet treat as a reward for tolerating the cold, dreary month of February? With Valentine's Day being a focus every February, sugar is usually around us in some way, shape or form. Sugar comes from the baking aisle for most of us, but once again we need to acknowledge a whole lot of farmers who work hard to produce and harvest a sugar crop. Does your family know where sugar comes from? What's the difference between the milk chocolate and dark chocolate hearts? How do those words get on the conversation hearts? Enjoy a small glimpse of sugar this month! Happy February!

 There are numerous types of sugar, although most people might first think of basic table sugar, the white crystals used in most homes and in much cooking. This sugar is called sucrose and comes from sugar beets or sugarcane. Sucrose appears in other plants, too, along with glucose and fructose. It's actually in every plant since sugar and oxygen are products of photosynthesis. But unlike sugar beets and sugarcane, other plants don't produce sucrose in sufficient quantities for harvesting. Other types of sugar include:



## What is Sugarcane?

Sugarcane is grown primarily in the tropics and subtropics. In the United States, sugarcane is grown commercially in Florida, Louisiana, Hawaii and Texas. Cane for sugar was 31.1 million tons in 2017.



The process of separating sugar from the sugarcane plant is accomplished through two steps: sugar mill crushing and sugar refinery extraction. Sugarcane is initially processed into raw sugar at mills near the cane fields. Because cane is bulky and relatively expensive to transport, it must be processed as soon as possible to minimize sugar deterioration. The raw sugar is then shipped to refineries to produce refined sugar. The final products of refining include powdered, granulated and brown sugar, which is sugar that contains some molasses.

Source: [www.agmrc.org/commodities-products/grains-oilseeds/sugarcane-profile](http://www.agmrc.org/commodities-products/grains-oilseeds/sugarcane-profile)

## What is a Sugarbeet?

The sugarbeet is a root crop that flourishes in temperate climates where the growing season is about five months long. Farms can be found in California, Colorado, Idaho, Michigan, Minnesota, Montana, Nebraska, North Dakota, Oregon, Washington, and Wyoming. Factories generally operate around the clock, seven days a week, from October through April. Beet sugar represents about 54% of domestically-produced sugar. Some beet sugar brands you might recognize are: Crystal Sugar, Holly Sugar, Western Sugar, Big Chief Sugar, Pioneer Sugar, White Satin, and Spreckels Sugar.



Source: [www.americansugarbeet.org/who-we-are/what-is-a-sugarbeet/](http://www.americansugarbeet.org/who-we-are/what-is-a-sugarbeet/)

## 3 Main Types of Chocolate



**Dark Chocolate:** (*The bare essentials*) Dark chocolate is simply chocolate liquor (the centers of cocoa beans ground to a liquid), extra cocoa butter, sugar, an emulsifier (often lecithin) and vanilla or other flavorings. Dark chocolates may contain milk fat to soften the texture, but they do not generally have a milky flavor. Unsweetened chocolate, or baking chocolate, is 100 percent chocolate liquor and is typically very bitter and astringent. Darker chocolates often have a higher percent cacao, which means they have a higher proportion of cocoa beans in them than other chocolates do.



**Milk Chocolate:** (*All of the above, plus milk solids*) Surprisingly, sweet and creamy milk chocolate isn't usually made with cold, frothy milk. It's usually made with dry milk solids, which look like powdered milk. Milk chocolate has at least 10 percent cocoa liquor by weight, and at least 12 percent milk solids. It's the most common kind of eating chocolate.

**White Chocolate:** (*Cocoa butter takes center stage*) White chocolate features cocoa butter—think milk chocolate minus the cocoa solids. In addition to the cocoa butter, sugar, milk solids, lecithin and vanilla, white chocolate may contain other flavorings. It has at least 20 percent cocoa butter, 14 percent milk solids, and no more than 55 percent sugar.



Source: [www.candyusa.com/story-of-chocolate/what-is-chocolate/kinds-of-chocolate/](http://www.candyusa.com/story-of-chocolate/what-is-chocolate/kinds-of-chocolate/)

## Candy Conversation Hearts

It is told that American colonists made candy with love notes scratched on the surface for Valentine's Day. So in the mid 1800s The New England Confectionery Company thought this might be a good idea to capitalize on and created the conversation heart. Shortly thereafter, Daniel Chase, brother of NECCO founder Oliver Chase, invented a process to print sayings on the candies. Sweet Hearts, the name used for candies with sayings inscribed directly on them, were invented in 1900. Initially other shapes were made that included horseshoes and baseballs. This was done to allow for more words and longer sayings. Eventually the sayings became shorter. These hearts are one of the most popular Valentine's Day candies. They are given as gifts to loved ones and of course seem to make their way into every schoolroom.

### How many different Sweetheart sayings are there?

There's about 80 different sayings each year. Each year about 20 new sayings are added, keeping 30 to 35 of the older ones like "Be Mine." The rest are a mix of ones from previous years or phrases that are popular enough to be added. Check out the difference between the "classics" and those most recent.



Then		Now	
Marry Me	Kiss Me	Text Me	Girl Power
Love U	Hug Me	You Rock	LOL
Be True	XOXO	#LOVE	Tweet Me

Source: [www.candyfavorites.com/blog/conversation-hearts-from-brach-from-necco-and-from-the-enlarging-machine/](http://www.candyfavorites.com/blog/conversation-hearts-from-brach-from-necco-and-from-the-enlarging-machine/)

## February Word Search

- |              |           |
|--------------|-----------|
| Be Mine      | Love      |
| Cacao        | Necco     |
| Candy        | Sucrose   |
| Chocolate    | Sugarbeet |
| Conversation | Sugarcane |
| Fructose     | Sweet     |
| Heart        | Text Me   |
| Lecithin     | Valentine |

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

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

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

Membership #: \_\_\_\_\_

(Membership # is located on front of paper)

If you were to win, check your preference:

\_\_\_ Beggar's Pizza GC \_\_\_ HRI GC \_\_\_ 3 Movie Tix

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

Deadline is the 20th of each month.

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 2019 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

Claudia Siboda





## Agriculture Hopes Pain Leads to Long-Term Trade Gain

On a recent winter night, my silent kids in the back seat reminded me of the bedtime car rides that rocked me to a light slumber as a child. With my childhood eyes closed, the car's sounds and motions acted as my GPS between Grandma's house and our rural abode.

As we neared home, the car drove smoothly down the stretch of state highway. My body shifted at the right turn onto the mile length of gravel road that led to our house. The tires crackled over frozen rocks under that dark and quiet wintry sky. I could have ridden in that car all night, as cozy and carefree as a rainy Sunday morning in bed. I felt safe with Mom buckled into the passenger seat and Dad behind the wheel.

Today, we in agriculture sit in the back seat and rather hold tight, hoping that our government at the wheel steers us to new trade opportunities. Months ago, our country entered this ongoing trade war with China, our nation's top soybean customer and a big buyer of many other major farm commodities. Stifled trade has depressed crop values, especially for soybeans, to the necessity of government bailout funds. And the media believes that farmers, as a whole, don't seem angry enough at the President.

Farmers have dealt with struggles beyond their control before. In a few weeks, we return to the fields with

fingers-crossed that our industry will experience only short-term pain for long-term trade gain. We also feel pretty good that 2018 ended with a new Farm Bill, an improved clean water rule proposal, and two rounds of financial crop price support from the market facilitation program.

We have voiced opinions, as one might expect from a backseat driver: End the trade war with China and expand global export opportunities. Meanwhile, the soybean planter undergoes updates and maintenance in our farm shop. We bought seed months ago. With crop rotations to honor and equipment intended to plant corn and soybeans, swapping out for another crop won't happen this season. We need export markets back.

The motion of the Chevrolet Celebrity of my childhood slowed before entering our farmhouse driveway. Disappointment rushed over me. I knew I must trudge through the cold air between the garage and house. Then, I would begrudgingly change into cold pajamas before warming my sheets to a cozy state in bed. In the grand scheme, the discomfort lasted only temporarily. We hope for the same in farm country.

*About the author: Joanie Stiers, a wife and mother of two farm kids, writes from west-central Illinois, where her family grows corn, soybeans and hay and raises beef cattle.*

## Family Food Bytes

**CULVER'S BOOSTS AG ED (FarmWeek)** – Culver's restaurants donated \$465,000 in 2018 to agricultural educational programs, including the Cook County Farm Bureau Foundation and FFA programs, to help ensure that younger generations have access to agricultural education. The donations are part of Culver's Thank You Farmers Project, an initiative that supports agricultural education programs that teach smart farming.

**PEORIA AG LAB KEEPING BUSY** – Ongoing research at the National Center for Agricultural Utilization Research could benefit consumers across the U.S. in more ways than one. Work at Peoria's ag lab has not only uncovered possible replacements for deet, a common insect repellent, but also identified a way to amplify the effectiveness of penicillin and other common antibiotics.

**NO TASTE FOR WASTE (FarmWeeknow)** – Farmers put great effort into producing their crops knowing they're feeding a growing population. Unfortunately, a surprising amount of farmers' harvests never reach their intended source. According to No Taste for Waste.org, as many as 160 billion pounds of food are left uneaten each year. Food waste is the single greatest contributor to landfills, and significant portions of valuable inputs — including water — are dedicated to crops that will eventually be discarded. The No Taste for Waste initiative is a collaboration between the American Farm Bureau Federation, CropLife America, The Meredith Corporation, and Valent, to bring attention to the nation's food waste problem. One product of the initiative is a bookazine called "Waste Less, Save More," which appeared on shelves last summer.



*According to No Taste for Waste, a surprising amount of farmers' harvests never reach their intended source. In fact, as many as 160 billion pounds of food are left uneaten each year. (Illinois Farm Bureau file photo)*

**SCIENTISTS 'HACKING PHOTOSYNTHESIS'** (NPR's The Salt) – Scientists at the University of Illinois are working to 'hack photosynthesis,' with the goal of growing stronger plants faster, with less need to detoxify molecules picked up in the air. "This is very important," said biologist Amanda Cavanagh. "It's really the first major breakthrough showing that one can indeed engineer photosynthesis and achieve a major increase in crop productivity."

*About Family Food Bytes: This is a collection of articles gathered from both mainstream and agriculture media and is designed to keep you informed as a member and leader within the Cook County Farm Bureau organization. The articles summarized above are not intended to represent Cook County Farm Bureau policy or positions, but rather to provide members an idea of what is being reported regionally, nationally, and globally.*

## Industrial Hemp Update

*Continued from page 5*

agronomy professor said. "We still don't know the legality of cannabinoids as a commodity."

In Illinois, much needs to be accomplished before farmers can receive mandated licenses to plant industrial hemp. The public comment period ends Feb. 11 for proposed license rules issued by the Illinois Department of Agriculture (IDOA).

IDOA staff will review the comments and may make changes to the proposed rules.

Then, the proposed rules will be published for a second notice for legislator members of the Joint Committee on Administrative Rules (JCAR). JCAR, which meets monthly, will have up to 45 days to consider the proposals. This period may include additional public input and a JCAR hearing.

Williams pointed out hemp grown for fiber is planted in early spring to produce a lot of biomass before it is harvested in late fall. Hemp grown strictly for grain and dual-crop hemp for fiber and grain also are planted in the spring.

However, production licenses don't resolve market questions. While Williams projected hemp fiber and grain crops "will be competitive with corn and soybeans," he added cannabinoid economics are confusing and prices vary widely.

In 2017, licensed Kentucky hemp growers reported average prices of \$1.70 per pound for grain, 34 cents per pound for fiber and \$7.20 per pound for flowers/buds for CBD, according to Williams.

For the 2019 growing season, 1,075 Kentucky growers have applied for licenses for 45,250-plus acres. Of those growers, 1,009 seek to harvest flowers, 330 for fiber (including dual-purpose crop) and 248 for grain (including dual-purpose). About 40 new hemp processors have applied for Kentucky licenses.

Williams raised concerns about potential U.S. farm production outstripping hemp demand given that global production was a record 330,000 acres, including Canadian and European Union farmland, based on USDA National Agricultural Statistics Service data.

"That (hemp economic) bubble is going to burst," Williams said of some high flower prices. "It has to ... In 20 years, why hasn't the fiber and grain hemp markets in the world taken off?"

The IDOA at the end of 2018 announced its proposed rules for production of industrial hemp; those rules are available online at <https://cookcfb.org/discover-local/ag-resourcesfarmers-markets>. (Photo courtesy of the Tennessee Hemp Farm LLC)

This article written from excerpts from IDOA, Cook County Farm Bureau and Illinois Farm Bureau FarmWeek articles.

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## State and National Issues on Horizon

**Motor Fuel Tax/State Capital Spending Plan:** The Illinois General Assembly is expected to discuss increasing the state motor fuel tax rate as a part of a capital spending plan. The Illinois Farm Bureau is monitoring the actions and progress of these discussions.

**The Clean Water Act:** With the goal of a more precise definition of what is considered “waters of the United States,” the USEPA and Army Corps of Engineers recently unveiled a proposed rule that is intended to clarify and simplify which water bodies remain under federal jurisdiction. Under the 253-page proposed rule, the following will be considered federal waters:

- Traditional navigable waters
- Tributaries to those navigable waters
- Ditches used for navigation or affected by tides
- Certain lakes and ponds
- Impoundments
- Wetlands adjacent to “waters of the US”

The agencies will accept public comments for 60 days that will begin once the proposal is published in the Federal Register.

**Industrial Hemp:** The Illinois Department of Agriculture has published proposed rules for licensing and growing industrial hemp following a bill signed by then Governor. Rauner in August. The rules have been published in the Illinois Register and comments will be accepted until February 11. A copy of the proposed rules can be found on the Cook County Farm Bureau website [www.cookcfb.org](http://www.cookcfb.org)

**USDA Bioengineered retail product disclosure rule:** The USDA has written guidelines on how foods that may contain bioengineered food products or ingredients will be required to be labeled in order to increase transparency of our nation’s food system. The rule defines bioengineered foods, disclosure options, and exemptions. The rule goes into effect January 1, 2020 for most companies.

## Farm Bureau Comments on the Use of Dairy Labels for Plant-Based Food Products

Cook County Farm Bureau® submitted the following comments to the Food and Drug Administration regarding the use of dairy labels for plant-based food products:

*The purpose of this communication is to provide comments on Docket No. FDA-2018-N-3522 the use of names of dairy foods in the labeling of plant-based products or beverages.*

*Farm Bureau policy #238 National Dairy Program (page 74, point 1.15) supports banning the use of dairy labels for artificial or imitation dairy products. Plant-based products should be labeled as artificial or imitation rather than as “milk,” “cultured milk,” “yogurt,” or “cheese.”*

*Plant-based products are packaged, merchandized and sold in the same way as real dairy foods, yet provide fewer nutrients and therefore cannot be considered suitable substitutes. Dairy products like milk, yogurt, and butter, are defined by its inherent characteristics*

*including how and where it is sourced. The production and collection of milk is highly regulated and adheres to specific standards. Quite simply, adding plant protein, calcium and a few other ingredients to water does not make a product “milk.”*

As the largest county farm bureau, Cook County Farm Bureau® is dedicated to bridging the gap between farmers and urban consumers. Through education programs targeting youth and their parents, and programs designed to connect farmers with potential consumers, Farm Bureau members are actively engaging in conversations about food and the shared values between farmers and consumers.

If you have any questions or we can provide any assistance, please feel free to contact our Director of Governmental Affairs, Bona Heinsohn at 708-354-3276 or via email at [bona@cookcfb.org](mailto:bona@cookcfb.org).

## Ag Adventures Winner



Ms. Judith Hennessy entered the Ag Adventures for Families word search every month in 2018 (there were 30 members who also entered all 12 months) and was drawn as the winner!

Her prize was a basket packed with agricultural related items with ties to Illinois, the Chicagoland area and Cook County Farm Bureau.

Judith enjoys volunteering with Ronald McDonald house charities® on her spare time.

Farm Bureau Manager, Bob Rohrer, stopped by Judith’s place to drop off the basket and reports that he had a great conversation with her about life and family.

Congratulations to Judith!

## On-The-Road Seminar: Motor Vehicle Rules for Illinois Farmers

Trucking regulations can be complicated, and farm exemptions compound that problem. It seems everyone has a different answer to your question. Come join us at 6:30 p.m. on Tuesday, March 26 at the Will County Farm Bureau® office at 100 Manhattan Road in Joliet to find out what you need to know.

In conjunction with Will County and the Illinois Farm Bureau®, we’re hosting a two-hour seminar that focuses on trucking laws specifically for farmers. We’ll introduce you to new rules, remind you of the old ones that still apply, and help you to figure out whether exemptions are available.

Throughout it all, you’ll have the chance to ask those farm trucking questions that everyone seems to have an opinion about, but no one can agree on an answer.

Trucking laws have been reshaped in recent years with more changes yet to come. Rules recently affected include: farmer exemptions, Harvest Season permit, Electronic Logging Devices (ELDs), waivers for insulin-related diabetic drivers, a new class “C” license plate, Covered Farm Vehicle options for small trucks, and the UCR payment schedule and fees for 2019.

Presenting the seminar will be Kevin Rund and Kirby Wagner who specialize in farm transportation issues for the Illinois Farm Bureau®. Take-home materials covering these topics will be provided.

The seminar is free courtesy of your county and state Farm Bureaus®, but advance registration is requested. Please call 815- 727-4811 to reserve your place at the *On-the-Road Seminar*.



## Manifolds, Manolos, and Manure



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

Every year I’m given the chance to coordinate an opportunity for diverse leaders to learn more and explore their local government. Through discussions with the County Administrator, County Chairman, agency directors, and special districts leaders, we have discovered how county government functions and how special districts operate separately and in conjunction with county government. Leaders focused the conversations on partnerships, innovation, and opportunities for community development.

Through conversations with mayors, leaders discussed how municipal government interacts and partners with county government. Through an interactive activity with a local mayor, attorney, and city staff, leaders explored the intricacies of a complicated zoning issue complete with a vocal and active neighbor’s group. Leaders explored not only the zoning board process but also the full city council

experience.

During my year in the leadership program, I was a member of city council. I had spent my entire tenure after undergraduate in state government. At the time, I didn’t quite realize that eventually I’d be sitting in a big chair with a fancy nameplate, or reviewing city expenses, departmental reports, applications for variances and parade permits. In hindsight, the big chair and fancy nameplate is the most glamorous part of city government, but city government is vitally important.

I’m continually reminded that community members and leaders don’t always understand how local government effects their day-to-day lives. But as I repeatedly remind Governmental Affairs Committee and Board members, local government is your first government and it touches your life every single day.

Every day individuals travel the roadways with little thought of the work that goes into the roads. Community planners create plans for communities and roadways. Engineers design the

roads, interchanges, and access. The department of transportation implements the engineering plans and secures funding, usually from other governmental sources. It’s winter so we can’t forget the departments that plow snow.

Each of us take showers, wash dishes and wash clothes, but how often have you considered how the water gets to your house? Or how the dirty water leaves your home? Water is supplied by City government. For many Cook County residents water leaves their homes through a combined sewer, which is supplied by the Metropolitan Water Reclamation District. But how often have you sat and thought about what goes into water supply and wastewater treatment?

Even though local government touches our daily lives, we rarely stop to consider it. Many individuals are more excited about voting for president than they are about voting for their mayor or alderman, but those individuals impact your daily lives more than the president so they deserve more of your attention.

*Bona can be reached at [bona@cookcfb.org](mailto:bona@cookcfb.org).*



Already a member of your County Farm Bureau? You're eligible to join IAACU. Contact us to learn more about how we can meet your personal financial needs.

800.676.2541 www.iaacu.org



Cook County Farm Bureau members get \$500 Bonus Cash toward the purchase or lease of any eligible 2018/2019 Ford vehicle or \$750 Bonus Cash toward the purchase or lease of any eligible intelligently designed 2018/2019 Lincoln vehicle.

Enjoy valuable savings on your choice of vehicles from our comfortable and capable lineup! Take advantage of this exclusive special offer today by visiting our home page at [www.cookcfb.org](http://www.cookcfb.org) and click on 'Member Benefits'.

\*Must be an eligible member for at least 30 consecutive days to take advantage of the Ford/Lincoln program.

## 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.



**Matt Whitsett**

*Chicago North Agency, Victoria Nygren, Agency Manager*  
Matt Whitsett has been named Career Financial Representative of the month for December 2018. His office is located at 4306 N. Lincoln Ave, #2F, in Chicago, IL. His phone number is 773-267-1584. Matt has been a Financial Representative since November 2009.



**Sylwia Grochowska**

*Chicago North Agency, Victoria Nygren, Agency Manager*  
Sylwia Grochowska has been named Employee Financial Representative of the month for December 2018. Her office is located at 3933 N. Harlem Ave. in Chicago, IL. Her phone number is 773-628-2502. Sylwia has been a Financial Representative since February 2016.



**Matt Powell**

*Chicago Northeast Agency, Sharon Stenke, Agency Manager*  
Matt Powell has been named Career Financial Representative of the month for December 2018. 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 Career Financial Representative since February 2005.



**Ibrahim Essa**

*Chicago Northeast Agency, Sharon Stenke, Agency Manager*  
Ibrahim Essa has been named Employee Financial Representative of the month for December 2018. His office is located at 25 NW. Point Blvd., Ste. 850 in Elk Grove Village, IL. His phone number is 847-963-8851. Ibrahim has been a Financial Representative since January 2017..



**Zachary Youngblood**

*Chicago Northwest Agency, Jack Smith, Agency Manager*  
Zachary Youngblood has been named Career Financial Representative of the month for December 2018. His office is located at 10 A W. Schaumburg Rd., Schaumburg, IL. His phone number is 847-519-3395. Zachary has been a Financial Representative since February 2002.



**Faustino Ramirez**

*Chicago Northwest Agency, Jack Smith, Agency Manager*  
Faustino Ramirez has been named Employee Financial Representative of the month for November 2018. His office is located at 1515 E. Woodfield Rd., Suite 930 in Schaumburg, IL. His phone number is 847-891-3937. Faustino has been a Financial Representative since October 2017.



**Nick Zegar**

*Chicago South Agency, Marc Rogala, Agency Manager*  
Nick Zegar has been named Chicago South Career Financial Representative of the month for December 2018. His office is located at 6438 S. Joliet Rd., in Countryside, IL. His phone number is 708-352-5560. Nick has been a Career Financial Representative since August 1998.



**Steve Phillips**

*Chicago South Agency, Marc Rogala, Agency Manager*  
Steve Phillips has been named Chicago South Employee Financial Representative of the month for December 2018. His office is located at 1401 S. State St., #150 in Countryside, IL. His phone number is 312-583-1416. Steve has been a Financial Representative since November 2014.



**Tim Hartnell**

*Orland Park Agency, Cary Tate, Agency Manager*  
Tim Hartnell has been named Career Financial Rep of the Month for December 2018. His office is located at 1938 E. Lincoln Hwy. Unit 217 in New Lenox, IL. His phone number is 815-462-0023. Tim has been a Financial Representative since January 1993.



**Joel Wrzesinski**

*Orland Park Agency, Cary Tate, Agency Manager*  
Joel Wrzesinski has been named Employee Financial Rep of the Month for December 2018. His office is located at 9731 W. 165th Ste. 36 in Orland Park, IL. His phone is 708-645-5007. Joel has been a Financial Representative since May 2018.



**Frank Forsythe**

*South Holland Agency, Jeff Orman, Agency Manager*  
Frank Forsythe has been named Career Financial Rep of the Month for December 2018. His office is located 320 W North St. in Manhattan, IL. His phone number is 815-478-5797. Frank has been a Financial Representative since March 1994.



**Mel Flowers**

*South Holland Agency, Jeff Orman, Agency Manager*  
Mel Flowers has been named Employee Financial Rep of the Month for November 2018. Her office is located at 4845 167th St. in Oak Forest, IL. His phone number is 708-560-9078. Mel has been a Financial Representative since September 2018.

### Classifieds

All ads that we receive for The Co-Operator are also listed on our website at [cookcfb.org/membership/classifieds](http://cookcfb.org/membership/classifieds). 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](mailto: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 month's 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

Cemetery lot for sale Mount Vernon Cemetery Garden of Apostles lot 1. For pricing call Albert at 630-863-3801  
Commercial brick building full basement with front/back entrance. Free standing ideal location near major highways and Arlington park train station. Call Rita at 847-

259-9339 or 815-600-4828.

Brick home 4 bedroom, 2 1/2 bathroom, gorgeous kitchen intriguing atrium double garage and fenced yard in Dekalb, IL. Call Rita at 847-259-9339 or 815-600-4828.

Handicap Ramp - wheelchair ramp with steel risers, 4ft wide, 12ft long (In 3-foot sections to shorten length as needed) adjustable height for the steps and landing of your home's entrance. Asking \$950.00 or best offer. Call Dan at 630-204-8022 for info.

Potential Items - New vehicle waxmaster by Wilton \$40. New 6pc Humidore \$40. Clam shell car carrier \$50. 3pc tan luggage set \$100. 2-self drive lawn mowers \$50 each. Ma & Pa Americana Christmas bears \$20 each. Call Paul at 708-826-0000.

Lawn décor - Toy soldier lite up 2 1/2 feet tall to 3 1/2 feet tall, 5 with black hats, 2 with white hats, 1 major with white hat and mustache, taller excellent condition. \$200 or better offer. Call Paul at 708-826-0000.

Misc-Technics model no. SA-Ex100 stereo receiver and remote control \$40.00 or best offer. Six Instatic lamp timer \$3 each, brass fireplace set \$3.00, beer stems \$3 each, brass table lamp & shade \$8. Call Allen at 708-614-8148.

Free - Wurilietzer electric organ two manual pedals 2 octaves 45 stops. Call Walter at 708-552-3013.

### Vehicle

2009 Fat Bob, miles 13355, vivid black 96ci Cam Engine, new tires installed fall of 2017, new mirrors, grips, chrome clutch and brake handles, washable air filter, and fluids get seat made for two this motorcycle is one great ride and sound great. Always getting compliments on how it looks and sounds! It's all cleaned and ready to ride. Asking price \$7,999.00 or best offer. Call Michael at 708-710-7867.

2004 Jeep Grand Cherokee limited V8, 4-wheel drive, 145,000 miles. Maintained every 3000 miles. Runs, sunroof good- always maintained, good tires. \$5200.00 or best offer. Call Richard at 708-654-2010.

### For Rent

Time Share - January 2019 3rd & 4th week in beautiful Marco Island Florida on a beach facing Gulf of Mexico second floor sleeps 6 (no pets allowed). Call Rita at 847-259-9339 or 815-600-4828.

Florida Keys free-standing condo for rent. Furnished 3bedroom, 2.5 bath, full kitchen, washer, dryer, decks, &

pool. (1 king bed, 1 queen bed, and 2 twin beds.) Located in the Middle Keys, with easy access to Ocean or Gulf. Boat slip behind house is included with condo rental. Coral Lagoon, Unit 18, Marathon, FL. Call Homer at 305-289-2212.

### Wanted

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

ANY OLD TOYS, G.I. JOES, LUNCHBOX'S, OLD TOY SOLDIERS, COWBOYS, INDIANS. ALSO, TONKA, BUDDY L, SMITH MILLER ETC. TOY TRUCKS, OLD HOTWHEELS AND MATCH BOX CARS. Call Jim at 708-361-8230.

### Hiring

Melka Landscaping and Garden Center looking to hire in Mokena IL. Three positions available, Full, Part-time, or Internship. • Landscape Design & Sales • Garden Center Sales & Inventory management • Greenhouse Designer, Grower & Sales associate. For detail information visit our website at <http://www.jimmelkalandscaping.com/Resumes/> or you can email all resumes to [jmelkajr@jimmelka.com](mailto:jmelkajr@jimmelka.com) office is located at 11606 179th St., Mokena IL 60448. PH:708-349-6989

# Community Urban Garden Grant Program



Our Community Urban Garden Grant Program is looking to award 6 gardens in 2019!

Applications are now available. All community-based urban gardens in Cook County are encouraged to apply. Grant details and applications can be found—

- Online at <https://cookcfb.org/stay-updated/upcoming-events>
- By emailing Debbie at [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org)
- Or calling the CCFB at 708-354-3276
- Deadline is February 28, 2019

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**Growing To Serve You Better**

**2019 Cookfresh® Recipe Collection Recipes Wanted!**

The 2019 Cookfresh Recipe Collection is looking for your favorite recipes that you prepare using the freshest locally grown ingredients. Recipes submitted will be included in a special drawing to **win a \$50 gift certificate** to a member Farm Stand or grocery retailer near you. Send your recipe along with your name and phone number by **March 15<sup>th</sup>**;  
 Email: [membershipdebbie@cookcfb.org](mailto:membershipdebbie@cookcfb.org),  
 Mail: **Cook County Farm Bureau, Attn: Recipes, 6438 Joliet Rd, Countryside, IL 60525** |

**Are You a Business Owner and A Member Of The Cook County Farm Bureau®?**

A Member-to-Member discount program was created to provide members who own businesses the opportunity to promote goods and services offered through their business to the other members of CCFB.

Please visit [www.cookcfb.org/membermember.html](http://www.cookcfb.org/membermember.html) for details, to sign up for the program, and to view a list of current participating member-to-member businesses.

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## LAST CHANCE 2019 Foundation Scholarship Applications Due February 15th

The Cook County Farm Bureau Foundation is offering college students the opportunity to start or continue his/her higher education with a scholarship. Last year, the Foundation provided ten scholarships ranging from \$1,000 - \$3,000 each. This is the Scholarship program's 20th year!

The Board will name the top applicant as the Howard Paarlberg Excellence in Agriculture Scholarship recipient. A number of general scholarships will also be provided through the evaluation process. The Conserv FS FFA Scholarship for \$1,000 will also be offered to a High School Senior in an approved FFA Program.

The Foundation Board has set the following criteria for the scholarship program:

- Applications must be completed and submitted to the CCFB Foundation by February 15, 2019. Late applications will not be considered.
- All applicants must be members or dependents of members in good

standing with the Cook County Farm Bureau for at least one year. (Except for the Conserv FS FFA Award)

- All applicants must be high school graduates accepted for enrollment by, or currently enrolled at, an accredited college, university, or community college.
- All applicants must be pursuing a field of study in agriculture, agri-business, or an agriculturally related major with a focus on an ag-related career (food or fiber).
- Scholarships will be awarded following application evaluation for exceptional academic ability, financial need, demonstrated interest in agriculture, evidence of self-help, and character.

For more information or an application, please contact the Cook County Farm Bureau Foundation at 708-354-3276 or print an application out from our website at—  
[cookcfb.org/foundation/scholarships](http://cookcfb.org/foundation/scholarships).

### What is an Agricultural Career?



Agriculture Teacher



Horticulturist



Nutritionist/Dietitian

THE COOK COUNTY FARM BUREAU® FOUNDATION  
CORDIALLY INVITES YOU TO THE 3RD ANNUAL

## Farming for our Future Fun 'Raiser

*A benefit for farm and food literacy in Cook County*

Saturday, March 9, 2019  
6:00 PM - 11:00 PM

Gaelic Park Tara Room  
6119 147th Street  
Oak Forest, Illinois

\$60 DONATION PER PERSON  
\$75 DONATION AFTER 2/15/19  
\$600 DONATION FOR A TABLE OF 10

Only 250 tickets\* available  
\*Each ticket purchased is also an entry for a door prize valued from \$100-\$500.

The evening includes a buffet dinner, 4 hour bar (draft beer, wine and pop) from 6:00-10:00 pm, dueling pianos, door prizes, silent/live auction, lucky chance and 50/50 opportunities!

Call 708.354.3276 to order tickets or for more info, go to  
[www.cookcfb.org/foundation](http://www.cookcfb.org/foundation)

If anyone is interested in donating items for our silent auction, call Kelli at 708-354-3276 or email at [membershipkelli@cookcfb.org](mailto:membershipkelli@cookcfb.org)

*We want to thank our current Sponsors of this event...*

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