



THE SANGAMO *Farmer*

MAY/JUNE 2021



Advocating the Voice of Agriculture through
Education and Grassroots Legislation

Phone: (217) 753-5200 • www.sangamonfb.org • farmbureau@sangamonfb.org

Springfield, IL • Volume MMXXI Number 3

Upcoming Meetings & Events

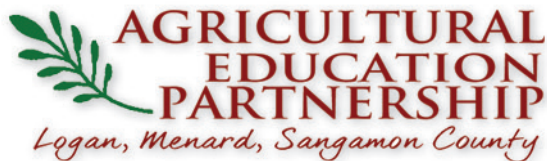
MAY

- 3rd..... Governmental Engagement & Policy Committee Meeting (Tentative), 6:00 p.m.
- 15th.....Spring Market, 9:00 a.m.
- 18th.....Board Meeting, 7:00 p.m.
- 24th.....Young Leader Committee Meeting 6:00 p.m.
- 27th.....IAA Foundation Golf Outing, Lincoln Greens, 9:00 a.m.

JUNE

- 7th.....Governmental Engagement & Policy Committee Meeting (Tentative), 6:00 p.m.
- 12th.....Drive Thru Pork Chop Lunch, Sherman, 11:00 a.m.
- 19th.....Tractor Drive, Sangamon County Fairgrounds, 8:00 a.m.
- 21st.....Board Meeting, 7:00 p.m.

All meetings are held at the SCFB Office unless otherwise noted and subject to change per COVID mitigations.



DIRECTOR ATTENDANCE - 2020-21		S	O	N	D	J/F	M	A	M	J
District 1	Brent Johnson	-	-	X	X	X	X	-		
	Michael Kinner (Treasurer)	X	-	X	-	X	X	-		
	Anna Stone	X	-	X	X	X	X	-		
	Jason Pickrell	-	-	X	-	X	-	-		
District 2	Otto Rentschler	-	-	X	X	X	X	-		
	Kevin Foran (Secretary)	X	-	X	X	X	X	-		
	Dale Edwards	X	-	X	X	X	X	-		
	Ethan Krone (Ass't Sec/Treas)	X	-	X	X	X	X	-		
District 3	Ben Ladage	X	-	X	X	X	X	-		
	Mike Borgic	X	-	X	X	X	X	-		
	Adam Bailey (VP)	-	-	X	X	X	X	-		
	Cathryn Ayers Seifert	X	-	X	X	X	X	-		
District 4	Phil Sidles	X	-	X	X	X	X	-		
	Diana Beaty (President)	X	-	X	X	X	X	-		
	Matt Heisinger	X	-	X	X	X	X	-		
	Marty Fairchild	X	-	X	X	X	-	-		
At-Large	Charles Mayfield	X	-	X	X	X	X	-		
	Gary Reavis	-	-	-	X	X	-	-		
	George Sergot	-	-	X	-	X	X	-		
								-		
M&PR Chair , Janet Edwards	X	-	X	X	X	X	X	-		
YL Chair , Stephen Prather	-	-	X	-	-	X	-			
Women's Chair , Cassandra Bennett	-	-	X	X	X	X	X	-		

May

Lessons and Activities Schedule

Theme: Beef
Subtheme: Flowers

April 28th	May Classroom Challenge: Desktop Greenhouse
April 29th	Lesson for the week of May 3rd: Ag-Venture With Beef
May 6th	Virtual Farm Field Trip to Derrer Farms
May 6th	Lesson for the week of May 10th: Throw and Grow
May 7th	Virtual Author Visit: Michelle Houts, <i>The Beef Princess of Practical County</i>
May 12th	Family Engagement Challenge: Planting Time
May 13th	Family Cooking Challenge: Surprise Patty
May 13th	Lesson for the week of May 17th: Ruminant Navigation
May 15th	June PD in Your PJs
May 20th	Lesson for the week of May 24th: Handprint Flower

All activities and lessons will be released on the IAITC Facebook and Instagram pages on their release dates.

THE SANGAMO FARMER

Published bi-monthly by the Sangamon County Farm Bureau James Birge, Editor Periodical # 481320 SANGAMON COUNTY FARM BUREAU Office: 2631 Beechler Court Springfield, Illinois 62703 President: Diana Beaty Vice-President: Adam Bailey Secretary: Kevin Foran Treasurer: Michael Kinner Asst. Secretary/Treasurer: Ethan Krone Periodical Class Postage Paid at Springfield, Illinois	Postmaster: Send Address Changes To: The Sangamo Farmer 2631 Beechler Court Springfield, Illinois 62703 DIRECTORY FARM BUREAU STAFF Manager: James Birge, FBCM Outreach & Communication: Lauren Burreis Finance/Membership: Arika Leka Farm Bureau Tel. 217-753-5200 E-mail farmbureau@sangamonfb.org Individual membership fee of the Sangamon County Farm Bureau includes payment of \$2 per year for a subscription to the Sangamo Farmer.
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President's Report



Diana Beaty

As I write this article, we are getting a short break from Planting Season. We began planting on April 3rd here on the Beaty Farm and are now taking a break with some much-needed rain to replenish our dry soils. I am hoping the rest of the planting season goes as smoothly as it began!

I am not going to talk about the past year's activities, with COVID putting a halt to much of that. I am, in fact, excited that we are planning summer activities. Also, I hope you are ready to get out of the house and get involved in those activities. A few of those are:

- Spring Market – May 15th
- Drive-Thru Pork Chop Lunch – June 12th
- Tractor Drive & Contest – June 19th
- Sangamon County Youth Livestock Expo – July 17th
- AgStravaganza – July 25th

All these activities are available for you to get involved. Details for each will be posted in this publication as they come about!

Since our last issue, we have been working with the County Regional Planning Commission and County Zoning Committee to improve Sangamon County's ordinances governing wind & solar farms. Several potential projects could be moving into our county, so we want to ensure that we do our diligence to protect our landowners and producers. We will keep you posted as these issues progress.

We recently had a call to action asking you to provide your thoughts to USDA in response to President Biden's climate executive order. Did you respond?

We also had a call to action to support family farms by protecting stepped-up basis and opposing a death tax. Did you respond?

These are both critical issues to all of us, and this is one way we can reach out to Congress and let them know our thoughts. If you are not receiving these action requests, text "FARM" to 52886, and you will get registered to begin receiving them. When an action request is sent, all you generally need to do is click the link provided in the message. Usually, all you need to do is enter your name and address and click send. Simple!

If you own a local business that was affected last year due to all the COVID restrictions, we would like to work with you to bring business back. We are offering free advertising in our local publication and on all our social media sites. Perhaps you would be willing to provide a discount for our members to shop your local business. Contact our office for details.

On another note, would you be interested in being a part of one of the above-listed activities? Better yet, consider joining a committee. They're open to any farmer member and are always looking for new and fresh ideas.

Lastly, if you have an issue that Farm Bureau can help with, please reach out to our office or me. We will do our best to assist you.

I hope everyone has a good planting season and a fun-filled summer with family and friends. Till next time, stay well and stay safe!

Committee Reports



Stephen Prather

Spring is in the air! Gardens and fields are being planted, flowers are blooming, and the grass is growing. Young Leaders are excited to host many great events this year and see what the future has to offer. We will be hosting our annual tractor drive June 19th. If interested in joining us, please contact the Farm Bureau office or check out the flyer in this issue..

We are excited to host a Grain Bin safety training for Sangamon County EMS personnel. Grain entrapments are on the rise and we know it is important to be sure our community is trained and prepared. We will be hosting this training with Austen Etherton of Dawson in the near future. Stay tuned for more details!

We will also be putting on our Ag-Stravaganza event again this year July 25th for all the families and July 26 for daycares of Sangamon County. We truly appreciate the many volunteers that help us host this event and if you're interested in helping teach kids about where their food comes from, let us know! We'd love to have your help. You can also check out the flyer on this event and many more activities coming up in this issue of the Sangamo Farmer.



Janet Edwards

Spring Greetings to all!! The 2021 farming season has started and we at the Sangamon County Farm Bureau have FINALLY been able to have “in person” committee meetings. With that being said, we have several activities and dates set for this summer.

On June 12th, (just before the Sangamon County Fair!) we will be having a “drive thru” Pork Chop lunch. We will be in the parking lot of the Sherman Farm Credit office where we will be offering a sack lunch consisting of a pork chop sandwich, chips, cookies & drink for a donation of \$10 to go toward the Foundation Scholarship Fund. If you would like to reserve a lunch or two, please call the office at 217-753-5200 and let us know how many lunches you would like. We will be serving from 11:00 a.m.-1:00p.m.

The Sangamon County Fair will be held June 16 – 20 and Farm Bureau will have a presence in the HAYLOFT. Also, if you haven't done so in a while or have never entered something in the County Fair, think about doing so this year!

Let's move on to the month of July, the 9th will be the Foundation Golf Outing at the Edgewood Golf Course in Auburn, on the 17th, we will again host the Youth Livestock Expo at the Sangamon County Fairgrounds and on July 25th & 26th, we will be holding AgStravaganza at the park in Sherman.

New this year is a contest for signing members. Each quarter of our membership year we will have a drawing for signing members. The first contest is for every member you sign up for Farm Bureau, your name gets entered into a drawing for a pair of Tractor Pull tickets at the Sangamon County Fair on June 19. Look for more information on page 11.

You can tell, the committees have been busy planning activities, so take the time and plan on attending some of the functions the Sangamon County Farm Bureau has planned for its members. As always, if there is an activity listed in the Sangamo Farmer that you would be interested in helping with, please call in and let us know. We can always use help from our members.

Like I said at the beginning of my article, the 2021 farming season has started, and farm machinery will be out of the roads. Those are all our family, neighbors and friends so please be aware when driving out on the country roads.

Everyone, stay safe and GOD BLESS!

MEMBER & PR

By: Adam Bailey

It's good to see the planters on the roll here in Sangamon County. This time of year brings a lot of hustle and bustle on the farm, but it also brings lots of hustle and bustle at the state capitol. And like every year, some but not everything going on is good for agriculture and rural Illinois. In this session, there have been several bills introduced relating to renewable energy resources. Some of these bills are very large and complex. Illinois Farm Bureau is fully engaged in these bills to ensure that any legislation would include protections for landowners and their property. These bills will likely be in a state of discussion for some time to come. While that's happening, the Sangamon County Farm Bureau has been working with the county to consider a few revisions to our wind energy ordinance. These revisions will also seek to improve protections for landowners and their property.

At both the state and local level, we're engaged the process of redistricting our General Assembly and our County Board. This process has been delayed due to the delay in the results of the 2020 census. We will seek to ensure that County Board districts are drawn in a manner that accurately represents all areas of the county and balances rural and urban interests.

On the federal level, there's been significant activity by the administration that could have severe consequences for agriculture. The American Jobs Act is an ambitious effort to put Americans to work and rebuild much of our infrastructure. While this is a noble effort to strengthen our general economy and improve infrastructure, it would come at a devastating cost for farmers. The plan would be paid for, in part, by removing stepped-up basis for transferring assets at one's death. Removal of the adjustment of the asset's fair market value would trigger significant capital gains taxes. The act would also make changes to the death tax that would trigger substantially higher taxes on estates. From Sangamon County to the American Farm Bureau Federation, all levels of Farm Bureau are working hard to make our members' voices heard and shift the unbalanced burden away from agriculture and small business.

Yep, there's plenty of hustle and bustle everywhere. While you're in your tractor cab, please be ready to take just a few seconds to make your voice heard when we issue a call to action on these or other issues. Your voice with what give's Farm Bureau its strength.



Cassie Bennett

Hello SCFB members! I hope everyone is off to a great start with planting! Women's Committee is gearing up for some more events! We had our Spring fling in March and it was so great to see everyone back out again! We had a full house come out to hear from This Farm Girl Cooks. I have been trying a few new recipes out for my farmer. On May 15th we will be hosting a day of shopping at the Farm Bureau building, so be sure to swing by and see all the different vendors. Have a safe planting season!

SNEMOM

The Bureau According to Jim



Jim Birge

If you're a long-time reader of my column, you know that my writings range from many topics, some with funny stories, memories, facts, and recommendations. While I often use humor to convey a message, there are just those things in life where humor isn't appropriate or helpful. One of those topics that I've spoken about many times is farmer mental health and farmer suicide. These are challenging subjects for many to talk about. And that **MUST** stop.

Less than two months ago, I had yet another experience with farmer depression that led to suicide. One of my cousins who took over the family farm a few years ago committed suicide at 35 years of age, leaving behind a wife and two adorable children. You see, he had years of struggles with depression and never wanted help. He knew he could handle it on his own. Well, he was wrong, and it cost him his life.

I gave the eulogy at his funeral and saw the almost inconsolable anguish and confusion on my family and friends' faces. That pain, anger, confusion, and utter loss are not feelings that will ever go away.

I had plans to ride along with him this spring while he was planting some of my family's ground with the excuse of getting out in the family fields again. I planned to see if I could find a chink in his armor to get the chance to help him open up and get help. That scheduled day was about a month too late. I'll never know if I could have been helpful.

Like many suicides you've heard about, my cousin was young, successful at his farming career, had a wonderful and loving family, and some of the best friends a person could have. The best life a person could ask for. But in the fog of depression, he likely felt as though they would all be better off without him dragging them down with his problems. His action caused precisely the opposite of that.

I have a deep commitment to doing what I can to keep this from happening to others. That commitment comes from also experiencing pain from the suicide of my brother-in-law and the suicide of one of my very best lifelong friends. I know the profound loss of loved ones taking their own life.

AND IT HAS TO STOP!

If you or someone you know is experiencing mental health difficulties, don't brush it off as just having a rough patch. Choosing not to receive help or not being willing to offer it costs lives. These situations are occurring all around us every day. Some of them will end tragically. We all need to be more accepting of these matters. It is not the individual's fault or weakness. Mental health is physical help for your brain, just like any other part of your body.

Please write down this number and put it in your wallet or purse. I carry it at all times. You truly never know when you might need it for yourself or someone you love. The phone number is 1-800-FARM-SOS and will take you directly to the new Illinois farmer mental health hotline. Your call is anonymous and private. Even if you're just feeling a little down and don't know how to get back up or all the way up to experiencing thoughts of suicide, you can call to talk to experts.

Be safe in all you do while farming. Trust me, you're family wants you to come home at night, no matter what you might sometimes think.

Until next time, be safe as spring fieldwork gets underway. I wish you the best as we begin a new season.



**WE ALL NEED
SOMEONE WE
CAN TALK TO**



1-833-FARM-SOS

Area farmers who need someone to talk to about the everyday stresses of farming and pandemic-related challenges now have a new resource. A new helpline (1-833-FARM-SOS) will connect farmers to health professionals and services through the Farm Family Resource Initiative.

Farm Bureau members receive

\$500 BONUS CASH*

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**DRIVE
THRU**



Pork Chop

DINNER & FUNDRAISER

\$10 Donation

Lunch includes: Pork Chop
Sandwich, Chips, Cookie and Drink

June 12 11 AM - 1 PM

Farm Credit Sherman, IL

Call 217-753-5200 or visit www.sangamonfb.org to place lunch order by June 10th



All proceeds benefit the Sangamon County Farm Bureau Foundation in order to provide scholarships to local students and funding for agricultural education programs.

SANGAMON COUNTY YOUTH EXPO

July 17, 2021

Sangamon County Fairgrounds

New Berlin, IL

Check-in 7:30 am - 8:30 am

Showmanship classes will follow each species with 3 age divisions.

Show times are subject to change depending entries

Online Entry Forms can be found
at sangamonfb.org/events
and must be submitted by July
1st

Chickens & Rabbits 9:00 am

Cattle 9:00 am

Hogs 10:00 am

Sheep 12:00 pm

Goats 1:00 pm

Must be 21 years of age and under

Must reside in Sangamon County or be a child of a Sangamon County Farm Bureau Member

Stalling out of trailers is preferred

No bedding will be provided if stalling in the barn

All bedding and garbage needs to be cleaned up or premiums will be forfeited

Food truck available on site

Questions? Contact the office at 217-753-5200 or email lbarris@sangamonfb.org





Bring on the Beef

May is National Beef Month. The occasion marked the first time my husband's family had dined out together in at least 16 months, and we celebrated the moment of normalcy with beef. The ten of us sat in a semi-private space at a favorite steakhouse, more than six feet from anyone but our waiter. My filet was fantastic, cuttable by butter knife and made even better surrounded by family.

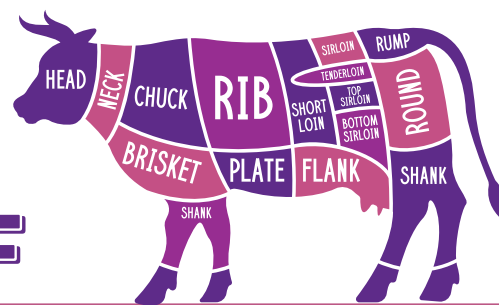
National Beef Month appropriately claims the month of May, when hamburgers and steaks frequent the backyard grill. This American pastime also shares roots in farm family tradition. The National Beef Checkoff reports 91% of U.S. cattle farms and ranches are owned by families. In Illinois, farmers care for just over 1 million beef cows and calves on almost one-fourth of the state's farms, according to the Illinois Department of Agriculture. In some rural townships, cows outnumber people.

On our farm, the genetics of the small herd of beef cattle trace back to Grandpa's decades as a cattleman. Hedge posts harvested from the farm frame the pasture fence, and we paid the local FFA chapter to build the feed bunks in the cattle lots. Some of our farm's favorite photos have come from sunset's glow on the pasture or the cattle shading themselves under the big burr oak. Cattle live in tandem with the environment, from co-existence with wildlife to the carbon sequestration of managed grazing on land unsuitable for growing food crops.

For generations, our farm-raised beef has taken prominent space in the chest-style freezers at family and employee homes. The practice of freezing a year's worth of beef moved mainstream during the pandemic. Many local meat processors, including ours, are so booked with work that our farm for the first time scheduled custom beef processing more than 18 months in advance for unborn animals.

Absent a social calendar for much of a year, our household commonly prepared beef for dinner. Beef tacos, smoked pulled beef, burgers, beef stew and roast beef dinners brought us around the table. I look forward to the summer meals, when we can throw a steak on the grill and cook some garden veggies for a simple, nutritious meal with protein, iron, zinc and B vitamins from the main course alone.

How to Select the Best BEEF



HOW TO SELECT:

- Beef should be a bright, cherry-red color when raw. Meat in a sealed bag typically has a darker purplish-red color. When exposed to the air, it will turn a bright red.
- Meat should be firm to the touch.
- Ensure that the package that is cold with no holes or tears. Some liquid in the package is normal.
- Beef should have marbling. Marbling is the little white specks of fat in the meat, and it is key to flavor.
- Check the dates on the package to ensure you buy fresh products.

COOKING:

- The safe minimum cooking temperature for beef is an internal temperature of 145°F with a three-minute rest time. Ground beef should be cooked to a minimum temperature of 160°F.¹
- Washing meat before cooking is not recommended.¹

NUTRITION:

- Beef provides 10 essential nutrients including protein, iron, choline, vitamin B6, vitamin B12, phosphorus, zinc, niacin, riboflavin, selenium.
- One serving of beef is 3 ounces or roughly the size of a deck of cards.¹

STORAGE:

- Most sealed, raw beef products can be safely kept in the refrigerator for 3-5 days after purchase. Raw ground beef that is sealed tightly can be kept in the refrigerator for 1-2 days after purchase.¹
- Cooked beef products can be safely stored in the refrigerator for 3-4 days after preparation.¹
- Beef products freeze well. Products can be frozen in their original packaging but should be transferred to airtight packaging to preserve quality. Raw beef products generally keep well in the freezer for up to 12 months. Raw ground beef keeps well in the freezer for up to 3 months. Cooked beef products should be used within 3 months.¹
- Always thaw meat in the refrigerator, microwave, or immersed in cold water.¹





Sangamon
County Farm Bureau®
Foundation

11th Annual
Golf Outing
Friday, July 9, 2021

Edgewood Golf Club • Auburn, IL



\$300/foursome • or •
\$75/individual golfer

includes lunch, beverages on the course, cart rental, and 18 holes of golf

7:45 AM: Registration
8:30 AM: Shotgun Start

Lunch & Prizes
immediately following play

Not a golfer? Join us for lunch!

The goal of the SCFB Foundation Golf Outing is to raise funds for our scholarship program. This year we were proud to award five \$2,000 scholarships to outstanding local youth!

Fresh Floral Arrangements
Flitter
Avon
Custom Shirts
Thirty-One
Farm Life Designs
The Aromatic Dragon
The Painted Ladies
and more!

SPRING
Market
May 15th, 2021

9 am
to
2 pm

Check out the event on
Facebook!

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Springfield, IL 62703

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NO PURCHASE NECESSARY. Purchases do not increase chances of winning. Odds of winning are dependent upon the number of entries received. Ends 5/31/21. Must be an Illinois resident 18 years or older to enter. Void where prohibited. Additional terms and conditions apply. See Official Rules for details. Sponsor: Illinois Agricultural Association, 1701 Towanda Ave., Bloomington, IL 61701.



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Evacuation Notices
Natural Disasters
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Severe Weather
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It's simple & quick to enroll! Visit <https://co.sangamon.il.us/departments/m-r/office-of-emergency-management/sangamon-alert-messaging-system-sam/how-to-register-for-sam>

-or-

Text SAM to 99411 to receive a direct link to the enrollment form on your mobile device

Sangamon County Farm Bureau Young Leaders **Annual Antique Tractor** Contest & Drive

Saturday, June 19, 2021 · 9:00 AM

Drive:

Unloading begins at 8:00 am at the New Berlin High School
300 W. Ellis St · New Berlin, IL 62670

Drive will begin at 9:00 a.m.

*No trailers at the fairgrounds

Contest:

Tractors will line up at the Sangamon County Fairgrounds for voting at 11:30
316 W Birch St · New Berlin, IL 62670

Voting will conclude at 12:00 p.m.

Awards Ceremony at 12:30 p.m.

Registration:

Due June 7th, \$30- Includes T-Shirt, Fair Entry, and Lunch

Please no steel wheeled tractors

*Raindate June 26th during Sangamon County 4-H Show

PROCEEDS BENEFIT THE HARVEST FOR ALL CAMPAIGN!

Registration is Due June 7th to be guaranteed a T-Shirt

Name: _____

Make & Model: _____

Address: _____

Phone: _____

Family Heritage: _____

Email: _____

of Entries: _____

T- Shirt Size: _____

Send Registration Slip and Payment to:

Sangamon County Farm Bureau

2631 Beechler Ct. · Springfield, IL 62703

Sangamon County Farm Bureau

Total Enclosed: _____

★ CONTEST ★

For every new member that you sign up through
May 30th, your name goes into a drawing for:

2 Gate Admission Passes
2 VIP Tractor Pull Tickets
1 Parking Pass

at the Sangamon County Fair on June 19, 2021



PLEASE JOIN US FOR A FUN DAY LEARNING ABOUT AGRICULTURE!

Ag•Stravaganza

07.25.21

SHERMAN VILLAGE PARK

1200 RAIL FENCE DR, SHERMAN, IL 62684

A FREE FAMILY EVENT!

1:00 PM - 4:00

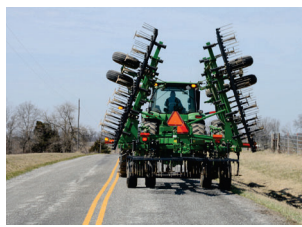
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Email: chatham.chiropractic@gmail.com

Website: chathamchiropracticclinic.com

