



THE SANGAMO *Farmer*

NOVEMBER / DECEMBER 2019



*Advocating the Voice of Agriculture through Education
and Grassroots Legislation*

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

Springfield, IL • Volume MMXIV Number 5

Upcoming Meetings & Events

NOVEMBER

4 th	Governmental Affairs Committee (Tentative), 6:00 p.m.
11 th	Young Leader Committee Meeting, 6:30 p.m.
13 th	Women's Committee Fall Luncheon, 10:00 a.m.
18 th	Flu Clinic, 6:00 p.m., Office
18 th	Board Meeting, 7:00 p.m.
28 th	Thanksgiving, Office Closed
29 th	Black Friday, Office Closed

DECEMBER

2 nd	Governmental Affairs Committee Meeting, 6:00 p.m.
7-10 th	IAA Annual Meeting, Chicago, IL
12 th	Women's Committee Winter Luncheon, 9:00 a.m.
16 th	Board Meeting, 7:00 p.m.
19 th	Women's Committee Meeting, 6:00 p.m.
24 th -26 th	Office Closed for Christmas
31 st	New Year's Eve, Office Closed

AGRICULTURAL EDUCATION PARTNERSHIP
Logan, Menard, Sangamon County

October 8th was the Ag Discovery Day at the Menard County Fairgrounds.

The fifth grade classes in from Athens, Petersburg, and Greenview came out to learn about Agriculture.

DIRECTOR ATTENDANCE - 2019		J	F	M	A	M	J	J	A	S	O
District 1	Brent Johnson	X	X	-	X	-	-	X	X	-	
	Michael Kinner (Treasurer)	X	X	X	X	-	X	X	X	X	
	Anna Stone	X	X	X	-	-	X	X	X	X	
	Jason Pickrell	-	-	X	X	-	X	-	X	-	
District 2	Otto Rentschler	-	X	-	-	-	-	X	X	-	
	Kevin Foran	X	X	X	X	-	X	X	X	X	
	Dale Edwards	-	X	X	X	-	-	-	X	X	
	Ethan Krone	n/a	n/a	n/a	n/a	n/a	n/a	-	X	X	
District 3	Ben Ladage	X	X	X	X	-	X	X	X	-	
	Mike Borgic	X	X	-	X	-	X	X	-	X	
	Adam Bailey (Ass't Sec/Treas)	X	X	-	-	-	X	-	-	-	
	Cathryn Ayers (VP)	X	X	X	X	-	X	X	-	X	
District 4	Phil Sidles (President)	X	X	X	X	-	X	-	X	X	
	Diana Beaty (Secretary)	-	-	X	X	-	X	X	X	X	
	Matt Heissinger	X	X	X	X	-	X	X	X	X	
	Marty Fairchild	X	X	X	X	-	X	X	-	X	
At-Large	Pam Neuman	-	X	X	X	-	-	X	X	X	
	Gary Reavis	n/a	n/a	n/a	n/a	n/a	n/a	X	X	X	
	David Ray	n/a	n/a	n/a	n/a	n/a	n/a	X	X	X	
	GAC Chair, Allen Entwistle	-	X	-	-	-	X	X	-	X	
M&PR Chair, Janet Edwards	-	X	X	X	-	-	-	X	-		
YL Chair, Stephen Prather	X	X	X	X	-	X	X	X	-		
Women's Chair, Cassandra Bennett	-	X	X	-	-	X	-	-	-		
Policy D. Chair, Jason Kornick	-	X	-	X	-	-	-	X	-		

THE SANGAMO FARMER	
Published bi-monthly by the Sangamon County Farm Bureau James Birge, Editor Periodical # 481320	Postmaster: Send Address Changes To: The Sangamo Farmer 2631 Beechler Court Springfield, Illinois 62703
SANGAMON COUNTY FARM BUREAU Office: 2631 Beechler Court Springfield, Illinois 62703 President: Phil Sidles Vice-President: Cathryn Ayers Seifert Secretary: Diana Beaty Treasurer: Michael Kinner Asst. Secretary/Treasurer: Adam Bailey Periodical Class Postage Paid at Springfield, Illinois	DIRECTORY FARM BUREAU STAFF Manager: James Birge, FBCM Outreach & Comm. Specialist: Lauren Burris 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.

The Bureau According to Jim



Jim Birge

I think I feel more relieved and pleased seeing combines in the field this year than I ever have. It's been hard fought for everyone to get to this point. And although it's been a real struggle for folks, it is a testament to the resiliency and determination of our farmers.

As I'm writing this (in October) I'm thinking about when some of you will actually have time to read this column. Some might get a moment if it rains, others the morning of Thanksgiving, and a few around the Christmas holiday season. I have no idea what the harvest and fall fieldwork progress will look like then. Let me just say this; whenever you are reading this, I hope you've had a good harvest, everyone's safe, and some of the anxieties of this year are past.

Farmers must always tell themselves that next year is a new opportunity. After this year, I hope it's a pleasant, smooth sailing experience. You've all earned it.

President's Report



Phil Sidles

Everyone knows as well as I do, the stresses we've all been under this year. Whether it's markets, government, mother nature, or the almighty dollar, we've all had more than our share of worries. While we, as farmers, know all about concern on a regular basis, some of those concerns and stresses can become too much to bear. The subject of farmer mental health is an important topic that we've long avoided speaking about openly. That has to change. This year, more than many others, the struggles have really strained the state of mental health among us. We need to look at mental health in the same way as we do about physical health, many times they are connected. Below are some tidbits to help you recognize mental health situations. Also, on page 9 of this issue is an article by Adrienne DeSutter that can help demystify our thoughts about mental

health and give us a new perspective about what our loved ones or ourselves might experience. In turn, we can offer them help and avoid unnecessary tragedies. Be safe, mentally, and physically, as you continue your work. Finally, I wish each of you time to enjoy the holidays with family and friends.



FACTS THAT MATTER

- 1 in 5 adults in the U.S. have a mental health disorder in any one year.
- 14.8 million Americans suffer from depression
- Anxiety disorders are the most common mental health issue in the U.S.
- Depression and anxiety are highly treatable with medication, therapy, and lifestyle changes.

CRISIS SIGNS & SYMPTOMS

- Decline in care of crops, animals, & farms
- Changes in sleeping and eating habits
- Poor concentration
- Excessive drinking
- Thoughts of suicide
- Constant fatigue
- Neglect of personal appearance
- Withdrawal from friends & family

Resources

VISIT

Your Primary Care Provider
Mental Health Professional
Walk-in Clinic
Emergency Room
Urgent Care Center

FIND A MENTAL HEALTH PROVIDER

findtreatment.samhsa.gov
mentalhealthamerica.net/finding-help

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

TEXT TALK TO 741-741

Text with a trained counselor from the Crisis Text Line for free, 24/7

FARM AID FARMER HOTLINE

1-800-FARM-AID (1-800-327-6243)

CALL 911 FOR EMERGENCIES

Committee Reports



Allen Entwistle

Although everyone has been in the field rather than in our committee meetings, there has been movement on several forefronts related to ag. First, we have yet another set of rules for 2020 regarding how Illinois farmers can and cannot apply dicamba products. Farmers will now be limited to applying dicamba when the air temperature of the field being sprayed is under 85 degrees and is before the new product application deadline of June 20, 2020.

Second, the Federal Motor Carrier Safety Administration has initiated new training requirements for obtaining or upgrading a CDL. Beginning February 7, 2020, drivers will have to go through entry-level driver training (ELDT). This training will consist of both classroom and behind-the-wheel components. The training requirements are vague at this time, but we'll put out more information as it becomes available. It is important to note that the training is only required for those seeking to obtain a CDL or upgrade their endorsements. Farm operators who hold a non-CDL J50 or J51 license are exempt from the training requirement.

Third, we've seen some international trade movement in regards to the passage of an agreement with Japan. Still waiting in the wings for Congressional approval is the United States-Mexico-Canada Agreement (USMCA), which has become a political football that doesn't have a clear timeline for passage. Then there's China. As of writing this, more talks are planned, and some additional tariffs have been halted, which indicates the potential of a desire to work out an agreement.

Many other issues are continuously being worked on by Farm Bureau at all levels of government to ensure your voice is heard and your interests are being considered as discussions unfold. If you have questions about these or other issues, please feel free to contact our office, and we'll provide you with the information you seek.

I hope all can find time to enjoy the coming holiday season. I, like most of you, will look forward to getting this growing season over while looking more enthusiastically toward the opportunity for better conditions next year. Take care.

GOVERNMENTAL AFFAIRS



Cassie Bennett

Hello SCFB members! The Women's Committee has started up again this year and we have a lot planned already! We filled our healthy harvest bags in September and distributed to local farmers in the area. I personally distributed mine to my farmer when my son was riding with him, so I'm pretty sure most of his was hijacked by a future farmer. We had a packed week of barn tours to local schools in September. It's always fun to see if the kids will either love the animals or comment on the smell of a barn.

Our Fall Luncheon is set for November 13th. Be sure to look for the flyer in this issue of the Sangamo Farmer and sign up! Looking ahead to December we will be having our annual Ronald McDonald Meeting on December 12th at 9:00 am with lunch to follow. Have a safe and plentiful harvest!



Janet Edwards

Greetings fellow Farm Bureau members!! All I can say is that this sure has been a strange year. We were late planting the crops so, therefore, we are late getting into the field to harvest. As I write this it is early in October and most are starting their harvest or getting ready to go to the field. When we get into to "full swing" we will be working long hours and probably not be taking the time to rest and get meals like we should. We will look forward to the rainy day to get the equipment repaired and a little rest. Life away from the farm will be put on hold until the crops are safely in the bin or at the elevator.

After the harvest is done, the winter meetings will begin and we will all prepare for next year's crop. Hopefully, harvesting and fall tillage will be done in time for members to go to the Annual Farm Bureau meeting in Chicago. On the local level, committees will be meeting to continue their programs for the next year. With all of this, we have the holidays coming along.

During the holiday time, I would like to challenge everyone to give a little extra of themselves be it volunteering, helping someone in need or making a donation to a charity.

So, while you have that "windshield" time, be it in the combine, on the tractor or in a truck think how you might be able to help others less fortunate than ourselves. Till the next issue, have a Happy Thanksgiving and a SAFE harvest. God Bless!!

WOMEN'S

MEMBER & PR



Jason Komnick

While everyone has been working through a long and tiring harvest, the fruits of the Policy Development Committee are hopefully preparing to be harvested at the Illinois Farm Bureau Annual Meeting next month in Chicago. Throughout the year, our committee has researched a number of potential policies that we hope are adopted into the Illinois Farm Bureau policy book. The inclusion of our resolutions would set the organization on a path to address our issues and seek to resolve them.

Our Board of Directors approved the committee's recommendations to submit four resolutions. The first resolution is directed toward farm program payment limitations. Farmers who organize their operation as an LLC, LLP, or an S corporation have one payment limit for the business. However, if you are classified as a sole proprietor or a general partnership, each partner has their own payment limit. This severely limits those farms that are organized as an LLC, LLP, or S corporation, which are often created for the primary purpose of liability protection.

The second resolution we submitted would seek to permanently move the federal crop insurance premium due date to December of each year. This would give farmers time to harvest crops and have the adequate cash flow to pay the expense.

Third, on the list is a resolution to direct NASS to use a standardized yield calculation method for all NASS yield based survey responses whether submitted by farmers or NAAA employees/contractors. We felt that part of the issue with unrealistic yield reports from NASS could partly be attributed to the survey responses they collect. When yield responses are given using nothing more than an unscientific guess, the report becomes skewed and can cause market reactions that harm farmers sales.

Lastly, we submitted a resolution to oppose state pesticide regulations that are more restrictive than federal regulations. This comes as a result of the IDOA creating statewide regulations to further restrict the use of dicamba. Given the weather this spring, IDOA had to extend their arbitrary deadline to provide an opportunity to apply dicamba products. The federal regulations would've been more appropriate for this growing season and others.

Our goal as a committee and as Sangamon County Farm Bureau is to represent our members' interests and help make their businesses profitable. If you have ideas about an issue that may need to be considered for policy, please let us know. You don't have to do all the homework to figure out the solution; we'll do all of the research. All you need to do is contact our office or one of our board members with your idea. We'll take it from there.

As we move into the holiday season, I hope everyone can get their fieldwork done and enjoy the holidays with friends and family. See you in 2020!



Stephen Prather

I hope everyone is having a safe, productive harvest this year. Even with all the busy harvest activities, our committee continues with planning programs to benefit members.

We hosted our Facebook Tractor Contest back in August. Be sure to check out the winners

in this issue of the Sangamo Farmer. Next year's Tractor Drive will be on June 13th with a raindate of July 11.

We are excited to have YL members representing Sangamon County at the Illinois Farm Bureau Annual meeting in Chicago this December followed by the Young Leader conference in Peoria this coming February.

Please join us at our next regular meeting on November 11th at the Sangamon County Farm Bureau office. We're always looking for new potential members to be a part of our activities. Have a great holiday season!

November/December 2019

YOUNG LEADERS



Matt Heissing

The Marketing Committee has been on hiatus while everyone works through the prolonged harvest. But a few notes from a marketing perspective may at least be in order.

Many thanks go to the administration and our U.S. Trade Representative's Office for putting together a robust trade package with Japan. Immediately following the news, markets reacted positively. Now we just need for Congress to pass the U.S.-Mexico-Canada Agreement (USMCA) to finalize some stable markets in light of the ongoing trade battle with China.

During our fall market outlook meeting back in August, our speaker, Brian Burke from John Stewart & Associates suggested that conditions for a market rally might not be seen until December or January. While there are many influences that can change the course of a market rally, this might be something to keep in mind as we contemplate what to do with unmarketed grain.

I wish you good weather as everyone tries to get crops out and fall fieldwork done.

MARKETING

FALL 2019 AGVENTURE BARN TOUR

This year's tour consisted of six elementary schools in Sangamon County.

- Sherman Elementary
- Tri-City Elementary
- Enos Elementary
- McClelland Elementary
- Southern View Elementary
- Butler Elementary

The students were able to learn about sheep, goats, pigs, chickens and a rabbit in the barn.



Above: Sloan Bennett loved hanging out with Oreo the rabbit. Left: SCFB Board Director, Pam Neuman, was excited to see her granddaughter at Sherman Elementary. Bottom: Speedy the Goat and the rest of the gang were ready for the AgVenture Barn Tour.



SEPTEMBER 23-26



The AgVenture Barn Tour wouldn't be possible without our volunteers! We were pleased to have Williamsville, Tri-City and Taylorville FFA Chapters as well as numerous members with us for the week. Thank you to those who volunteered and provided animals to the Fall Tour.

Mark your calendars for the Spring 2020 AgVenture Barn Tour, March 30-April 3rd.

YOUNG LEADER TRACTOR CONTEST WINNERS



**1ST PLACE
JEREMY MORMAN
ILLIOPOLIS, IL**



**2ND PLACE
AUSTIN BURRIS
ATHENS, IL**



**3RD PLACE
RITA FUCHS
NEW BERLIN, IL**

In lieu of the Tractor Drive & Contest, this year the Young Leaders held a Tractor Contest on Facebook. We had six tractor pictures submitted. Winners were chosen based on "likes." Thank you to those who participated and to those who voted. Mark your calendars for next years Tractor Drive & Contest, June 13, 2020 during the Sangamon County Fair and raindate of July 11, 2020 during the Sangamon County 4-H Show.



Congratulations to Matt and Gigi Heissinger of Rochester on winning the Grill Package from this year's Foundation Raffle! Thank you to everyone who purchased tickets and supported the SCFB Foundation. Be on the lookout for next years raffle!



YES, WE HAVE A REWARDS PROGRAM. IT'S CALLED "HARVEST."

At FS, we're member owned. That means we spend our time developing seed—not marketing gimmicks. It's why FS InVISION and FS HiSOY continue to outperform the competition. Make no mistake: other seed companies will keep trying to buy your loyalty. But here at FS, we prefer to earn it.



www.prairielandfs.com



©2019 GROWMARK, Inc. 517747E

Care for Yourself, Care for Your Farm

By Adrienne DeSutter

What would happen if we ignored signs of stress in our crops and livestock?

In Illinois, we certainly know what stressed crops look like, and we know the damage, delays, and disease that can take over if we don't intervene. We also keep a close watch for signs of stress in our livestock, because we know how quickly that stress can turn into disaster.

If we did nothing to alleviate stress, we would have a crisis on our hands, and it would be tough to keep our plants and animals thriving. So, we do everything within our control to prevent and manage stress because we want the best for them, and we want to avoid crises on the farm.

So why don't we do this for ourselves? Farm friends, we have to stop waiting for a crisis to happen before we start paying attention to our stress and mental health. Stop waiting for your sleepless nights to become the inability to get out of bed. Stop waiting for your irritability to become family disputes. Stop waiting for your worries to become feelings of hopelessness. Stop waiting for your stress to grow out of control before putting YOUR name at the top of your chore list.

Because when stress becomes depression or anxiety, your ability to manage those symptoms can become exponentially more difficult. The moment of stress that you could have once relieved with a quick break, a deep breath, and a pep talk can become a moment of seemingly uncontrollable panic. The stress you feel related to an upcoming busy season or high-stakes bank meeting can turn into a constant struggle, regardless

of whether or not you're in a tough spot. But if we can learn to regularly prioritize our mental health and keep our stress levels in check, we can often avoid more challenging- and potentially more dangerous situations.

So take a nap. Think of one thing you do well on your drive to the fields. Say "no" to unnecessary commitments. When you're dumping grain or feeding cattle, challenge yourself to spend those few minutes with zero negativity in your mind. Write down something you're grateful for before going to sleep. Jump in the combine just 5 minutes later so you can read a book to your kids/grandkids in the morning. Drink your cup of coffee with your spouse instead of on the road. Turn off your brain and just listen to music (or even silence) on your drive home. Ask a family member to feed cattle during harvest season. Do something completely "unproductive" and fun on a rain day, because you'll find out that a break and a good laugh is truly effective medicine, and spending time renewing your energy is absolutely a component of your farm's productivity.

Preventing and managing stress looks different for everyone, but there are hundreds of ways for farmers to keep it under control. What works for one person may not work for another, so paying attention to how your body reacts to wellness techniques is key.

Don't wait for a mental breakdown before you start taking care of yourself. We have to give ourselves the same respect we give our crops and livestock to reach our maximum potential. With proper intervention, stress can be manageable, and we can continue to grow and thrive.

To learn more about farmer wellness, including stress, signs of crisis, crisis resources, and other wellness tools, visit <http://www.ilfb.org/resources/mental-health-wellness>.



**SAVE
THE
DATE**

IAA
Annual Meeting

December 7th-10th, 2019
Chicago, IL



**Sangamon County Farm Bureau
Women's Committee**

Fall Luncheon

Wednesday, November 13



10:00 A.M.

**Choose from 2 wood
sign options to make.
Design is customizable.**



\$30 Members · \$35 Non-Members
Includes lunch and materials to make sign.
Call SCFB Office 217-753-5200 to reserve your spot

2631 Beechler Ct., Springfield, IL 62703

Reserve Your Spot by November 8th!

*Wishing you and
your family a
wonderful
holiday season!*

SAVE THE DATE

TRIVIA
NIGHT

Saturday, March 14th

BUNKERS RECEPTION HALL
220 OLD RT 36, ILLIOPOLIS, IL 62539

SAVE AT
YOUR
FAVORITE
SPOTS

Menu

- eat out
- take out
- get out



GET VACCINATED, IT'S SIMPLE!

FLU SHOT – *Once a year, every year.*

SANGAMON COUNTY
Department of Public Health

2833 South Grand Avenue East • Springfield, IL 62703
Ph 217-535-3102 • Fax 217-535-4155 • www.scdph.org



Flu Shot Clinic

Sangamon County Farm
Bureau Office

November 18
6:00 pm-6:30 pm

Major Insurances
Accepted

PROTECT THOSE YOU LOVE & YOURSELF

Sangamon County Farm Bureau
2631 Beechler Court
Springfield, IL 62703

Save 15% on advertising in the Sangamo Farmer
when you advertise for a full year!

Contact the Sangamon County Farm Bureau Office at 217-753-5200 for more details or email
lburris@sangamonfb.org



MyersRice
Auction & Realty

Real Estate Brokerage • Auctions • Farm Management

Paul Rice
Auctioneer/Broker

A Certified Estate Specialist Auctioneer

www.myersrice.com



115 Chatham Rd. • Springfield, IL 62704

Office: (217) 787-3200 • Toll Free: (888) 600-FARM

eGrainSM
Technology Services

We know Agriculture
& We Know Technology

Why Choose Us

High quality and cost effective
Web Development, IT Support,
and Video Surveillance Services.

We offer small business services
with big business technologies!

Microsoft trained technicians and
in-house web developers are
just a call or click away, 24/7.

We make IT happen!

REACH US

217.280.4018

info@egrain.com
www.egrain.tech

3 N. Old State Capitol Plaza
Springfield, Illinois 62701



Surveillance

Protect your crops, livestock,
equipment and facilities with
video surveillance.



Custom Websites

Search-friendly websites personalized for
your company. Custom development
for growth and integration with the latest
technologies.



PC's/Networks

General IT Support services with
remote and on-site certified
technicians available 24/7!