



Representing RICFB at the IAA Annual Meeting are, from left: Jim Bohnsack, delegate; Trent Uphoff, alternate; Tara Mayhew, manager; Dennis VanDaele, secretary and delegate; Marty McManus, president and delegate.

## Programming efforts rewarded

Rock Island County Farm Bureau was recently recognized during the 108th Annual Meeting of the Illinois Farm Bureau for its outstanding programming.

CAE recognized programs carried out between Sept. 1, 2021, and Aug. 31, 2022.

The Illinois Farm Bureau Annual Meeting provides an opportunity for recognition of outstanding achievement by individual members and county Farm Bureaus (CFBs).

Awards given have been evaluated under the County Activities of Excellence (CAE), Young Leaders and Harvest for All programs. The goals of the CAE program are to recognize CFBs for program excellence, encourage and assist CFBs in setting goals and priorities, inspire and promote innovative programming to meet member needs, promote programming in key areas, and to provide a resource to counties for the purpose of developing new programs.

The Excellence Award is given to

the county with the most outstanding project for each program area. Excellence Awards encompassed eight program areas: Ag Literacy, Farm Income and Development, Health and Safety, Advocacy, Local Affairs, Engagement and Outreach, Membership Value, Foundations and Fundraising, Young Leaders and Harvest for All.

Rock Island County Farm Bureau was recently awarded the following:

**Most Outstanding Young Leader Program** for our YMCA Lunch & Learn. This program was hosted by the Mercer-Rock Island Young Leader group at the Mercer YMCA. Young Leaders presented on beef, swine and dairy management, husbandry and care, while a registered dietician presented on the many benefits of animal protein as part of a healthy diet. The group invited YMCA staff and trainers, and also served a meal provided by local pork producers.

**Most Outstanding Harvest for All**

**Program** for our Bushels for Hunger Campaign. The Bushels for Hunger Campaign is a joint effort between the Henry, Mercer and Rock Island County Farm Bureaus. Farmers can donate bushels of grain to participating elevators and the sale of the grain is donated to the River Bend Food Bank. This program is also currently going on until Jan. 31!

The Mercer-Rock Island Young Leader group also nominated Greg Rohman (formerly with Gold Star FS, now with Growmark) for a **Friend of Young Leader** award for his efforts with the group's Ethanol Promotions the past four years.

Greg was one of only three nominees awarded, and the only recipient who was not a Farm Bureau president or vice president! We are so thankful for his help and couldn't think of a more deserving volunteer for this award!

Greg was unable to attend, so our group will present him with his award at our next Young Leader meeting.

## Portell to headline women's event

The Women in Agriculture Conference committee is excited for the 2023 Women in Agriculture Conference. Carey Portell will headline for the annual Women in Agriculture Conference in Rock Island on Friday, March 24, 2023. Portell is a survivor and a thrifter, but most importantly she is a mom, wife, neighbor and friend.

Ruth Wooley will be the featured mid-day speaker. Wooley is an attorney with Ricker Law, LLC. Her major concentrations are food, farm and family law. Her presentation will cover an overview of farm leases and why you need them in writing. She will discuss different types of farm leases and farm lease considerations.

Closing out the conference is Amanda Radke. She is a fifth-generation rancher from Mitchell, S.D., who has dedicated her career to serving as a voice for the nation's farmers and ranchers. Radke regularly tackles industry issues as a columnist and speaker. Radke challenges listeners to change their outlook in the face of great uncertainties to PIVOT. CONNECT.

SERVE and LEAD with positivity.

The conference will host a variety of breakout sessions with topics including farm partnership agreements, farm input costs, federal conservation and climate change policy, and securing the future for animal agriculture, to name just a few.

Included in the day is an exhibit area, with many businesses and organizations offering materials, promotional items, and give-away drawings, a breakfast and luncheon buffet and mid-day snack break. Conference cost prior to Feb. 28 is \$70. March 1 through March 19 the cost is \$90. Registrations taken March 20 through the day of the conference will cost \$100. If paying by check, registration and payment must be received by Feb. 28, 2023. Registration the day of the conference begins at 8 a.m. To pre-register, contact any sponsoring Illinois County Farm Bureaus or register online at [womeninagricultureconference.com](http://womeninagricultureconference.com).

Pre-registration for the event begins Jan. 9, 2023. More details can be found at [womeninagricultureconference.com](http://womeninagricultureconference.com).

## RICFB offering Feb. health screenings

Rock Island County Farm Bureau invites you to take part in a preventive health screening from 6 to 9 a.m. Tuesday, Feb. 28, at the Rock Island County Farm Bureau office. These screenings include a blood draw with panels similar to a wellness draw at your doctor's office, but at a fraction of the cost!

Identify any health concerns early, while they're still very treatable, or give yourself piece of mind that you're on the right track with your health. It is recommended to have an annual blood draw after the age of 40 to track basic health values with focus on prevention first! Appointments are limited for this event, so call now.

### Base package blood draw includes:

Comprehensive Metabolic Panel (CMP), Lipid Panel and Complete Blood Count (CBC) – these panels test values such as cholesterol, glucose, protein counts, electrolytes, liver enzymes, white and red blood cell counts and much more. These tests can indicate risk for heart disease, diabetes and many other chronic conditions.

Your screening the day of the event will take about 15 minutes, and you will receive your results in the mail in two to

three weeks. You will have the option of scheduling a follow-up one-on-one consultation to review your results.

For the typical farm family with insurance purchased on the marketplace or direct from an insurer, the above blood work in the Base Package Health Screening may cost upwards of \$750-\$1,000. Your cost at this health screening through Thrive Wellness Inc. is \$100!

Added tests participants may opt to include in their panel:

- ▶ Prostate Specific Antigen, \$25 (PSA) – prostate health for men.
- ▶ Thyroid Stimulating Hormone, \$25 (TSH) – thyroid gland function.
- ▶ Hemoglobin A1C, \$25 (A1C) – provides 90-day average of blood sugar.
- ▶ Testosterone, \$25 – indicates levels of testosterone in the blood.
- ▶ Vitamin D, \$25 – indicates level of Vitamin D in the blood.
- ▶ C-Reactive Protein, \$25 (CRP) – indicates level of inflammation in the body.

**To schedule your health screening,** contact Bob Phillips, director of Thrive Wellness, at 309-550-9172 or [bob@thrivewellnessinc.com](mailto:bob@thrivewellnessinc.com). We accept cash, check or debit/credit for payment.

## Calendar of Events

### JANUARY

- Dec. 30-Jan. 2 Office closed for New Year's
- 9 Women in Agriculture Conference registration opens
- 10 RICFB Foundation Scholarship application period opens
- 15 IFB Sustaining Our Future documentary airing on WQAD at 11 a.m.
- 15-17 QCCA Farm Show
- 16 RICFB Board of Directors Meeting
- 31 Bushels for Hunger Campaign ends

### FEBRUARY

- 14 Governmental Affairs Leadership Conference
- 20 RICFB Board of Directors Meeting
- 28 Thrive Wellness Health Screenings
- 28 Last day for early registration for WIA Conference (fee goes up March 1!)

## Sustaining Our Future A Farm Family Story

Illinois Farm Bureau's documentary is coming to WQAD January 15th, 2023. Tune in to the program at 11 a.m. and follow along as three generations of an Illinois farm family demonstrate sustainability efforts on their farm.

WQAD 8 abc



## Attending the QCCA FARM SHOW?

Stop and see us at our booth! We'll have membership information, goodies, a chance to put your name in our drawing, and the opportunity to visit with our leadership. If manager Tara is around, you can even pay your dues! The Farm Show runs Jan 15-17 at the QCCA Expo Center.

## Rock Island County Farm Bureau Foundation scholarships available

The Rock Island County Farm Bureau Foundation is pleased to announce the 2023 scholarship line up. Available scholarships include RICFB Foundation Scholarship, Keppy Scholarship awarded by the Wilbert and Carol Keppy Charitable Foundation, Kenneth Bush Memorial Scholarship awarded by the Marilyn Bush Family, and the George and Irene Stulz Family Scholarship awarded by the George and Irene Stulz Family. Applications will open Jan. 10 and are due by 4 p.m. March 24, 2023. For more information, guidelines and application, visit [www.ricofarmbureau.org/scholarships.html](http://www.ricofarmbureau.org/scholarships.html).