

Meet our spring intern

We are very fortunate to have Megan Hoag joining us in our office as our spring intern! She has been with us since early April and will be working with us until mid-May, when her classes resume. You might hear from her as she helps us update our member records! Let's learn a little bit more about her:

Hello, my name is Megan Hoag and I'm from Illinois City, Illinois. I graduated from Rockridge High School in May 2020. I am a freshman at Muscatine Community College double majoring in Farm and Ranch Management and Ag Business. I have grown up on a farm and have developed a strong passion for the agricultural industry. During my free time, I enjoy spending time with family and friends, riding horses and caring for my show cattle. I am beyond excited to be given this opportunity and cannot wait to see where it takes me.



Megan Hoag

Enjoy May: Beef Month!

May is Beef Month and we want to support our beef producers! Our friends at the Illinois Beef Association have shared some tips for how to do just that:

- Prepare a brisket, prime rib or chuck roast for a Sunday meal
- Become a cooking pro with tips from BeefItsWhatsForDinner.com
- Check out all the delicious meal options for ground beef
- Share or promote a local cattlemen's farm on social media
- Purchase some steaks just in time for grilling season
- While we're at it, let's celebrate how nutritious beef is for our bodies.



Compounding driving rigors

By ADRIENNE DeSUTTER

Maybe you were taking a super important phone call, or you were trying to calm the backseat toddler chaos. Maybe it was while reaching for the cash that fell down the side of your seat or wiping the ketchup that spilled down your shirt as you chomped on a burger. Maybe you were... *gasp*...texting. We've all done it. We've all been distracted drivers.

But when it involves farm equipment, distracted driving takes on a whole new level of danger. If you've been behind the wheel of a tractor, combine or semi, you know that visibility is slim and reaction time is limited. Farmers take extra caution to avoid hazardous situations to keep themselves and other drivers safe (and, if we're being honest, we don't have much tolerance for drivers who don't exercise the same caution). After all, we've got families to return home to, right?

Here's the kicker: there's a secret distraction, and it impacts farmers even more than the general population. It's a six-letter word that interferes with our ability to focus, our decision-making,

our impulse control and more. It's something we face nearly every day, and if not managed properly, can become a danger to us both in and out of the cab. So what is this secret distraction? It's stress.

You know all about farm stress. It's the "first day of planting jitters." It's the "paperwork is due but the books aren't done yet." It's "how are we going to turn a profit this year?" "We can't take a break or the cows won't get fed." "What will I do if I can't farm?" "My neighbor just went bankrupt." "Great, another equipment malfunction." "I need to be at my kid's game but can't leave the farm." "The weather is ruining another plan." "What a waste of time and money having to replant." "What if this storm wipes out everything?" "I have no time for my spouse." "Grandson wants to change things up, but why fix what isn't broken?" "When am I supposed to find time to learn this new technology?" We know it. We live it.

But what you may not know is just how distracting stress can be. When our brain is stressed, it basically has to

work overtime figuring out how we're going to survive the situation. Since we're on overload, other parts of the brain essentially shut down. This is why we struggle with things like memory, problem-solving, and emotional regulation when we're going through challenging times. Unfortunately, the long-term stressors that farmers face is even harder on the brain.

And it doesn't stop there. Stress also causes inflammation, and has been associated with

various heart and brain diseases. It can lead to fatigue, work accidents, and other aches and pains that can hinder farmers' ability to effectively do their job. From a business perspective, it can also be costly, as stress leads to high absenteeism and turnover rates. Individual medical and insurance expenses can skyrocket, as well.

Next time you decide your stress isn't worth worrying about, consider just how dangerously distracting it can be.

Remember, our families need us home safely, and managing our stress is one more way we can make that happen.

Birdies for Charity

It's Birdies for Charity time! And when you fill out a pledge form for the Rock Island County Farm Bureau Foundation – your donation goes further with the support of John Deere, and you have the chance to win a two-year lease on a 2021 Lexus NX!

Simply fill out a pledge card by June 15 with your contact information, pledge amount and payment, and mail it to the Rock Island County Farm Bureau at 1601 52nd Ave., Suite 3, Moline, IL 61265. Please note that the pledge-per-birdie option is no longer available. If you graciously decide to participate, please pledge a one-time flat donation and include your payment with your pledge card. Checks are to be made out to Quad Cities Golf Classic Charitable Foundation. You will still be able to guess the number of birdies recorded during Wednesday through Sunday of the John Deere Classic for your chance to win a car or other prizes.

Individuals who guess the correct number of birdies will automatically have the chance to win a 2-year car lease – a 2021 Lexus NX, courtesy of Smart Lexus of the Quad Cities. The grand prize will be given to one person who guesses the correct number. In case of ties, winners will be randomly selected. Other great prizes will be randomly drawn.

Once all the money is collected, the tournament delivers checks and a detailed list of donors to each charity.

When this Foundation was formed in 2002, our goal was to grow our scholarship offerings and support our Ag in the Classroom program. The Rock Island County Farm Bureau

Rock Island County Farm Bureau Foundation
CHARITY SOLICITED FOR
1008
BIRD NUMBER

I pledge and promise to donate:

☐ \$_____ one-time flat donation.

Please attach payment. Checks payable to
Quad Cities Golf Classic Charitable Foundation.

☐ \$_____

extra donation to the Birdies for Charity Bonus Fund
Donations to the BFC Bonus Fund (#1041) help provide the 5% match for all participating charities.

GUESS THE BIRDIES & WIN A TWO
YEAR LEASE ON A 2021 LEXUS NX!

I guess that _____ birdies will be made.

Only 1 grand prize will be awarded. Void where prohibited by law.

BIRDIES SCORED (YEAR)

2,160 (2011)	2,040 (2014)	1,918 (2017)
2,113 (2012)	1,990 (2015)	2,355 (2018)
2,142 (2013)	1,982 (2016)	2,091 (2019)

PLEDGE INFORMATION (Please print)

NAME _____

ADDRESS _____

CITY _____ STATE _____

ZIP _____

PHONE OR EMAIL _____

Foundation is asking for your assistance and support so that Farm Bureau can make a difference and spread agriculture knowledge through our educational programming!

Please help us preserve our past and grow our future for the generations to come!

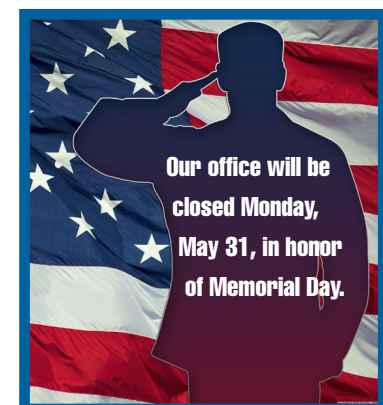
Calendar of Events

MAY – BEEF MONTH

- 17 RICFB Board of Directors meeting
- 31 Memorial Day – office closed

JUNE – DAIRY MONTH

- 10 Market Outlook Planning Committee meeting
- 17 RICFB Board of Directors meeting



PLANTING SEASON IS NOW



Drive with caution & help keep farmers safe

STAY UP TO DATE WITH UPCOMING EVENTS

Send us your email to
accounts@ricofarmbureau.org
and like us on Facebook!

FROM MAY 15 TO MAY 31 ONLY

Farm Bureau® members
get ~~BIG~~ **BIGGER** savings
with John Deere!



From May 15 to 31, sign up for up to \$1,000 in extra savings*
with John Deere Rewards!

Mark your calendars for BIGGER savings with John Deere Rewards! From May 15-May 31, John Deere will offer Farm Bureau members a free upgrade to Platinum 2 Rewards savings for 60 days. Sign up for a Rewards account and keep up to \$1,000 EXTRA in your pocket with BIGGER savings on eligible equipment in the Rewards program. Sign up for a Rewards account and learn more at JohnDeere.com/FarmBureau!

Already a Rewards member through Farm Bureau?

John Deere will email directly with a link to access your Platinum 2 upgrade!

Must be a Farm Bureau member for 30 days and have a valid personal email address to be eligible. Sign up for a Rewards account and learn more at JohnDeere.com/FarmBureau!