

Take part in Birdies for Charity

When you fill out a Birdies for Charity pledge form for the Rock Island County Farm Bureau Foundation, your donation goes farther with the support of John Deere. And you have the chance to win a two-year lease on a Lexus RX350!

Simply fill out a pledge card by June 1 with your contact information and pledge amount and mail it to the Rock Island County Farm Bureau at 1601 52nd Ave., Suite 3, Moline, IL 61265.

We have transitioned to flat donations only. Donors still may guess the number of birdies to enter the contest, but it is no longer tied to their donation.

When this foundation was formed in 2002, our goal was to grow our scholarship offerings and support our Ag in the Classroom program. The RICFB Foundation is asking for your assistance and support so that we can make a difference and spread agriculture knowledge through our educational programming!

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. **Make checks payable to Quad Cities Golf Classic Charitable Foundation.**

\$_____

extra donation to the Birdies for Charity Bonus Fund
Donations to the BFC Bonus Fund (#104) help provide the minimum of 5% match for all participating charities.

GUESS THE BIRDIES & WIN A TWO YEAR LEASE ON A 2022 LEXUS RX350!

I guess that _____ birdies will be made.
Only 1 grand prize will be awarded. Void where prohibited by law.

BIRDIES SCORED (YEAR)		
2,142 (2013)	1,982 (2016)	2,091 (2019)
2,040 (2014)	1,918 (2017)	N/A (2020)
1,990 (2015)	2,355 (2018)	1,905 (2021)

PLEDGE INFORMATION (Please print)

NAME _____

ADDRESS _____

CITY/STATE _____

ZIP _____

PHONE OR EMAIL _____

Help meet mental health need

By ADRIENNE DeSUTTER

You've heard about the "resilient" farmer: The one who faces adversity head on, who knows times will sometimes be tough, who bounces back when they've been beaten down. But what about the "resistant" farmer? You know the one! They're always "fine," they never need any help (despite the choice words they're shouting), and they tend to be a little (or a lot) stubborn. One of my most frequently asked questions related to mental health is "how can I help someone who doesn't want to be helped?" It's certainly a challenge, but there are skills that can sometimes make tough conversations easier.

Here are some top tips to try when you're concerned about a resistant farmer:

Practice effective communication.

Think about the last time someone gave you unsolicited advice, like sharing their thoughts on your eating or exercise habits. How did you respond? Did it make you want to eat better or exercise more? Or are you like me, and you'd rather continue your habits mostly out of spite for the unsolicited advice? No one wants to be told what to do or hear

about their imperfections. In fact, when someone is in the midst of heavy stress, sometimes they don't even want to hear logical solutions.

Instead, try listening! You can try using I-statements to help start a less threatening conversation (for example, "I am worried about you" rather than "You should..."), and then let them lead the direction of the conversation.

Practice patience. It can be extremely hard to watch someone you love struggle, especially when you know there are resources available to help them, if they were only willing to reach out. Remember, the only person you can control is yourself, and just because you are ready for them to change doesn't mean they are ready. And when they are ready, change takes time.

Coping with stress and mental health conditions is a process, and it's unrealistic to expect perfection overnight. Learning more about the symptoms of stress and other mental health conditions can help you better understand why your loved one acts as they do, and can help you find patience in those sad, frustrating and confusing moments.

Practice what you preach.

Supporting someone through stressful times can be heavy.

Supporting someone with a mental health condition can be exceptionally heavy. Just as you wish your loved one would take the initiative to care for themselves, the same expectation goes for you. Vent to a friend, call a therapist, or pull out your favorite stress management tools at the first sign that your weight seems too heavy. Not only will you get the relief you need, but you'll also be setting an example for your loved one that it's OK to need help, and it's OK to take time to care for yourself. Sometimes doing hard things becomes a little easier when you're doing them together. And bonus: a therapist can also help you set important personal boundaries and strengthen the communication skills you need to get through to your resistant farmer!

It takes a lot of hard work to help a farmer go from resistant to resilient. Practicing these skills with intention and diligence can help you become the best support system for your farmer, and the one they know they can turn to for help when they're finally ready to accept it.

YL talk on livestock, diets

On April 5, the Mercer-Rock Island Young Leaders discussed livestock production and animal care at the Mercer Family YMCA. YMCA staff and trainers joined the group for a Lunch & Learn as our Young Leaders talked about local dairy, beef and swine production and animal husbandry. Also discussed was the economic impact that livestock production has on our local communities.

The Young Leaders also invited registered dietitian Carol Longley to discuss the many nutritional benefits

that animal proteins have as part of a healthy diet. As part of the program, the Young Leaders supplied staff with a delicious lunch of locally sourced pulled pork from Biddle Farms, green beans and mashed potatoes. The program concluded with questions from staff and discussions of presenting this program to other area groups.

If you know of any organizations, businesses or groups who would benefit from our seeing our presentation, please reach out to Tara at tmayhew@ricofarmbureau.org.

Women's Conference a success

By CASSIE SCHLEICH
Warren-Henderson County Farm Bureau Director

The one where we were together again, as 150 women gathered on Friday, March 25, in Rock Island at Bally's Quad Cities Casino & Hotel for the Women in Ag Conference. Attendees enjoyed a full day of information and conversations with women who all share a passion for agriculture.

To open our morning Jeanne Bernick, market strategist for K-Coe Isom, shared how "Women Can Change the World One Farm at a Time." She reminded all ladies in the room about how women in Ag are nothing new and touched on our deep roots in American Agriculture as well as our roles across the world. Prior to Rosie the Riveter there were Farmerettes. From 1917-1919 women worked for 24 cents per day while many men were at war. Jeanne touched on how our roles have changed over the years and we have had to pivot and learn to break through the "grass ceiling." Several big takeaways from the morning were how we can show up today. As women in ag we can start living our why, tackle leadership roles, stop being victims, and dig deep to find our grit. The work/life balance is not a woman issue, it is a family issue. Jeanne pushed us to face the truth and to begin holding family meetings twice a year and involve spouses and anyone over 16 years of age into the conversation. She ended the powerful morning session by telling the fellow ag women to stop apologizing and to accept risk as an opportunity!

Jeanne's upbeat energy led everyone into morning breakout sessions. Adrienne DeSutter, agricultural mental health specialist, spoke on "When Stress is More than a Season"; Tasha Bunting, associate director of commodity and livestock programs for Illinois Farm Bureau, led discussion on "Issues and Trends in Illinois Livestock"; and Lia Nightingale, Ph.D., professor at Palmer College of Chiropractic, held her 50-minute session on "Eating for Health: Nutrition for the Immune System."

Paul Stoddard, senior lecturer with the Department of Agricultural and Consumer Economics for the University of Illinois, kicked off our midday sessions by sharing 10 key steps for transitioning and preparing the farm for retirement. While transitioning the farm can be a touchy subject, it is really important that financial records are being shared among those involved. He also stressed that financial planning is a lifelong process and our 3- to 6-month emergency fund needs to increase due to recent inflation. Paul reminded us how important it is to know how to use balance sheets, income and cash flow statements, and if you have dependents, he says life insurance is a must! The bottom line: today is the day to start planning for retirement.

To follow up on Paul's key steps to planning for retirement, Lorraine Zenge, Private Wealth Consultant for Country Financial, had a hard discussion with attendees about planning for the unplanned. This type of preparation is something no one wants to think about, but Lorraine's advice is to start today, chip away, you must just get started. A great place to start can be to get organized and create an inventory of: bank, investment and retirement accounts; insurance policies; debts; mortgages; and online accounts and passwords (to name a few). She touched on numerous documents that you should have in order, including, but not limited to, a living will, POA (power of attorney) of Health Care, Durable POA for Property, will, and a Business Continuation Plan.

Another series of breakout sessions commenced after hearing from Lorraine. Allie Speer, policy development and advocacy program coordinator for Illinois Farm Bureau, led "How to be Impactful and Influential when Talking with Your Elected Official"; Jim Polus, senior video producer for Illinois Farm Bureau, gave his breakout room attendees multiple tips and tricks on the topic of "Everyday Videography & Photography"; and Kate Sturtewagen, Farm Business Consultant for Illinois FBFM, led discussion on "Record Keeping & Tax Planning in the

Current Environment".

The closing session of our day was led by Dr. Kim Kidwell, associate chancellor for strategic partnerships and initiatives at the University of Illinois. She shared with the crowd that 31 percent of farmers are women and that they farm 301,386,860 acres and have a \$12.9 billion economic impact. Kidwell stressed as women our strengths in agriculture are many, including the fact that 67 percent of female farmers have education past high school, we are entrepreneurial, professional, innovative, collaborative, and have the ability to get things done. With those strengths come barriers we are faced with, such as a lack of financial backing and support, educational inequalities, and stereotypical assumptions. Kidwell named five female role models in agricultural fields that have been impactful to her, but stated the industry could always use more.

Agricultural Mental Health Specialist Adrienne DeSutter then came up on the main stage to remind everyone in attendance that "Your Worth Isn't Measured by the Markets". Adrienne's upbeat message was an encouraging reminder to take a step back and find the good even in the hardest of days and seasons. Radio and Digital Audio Specialist for RFD Radio Jim Taylor then gave the final remarks of the day. He touched on the strong lineup of women he works alongside each day, as well as the impact his daughters have on his life.

While technology has provided virtual opportunities and suitable alternatives for events, being back in person for the WIA Conference for the first time in three years was a blessing. In addition to the face-to-face interaction with speakers, the conversations with other attendees was a welcomed gift.

This year's WIA Conference sponsors were Illinois Farm Bureau and County Farm Bureaus (Platinum), Country Financial and River Valley Cooperative (Gold), Compeer Financial (Silver), and Hertz Farm Management (Bronze). Thank you to these sponsors for their support in helping make this annual conference possible!

Calendar of Events

MAY BEEF MONTH/MENTAL HEALTH AWARENESS MONTH

- 3-5 Manager's Conference
- 16 RICFB Board of Directors meeting
- 30 Memorial Day - office closed
- 31 Farmland Assessment Review Committee

JUNE

- 20 RICFB Board of Directors meeting
- 30 Young Leaders Bags Tournament

JOIN US




TO WATCH THE Chicago Cubs take on the St. Louis Cardinals

Mercer and Rock Island County Farm Bureaus are hosting a chartered bus trip to Wrigley Field!

THURSDAY, AUG 25 • GAME START TIME IS 1:20PM

Contact the Rock Island CFB at 309-736-7432 or Mercer CFB at 309-582-5116 to reserve your seats!

Please mention during reservations if a cane or wheel chair will be needed




Our office will be closed Monday, May 30, in honor of Memorial Day.