**HEALTH AND SAFETY**

**\*Brown, "Farm Safety Grant-Farm Safety Day" -** The Women's and Health & Safety Committee held our Annual Farm Safety Day with our local public and private schools, Pre-K thru 4th grades. We had several health/safety stations set up which included: Hand washing and Food Safety, Storm Preparedness, FFA Chores, LOCAL Implement Dealership/tractor safety, Fire Department, Ambulance Department, Fishing Safety, Dog Safety and Chemical Look A Likes. All the presenters had a safety message for the students to take with them along with hands on activities and handouts. Ag Mags were also distributed to the teachers to share with their classes for further discussion. We had approximately 450-500 students, teachers, aides, parents that served as helpers for their child's grade, grandparents, siblings and local media. Some of our local volunteers/sponsors included FFA Chapter, Soil & Water Conservation District, Health Department, Ambulance Director, University of Illinois Extension, Implement Dealership, Fire Department personnel, Natural Resources Conservation Services, Midwest Youth Services and Prairieland FS. Our event had publicity in our local newspaper along with being published in FarmWeek, also, reaching 3,400 households. To go along with our day, students had a contest to be able to design a tee shirt with a farm safety message. The winners drawings were then placed on the front of the shirt and each student received a tee shirt to wear for Farm Safety Day. Not only were the shirt utilized for that day, teachers incorporated them to be worn on "Field Day".

**Douglas, "Farm Safety Day for Kids" -** 2015 Safety Day for Kids: The Ag Literacy Committee, Safety Committee, Ag Literacy Coordinator, Board of Directors, 100 volunteers and Manager continued its service to educating 400 area youth about common safety hazards. We invited all of the 5th grade classes within two counties to participate as well as a home schooled children. The program was broken into eleven different safety stations. Each station was presented and taught by area organizations or companies. The 2015 stations included: • “Live Line” Presentation: An electric cooperative has a demonstration they use throughout our area to educate kids on the dangers of power lines. The 45 minute programs shows the dangers of different scenarios kids may be involved in, such as flying a kite, letting go of balloons, and climbing trees. The 7,200 watt demonstration concludes with a loud “bang”, as the presenter overloads and blows a controller. • Lawn Mower Safety: A local implement dealer presented how to be safe around lawn mowers. • Chemical Look Alike: Extension performed a skit on chemical look alike. • Disability Awareness: FSA and a local FFA chapter sponsored this station. Students were asked to simulate different types of disabilities by completing a task. Missing an arm – make a peanut butter sandwich, blind – pin the tail on the donkey and so on. • Sun Safety: A Center for Rural Health presented how to protect yourself against ultra-violet rays. • Grain Safety: A local elevator taught kids how to be safe while around grain bins. • JULIE: Before you dig call to ensure your safety! • Animal Safety: A local DVM presented the dangers that could occur around unknown animals. • Firearm Safety: A local firearm instructor explained to the kids the importance of firearm safety at all times and that firearms are not a video game or toy. • Meth Prevention: A local State Trooper showed the kids what trash found along a roadway could be equipment used to make meth. He stressed that they should never touch any of it but call the police instead. • ATV Safety: A local FFA group presented the brain mold presentation to all the students. We were featured on the front page of a local newspaper reaching over 10,000 people and a three county newspaper reaching over 36,000.

**Moultrie, "Farm Safety Day for Kids" -** 2015 Safety Day for Kids: The Ag Literacy Committee, Safety Committee, Ag Literacy Coordinator, Board of Directors, 100 volunteers and Manager continued its service to educating 400 area youth about common safety hazards. We invited all of the 5th grade classes within two counties to participate as well as a home schooled children. The program was broken into eleven different safety stations. Each station was presented and taught by area organizations or companies. The 2015 stations included: • “Live Line” Presentation: An electric cooperative has a demonstration they use throughout our area to educate kids on the dangers of power lines. The 45 minute programs shows the dangers of different scenarios kids may be involved in, such as flying a kite, letting go of balloons, and climbing trees. The 7,200 watt demonstration concludes with a loud “bang”, as the presenter overloads and blows a controller. • Lawn Mower Safety: A local implement dealer presented how to be safe around lawn mowers. • Chemical Look Alike: Extension performed a skit on chemical look alike. • Disability Awareness: FSA and a local FFA chapter sponsored this station. Students were asked to simulate different types of disabilities by completing a task. Missing an arm – make a peanut butter sandwich, blind – pin the tail on the donkey and so on. • Sun Safety: A Center for Rural Health presented how to protect yourself against ultra-violet rays. • Grain Safety: A local elevator taught kids how to be safe while around grain bins. • JULIE: Before you dig call to ensure your safety! • Animal Safety: A local DVM presented the dangers that could occur around unknown animals. • Firearm Safety: A local firearm instructor explained to the kids the importance of firearm safety at all times and that firearms are not a video game or toy. • Meth Prevention: A local State Trooper showed the kids what trash found along a roadway could be equipment used to make meth. He stressed that they should never touch any of it but call the police instead. • ATV Safety: A local FFA group presented the brain mold presentation to all the students. We were featured on the front page of a local newspaper reaching over 10,000 people and a three county newspaper reaching over 36,000.

**Johnson, "Large Animal Rescue Awareness" -** In coordination with the Illinois Fire Service Institute, the local fire department and our equine committee, we hosted a training that would educate and prepare first responders, EMTs, and other individuals on how to react during large animal emergency situations. The course covered topics including the purpose of large animal rescue, incident prevention, evacuation planning, and understanding animal behavior during stress and non-stress settings. Attendees also learned about humane handling of animals, large animal restraint and scene management, and several other topics of importance were covered. The Illinois Fire Service Institute was contacted about helping with the presentations for the program. Also, local individuals with first hand experience in dealing with animal rescue situations were available to help answer questions and offer real life advice. To adequately relate the importance of large animal rescue, examples, videos, and demonstrations were given along with various scenarios being played out. Very few first responders have first hand experience with all types of large animals, we hoped this training was able to give the confidence to handle these emergencies to not only help the animals but also protect bystanders as well.

**Massac, "Large Animal Rescue Awareness" -** In coordination with the Illinois Fire Service Institute, the local fire department and equine committee hosted a training that would educate and prepare first responders and other individuals on how to react in large animal rescue situations. The course covered topics including the purpose of large animal rescue, incident prevention, evacuation planning, understanding animal behavior in normal settings and under stress, humane handling of large animals, understanding large animal restraint, large animal scene management, water and unstable ground rescues, containment and the capture of large animals, trailer and transport incidents,and barn and wild land fires. To prepare for the training the Illinois Fire Service Institute was contacted to help with presentations on the matter. Also, local individuals who had first-hand experience in dealing with animal rescue situations told stories and gave advice. To adequately relate the importance of large animal rescue, examples, videos, and demonstrations were given and shown scenarios. With fewer and fewer first responders having an ag background, the training was influential as many felt more confident if a large animal accident was to occur in the future.

**\*Washington, "Auxiliary Lighting for Farm Equipment" -** With the challenges of ever-changing farming seasons and conditions, farmers are sometime forced to transport their equipment in early morning hours or after dark. In addition, the size of equipment and number of distracted drivers on rural roads have both increased over the years, increasing the likelihood of dangerous situations when sharing the road with each other. Our involved committees wanted to help these implements stand out better during these periods of decreased visibility by offering free auxiliary lighting. The battery-powered magnetic strobe and caution lights can be placed where most needed on farm implements to help grab the attention of motorists as they share the road. Hopefully the additional lighting will alert motorists and help curb a troubling statistic of an increasing number of deadly accidents with farm equipment in our area. Directly, 39 farmers in our county benefited by receiving a free set of important auxiliary lighting equipment for their implements. Aside from the 39 lights distributed directly to farmers in our county, our members, the public, and others were all made aware of this program and driving safely with farm equipment during our campaign to deliver the free lighting throughout the county. Project publicity included an article and picture in our CFB publication, which reaches approximately 2,000 member households. Our CFB Facebook page (over 280 "likes") was also utilized to share the message and encourage farmers to call the office for the free safety lights.

**Mason, "Packing Backpack Meals" -** Packing Backpack Meals: One of the communities in our county has put together a program that provides weekend meals for underprivileged elementary school kids. Sadly many students are not receiving meals at home, when away from school. Each qualifying student receives a bag of nonperishable, easy to prepare, food items to eat over the weekend. Before our monthly meetings, our Young Leader Committee helps prepare the bags and distribute them to the students lockers. This has been a great way for the Young Leaders to help the community. The program distributes roughly 80 meals per week to students in need.

**White, "Progressive Ag Safety Day" -** In conjunction with an adjacent county Farm Bureau, our county Farm Bureau held a safety day with a grant from Progressive Agricultural Foundation, and donations from Farm Credit Services and Crop Production Services. The goal of the project was to make children aware of the hazards on the farm and at home, and how to prevent accidents. Over 50 volunteers helped present the day of the event. The program was offered to the fourth grade classrooms in all grade schools in our county and the adjacent two counties. 230 students and 12 teachers attended the camp. Our county FB has been organizing this event for many years, this was the third year to present this program with the adjacent county. It was deemed a huge success. Response from the teachers involved was overwhelmingly positive and they are looking forward to next year's Safety Day. Photos taken throughout the day were published in our county publication, on social media, in local media, and on our website. \* Sun Safety- Four volunteers taught the students about sun safety. The students learned how important it is to protect their skin from the harmful rays of the sun. The students also made a UV bead bracelet. \* Internet Safety- We had an individual from the Attorney General's office come and discuss the dangers of the internet. \* Animal Safety- An Ag Literacy Coordinator spoke to the students about safe practices around animals, such as dogs and cats, and other peoples pets. \* Gun Safety- A local 4-H leader and Gun Club Leader very active in gun safety and awareness presented this station. She talked about the ways guns are dangerous and explained to the students how they can use guns safely. They also talked about the proper way to handle guns. \* Grain Bin Safety- Two volunteers from Consolidated Grain and Barge talked to the kids about grain bin safety. They also demonstrated the dangers of grain bins with a grain bin model. \* Small Equipment Safety- The local junior college agricultural instructor led this station, which gave students a chance to learn how to drill a hole, cut a board, and screw a screw. He led them in proper safety techniques while doing so. \* Poison Look-a Like- The U of IL Extension office taught kids about the dangers of poisons, and how many household items look very similar to poisons. \*Disabilities - A group from the surrounding Farm Service Agencies conducted a disabilities awareness station. The kids were designated a disability and then tried to accomplish simple tasks with their handicap. They learned what it is like to deal with disability. They discussed ways to prevent accidents. \* JULIE Underground Digging in IL - A representative from JULIE presented on the dangers of digging near underground wiring locations. They played a participatory game related to this safety issue.

**Clay, "Young Leader's teach Farm Safety to Driver's Education Classes" -** The County Farm Bureau Young Leaders continually strive to positively promote agriculture throughout our County. In an effort to promote agriculture safety, the Young Leaders spoke with the driver’s education classes at all 3 high schools in the county. The YLs provided a PowerPoint presentation hoping to educate students on different scenarios and situations involving agriculture equipment on the roadway. They handed out literature from IFB regarding rules of the country road, tips for motorists, SHARE THE ROAD bumper stickers, and CFB notepads and pens. Each of the classes were also able to learn about agriculture safety through a hands-on experience. Depending on the school, students were permitted to get in the tractor or equipment to try and see what was actually visible, or not visible, from the driver’s seat of each vehicle. Passing, safe following distance, obstacles for farm equipment, and anhydrous tanks were all topics discussed during each presentation. Students were also shown pictures of real life accidents of what happens or could happen when vehicles and farm equipment collide. We borrowed equipment for the presentations from FS and a local family farm. Our local COUNTRY Financial agents donated gift cards to be given away during each program. Since driver's ed is just a half-year course we do this project in both the spring and fall so every student in the county can experience it.

**Mercer, "Agricultural Trauma Training" -** Our County Farm Bureau along with our local hospital sponsored an Agricultural Trauma Training at a local fire station. Over fifty first responders attended the program, and they received continuing education credits to support their roles. The Director for the National Education Center for Agricultural Safety presented a two hour training class on how to effectively respond to rural emergencies. The training covered how to respond to various agricultural accidents including anhydrous ammonia, tractor rollovers, chemical spills and burns, grain bin entrapment, compartment syndrome, and manure pit rescue. The training was very well attended, and we heard several positive comments saying they learned a lot and feel more capable responding to these incidents. As a result, plans are in the works to provide another training next year for emergency personnel.

**Union, "Large Animal Rescue Awareness" -** In coordination with the Illinois Fire Service Institute, the local fire department and equine committee hosted a training that would educate and prepare first responders and other individuals on how to react in large animal rescue situations. The course covered topics including the purpose of large animal rescue, incident prevention, evacuation planning, understanding animal behavior in normal settings and under stress, humane handling of large animals, understanding large animal restraint, large animal scene management, water and unstable ground rescues, containment and the capture of large animals, trailer and transport incidents, and barn and wild land fires. To prepare for the training, the Illinois Fire Service Institute was contacted to help with presentations on the matter. Also, local individuals who had first-hand experience in dealing with animal rescue situations told stories and gave advice. To adequately relate the important of large animal rescue, examples, videos, and demonstrations were given and various scenarios were shown. The workshop was promoted in on the District Equine committee's Facebook page, on the participating CFBs' Facebook pages, shared with area first responders via mail, email, and promoted in local Farm Bureau and community publications. 9 CFBs/11%

**\*Knox, "Safety is No Accident 4-H Campaign" -** The Women's Committee challenged local 4-H clubs to help promote the importance of safety by creating a safety campaign. Based on the themes from National Ag Safety Awareness Week, the clubs were able to select one theme from this list: ATV Safety, Youth Safety on the Farm, Tractor Safety, Roadway Safety, and Grain Bin Safety. Once the club selected a theme, it was their responsibility to create a safety campaign based around the topic. All three submissions were 45-second videos with different themes! The Women's Committee judged the videos using a rubric that was created by the cfb. To engage individuals outside of the 4-H clubs and the Women's Committee, a "People's Choice Award" was created based on "likes" that the videos received on the cfb Facebook page. The First place received $100, second place received $75, third place received $50, and the People's Choice Award received $25. Overall, the three submitted videos helped promote National Ag Safety Awareness week to the 4-H Clubs and the surrounding community reaching 11,054 people, receiving 133 "likes", and the videos were shared 66 times.

**\*Saline, "Farm & Community Safety Day" -** Living in a rural community, we decided to host a Farm & Community Safety Day for all of the 4th grade students in our county and the neighboring county. Working with the local University of Illinois Extension, we were able to bring over 500 students, teachers, and parent chaperones out to a local park for the program. We were also able to work with a few local FFA chapters to help assist in setting up and tearing down the event. On the day of the event, the FFA members helped set up, direct groups, pack lunches, and run errands to help keep the event running smoothly. The classes started the day by getting their picture taken in their matching t-shirts (each school had a different 'safety color'). Then each class went to their designated station, every 20 minutes they would switch and continue to their next scheduled station. There was a total of 18 stations including large and small animal safety, sun safety, personal safety, healthy eating, and many more. Each class was assigned to nine different stations. Everyone enjoyed a lunch funded by COUNTRY Financial. At the end of the day, each class worked together to write what they had learned that day on a poster with their class picture on it. They were able to take this back to the classroom to remind them each day of the safety tips they learned. We received excellent feedback from this program and plan to continue it.

**Fulton, "Safety Sam Scarecrows" -** The week before Farm Safety Week, our Women’s Committee met to put together “Safety Sam” scarecrows to put up at area elevators, farm supply facilities, and along grain hauling state highway routes. One member asked facility managers and landowners if we could put scarecrows on their property. Members gathered at our office on Sept. 14, 2015,to make 4 scarecrows. Members supplied old clothes, straw, gloves, and boots. We also put a Farm Bureau hat on several and cowboy hats on the others. Each Safety Sam held a 1 foot by 3 foot sized white “Farm Safely. A message from the XX County Farm Bureau” sign with bright red letters. Four members delivered the Safety Sams the following week. The safety scarecrows stayed up until the end of harvest during the first part of November. This was an awesome attention-getter, and we had many favorable comments from members, farmers, business owners, and the general public. The displays made non-farmers aware of farm traffic and at the same time reminded our farmers to be safe!

**Monroe, "Rural Driving Safety" -** Our rural county continues to have more urban and non-farm residents each year. Most of them are unfamiliar with farm equipment and how to drive on rural roads. The Young Leader Committee, board members, Women's Committee members, U of I Extension and a high school Ag Science Association teamed up to provide a Rural Safety Driving presentation at the High School Agriculture Day. 320 freshman and sophomore students participated in a unique learning session on April 20 at the High School. Learning stations the students attended were: Agriculture Careers – information was provided about the importance and variety of agriculture careers; presented by our Agriculture Literacy Coordinator and our District Facilitating Coordination in Agricultural Education Program Advisor. Team Building – Students worked together in groups to design and build small boats out of everyday materials while enhancing their team-building skills; presented by U of I Extension 4-H Program Coordinators. Slow Moving Vehicle(SMV) emblems and Driving on Rural Roads – provided information about closure and reaction time, the SMV, the lighting/turning signals on the farm equipment, the blind spot and how it is much larger with farm equipment than regular passenger vehicles, passing safely; presented by two Women’s Committee members and a Young Leader Committee member. Sitting in a Tractor and a Semi – students had the opportunity to sit in a tractor hooked to an auger wagon with a vehicle behind it or a semi and trailer with a vehicle behind it to demonstrate the tractor driver can’t see you if you are too close; presented by two Farm Bureau members and AgriScience Association members. This program was a huge success with students talking about it with their parents and friends for days to come.

**Carroll, "Reading Labels Nutrition Program" -** Our Women's Committee wanted to host a meeting on reading food labels, nutrition, and misconceptions. We brought in a speaker who spoke on what the labels mean. She clarified what some of the wording on the labels mean such as all-natural, organic, GMO Free, etc. We wanted people to educate the ladies on what all the "extra" words on the labels they are reading mean. The goal was for those in attendance to make their own informed decisions with education on what they are reading instead of being misdirected by marketing. We got great feedback from the program and were asked to hold another class. A meal was provided as well by the committee.

**\*Williamson, "Traffic Safety Days" -** This event was held at a local County Pavilion April 19 thru 22. This event is designed to supplement and reinforce classroom and behind-the-wheel instruction for Driver's Education Students by using presentations and active participation to deliver important safe-driving information. Each day was structured like a regular school day with a new group of students each day. The students were divided into six groups and rotated through the presentations. The stations that students went through were: Agricultural Equipment - Several County Managers, a county Board President and Board members were on hand for the event. We allowed students to see just how large a piece of farm equipment is up-close. They were allowed to get inside of a tractor with an auger cart attached- a car was parked one car length behind it and one was parked six car lengths behind it. The students were very surprised to see that they could not see either car in the mirrors. Work Zone Safety - a presentation given by Illinois Deportment of Transportation covered the hazards and risks of driving through road construction and work zones. Motorcycle Awareness - The Illinois State Police Motorcycle Enforcement Bureau presented information from a motorcyclist's perspective on what driver's should be aware of while driving near motorcycles. Operation Lifesaver - A railroad- crossing safety presentation delivered by Union Pacific Railroad. Distracted Driving - This presentation was sponsored by AT&T and covered the dangers of cell phone use while driving. No-Zone Semi Display - It combined a presentation on the hazards of vehicle blind spots with active participation of the students who had the opportunity to sit in the driver's seat of semi-trucks and passenger cars that had cars and motorcycles parked in blind spots. They experienced first-hand what drivers can and cannot see while driving. Seat Belt Convincer and Roll-Over Simulator - This presentation by the Illinois State Police and the County Sheriff's Office combined these two pieces of equipment to demonstrate the importance of seat belts. Driving Simulations - The County Sheriff's Office, Illinois State Police and Illinois Department of Transportation use this session to demonstrate two safe-driving topics. Student drove golf carts and adult sized tricycles while wearing Fatal Vision Goggles which simulate the effects of alcohol impairment. They also drove a golf cart through traffic cones while texting. Street Smart - This presentation was given by members of S.A.F.E., a group of firefighters/paramedics from Miami-Dade County, Florida. They travel the country teaching people of the hazards of alcohol and drugs, impaired and distracted driving, excessive speed and the importance of seat belt use.

**Livingston, "#FreshFridays" -** A healthy diet is important to all of our members. As a way to not only encourage healthy eating, but also eating local produce, our Health and Safety sub-committee came up with #freshfridays. Each Friday, we feature a different produce item. We run an ad on our Farm Bureau Facebook page as well as Twitter featuring a locally grown product. We would list facts about it such as how it is grown or other products made from it along with a healthy recipe to try. We also had a list of all the local Farmer's Markets to encourage people to buy local. Through this effort, we were able to reach 3,300 people over the summer. We used the #freshfriday so people would be able to search it and find the information.

**Whiteside, "Grain Bin Rescue Demonstration" -** During our county fair, we sponsored a grain bin rescue demonstration. The demonstration was done by Stateline Farm Rescue. They conduct numerous farm safety trainings for first responders. Stateline brought their mobile grain bin simulator. They asked volunteers to participate as "victims" trapped in a grain bin. They proceeded to go step-by-step through the rescue process; explaining the process and what they were doing to the crowd. They conducted one simulation an hour for six hours. The demonstrations were well received by viewers and they asked a lot of safety-related questions. As the sponsor, we were able to post signs around the demonstration and our sponsorship was announced several times during the fair. This was a cost-effective safety and public relations event for our county.

**Adams, "SMV banners" -** The Illinois State Police safety officer contacted our Farm Bureau about developing a safety campaign similar to the start seeing motorcycles campaign which uses banners to get a simple message out to motorist to be alert. 5 county Farm Bureaus that make up the State Troopers District came together and developed a slogan through a brainstorming session which was “Caution, Slow Down and Share the Road” an image of a tractor in front of the orange SMV emblem was also added to the slogan. The ISP worked with IDOT to get a vendor to produce these banners which are 3 foot by 20 foot at a reasonable price of $90 per banner. Our district ordered 15 banners which each participating County Farm Bureau paid for out of their own funds. The marketing committee thought this was a great idea and encouraged our board of directors to purchase 5 banners. This Spring we held a press conference at a local FS plant along with FFA students, the Sheriff’s Department, State Police and Farm Bureau and Country Financial Reps. Two television stations, one radio station and 4 newspapers covered the event. At the conclusion of this press conference we went around the county and put up 5 of these banners on well traveled roads to highlight the start of harvest season. We plan leave these banners up until the end of harvest then take them down to keep the message fresh. The State Action Teams have adopted this effort and moved it into a statewide campaign. Over 60 counties now have these banners in them. Growmark and Country have agreed to help sponsor these banners. If one accident can be prevented from this message then we have been successful – one accident is one too many!!!

**Kankakee, "Rural Roadway Safety to FFA Chapters" -** All three FFA chapters in our county participated in a bus trip sponsored by the Co FB Young Leaders for their annual Acquaintance Program. During the bus ride, two videos were shown to the 36 FFA students about rural road safety: In the Blink of an Eye, and the Killer Corners Mission: Making a Difference. The students seemed to pay attention to the important messages imparted in the two videos and this will hopefully save some lives.

**Montgomery, "AED Unit in Building" -** Our board decided that it was important to protect the safety and health of our members. Since we hold several meetings in our building and many of our members are of the older nature, what we would do if someone had a heart attack? Could the ambulance get here on time to save them? The FB invested in an "AED" unit. AED stands for Automated Electronic Defibrillator. Everyone that works in our building took a one hour training course on how to use and apply the unit in a medical emergency. We also placed a decal on the door window in the front of the building to alert passers by that an AED unit is close at hand if the need arises. We felt it is better to have the unit here and not need it rather than look back and think if we had only... In the case of an emergency. When you place the pads on the body, it automatically senses whether or not it needs to shock the person to save them. It mounts on the wall in a convenient location and can be taken anywhere needed. We just grab the unit and take it with us if we go off sight for a meeting such as our annual meeting or tractor show.

**Woodford, "Take a "break"fast with the County Farm Bureau this Harvest" -** As we all know Harvest is an extremely busy time, and farmers along with their help have a great deal on their minds. To make sure that they don't forget to practice safe habits during harvest, the Women's Committee made up breakfast burritos early one fall morning and passed them out at a local elevator. Each grain truck that stopped at the scale was greeted by a committee member and given a hot breakfast compliments of the county farm bureau. The "break"fast sacks included our homemade burritos, Prairie Farms milk or water, and tips on staying safe. These tips included: drink plenty of water, take breaks, and always let someone know what field you are working in. The burritos were so delicious we had drivers asking if they could take a couple back to the guys in the fields. This was a very effective way to remind our local farmers to be safe, but to also thank them for all of their hard work. Throughout the morning we gave out close to 100 burritos. This program will definitely be continued next year, but at a different elevator location, to spread the message around the county.

**\*Champaign, "Farm and Labor Medicine" -** Realizing that joint and muscle pain is an outcome of physical labor and everyday tasks on the farm, the Women's Committee want to hold a meeting addressing the issue. A local surgeon took the model of Sports Medicine in Orthopedic care and applied it to farmers and laborers. He presented, and demonstrated, several techniques to address specific issues with rotator cuff tears and knee arthritis, which was close to most farmers who attended because of the stress they had on their bodies over the years. This required an understanding of different activities and different injuries. The surgeon focuses his practice on understanding and treating the conditions which prevent people from functioning and working. Attendees learned how to exercise their shoulder muscles and legs daily utilizing resistance bands. These bands range from different gauges of resistance to create more strength in the shoulders and legs.

**Sangamon, "Community Health Roundtable" -** CFB is a partner in a community based health organization that studies all aspects of quality of life for residents of the county. Being in an urban setting creates challenges for having rural representation. The Farm Bureau maintains two members on the roundtable to carry the voice for rural life. The Roundtable meets monthly to develop and execute programs aimed at addressing issues such as food insecurity, mental illness, sexually transmitted diseases, access to care, family and neighbor cohesiveness, etc. To date the group has been evaluating data collected from a variety of sources in order to determine priorities and finalize actions to address them. The issues become quite complex and the determination of why quality of life issues are occurring is difficult and widespread. Rural residents, for instance, have a high volume of lack of access to care. Very high quality care is available nearby but seniors and people in poverty aren't always able to get transportation to the care they need. Since that determination, a countywide transportation system has been developed on an "on call" basis to pick up people for daily living needs and transport them similar to that of urban bus service. Since that time CHR determined that we would now focus on how substandard housing conditions relate to childhood asthma in our community. We think this can be valuable to vulnerable people and families in our community. The effort is in final planning stages and about to be put into action.

**Will, "Grain Bin Safety/Safety on the Farm" -** We provided grain tubes to the local fire districts to help with farm safety rescues and we were able to do so thanks to a grant from the Illinois Corn Growers who assisted with the efforts. Through this process we worked directly with the fire departments and the district person’s dad who owns a farm in our county. We used their farm for a full 2 day program on 2 different Fridays in cold February. The program was fantastic as we had 39 fire fighters the first program and 34 for the second program and they did grain bin rescue, cutting of tin, how a grain bin works, cutting of grain augers, and assembly of the units and looking at different emergency procedures. We had 6 different media cover the last event because we wanted to make sure all was working properly in our process. The exciting part was while we assisted the heavy lifting was done through the departments on setting up the items they wanted and getting people to attend and their advertising worked so much better than ours going to the fire departments as we had 17 different departments represented in these 2 days. Our work they told us was vital and we were so pleased to be part of this effort when so many of these in the past have not had this kind of attendance! We had 6 volunteers assist with different parts of the program.

**Kane, "Safety Treats for Safety Week" -** Safety Treats for Safety Week: September 21-25,2015. Held in cooperation with local elevators, SWCD, FSA, implement dealers and others. As farmers gear up for the harvest season, it is important to remind them of safe practices and that they are involved in a dangerous occupation. Committee purchased candy and developed Safety Treats by placing messages on the candy to be placed in the businesses above with farm safety reminders like: Safe farmers make “Jolly Ranchers”; Be a “LifeSaver”, Remember to play it safe this fall! ; Don’t put a stop to your “Payday”, Practice farm safety! ; Don’t be a “Butterfinger” when it comes to farm safety! ; and four others. Committee ordered cardboard display boxes and designed a Safety Treats full-color flyer to mount on each box to advertise the program and invite farmers to take a treat. 12 committee members assisted in making 400 treats and placing them in 7 locations across the County. The messages were a fun and memorable way to drive home a serious topic and much appreciated by the farm community. 7 locations, 400 treats for farmers.

**Macon, "Feed the Farmers" -** We teamed up with a local radio station to do something to give back to the farmers for all of their hard work they do to feed us and for us to provide them with a lunch to allow them to take a break during the long hours they put in. We agreed that serving lunch around the county to everyone would probably have the biggest impact. We decided that harvest time would be a great time to do this since the farmers will be coming to the elevator to deliver grain. We provided a sack lunch that consisted of a BBQ sandwich, a bag of chips, soda or bottle of water, and a caramel apple to the drivers coming through as well as extra lunches for those who the drivers were working with in the field. All of our food items were donated by local businesses that we had gone out and solicited. We had a banner made up that was hung outside near the scales that had all of our sponsors listed on it to show our appreciation for their efforts in assisting us. Each week, we targeted a different area of the county and had advertisements on the radio that mentioned which elevator we would be serving lunch at that week. Flyers were also sent to the elevators to hang in the windows in the weeks ahead of our scheduled day to make everyone aware of the specific day we would be there to serve the meals. Regardless of the crop conditions, we still want our farmers and hired hands to know that we appreciate their hard work and want them to remain safe during the harvest season. Even though many of them were done with harvest depending on their location, they still took the time to come in and have lunch on us! We served about 100 lunches at each of the 5 locations we went to this year.