

Ag News

I ILLINOIS Extension

Fulton-Mason-Peoria-Tazewell Unit

Winter 2020

ILLINOIS MARKET MAKER™

Linking Agricultural and Seafood Markets

Illinois Market Maker

Linking Agricultural and Seafood Markets

MarketMaker is a national network of states that connect farmers and fishermen with food retailers, grocery stores, processors, caterers, chefs, and consumers. It is an ever-growing partnership of Land Grant Universities, Departments of Agriculture, and food and agricultural organizations investing in a coordinated effort to build a virtual infrastructure that brings healthier, fresher, and more flavorful food to the average consumer.

MarketMaker was created at the University of Illinois at Urbana-Champaign in 2004 and is licensed to Global Food and Ag Network, LLC.

MarketMaker is hosted and maintained by Global Food and Ag Network, LLC, and is guided by an advisory board made up of representatives from among participating partner states.

Ag events in F-M-P-T

Dec. 12 - USDA Safety Net Program. Info Mtg., Deer Creek & Havana

Dec. 18 - Farm Economic Summit, East Peoria

Dec. 18 & 19, USDA Safety Net Program Info. Mtg., Lewistown

Jan. 30 - Pesticide Safety Testing, Pekin

Feb. 4 - Pesticide Safety Testing, Peoria

Feb. 20 - Soil Fertility Webinar, Lewistown

Feb. 21 - Pesticide Safety Testing, Havana

Webinars - from your home or local Ext. office

Grain Market Outlook Event

January 22, 2020 from 10 a.m. to Noon

\$5 at U of I Extension, Galva

Todd Hubbs, Clinical Assistant Professor, University of Illinois discusses the fundamental drivers of supply and demand for corn and soybean markets over the upcoming marketing year. A detailed discussion of topics provides a clearer picture of the impact on corn and soybean balance sheets and prices. The implications for marketing year average prices as well as the likely pattern of prices over the next year will be discussed.

Register - <https://extension.illinois.edu/events/2020-01-22-grain-market-outlook-jan-22>

Keep up to date on ag events and information online at:

Facebook - [University of Illinois Extension Fulton Mason Peoria Tazewell Unit](#)

Facebook - [University of Illinois Beef Cattle Extension](#)

Blog - Hill and Furrow - <https://extension.illinois.edu/blogs/hill-and-furrow>

Blog - The Cattle Connection - <https://extension.illinois.edu/blogs/cattle-connection>

Blog - The Bulletin, pest management & crop development - bulletin.ipm.illinois.edu/

Twitter - www.twitter.com/uie_ag

YouTube - U of I Extension, state www.youtube.com/user/UIExtension

YouTube - U of I Extension, unit go.illinois.edu/FultonMasonPeoriaTazewellExtensionYouTube

ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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127 S High St, Ste 1
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Peoria Office

4810 North Sheridan
Peoria, IL 61614
309-685-3140

Tazewell Office

1505 Valle Vista Blvd.
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309-347-6614

To contact Extension Educators and Specialists in

- Animal Systems
- Commercial Agriculture
- Crop Systems
- Energy and Environmental Stewardship
- Farm Business Management and Marketing
- Horticulture
- Integrated Pest Management
- Local Foods Systems/Small Farms
- Natural Resources

visit <https://extension.illinois.edu/global/staff> and select a team in the left side bar.



Pesticide Safety Education Program (PSEP) Testing

Farmer's wishing to apply restricted-use pesticides to property that they own or control in the production of an agricultural commodity must be certified as private applicators in the state of Illinois.

Test-only sessions are scheduled for:

- Thursday, Jan. 30, 2020 (two sessions), U of I Extension, Tazewell County, 1505 Valle Vista Blvd, Pekin, at 10 a.m.-Noon and 1 p.m.-3 p.m.
- Tuesday, Feb. 4, 2020, U of I Extension, Peoria County, 4810 N Sheridan, Peoria, at 10 a.m.-Noon.
- Friday, Feb. 21, 2020, U of I Extension, Mason County, 127 S High Street, Havana, at 10 a.m.-Noon.

Pre-registration for private applicator testing is required. There is no fee to attend the test-only sessions and a registration page is available at <http://extension.illinois.edu/fmpt/> or you may call University of Illinois Extension, Fulton County office at 309-547-3711 to pre-register.

A list of all statewide applicator training and testing clinics and a link to registrations are available at <http://web.extension.illinois.edu/psep/training/private/>.

Training and Testing

- Dec. 16, 8 a.m. to 2:30 p.m. - Wyndham City Center, Springfield
- Jan. 8, 8 a.m. to 2:30 p.m. - Lake Storey Pavilion, Galesburg
- Jan. 17, Chateau Hotel, Bloomington

Register at <http://web.extension.illinois.edu/psep/>.

For a complete schedule of trainings and test dates go to <http://web.extension.illinois.edu/psep/>.

Farmdoc Webinars

farmdoc.illinois.edu/events/category/farmdoc-webinar

Farmland Leasing in 2020

Trade disruptions and wet planting weather likely leads to lower farm incomes in 2019, with prospects of continued lower incomes into 2020. In this environment we provide information useful in negotiation farmland rental arrangements for 2020. Given increased emphasis on the environment, new addendum to farmland leases have been developed and are now available on farmdoc.

Join Us For BQA Meetings

Responsible. Thoughtful. Cattle Management.

Do you want to make a positive difference in the beef industry and your own farm? What are you waiting for?

BQA is the cattleman's continuing education. Sign up to attend one of these meetings today!

Dec. 11 - Arthur

Dec. 12 - Greenville

Dec. 17 - Salem

Contact Illinois Beef Association to register, 217-787-4280

2020 Crop Management Conference



Jan. 22 - Mt. Vernon
Jan. 29 - Springfield
Feb. 4 - Champaign
Feb. 12 -Malta

Registration opens at 7 a.m.
Program is from 8 a.m. to 5 p.m.

Register at: <https://extension.illinois.edu/csrec/illinois-crop-management-conferences>

Fee: \$100 pre-registration or \$120 at the door

Presentations include:

It's tough out there: Supporting Farmers and Promoting Mental Health

Dr. Josephine Rudolphi, U of I

Illinois Weather Review: A Look Back at 2019 & Expectations for 2020 and Beyond

Dr. Trent Ford, State Climatologist

How Should We Manage Today's Corn Hybrids?

Dr. Emerson Nafziger, U of I

Update in Field Crop Disease Management

Dr. Nathan Kleczewski, U of I

The New Era of Herbicide Resistance...and You Though the Last Era was Difficult

Dr. Aaron Hager, U of I

What the Real Deal with Cover Crops and Soybean Cyst Nematodes?

Dr. Chelsea Harbach, U of I Extension

Insect Management in Corn and Soybean

Dr. Nick Seiter, U of I

Hemp: What Have We Learned in 2019?

Philip Alberti, Dr. Talon Becker, Jesse Soule, U of I Extension

4-H Shooting Sports Program Open to Youth 8 to 18



4-H Shooting Sports is designed to provide a safe, fun environment for youth to learn life skills while learning respect of firearms and bows. The primary focus of the program is the positive character development of the members - the outdoor sportsmanship is an added bonus.

Shooting sports clubs are established in Fulton, Mason, Peoria, and Tazewell counties. County lines do not matter when registering for 4-H. Youth are welcome to join the club that works best for them and their families.

Disciplines currently offered:

- Archery - open to youth ages 8 to 18
- Air Pistol - open to youth ages 8 to 18
- Air Rifle - open to youth ages 8 to 18
- .22 Pistol - open to youth ages 10 to 18
- .22 Rifle - open to youth ages 10 to 18
- Shotgun - open to youth ages 10 to 18

Contact the local 4-H program coordinator for complete details or visit our website. extension.illinois.edu/fmpt





Driftless Region Beef Conference

January 30 - 31, 2020 — Dubuque, Iowa

Providing research-based beef production information to beef producers in the **Driftless Region** of Illinois, Iowa, Minnesota and Wisconsin.

<http://www.aep.iastate.edu/beef/>

Extension specialists in Illinois, Iowa and Wisconsin are again cooperating to present the 7th annual Driftless Region Beef Conference at the Grand River Convention Center in Dubuque, Iowa on January 30 and 31, 2020. This conference brings together beef producers for an educational program that focuses on the needs of this

production region. Select from 8 different workshop topics to develop a customized program. Visit with the many conference sponsors in the display area and learn about products and services they offer. Visit with fellow beef producers from the region. This is an informative and enjoyable event you won't want to miss.

Certified Livestock Managers Training

Livestock producers are required to receive training through the U of I Extension CLM Training Program. This program provides livestock producers with the best management practices for managing and handling their manure. Livestock producers with more than 300 animal units must be a certified livestock manager (CLM).

To become a CLM, producers with 300 - 999 animal units can attend one U of I Extension CLM Training Workshop or pass the new online CLM Training Program or the Illinois Department of Agriculture (IDOA) administered CLM exam. Producers with over 1,000 animal units are required to complete both the workshop and the IDOA Exam. The IDOA Exam is offered immediately following each of the CLM Workshops.

Upon successful completion of these requirements, producers are certified for three years.

Two easy ways to **register** for a workshop

Online at: go.illinois.edu/CLMT

2. For questions with registration, please contact U of I Extension at 815 858 2273.

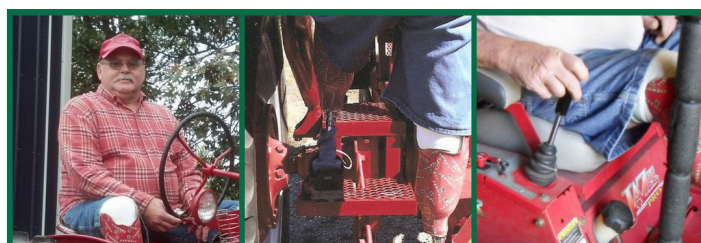
Eleven workshop dates and locations are scheduled January 30 through February 28. Those nearest Fulton-Mason-Peoria-Tazewell Unit include:

February 5, 12:30 p.m. - Springfield (Pork Expo)

February 6, 9 a.m. - Pittsfield

February 7, 9 a.m. - Monmouth

February 26, 9 a.m. - Springfield



"The assistance from AgrAbility Unlimited has provided me with items I needed in order to continue with my preferred life."

- Jerry, Mason County Illinois farmer

AgrAbility

Illinois AgrAbility Unlimited

<http://agrabilityunlimited.org/>

Through AgrAbility Unlimited, farmers, their families and agricultural workers will continue to enjoy their way of life. **The program seeks ways to overcome disabilities through:**

- A toll-free information and referral hotline
- Networking with local agricultural and rehabilitation professionals
- Community Resource Coordination
- Equipment Modification Information
- Job Restructuring
- Alternative Job Development

AgrAbility offers:

- Comprehensive Assistance to farmers, farm workers, and their families who have any form of disability.
- Individualized Services aimed to increase self-sufficiency and independence.

AgrAbility assists with:

- On-Site assessments to determine adaptive requirements
- Equipment/Worksite Modification and Consultation
- Job Task Restructuring
- Agricultural Occupation Alternatives
- Stress Management Referral
- One-to-One Peer Support Network
- Safety/Secondary Injury Awareness



Soil Fertility Webinar

February 20, 2020
9 a.m. to 2 p.m.

Image by Jing from Pixabay.

Location

Training offered at U of I Extension, Fulton County, Lewistown. 4.5 hours of Certified Crop Advisor CEU credit (SW=2 & NM=2.5) will be available.

Web conferencing will be used.

Program

- Extreme Weather Trends & Potential Soil Impacts
Dr. Trent Ford, Illinois State Climatologist
- Controlled Burns, Soil Quality and Management around Cropland
Dr. Sean Jenkins, Western Illinois University
- Irrigation and Water Use Reporting
Steve Wilson, Illinois State Water Survey
- In field Drainage Water Management using Control Structures
Dr. Kapil Arora, Iowa State University
- Field research on Cover Crops and Soil Quality
Nathan Johanning, University of Illinois Extension

Registration - \$45 includes CEUs

\$15 if no CEUs needed

Lunch included if pre-registered by Feb. 19.

online at <https://go.illinois.edu/FMPTsoilwater> or call Christine at 309-547-3711

**Involved in Commercial Ag in Illinois?
Help us help you—your input matters.**



Illinois Extension is conducting a survey to better understand needs related to commercial agricultural production in Illinois. Your input is important to help Extension conduct research and outreach that addresses your priorities.

To participate and help shape the future of Extension research and programming, complete the survey at

<https://go.illinois.edu/agneeds>

Chelsea Harbach becomes commercial agriculture educator at research center



The Northwestern Illinois Agriculture Research and Demonstration Center, located outside of Monmouth, Illinois is a 320-acre University of Illinois facility. Chelsea Harbach is the new U of I Extension commercial agriculture educator who will be conducting research at this site, as well as providing education and presenting programs at a state and regional level. She is the first

stop for Extension clients in Fulton, Mason, Peoria, and Tazewell counties who have questions about or need resources for crops topics.

Since starting in August, Chelsea has joined Extension educator Emerson Nafziger with his efforts to obtain harvest yield and moisture data through the Delayed Planting Impact Study. Additionally, she is working to build partnerships within the agriculture industry to conduct seed treatment and fungicide trials at the research center. Other research plans include cover crop and inter-cropping systems, as well as industrial hemp production in the areas of grain, fiber, and CBD (cannabidiol).

Read more at <https://extension.illinois.edu/blogs/extension-snapshots/2019-12-04-chelsea-harbach-becomes-commercial-agriculture-educator>



Hill and Furrow Blog:

Insights into agronomic research, trends, and events.

By: Chelsea Harbach, commercial ag educator

<https://extension.illinois.edu/blogs/hill-and-furrow>

2019 ILLINOIS FARM ECONOMICS SUMMIT

UNDERSTANDING THE IMPACTS OF AN EXTRAORDINARY YEAR AND IMPLICATIONS FOR THE FUTURE

farmdoc.illinois.edu/ifes

Dates/Locations

Monday, Dec. 16 - Mt. Vernon, Double Tree
Tuesday, Dec. 17 - Springfield, Crowne Plaza
Wednesday, Dec. 18 - East Peoria, Par-A-Dice Hotel
Thursday, Dec. 19 - DeKalb, Faranda's Banquet Center
Friday, Dec. 20 - Champaign, I Hotel

Program

7:45 am Registration and Coffee
8:15 am Introduction and Overview
8:20 am 2019: THAT Just Happened
8:50 am What Did We Learn with Delayed Planting?
9:20 am Illinois Farm Income: Projections & Outlook
10:10 am The ARC/PLC Decision in the New Farm Bill
10:40 am Trade, MFP, and Policy Directions
11:10 am Grain Price Outlook for 2020
11:40 am Question & Answer
12:10 pm Lunch (Included)

Speakers

University of Illinois
Jonathan Coppess, Assistant Professor
Todd Gleason, Media Communications Specialist
Todd Hubbs, Assistant Professor
Scott Irwin, Professor
Dale Lattz, farmdoc Research Associate
Nick Paulson, Associate Professor
Gary Schnitkey, Professor

Registration

Fee - \$85 pre-registered by mail by Dec. 10
\$80 online registration
\$90 at the door
Details - <https://go.illinois.edu/IFES2019>



THE PRIVATE WELL CLASS

Free Webinars for Well Owners

<http://www.privatewellclass.org>

The Private Well Class webinars are live enrichment sessions, in addition to the main email course material. We'll reinforce the topics in your email lessons with additional examples. The webinars are also your best opportunity to ask questions. You can find our upcoming dates below.

Webinar registration is separate from enrollment in the email class. Both are free, but they are different. Also, you must register for any of our webinar dates separately. During the webinar you will see the presentation on your computer screen and hear the presentation through your computer speakers.

Upcoming Webinars

Register at <http://privatewellclass.org/calendar>

- Is My Water Safe to Drink? - Common Questions about Private Wells
December 18, 2019, 1pm Central
- Well Care 101 - What You Need to Know to Protect Your Family
January 22, 2019, 1pm Central

ILFMA Winter Webinars

December 16 - **Pollination Celebration: Opportunity to Connect our Food System, Our Environment and Our Community**
Presented by Amanda Pankau

January 13 - **Food Safety Modernization Act (FSMA) Produce Rule for Farmers Markets: Is it required?**
Presented by Laurie George

February 10 - **Inside Look at Successful Chef Demos at the Market**
Presented by Deborah Cavagaugh Gran and Janie Maxwell

March 16 - **The Future of Farmers Markets - Building Collaborative Practices**
Presented by Liz Lyons

Noon to 1 p.m.
Register at <https://go.illinois.edu/ILFMAwinterwebinars>



Late and Very Late Planting in 2019: a Request for Yields from Illinois Fields

<https://extension.illinois.edu/nwiardc/2019-delayed-planting-impact-study>

Emerson Nafziger, Chelsea Harbach, and Talon Becker
Department of Crop Sciences
University of Illinois
December 6, 2019
farmdoc daily (9):229

The record-late planting of corn and soybeans in Illinois in 2019 provides a unique opportunity to try to get a handle on how planting date affected yields. The idea is to help us know better what to expect, and how to manage, if we have such late planting again.

We can think of the 2019 growing season as a “giant, unplanned, and involuntary experiment conducted by Illinois farmers.” No one wanted or expected this, but with thousands of fields planted late or very late, we can use planting dates and yields—if we get them from enough fields—to estimate how much effect late planting had on yields. We can also see if changing to an earlier-maturing corn hybrid (and maybe soybean variety) for late planting increased yield. It takes a large number of fields because variability among fields is so great that having only a few dozen yields from, say, the third week of June won't give us a very sound estimate of yield.

We already have a fair amount of data from planned experiments in which we planted the same hybrid or variety in the same field over several dates. But we have not planted corn past early June or soybeans past mid-June in most of these trials, and so had little to go on when more than half of the corn and some 80% of the soybeans couldn't be planted until after June 1 this year.

To have a chance to make this work, we need yields along with planting date, hybrid/variety maturity rating, and yield, from a lot of fields, representing a range of planting dates from early (April) to very late (late June or even July). Getting ten or more sets of field information from each of a dozen or more producers per county would be great. Getting a hundred or more from a seed

dealer, agronomist, or other retailer who works with numbers of farmers would be even better. We'd like to get these by the end of December, but will continue to take them into January.

One easy way to submit information for this is online, using the anonymous form found here. With only eight things to fill in (including county and crop), we think it will take only a minute or so to do this for a field, once planting and harvest dates are on hand. You can also fill in information from a number of fields on the form found here. You fill in the form using a word processor and return it as an electronic file. Or you can fill it out by hand and scan and email it or can send it by U.S. Mail.

We've already gotten some data with yield filled in as “variable,” sometimes with a low-to-high range added. We appreciate that yields are variable, but we don't have a way to use such data. It might be best to leave out fields like this, or to put in yield from a yield map (or an estimate made during harvest) from a uniform part of the field that you think represents the field.

We have no funding at the present for this work, but we believe it's important enough that we're willing to put in the effort to make it work. If we ever have another spring like the spring of 2019, having this information will give us a much better idea of how to deal with it and of what to expect.

This season, after the poor start, was a good one in much of Illinois, and yields were higher than many people expected given the late planting. We believe that this reflects the ability of today's hybrids and varieties to produce high yields under a wide range of conditions, but will be thinking and more about this over the coming months.

Thanks to all who have sent data already and to those who will be sending in data over the next few weeks.

USDA Announces Signup for Conservation Reserve Program

Deadline is February 28, 2020

USDA is opening signup for the Conservation Reserve Program (CRP) on December 9, 2019. The deadline for agricultural producers to sign up for general CRP is February 28, 2020, while signup for continuous CRP is ongoing.

Farmers and ranchers who enroll in CRP receive a yearly rental payment for voluntarily establishing long-term, resource-conserving plant species, such as approved grasses or trees (known as “covers”) to control soil erosion, improve water quality and develop wildlife habitat on marginally productive agricultural lands.

CRP has 22 million acres enrolled, but the 2018 Farm Bill lifted the cap to 27 million acres. This means farmers and ranchers have a chance to enroll in CRP for the first time or continue their participation for another term.

By enrolling in CRP, producers are improving water quality, reducing soil erosion, and restoring habitat for wildlife. This in turn spurs hunting, fishing, recreation, tourism, and other economic development across rural America.

CRP Enrollment Options

General Signup

CRP general signup will be held annually. The competitive general signup will now include increased opportunities for enrollment of wildlife habitat through the State Acres For Wildlife Enhancement (SAFE) initiative.

Continuous Signup

While some practices under SAFE will remain available through continuous signup, CRP continuous signup will focus primarily on water quality with the Clean Lakes, Estuaries, and Rivers (CLEAR) Initiative. The 2018 Farm Bill prioritizes water quality practices such as contour grass strips, filter strips, riparian buffers, wetlands and a new prairie strip.

USDA will also be working with Conservation Reserve Enhancement Program (CREP) partners to relaunch CREP continuous options in each state under new statutory provisions. CREP will continue to target high-priority local, state or regional conservation concerns.

Grasslands Signups

CRP Grasslands signup helps landowners and operators protect grassland, including rangeland, and pastureland and certain other lands while maintaining the areas as grazing lands. A separate CRP Grasslands signup will be offered each year following general signup.

Pilot Programs

Later in 2020, (FSA will roll out pilot programs within CRP: CLEAR 30, which allows contracts expiring with CLEAR practices to be reenrolled in 30-year contracts and in the Soil Health and Income Protection Program (SHIPP) in the prairie pothole region. More information on these programs will be announced in the new year.



Land Transition

The CRP Transition Incentives Program (TIP) is an option for producers interested in transitioning land to a beginning farmer or rancher or a member of a socially disadvantaged group to return land to production for sustainable grazing or crop production. CRP contract holders no longer need to be a retired or retiring owner or operator to transition their land. TIP participants may have a lease less than five years with an option to purchase, and they have two years before the end of the CRP contract to make conservation and land improvements.

Previously Expired Land

Land enrolled in CRP under a 15-year contract that expired in September 2017, 2018 or 2019, may be eligible for enrollment if there was no opportunity for re-enrollment and the practice under the expired contract has been maintained.

CRP Rates and Payments

FSA recently posted updated soil rental rates for CRP. County average rates are posted on the CRP Statistics webpage. Soil rental rates are statutorily prorated at 90 percent for continuous signup and 85 percent for general signup. The rental rates will be assessed annually. Under continuous signup, producers also receive incentives, including a signup incentive payment and a practice incentive payment.

To enroll in CRP, contact your local FSA county office or visit fsa.usda.gov/crp. To locate your local FSA office, visit farmers.gov/service-locator.

Upcoming FSA Crop Certification Deadlines:

Winter Wheat and Rye: 12/15/2019
Honey – Bee Hives – 1-2-2020
HOPS & Fruit Trees - 1/15/2020
CRP Sign Up ends – 2/28/2020
ARC/PLC 2019 Sign up ends – 3/15/2020
ARC/PLC 2020 Sign up ends – 6/30/2020

HOW TO TALK TO FARMERS UNDER STRESS

an excerpt from Michigan State University Extension

To learn more, visit msue.msu.edu/managingfarmstress

Farmers face multiple issues that can cause acute or chronic stress on a daily basis.

Problems with machinery, weather, labor, animal or plant diseases, commodity prices and economics, and even consumer opinions are all issues farmers have little control over. You can provide support and help to farmers who are going through times of extreme stress, but it's important to be prepared. By keeping an open eye for the warning signs of stress, practicing active listening and empathizing with farmers, you may be able to help avert a more serious situation.

Warning Signs of Stress

Warning signs people show when under stress vary by the individual. Consider their demeanor, words and behavior in the context of what is normal for them. Signs commonly observed in farmers under stress include:

- Changes in emotions – show little enthusiasm or energy for the future, anxiety, loss of spirit, depression, loss of humor
- Changes in attitudes and cognitive skills – become more frequently critical or agitated over small things, lack concentration, have trouble making decisions
- Changes in behavior – become quieter than usual, have trouble sleeping, do not join friends for coffee; miss meetings with farm staff, suppliers or the banker
- Changes on the farm or ranch – reduce care given to farm animals, machinery or fields, or themselves, increase in accidents

Other potential warning signs might include any change in routine behavior or appearance, injury or prolonged illness or increased drinking (or drug use) (Fetsch, 2012). Farmers may also express negative thoughts about themselves and even disclose they are considering including suicide to end their problems.

STEPS TO TAKE IF YOU THINK A CRISIS IS LIKELY

- Make time to listen actively. Ask open-ended questions to find out what's going on at the farm. Show that you care. Don't promise things you can't deliver.
- Ask directly if they have thoughts of suicide. Offending them is less a concern than the potentially fatal consequences of not acting. Do not promise to keep someone's thoughts or plans of suicide a secret.
- Take action. Call 911 if you think suicide is being seriously contemplated. Get help from family and friends. Do not leave the person alone.

https://www.canr.msu.edu/managing_farm_stress/how-to-talk-with-farmers-under-stress.pdf

Ways to Help

If you believe that a farmer is going through a difficult time and showing signs of stress, you can help by taking the following actions:

PRACTICE ACTIVE LISTENING

Just being there and listening are the first and most useful forms of help you can provide. There are several ways to listen, but in this case, it's important that you practice active listening. Active listening requires using your ears and eyes while encouraging the person you are interacting with to reveal more about their thoughts and feelings than they may at first be willing to share.

SHOW EMPATHY RATHER THAN SYMPATHY

Often, when we hear about someone else's difficult situation, we feel compassion or pity for them, and we offer sympathy. However, sympathy is not helpful for the person receiving it. When we make a sincere effort to understand what the other person is going through, think about their feelings, then offer constructive ideas for addressing the challenging situation or feelings they are experiencing, we are showing empathy.

Sharing the emotions that someone else is feeling, showing that you understand the challenging situation, leading them to and helping them formulate a game plan to address the challenge is not easy. However, showing empathy rather than sympathy can go a long way to help farmers realize they are not facing the challenge alone. Developing a game plan that calls for specific, time-tested actions is a constructive alternative to self-defeating, self-destructive behavior.

BE PREPARED TO DEAL WITH CONFLICT

Whether you are meeting with a stressed farmer for the specific purpose of helping him or her through a crisis or just doing your job, you might encounter conflict. People under stress may be prone to show angry, occasionally violent, behavior.

- Use active listening techniques.
- Describe the facts and impacts on yourself and others without judgment or blame.
- Explain the outcome needed.
- Ask often for the other person's views.
- Ask for clarification whenever in doubt.
- Restate: Is this what you said or meant?
- Paraphrase what you are hearing.
- Reframe the situation with a mutual purpose.
- Brainstorm to come up with an accurate assessment of what is needed; develop an action plan.
- Summarize what you mutually agree on.

After your meeting with a farmer under stress, make the commitment to stay in the dialogue. Always follow up soon after the meeting whether you said you would or not.

Bury Seeds, Not Stress - MSU Extension Webinar Series

The demands of farming life are plentiful — unpredictable growing seasons, equipment breakdowns and more. Unfortunately, these demands take a toll on the dedicated people who drive our agriculture industry, which can lead to stress, mental health issues and even suicide.

For the past several years, Michigan State University Extension has been building a suite of resources to help farming professionals take care of their mental health. In recognition of National Suicide Prevention Month, in September, MSU Extension hosted “Bury Seeds, Not Stress,” a free, four-course webinar series.

Led by MSU Extension educators, sessions were open to farmers, family members, industry workers — anyone who wants to learn more about how to manage the stresses of farming life and support our agriculture professionals.

“Effects of Stress on Our Bodies”

Presented by Shannon Lindquist



Long-term stress impacts every aspect of our lives, and each of us shows our stress in different ways. Recognizing our signs and symptoms is the beginning of taking care of that stress and improving our overall wellness.

Watch the recorded webinar here:
<https://go.illinois.edu/StressBodies>

“The Power of Positive Self Talk”

Presented by Holly Tiret



When we are stressed, we can become overwhelmed with negative thoughts. One tool for dealing with our own negative inner dialogue is to learn to use positive self-talk. This webinar explores some simple tips you can begin to use right away.

Watch the recorded webinar here:
<https://go.illinois.edu/PosSelfTalk>

willag.org

willag.org is a partnership of Illinois Public Media and University of Illinois Extension. Its mission is to distribute regionally, nationally, and internationally information and analysis of commodity markets and agricultural weather.

Listen to marketing reports.

will.illinois.edu/agriculture/podcasts

Events and meetings.

will.illinois.edu/agriculture/calendar

“Men and Mental Health — Breaking the Silence”

Presented by Sean Knurek



This webinar examines the prevalence of mental health issues among men as well as the barriers to seeking and receiving treatment — and how to try to overcome them. How to recognize signs and symptoms, including reluctance to communicate or minimizing symptoms, is discussed. A framework of how to have initial conversations with men about mental health is also shared.

Watch the recorded webinar here:

<https://go.illinois.edu/MenMentalHealth>

“Youth & Farm Stress”

Presented by Karen Fifield



The stress that farmers face — stemming from issues like low commodity prices, injuries and debt — can carry over into their personal lives and families. As a result, youth may experience stress from their families’ farm conditions. This webinar covers the warning signs of stress in youth, ways adults can support youth in stressful circumstances and techniques to reduce stress.

Watch the recorded webinar here:

<https://go.illinois.edu/YouthStress>

Illinois Ag Mediation Program

<http://www.ilagmediation.org/>
(618) 549-1300

The Illinois Agricultural Mediation Program (IAMP) is the state certified mediation program for the state. The program assists agricultural producers, creditors, and others directly affected by the actions or decisions of the USDA in resolving disputes arising under USDA programs. We also handle cases brought through Rural Housing and Ag decisions.

Our office is responsible for scheduling Ag mediations, contracting with and training neutral Ag mediators, and increasing knowledge of mediation throughout the USDA agencies. The program is federally funded through a grant from the USDA and administered by our office. Since there is no cost to participants, mediation is a cost effective alternative to the formal appeals process. Mediation allows the parties to communicate more directly with one another thus produces more open communication lines between the agency and the participant. Any participant that has received an adverse decision letter has a right to mediation.



USDA Offers Disaster Assistance for IL Farmers Hurt by 2018, 2019 Disasters

Agricultural producers affected by natural disasters in 2018 and 2019, can apply through the Wildfire and Hurricane Indemnity Program Plus (WHIP+). Sign-up for this U.S. Department of Agriculture (USDA) program began Sept. 11.

WHIP+ Eligibility

WHIP+ will be available for eligible producers who have suffered eligible losses of certain crops, trees, bushes or vines in counties with a Presidential Emergency Disaster Declaration or a Secretarial Disaster Designation (primary counties only). Disaster losses must have been a result of hurricanes, floods, tornadoes, typhoons, volcanic activity, snowstorms or wildfires that occurred in 2018 or 2019. Also, producers in counties that did not receive a disaster declaration or designation may still apply for WHIP+ but must provide supporting documentation to establish that the crops were directly affected by a qualifying disaster loss.

A list of counties that received qualifying disaster declarations and designations is available at farmers.gov/recover/whip-plus. Because grazing and livestock losses, other than milk losses, are covered by other disaster recovery programs offered through FSA, those losses are not eligible for WHIP+.

Eligible crops include those for which federal crop insurance or Noninsured Crop Disaster Assistance Program (NAP) coverage is available, excluding crops intended for grazing. A list of crops covered by crop insurance is available through USDA's Risk Management Agency (RMA) Actuarial Information Browser at webapp.rma.usda.gov/apps/actuarialinformationbrowser.

The WHIP+ payment factor ranges from 75 percent to 95 percent, depending on the level of crop insurance coverage or NAP coverage that a producer obtained for the crop. Producers who did not insure their crops in 2018 or 2019 will receive 70 percent of the expected value of the crop. Insured crops (either crop insurance or NAP coverage) will receive between 75 percent and 95 percent of expected value; those who purchased the highest levels of coverage will receive 95-percent of the expected value.

At the time of sign-up, producers will be asked to provide verifiable and reliable production records. If a producer is unable to provide production records, WHIP+ payments will be determined based on the lower of either the actual loss certified by the producer and determined acceptable by FSA or the county expected

yield and county disaster yield. The county disaster yield is the production that a producer would have been expected to make based on the eligible disaster conditions in the county.

WHIP+ payments for 2018 disasters will be eligible for 100 percent of their calculated value. WHIP+ payments for 2019 disasters will be limited to an initial 50 percent of their calculated value, with an opportunity to receive up to the remaining 50 percent after January 1, 2020, if sufficient funding remains.

Both insured and uninsured producers are eligible to apply for WHIP+. But all producers receiving WHIP+ payments will be required to purchase crop insurance or NAP, at the 60 percent coverage level or higher, for the next two available, consecutive crop years after the crop year for which WHIP+ payments were paid. Producers who fail to purchase crop insurance for the next two applicable, consecutive years will be required to pay back the WHIP+ payment.

Additional information about WHIP+ program eligibility and payment limitations can be found at farmers.gov/recover or by contacting your local USDA Service Center.

How does WHIP + help producers?

- 1) If in 2019 your crops were affected by a weather event such as the tornado that happened on 9-29-2019 and you had a loss, there is potential for WHIP + to be beneficial regardless if you carry insurance or not.
- 2) If in 2019 you did not carry crop insurance or the insurance you have did not cover prevented plant acres and the prevent plant acres were due to flood, then there is a possibility of WHIP + being beneficial
- 3) If in fall of 2018 you planted Winter Wheat or Rye and had a loss or prevent plant due to a major weather event such as flooding, there is a possibility of WHIP + being beneficial
- 4) If in 2019 you did carry crop insurance and had low yield or failed acres due to flooding, then there is the possibility of WHIP + being beneficial.

*Eligibility of weather events will be evaluated and approved on a farm by farm basis and must meet the definition of the specific the weather event.

*Producers who apply that do not normally carry crop insurance will potentially be eligible for a disaster payment, but will have to carry crop insurance for the following two years at a 60/100 level minimum.



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USDA Safety Net Program Enrollment Open for 2019 & 2020

Agricultural producers now can enroll in the Agriculture Risk Coverage (ARC) and Price Loss Coverage (PLC) programs – two U.S. Department of Agriculture (USDA) safety net programs – for the 2019 and 2020 crop year.

ARC provides income support payments on historical base acres when actual crop revenue declines below a specified guaranteed level. PLC provides income support payments on historical base acres when the effective price for a covered commodity falls below its reference price. The 2018 Farm Bill reauthorized and updated both programs.

Signup for the 2019 crop year closes March 15, 2020, while signup for the 2020 crop year closes June 30, 2020. Producers who have not yet enrolled for 2019 can enroll for both 2019 and 2020 during the same visit to an FSA county office.

ARC and PLC have options for the farm operator who is actively farming the land as well as the owner of the land. Farm owners also have a one-time opportunity to update PLC payment yields beginning with crop year 2020. If the farm owner and producer visit the FSA county office together, FSA can also update yield information during that visit.

Covered commodities include barley, canola, large

and small chickpeas, corn, crambe, flaxseed, grain sorghum, lentils, mustard seed, oats, peanuts, dry peas, rapeseed, long grain rice, medium and short grain rice, safflower seed, seed cotton, sesame, soybeans, sunflower seed and wheat.

Informational meetings for Fulton County

12/18/2019 at 10:00a.m. & 12/19/2019 at 6:30p.m.
at the Fulton County Farm Bureau Building located at
15411 N State 100 HWY, Lewistown, IL.

Tazewell County

12/12/2019 at 9:30 a.m. at Bell Enterprises, 30082
Harding RD, Deer Creek

Mason County

12/12/2019 at 10 a.m. at Mason County Farm Bureau
building, 127 S. High ST, Havana

Logan County

12/19/2019 at 10 a.m. at University of Illinois
Extension office, 980 N Postville DR, Lincoln

Cass County

12/18/2019 at 10 a.m. at St. Luke Parish Hall, Virginia

Other counties, contact your local FSA office for
details or feel free to attend an information meeting in a
nearby county.