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POLK COUNTY FARM BUREAU

February is American Heart Month

February is American Heart Month and a great time to promote heart disease awareness. Heart disease is the leading cause of death for both men and women and can lead to a heart attack, stroke and heart failure. Leading a healthy lifestyle can help lower your risk of developing heart disease. Try these simple steps towards a healthier heart:

- *Maintain a normal weight.
- *Stop smoking and avoid areas of secondhand smoke.
- *Include at least 30 minutes of physical activity each day which can be as simple as walking.
- *Eat healthy by including more fresh fruits and vegetables in your diet.
- *Control your cholesterol and blood pressure. High blood pressure is one of the main risk factors for heart disease.
- *Follow your doctor's orders for medications and treatment.

For information about heart disease, risk factors and prevention, visit the American Heart Association at www.heart.org

Membership Update

Polk County Farm Bureau is at 86.87 percent toward our goal. We have 8,644 paid members and 1,047 new members. Polk County Farm Bureau wishes to welcome all new members and invites all members, new and renewed, to become active in the organization.

Members can run free non-commercial ads to buy or sell in the Spokesman exchange ad column. This is only one of the many benefits you receive by becoming a member. If you would like more information on all of our benefits, please call 515-964-5354 or visit the website www.iowafarmbureau.com.

Please remember your membership has to be current in order to maintain Farm Bureau property/casualty and medical insurance.

PCFB board members attend AFBF annual convention

Polk County Farm Bureau board members Brad & Joyce Moeckly and Randy & Carol Miller had the opportunity to join fellow ag professionals at the 97th AFBF annual convention held Jan. 8-13 at the Orange County Convention Center in Orlando, Fla. Farm Bureau members and non-members were welcome to be a part of our nation's largest general ag organization.

Participants were able to conduct business on the trade show floor, expand their knowledge at educational workshops, vote on up-and-coming businesses trying to achieve the American dream, network with their peers and deepen their love for agriculture. Farm ag tours were also available.



Brad Moeckly and Carol Miller

Small Acreage Owners Learn Ways to Boost Benefits of Rural Lifestyle
Inaugural Iowa Small Farms Conference to be held Feb. 13

Small farm and acreage owners are invited to attend the inaugural Iowa Small Farms Conference, scheduled for Feb. 13, 2016 in Ames, Iowa. Keynote speaker Daniel Salatin of Polyface Farms will be featured along with a trade show, lunch and giveaways.

“The Iowa Small Farms Conference will be a great event for people who are excited to learn more about opportunities on their small farm or acreage,” said Christa Hartsook, small farms program coordinator at Iowa State University Extension and Outreach. “With a wide variety of educational options, attendees can get the most out of their day by customizing the conference to fit their specific needs and interests.”

The day will begin with an address from keynote speaker Daniel Salatin, a third generation farmer on Polyface Farms in Swoope, Virginia. Polyface Farms produces meat and produce for families, retail outlets and restaurants. Salatin has been involved in the farm since he was young and is now fully employed by the farm.

Five different educational sessions will be led by experts and offer a wide variety of information to attendees. Options will include orchard establishment, the Iowa Monarch Conservation Consortium, raising ancient grains, small-scale machinery sharing, taking your recipe to market and more.

A trade show at the conference will provide attendees with opportunities to network with companies. Prizes and giveaways will be featured at the end of the day, along with an ice cream social.

The conference will be held in the Scheman building at Iowa State University on Feb. 13 from 8 a.m. to 4 p.m. Early registration is available for \$70 until Jan. 31. For more information and to register, visit www.aep.iastate.edu/smallfarms.

County leaders invited to Policy Information Conference

Polk County Farm Bureau President Brad Moeckly, Vice President Cris Friedrichson and Voting Delegate Steve Lee have been invited to attend the 2016 Policy Information Conference (PIC) Tuesday, Feb. 16, and Wednesday, Feb. 17, at the Iowa Farm Bureau office in West Des Moines.

Pictured left to right: Brad Moeckly, Cris Friedrichson, and Steve Lee



Moeckly and Volz chosen as co-campaign managers

PCFB board members Brad Moeckly and Todd Volz were named the 2016 Polk County Farm Bureau membership co-campaign managers at the November board meeting.

Their responsibilities as the co-campaign managers include organizing the 2016 membership drive and contacting non-members to invite them to join Farm Bureau. All Farm Bureau board members and staff will be working with them to help reach the 2016 membership goal.

Brad Moeckly and Todd Volz



Young Farmers attend IFBF Young Farmer Conference

Polk County Farm Bureau Young Farmers that attended the IFBF Young Farmer Conference last weekend Jan. 29-30 were Corey Hillebo of Madrid, Tim & Stephanie Harris of Madrid and Nick Griffieon of Ankeny . Looked like they had a great time with the 525 other that attended from across the state of Iowa!

Thanks for representing Polk County Farm Bureau!

Lt. to rt: Corey Hillebro, Tim & Stephanie Harris and Nick Griffieon



New website on 2016 presidential candidates

“Election16.fb.org,” a new website launched by American Farm Bureau Federation (AFBF), offers farmers and ranchers critical information about the 2016 presidential candidates. It also provides links to the candidates’ biographies and campaign websites.

The website highlights agriculture’s perspective on the election and features Farm Bureau’s stance on top policy priorities including immigration, biotechnology and clean water.



“We want to make sure that candidates, campaigns, staff, Farm Bureau members and others understand where Farm Bureau stands on the issues that are impacting farmers and ranchers, rural communities and all of America,” explained Cody Lyon, AFBF’s director of advocacy and political affairs.