

Land Improvement Contractors Of America · Illinois Chapter

July - August 2015

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Upcoming Events:

2015 Farm Progress Show Tiling Demonstration - Decatur, IL September 1, 2, 3, 2015

7th Annual Area 3 Golf Outing -Sept. 11th - Pine Lakes Golf Course - Morton, IL

AREA 6 GOLF OUTING RAINED OUT ...

NEWS



... BUT AN OVERWHELMING SUCCESS!!! page 6

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7th Annual Area 3 Golf Outing Registration & Sponsor Form (page 7) Tiling Project "On" During 2015 Farm Progress Show (page 11) Extension Connection: Corn Prices Fade As Supplies Expected To Remain In Surplus (page 12-13)

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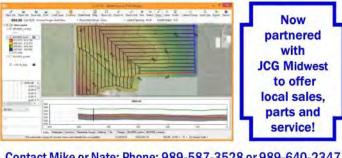


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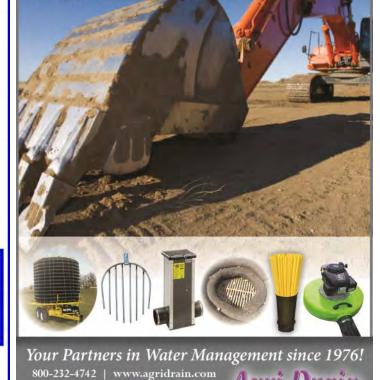
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The *ILICA News* is the official publication of Illinois Land Improvement Contractors Association, Inc. at 118 E. Knoxville St., Brimfield, IL 61517. (309) 446-3700.

Subscription price is \$50.00 per year, issued bi-monthly: Jan.-Feb.; Mar.-Apr.; May-June; July-Aug. Sept.-Oct.; Nov.-Dec., and also includes one annual directory.

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The LICA Creed



Land, the foundation of the Nation The basis of all wealth The heritage of the wise The thrifty and prudent The poor man's joy and comfort The producer of food, fiber and fuel The basis of factories The foundation of banks

All that man builds is from the land. We often take it for granted or even abuse it; And yet many, unthinkingly and unknowingly pass the land by. What man does with the land will be the deciding factor of his survival.



Meeting Notice

Regular Meeting of the Board September 5, 2015 - 2 pm

Richland Community College One College Park - Decatur, IL

Committee Meetings - 10 am - 1 pm (See map & directions on page 19)

PRESIDENT'S MESSAGE



Hello all. Since the May newsletter there's a lot of news. ILICA has been busy. Bill Deans' golf outing was rained out, but everyone that had made their way to southern Illinois that afternoon or the evening before, stayed for a good time at

Bill's new shed and shop. Even though it was raining outside we were nice and dry, and the meal prepared for the golf outing was moved to the shed ... no harm done. We all enjoyed visiting, playing bean bags, dice games, cards and a couple big kids were flying drones. And thanks to all our generous associates and sponsors, the event was still a financial success. THANK YOU to all.

A week later we were in the Lawrenceville/Vincennes area for the Summer picnic/meeting. We all met at Lasata Winery for the business meeting and lunch. Afterwards everyone journeved to Vincennes to tour the sites and have dinner later. Judy and I were babysitting three grandchildren that weekend, so our apologies in advance, and we left for home as soon as lunch was over, but really enjoyed the trip. At the business meeting we acted on two possible exhibits, the Wetland Initiatives project in Bureau County and the 40 acres tiling project at the Farm Progress show site. The wetland will be build the first week of August and the Farm Progress first couple days of September.

On July 13 we made our way to Little Rock, Ark for the LICA summer conference. The Arkansas Chapter put together a very nice agenda. We toured the Cat grader plant, a Corp of Engineers water project designed to take water from the Arkansas River and transport to irrigation supply channels and pipelines to assure adequate supply of irrigation water for agriculture. The educational sessions introduced a new portal by Petrocon for ordering products on line. CNA presented on distractive driving. Charlie Schafer and Leonard Binstock representing ADMC discussed control boxes, bioreactors, and saturated buffers. Committee meetings and the summer member meeting were held. Roaring twenties theme for Associates night



and then to Hot Springs for a tour of Mobster Museum and dinner theater show rounded out the week. San Antonio TX and the Alamo are scheduled for the Winter conference next February.



The drainage Workshop schedule changed from the normal first week of August to third week of July to accommodate the Wetland Initiatives desires to construct during the first week of August. The workshops' content also changed up due to scheduling problems, reduced to one day with an agenda directed at drainage law, reducing nitrates escaping via tile drain systems. Attendance was about 40 and reviews indicated an interest in more law and future updates.

Next week will be August already. Consider making a trip Bureau County to check out the construction of the Wetland and maybe help run a piece of equipment for a few hours. The notice with a map, is on the website.

Enjoy the more seasonable weather and be safe out there. Tom Beyers, President

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Map to Conservation Expo Site

AREA 6 GOLF OUTING RAINED OUT ... BUT AN OVERWHELMING SUCCESS!!

It had to happen sooner or later! ILICA's luck was bound to run out after 6 years' of golf outings with decent enough weather to complete the day as planned. And if it was going to happen, it was going to happen this year with the extremely wet spring and summer most of Illinois has experienced.

The weather "guessers" predicted "a small shower overnight and afternoon rains holding off until late in the day" for the Friday selected for ILICA's 4th annual Area 6 golf outing ... but that didn't happen! Several attendees, coming from a distance, had spent the night in Mattoon so while Bill Dean started getting his shed in order for a party, Janet phoned people to let them know the day was a wash. Many local supporters of this outing and those already in town were told to meet at the Dean's instead of the golf course for lunch, refreshments and games. The outing and hole sponsor signs were displayed around the interior of the shed and the lunch that was to be served at the course was moved to the Deans'. And this is where the generosity of ILICA supporters really started to shine.

Jeff Boldig, manager of Meadowview Golf Course, knew there was a good chance the outing could be rained out, so he delayed in ordering steaks for the evening meal, which are cut locally, until Friday afternoon. Most of the lunch scheduled to be served was moved to the Dean's and since Jeff knew ILICA could do nothing about the rain that day, he excused the organization from any of the other financial commitments agreed upon for the outing.

Because of Jeff's generosity, green fees were returned, except for those attendees who instructed ILICA to "keep it for the cause", and they were many. H & S Company/Mid America Trenchers said to use their lunch sponsorship as well, since lunch was served to over 40 guests while the rain poured outside.

All of ILICA's outing sponsors, shown on the banner above, donated their generous support for this fund-raiser, most of whom did not even get to share in the lunch. And every tee and green sponsor, after hearing the day was a wash, also asked that their sponsorship be kept by ILICA for this event. So if you run into any of the business people listed below, some who are ILICA members and some who are not, please thank them for their outstanding generosity in supporting this annual fund-raiser. Each of them is a jewel in ILICAs' eyes!

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** Outing sponsors will have signage (including company logo) in place at registration table, in dining area and at cart pick up location and will receive recognition in the annual ILICA Directory and at the annual Convention and Member meeting.

*** Outing sponsors that also purchase a foursome receive special pricing on golf & dinner registration; buy 3 get one free!



http://www.everydayhealth.com By Clare Kittredge Reviewed by Lindsey Marcellin, MD, MPH



Effects of stress on your emotional and physical health may be worse than you thought.

Although female sex hormones and brain chemistry offer some protection from stress, women are more deeply affected by the physical and emotional effects of stress than men.

Women's reactions to stress are rooted in their body chemistry. Men have higher androgen levels, while women have higher estrogen levels, says Paul J. Rosch, MD, FACP, president of the American Institute of Stress (AIS).

"Their brains are also wired differently," says Dr. Rosch, who is also a clinical professor of medicine and psychiatry at New York Medical College, and honorary vice president of the International Stress Management Association. "Women tend to react to stress differently than men. They don't respond with the fight or flight response - they're more apt to negotiate."

Stress: How Women Are Affected

The effects of the natural anti-stress hormone oxytocin, produced during childbirth, breastfeeding, and in both sexes during orgasm, are enhanced by estrogen and reduced by testosterone. This helps women more than men, Rosch says. And nurturing activities boost oxytocin levels in women. The catch-22 is that women need more oxytocin than men to maintain their emotional health. For example, Rosch explains, women are more negatively affected when they're not touched, and also feel more stress than men in relationships.

According to the American Academy of Family Physicians (AAFP), stress is an expression of the body's natural instinct to protect itself. While this may warn a woman of immediate danger, like a fast-approaching car, prolonged stress effects can negatively affect your physical and emotional health.

"Our stress response was exquisitely honed over millions of years as a protective mechanism," said Rosch. "That was OK for our ancestors who ran into saber-toothed tigers. The tragedy is that today, it's not that, but hundreds of things like getting stuck in traffic jams. Our bodies respond in the same unfortunate fashion, with hypertension, strokes, and ulcers."

Stress Effects: The Physical Side

"Your stress may vary, but if you have stress with your work, your kids, your neighbors, and marriage all at once, that's a big deal," said Lori Heim, MD, president-elect of the AAFP and a hospitalist (a family physician who



works only in a hospital) at Scotland Memorial Hospital in

Laurinburg, N.C. "In women, I see this in changes in menstrual patterns - nothing else is going on except a huge increase in stress, and all of a sudden, they may be losing their hair or having menstrual irregularities, and everything points to stress as a factor."

The AIS reports that some surveys show 75 to 90 percent of visits to primary care physicians are for stress-related complaints. According to the National Women's Health Information Center, the effects of stress on women's physical and emotional health can range from headaches to irritable bowel syndrome.

Specific stress effects include:

- Skin reactions
- Sleep problems
- Stomach ailments
- Heart disease
- Concentration difficulty
- Eating disorders

Cancer

•

Lowered immune response

Emotional conditions

Stress Effects: Stress-Lowering Techniques

Research presented at the most recent Western Psychological Association meeting found that 25 percent of happiness hinges on how well you handle stress. And what was the most important stress management strategy? Planning - or anticipating what's going to stress you out - and having the tools in place to tamp down the tension. Here are some more tips for managing stress:

- Improve your diet. By eating well-balanced meals and • skipping junk food, you can improve your physical wellbeing and, in turn, your emotional health.
- Make time for exercise. "We do know that exercise is a phenomenal way of dealing with stress and depression," said Dr. Heim. Research shows that getting active can lift your spirits and increase the release of endorphins, a natural chemical associated with mood.
- Find fun ways to relax. Connect with family and friends and people you enjoy being around. Rediscover favorite hobbies; recent studies link a resurgence in knitting and needlepoint to their stress-reducing effects. Other popular stress-busters include yoga, meditation, and tai chi.

Finally, if you feel overwhelmed by stress and its effects, talk to your doctor about ways to deal with it. You may learn new techniques for managing stress on your own, or you may find that therapy with a mental health professional will better help you to get it all under control.

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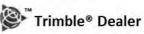


Buckeye 9200 Magnum/Track Option A Few Key Features: 350 HP Cummins QSM11 Engine Cab with Heat and Air Power Shift Transmission 7 Dual Hydrostatic Drive w/ Tapered Digging Wheel Self-Leveling Wheel Up to 8 Degrees Left or Right Digging Wheel Pivot



Buckeye-Link 175 Plow A Few Key Features: 400 HP Cummins QSM11 Engine 175 Double Link Plow with Auto Self Leveling Enlarged Cab Design for Operator Comfort Air Ride Cab with Heat and Air, Air Ride Seat Full Wrap Around Service Deck Lower Profile Hoods for Greater Visibility Plow Depth Up to 6' Deep Easy Access Catwalk to Tile Feeder

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Buckeye 7200 Magnum A Few Key Features: 350 HP Cummins QSM11 Engine Power Shift Transmission 7 Dual Hydrostatic Drive w/ Tapered Digging Wheel Self-Leveling Wheel Up to 8 Degrees Left or Right Digging Wheel Pivot 36" Wide Conveyor with Bar Style Dirt Shield



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REAL-TIME PRECIPITATION DATA

From the *Chicago Tribune* to *The Southern Illinoisan*, article after article touted June rainfall totals that broke records all over the state. The map to the right displays rainfall for the past 30 days (more July than June) and can be found on the USGS website. The map is interactive and can be modified to reflect rainfall from the past 3 hours up to the past 30 days.

Since everyone seemed to say that the amount of rain varied a great deal just over a matter of miles in their part of the state, it may be interesting to see it in living color.

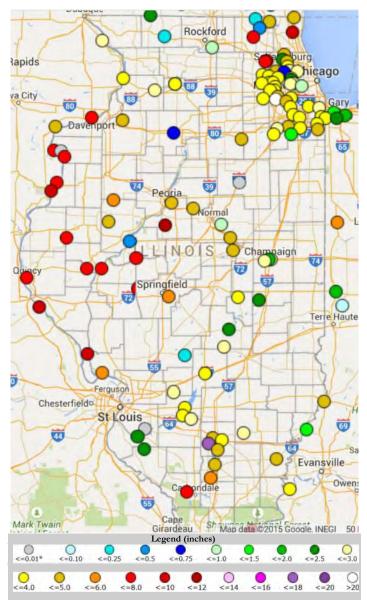
NWS precipitation image data collected in the 30 Days before July 27, 2015 18:00 CST Precipitation gage data collected in the 30 Days before July 27, 2015 19:00 CST

Illinois Ranked 4th in Nation in Number of Tornado Reports - 2015

According to the NOAA Storm Prediction Center, Illinois is ranked fourth in the nation for the number of tornado reports in 2015. Here are the top five states:

- 1. Texas with 164 reports
- 2. Kansas with 150 reports
- 3. Oklahoma with 100 reports
- 4. Illinois with 64 reports
- 5. Colorado with 48 reports

The most outstanding event for 2015 was the April 9th outbreak that produced 11 tornadoes, including a rare EF-4 tornado. The map on the left shows all the severe weather reports for that day. More on this outbreak can be found at www.weather.gov.





Near I-39 Looking North of Rochelle. Courtesy of Jodi Mair. Near I-39. Courtesy of Walker Ashley

Both photos were taken from the www. weather.gov website from April 9th tornado event page.

TILING PROJECT "ON" DURING **2015 FARM PROGRESS SHOW**

An agreement has been reached for tiling at this years' Farm Progress Show in Decatur. This project will involve installing laterals on the same main utilized during the 2013 FPS, although this property does not belong to the Richland Community College Foundation. The field will be harvested for silage a day or two before the official start of the FPS, giving ILICA volunteers the opportunity to begin locating and marking connections before the trams start rolling. And, unlike 2013, the field will NOT be used for parking, eliminating the obstacle course feature entirely!

As soon as the wetland project completes, David Kennedy and Bill Dean, who has volunteered to co-chair this project with David, will begin lining up equipment and volunteers. The harvest demonstrations seem to be on schedule, so there should be a lot more opportunity for visitors to get an up close look at our project.

ILICA Certified contractors have been requested again on this year's contract and additional information will be sent to all ILICA contractors along with next months' board meeting notice and Area 3 golf outing registration forms. The show committee is working to securing enough passes so our volunteers can take some time to see the big show while they're there.

A hotel block has been reserved in Springfield at the Northfield Inn and the rooming list is being kept at the ILICA office. Contact Lauri or Janet before August 17th to be placed on the list. Unfortunately, Springfield is the closest place hotel rooms could be found during this very busy time.

If you would like to participate on this project, please



contact David Kennedy or Bill Dean for more detail. Material and equipment donations will be needed along with ILICA contractor volunteers to make this project another success.





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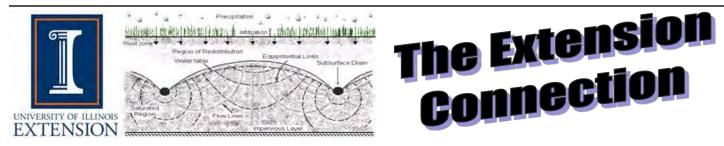
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Corn Prices Fade As Supplies Expected *Source: Darrel Good, d-good@illinois.edu News writer: Debra Levey Larson, dlarson@illinois.edu*

Corn futures prices increased about 90 cents per bushel from mid-June to mid-July. According to University of Illinois agricultural economist Darrel Good, the increase was driven by a combination of a smaller-thanexpected USDA estimate of June 1 stocks and production concerns stemming from record June rainfall in much of the eastern Corn Belt.

"Over the past two weeks, corn futures prices have declined nearly 65 cents per bushel as production concerns have subsided," Good said. "Expectations are for corn supplies to remain in surplus during the 2015-16 marketing year. Prices will remain at the current low level unless there is some evidence that the supply and demand balance is potentially much tighter than currently expected.

"A slightly tighter supply and demand balance for the 2015-16 corn marketing year could be generated by a smaller carryover of old-crop corn than currently projected," he added. "Based on the current pace of ethanol production, for example, the use of corn for ethanol production during the current marketing year (ending August 31) could be about 10 million bushels more than the current USDA projection of 5.2 billion bushels. Similarly, exports could be slightly larger than the projection of 1.85 billion bushels if Census Bureau export estimates for June, July, and August exceed the USDA export inspection estimates as was the case in the first nine months of the marketing year. However, for carryover stocks to be lower than the current projection of 1.79 billion bushels by enough to meaningfully alter the 2015-16 supply and demand balance would require larger-than-expected feed and residual use of corn during the final quarter of the marketing year."

The USDA's projection of 5.3 billion bushels of feed and residual use for the year implies fourth-quarter use

of 522 million bushels. "That's 111 million bushels more than the use of a year ago and



the largest fourth quarter use since 2009," Good said. "Use is expected to exceed that of a year ago due to an increase in pork and broiler production and small increases in the number of dairy cows and the number of beef cattle on feed. The number of layers has been sharply reduced due to bird flu. Fourth quarter feed and residual use will be revealed with the estimate of September 1 stocks of old crop corn to be released on September 30 and a surprise is always possible."

Good said that a tighter supply and demand balance could also result from larger-than-expected consumption during the year ahead. Such a development would take time to unfold, but the opportunities for consumption to exceed the current projection appear to be limited. The USDA currently projects 2015-16 marketing-year exports at 1.875 billion bushels, 25 million more than projected for the current year. However, interest in U.S. corn is currently limited by abundant supplies of lowpriced South American corn.

As of July 16, the USDA reported that only 152 million bushels of U.S. corn had been sold for export during the upcoming marketing year. On the same date last year, outstanding sales of new-crop corn totaled 232 million bushels.

"Corn used for ethanol production is projected to increase by 25 million bushels during the upcoming marketing year," Good said. "The expected increase in ethanol production and corn consumption reflects expectations for growth in domestic gasoline consumption. Growth beyond that, however, will be limited by the 10 percent ethanol blend wall and the very slow pace of

Corn Prices Fade As Supplies Expected To Remain In Surplus CONT.

growth in the consumption of

higher ethanol blends. In addition, ethanol exports are already large so that growth potential is likely limited," he said.

The USDA projects feed and residual use of corn to decline by 25 million bushels during the year ahead. Good said that consumption should be supported at a relatively high level due to larger livestock inventories. However, hog producers have indicated that they will reduce the number of sows farrowed during the last half of 2015 and growth in the other animal sectors will likely be very modest.

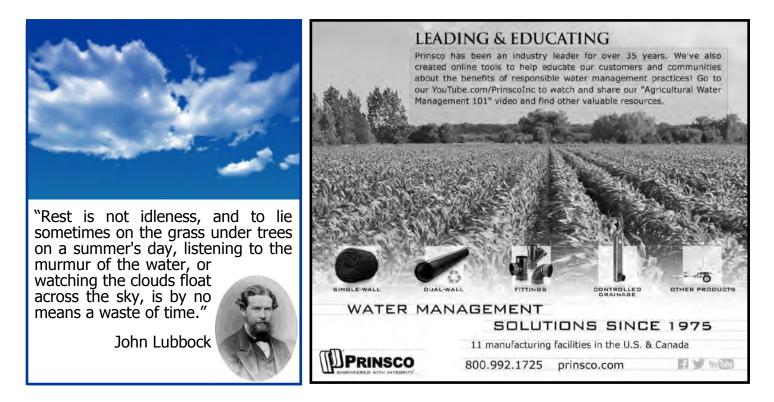
"The most obvious opportunity for a tighter corn supply and demand corn balance during the year ahead would come from a smaller-than-expected harvest," Good said. "The USDA's Crop Production report to be released on August 12 will contain the first survey-based yield and production forecasts for the 2015 crop. Expectations for the U.S. average yield projection are in a wide range, but have generally increased over the past two weeks as weather conditions have become less stressful and as crop condition ratings have stabilized at a high level. The average yield expectation appears to be near 165 bushels, 1.8 bushels less than projected in the July 10 World Agricultural Supply and Demand Estimates (WASDE) report.

"The August production forecast will also reflect the estimate of harvested acreage, but a large change from the June acreage forecast is not expected. Based on the projection of 81.1 million acres harvested for grain, a yield of 165 bushels would result in a crop of 13.38 billion bushels, about



150 million bushels less than projected in the July WASDE report. Still, if 2015-16 marketing-year consumption is near the current USDA projection of 13.735 billion bushels, year-ending stocks would be abundant at about 1.45 billion bushels. On the other hand, a yield forecast of 161 bushels or less would likely be sufficient to push prices back to the mid-July highs."

Good concluded that recent corn-price declines indicate that the market is removing the production risk premium from the price structure in anticipation of another year of surplus. The question is whether that removal is premature.



July - August 2015

NATIONAL LICA SUMMER MEETING IN LITTLE ROCK

The summer National LICA meetings in Little Rock Arkansas were a big success with Illinois being well represented. The Arkansas LICA chapter did a great job setting up activities and tours for their visitors and it was probably hot and humid everywhere that week, so Little Rock couldn't be blamed for that!

On Tuesday, the tour took guests to the Caterpillar Motor Grader plant in North Little Rock where lunch was provided. On Monday, the ladies were treated like queens at a private showing at Dillard's, which originated in Little Rock. There were stories of Mimosas being served all morning, so the

ladies must have enjoyed themselves. Those not interested in a fashion show or manicure, had the opportunity to tour the Bayou Meto Water Management project, whose objectives are to protect and conserve ground water resources, minimize flood damage and enhance waterfowl management within the state's ricerich Grand Prairie region.

Of course, the kick off reception is always a lot of fun with the theme this conference being the Roaring '20's. As you can see in the photo above right, Jerry Biuso takes his theme very seriously! And what better way to prepare for a Roaring '20's reception than to tour the Rock Town Distillery and sample their many different products first.

Committee and region meetings were held on Friday with the Board meeting set for Saturday morning. But there was still time for fun in between. On Friday evening registrants were treated to a Riverboat cruise and dinner and after the board meeting on Saturday, everyone traveled to Hot Springs to tour the USS Razorback WWII submarine and the Gangster Museum, ending with Neil Simons' "Star Spangled Girl" at Murry's Dinner Playhouse.









(right, top to bottom) Jerry Biuso with Arkansas president Gwen Brittan and her husband Todd, dressed to the 9s for opening night; Guided tour of the USS Razorback WWII submarine; Tom Beyers, Norm & Coretha Rozendaal, Dave & Marsha Haag, Judy Beyers, Jon and Veronica Seevers at The Gangster Museum; Sign listing the "gangster past" of the Arlington Hotel.





eenberg, Jimmie Foxx, and Joe DiMaggio.

(above) Gambling tables in the Gangster Museum lobby; Beautifully decorated bar inside the historic Arlington Hotel in Hot Springs Arkansas.

2016 National LICA Winter Convention

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Education (cont.)

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Long Term Planning

Steve Anderson, Chair Stuart Anderson Dan Day Bill Doubet Ron Masching



Membership

Wayne Litwiller / Norm Kocher, Co-Chairs Steve Anderson Mark Baker Tom Beyers Brent Breedlove Brian Brooks Dan Day Scott Day Bill Dean Bill Doubet Eugene Glueck Ron Masching Larry Rhodenbaugh

Nomination

Joe Streitmatter, Chair Brian Brooks Dan Day

On-Site Waste Wayne Litwiller, Chair John McCoy Larry Rhodenbaugh

Picnic Steve Anderson Norm Kocher

Publicity Bill Doubet, Chair Mark Baker

Mark Baker Wayne Litwiller

Safety Dave Haag, Chair

Brent Breedlove David Kennedy John McCoy

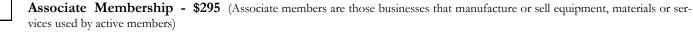
Show & Other Income

David Kennedy, Chair Brent Breedlove Brian Brooks Dan Day Joe Krupps Wayne Litwiller John McCoy Joe Streitmatter

| | BERSHIP APPLICATION provement Contractors Association, Inc. |
|--|--|
| LICA STRATUTERY SAME 118 E. Kno | oxville · PO Box 474 · Brimfield, IL 61517 · Fax: (309) 446-3744 · Email: janet@illica.net |
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| CUI - Cable/Utility Inst. DB - Directional Boring DI - Drainage/Irrigation DWM - Drainage Water Mgmt EC - Erosion Control EMC - Earthmoving/Land Clearing EXG - Excavating/Grading GR - Gravel/ Rock Production LL - Land Leveling LS - Landscaping | OSW—On Site Waste Treatment PD - Ponds / Dams RBD - Road Boring/Drainage R - Reclaimation SA - Dealer/Service Co./Government Agency/ Consultant/Insurance Agency SP - Site Prep SWU - Sewer/Water/Underground Utilities TH - Trucking / Hauling TW - Terraces / Waterways WM - Water Management |
| ODW - Open Ditch Leveling | Other: |

Active Contractor Membership - \$295

(One hundred seventy dollars (\$170) for Illinois Membership plus One hundred twenty five dollars (\$125) for National Membership) (Active members are individuals engaged in the business of entering into contracts for performing work that will result in soil, land, natural resource conservation or rehabilitation, water conservation, control and prevention of soil erosion, depletion and misuse of natural resources and soil and water pollution and contamination.)



Affiliate Membership - \$85 (Affiliate members are individuals employed by an active member in the business that makes the active member eligible for membership)



The PETROCON PORTAL

This members' only portal was introduced at the National LICA Conference in Little Rock and will soon provide access to the full Petrocon product line with pricing to order direct!

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- $\sqrt{}$ Construction & Agriculture Rubber Track



This portal will be <u>exclusive</u> to Petrocon members so watch the ILICA website and this newsletter for more information on the August launch date! You can also:

- $\sqrt{}$ Create templates for fast reordering
- $\sqrt{}$ View order history
- $\sqrt{}$ View order status
- $\sqrt{}$ Receive email confirmations
- $\sqrt{}$ View all items
- $\sqrt{}$ View all pricing

Petrocon Corporation is a national trade organization operating in North America. We represent consumers in the commercial and industrial manufacturing sectors. Located near Washington D.C., we work closely with affiliate trade associations within specific manufacturing and transportation sectors. Our client relationship is built on trust, integrity, and industry specific experience that offers products and programs designed to lower overall procurement costs to our valued clients.

CALENDAR OF EVENTS

Illinois

2015 Farm Progress Show Progress City - Decatur, IL September 1, 2, 3, 2015 ILICA Exhibit in the "Partners in Conservation" Tent Tile installation project on adjacent property

> September Meeting of the Board Richland Community College Cafeteria September 5, 2015 Committee Meetings - 10 am - 1 pm

Regular Meeting of the Board - 2 pm

7th Annual Area 3 Golf Outing

Pine Lakes Golf Course - Morton, IL September 11, 2015 Lunch at noon: 1 pm Shotgun Start: 5:30 pm Steak Dinner

National

LICA Winter Convention San Antonio, Texas February 2016

LICA Summer Convention Hosted by Missouri LICA July 2016

Sept. 5th Board Meeting Directions:

Richland Community College: Decatur, IL

From I-72: Take the IL-48, Exit 144, toward Oreana /Decatur and merge onto IL-48 via the ramp on the left toward Decatur. Turn left onto CR-1 (N. Brush College Road) and follow to the light at Mound Road. Turn left onto Mound Road and take the first right. At the stop sign, cross straight into the Richland Parking lot toward the main entrance. Enter at the College's main entrance (at the Flag Pole & Stainless Steel sculpture) and turn left, where you'll see the cafeteria.

The cafeteria will be closed on Saturday, but lunch will be catered in for our group.

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SAFETY FEATURE: BEATING THE HEAT

Precautions for working outdoors

The combination of heat and humidity can be a serious health threat when working outdoors. In addition to the temperature, you are more susceptible to heat stroke, heat exhaustion and sun poisoning when you are exposed to excessive amounts of sun. **To beat the heat:**

- Drink plenty of water before you get thirsty, but avoid beverages containing caffeine or alcohol.
- Wear light, loose-fitting, breathable clothing, such as items made of cotton.
- Eat smaller meals before work activity.
- Ask your doctor if the heat will aggravate your body because of any medications you are taking, and take the proper precautions.
- Be aware that equipment such as respirators or work suits can increase heat stress.
- Wear sunblock of at least 15 SPF, which blocks out 92 percent of harmful UV rays.
- Take breaks, as needed, in shaded or air-conditioned areas.

It is always wiser to spend a bit more time doing the job safely than to risk getting a serious injury. Be sure to always follow our safety guidelines and stay alert for unsafe conditions. Think of practicing good safety as both pain-free and profitable; a win-win situation for everyone!

Do you know the warning signs of dehydration?

You can lose up to 10 cups of water a day by sweating, breathing and eliminating waste. This is potentially harmful to your body since water and electrolytes are essential for proper body functions. To combat heat-related illnesses, re-hydrate immediately when you experience one or more of these symptoms:

- Excessive thirst
- Sleepiness or fatigue
- Dry mouth
- Muscle weakness
- Dizziness or lightheadedness
- Inability to sweat
- Headache

If you become dehydrated and are unable to drink fluids, give these a try:

- Suck on ice chips
- Sip through a straw
- Suck on a popsicle

Did You Know?

Overhydration is just as serious as dehydration. Overhydration happens when a person drinks too much, and can result in dizziness and even seizures. When working in the heat, experts advise limiting your liquid intake to no more than one and a half quarts per hour and 12 quarts in a 24-hour period.



Source: Zywave Inc.

Discussion Date: _

Employee Participants

ANNUAL SUMMER PICNIC & MEMBER MEETING IN LAWRENCEVILLE

This year's ILICA summer meeting was held at the Lasata Winery in Lawrenceville with several tours and activities to entertain attendees. Vincennes Indiana is just a few miles away and provided a nice hotel location and several good restaurants so that many members ended up making a weekend of it. Norm Kocher did all the leg work to set up a wonderful outing in Southern Illinois and secured lunch sponsorship from BM Truck Equipment and CFCO.

But even before the meeting started, the day got very interesting with a 7:15 am fire alarm at the hotel. Everyone (*almost everyone* ...) was evacuated from the hotel as shown in the photo to the right, although luckily, there was no fire. We all got to say "hello" and watch the fire trucks arrive while waiting for the all clear to go back inside. The rain had actually cleared before everyone headed out to the winery for the member meeting and a delicious lunch.

Lasata Winery has a wonderful outdoor seating area as well as plenty of room inside for the meeting and meal. The meeting business was taken care of first of course, but wine tasting and lunch was soon to follow ... and then more wine tasting of course!

Several of the ladies visited other wineries and local shops while the meeting took place but following lunch, everyone headed out to the Indiana Military Museum, the Red Skelton Museum or other points of interest. Thank you to Norm and BM Truck Equipment for a great day!









(top right to lower right) The fire trucks arriving at the TownePlace Suites for a false alarm; BM Truck Equipment and CFCO lunch sponsor signs; Lori, Bev and Jackie with Marie and Marsha Bunting at The Big Peach Market. (above, left to right) Lori Kennedy, Bev Dean and Jackie Streitmatter at the Windy Knoll Winery in Vincennes; 2 photos of ILICA members enjoying good conversation after lunch in the outdoor seating area at Lasata.



WOTUS UPDATE FROM JOHN PETERSON

Newly revealed memos critical of the Waters of the United States (WOTUS) rule have bolstered Congressional opponents in their argument that the rule is fatally flawed. The memos show that leaders of the U.S. Army Corps of Engineers fiercely disagreed with changes made in

the final version of the U.S. Environmental Protection Agency-Army Corps rule. "While interspersed with staff recommendations and legal conclusions that I understand you wish to keep confidential and hidden from the American public, the facts in these documents support my conclusion, and the conclusion of the 30 states that have already filed lawsuits challenging the final [Waters of the U.S.] rule, that the rule is lacking factual, technical and legal support," said Senate Environment and Public Works Chairman James Inhofe (R-OK) to the political official who oversees the Army Corps. The main concern expressed in the memos by the Army Corps was that new geoSource: John W. Peterson, PE, CPESC - LICA Director of Government Relations

graphical limits of some wetlands and ponds from the tributary network were too broad and should be smaller. The Corps was also concerned that an approach taken under the final rule regarding making calls about federally regulating wetlands that are seen as being too far from the river system was not legally defensible. House Transportation and Infrastructure Subcommittee on Water Resources and Environment Chairman Bob Gibbs (R-OH) said the Corps was clearly "cut out" of the process by the EPA. "The EPA controlled the rule-making process to get the result it wanted: the ability to maximize the federal government's regulatory power over waters, wet areas, and adjacent lands," he said. "There is too much ambiguity in the rule to give federal regulators the discretion to do whatever they want and give activists plenty of room to create havoc." The memos come at a time when congressional opponents are seeking to block it legislatively. I believe this will ultimately be played out in court.

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"THANK YOU" DRAINAGE Workshop Sponsors

Although the date and the content for this years' drainage workshop were different than in the past, attendees and sponsors stepped up to make this workshop a real success. The exit survey comments indicated that our facilitators were very much appreciated and other than running out of cookies between lunch and afternoon break, there were few complaints.

Our sincere thanks goes out to our generous sponsors, Fratco, Mid America Trenchers, Midwest Plastic Products and Port Industries for their outstanding support of not just this event but many ILICA activities.

We also want to thank our esteemed facilitators, Joe



Taylor - Taylor & Lynch, Laura Flynn Gentry - Illinois Corn Growers, Dan Schaefer - Illinois Fertilizer & Chemical Assoc., Richard Cooke - University of Illinois Extension and Brad Baker - Springfield Plastics Inc., for informative and interesting presentations. The level of expertise they brought to our workshop provided the kind of training ILICA members deserve and have come to expect.



DO COVER CROPS DELIVER A YIELD BUMP?

There's little doubt that deploying cover crops can protect against soil erosion and bolster soil health. But new research from the Conservation Technology Information Center (CTIC) suggests farmers who use cover crops could see a

modest yield boost as well.

CTIC surveyed more than 1,200 farmers earlier this year. Respondents reported a mean increase of 3.66 bu. per acre for corn (2.1%) and an average 2.19



bu. per acre in soybeans (4.2%). It was the third year in a row that CTIC has seen yield increases following cover crops.

The number of acres planting cover crops has increased steadily over the past five years, according to the CTIC, with acres more than doubling during that time period.

"What's particularly interesting is that while seeing an immediate benefit like a yield bump from cover crops is great, the large majority of farmers who plant cover crops told us they actually rate improvements in soil health, increases in soil organic matter, reduced soil erosion and improved weed control far higher than yield increases when they list the benefits they enjoy from the practice," says Chad Watts, CTIC program Source: AgWeb.com: By Ben Potter: Social Media and Innovation Editor

director. "That shows a strong appreciation for the wide range of long-term benefits cover crops deliver."

Watts adds that other benefits of cover crops remain "under-appreciated," such as how cover crops can fix atmospheric nitrogen in the soil, scavenge nutrients before they leave the root zone and cycling these nutrients for later use. "It shows us that we have more work to do in communicating about these nutrient management benefits," he says.

University of Missouri agronomist Rob Myers says many farmers are planting cover crops despite lower commodity prices and absent any financial incentives. According to the survey, nearly three of every four respondents said commodity crop prices have little or no influence on their decision to plant cover crops, Myers says. Only 9% of respondents indicated they will only plant cover crops if they receive financial incentive, he says.

"On the other hand, 92% of the farmers who do not currently plant cover crops say economic incentives would somewhat or always influence cover crop adoption," Myers adds. "These results illustrate that economic incentives can help encourage farmers to consider cover crops, but once they start using them, the multiple benefits they are seeing will motivate them to continue using covers."

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