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NEWS

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September - October 2024

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IRON CITY'S RESILIENCY INSPIRATIONAL FOR LICA

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AREA 3 TRAP SHOOT & GOLF OUTING SEPT. 13, 2024

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PRESIDENT'S MESSAGE



Hello again. Around here, it's beginning to feel like fall already. School has started for my wife and kids, I'm seeing some color change in the early planted corn, and my garden is about done for the season. We are still working on getting the fleet of equipment ready for the busy season. As the

weather pattern has changed, I am trying to adapt to not having a long winter break to do fleet maintenance. I now must assume that my equipment will be in consistent use from now until June. This changes how I go about things a bit. It makes me want to be even more ready than ever before. Will we have equipment failure this fall? Yes. It's the only guarantee in this business. Hey, if it were easy, everybody would be doing it. One must accept that no matter how prepared or experienced you are, no one can predict when a hose is going to break, or a pump will fail. It's part of the business of running and using equipment.


When you have an important piece of equipment down, it's so important to have the right industry contacts. Lots of times

this only comes with years of experience. Let your ILICA membership help you network and make these important contacts faster. Many of our industry partners and associate members attend almost all our events. We have lots of events planned for the last quarter of 2024. This is just one way we add value to your membership.

We are developing more online content as well. If you miss a webinar, they are recorded and can be viewed at <https://www.ilica.net/webinars>. Please remember you can get access to ZyWave from the LICA Portal tab on the national website. If you don't have a password, you can get one by emailing Allison at anational.lica@gmail.com. This has all the safety information you need to prepare an up-to-date safety manual. It just might be one of the single most valuable benefits your membership gets you. Check it out if you have not already.

I leave you with my normal wish for you all. Work hard, play hard, and repeat. Whatever you are doing, please have safety in mind. Have a productive and profitable fall.




Best regards,
Eric Layden


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2024 BOARD MEMBER MTG. ATTENDANCE						
	A = absent		P = present		C = cancelled meeting	
Area / Director	Jan	March	May	July	Sep	Nov
Pres: Eric Layden	P	P	P	P		
VP: Jon Seevers	P	P	P	P		
1st VP: Tyler Seals	P	A	A	A		
Area 1 - Brian Brooks	P	P	P	A		
Area 1 - LaVerne Weber	P	P	P	P		
Area 2 - Steve Anderson	P	P	P	P		
Area 2 - Stuart Anderson	P	A	P	P		
Area 3 - Grant Curtis	A	A	A	A		
Area 3 - Joe Streitmatter	P	A	P	A		
Area 4 - David Kennedy	A	A	P	P		
Area 4 - Lee Bunting	P	P	P	P		
Area 5 - Rick Maguire	-	P	P	A		
Area 6 - Scott Day	P	P	A	A		
Area 6 - Bill Dean	A	A	A	A		
Area 7 - John Barttelbort	-	A	P	A		
Area 8 - Tom Beyers	P	P	P	P		
Area 8 - Tyler Seals	P	A	A	A		
Associate Director: David Randolph	P	A	P	A		

BOARD & MEMBERS' MEETING SCHEDULE

Unless changed by the Board during the year, the ILICA business meetings are scheduled as follows:

Sept. 14, 2024 - Regular Meeting of the Board:

Virtual & IP - ILICA Office, Galva

Nov. 2, 2024 - Regular Meeting of the Board:

Virtual & IP - ILICA Office, Galva

Exact location, meeting times & other details will be published in the ILICA News and sent to members via mail and/or email.

ILLINOIS LICA

BUSINESS DIGGING

Illinois LICA's Annual Convention & Members' Meeting

January 29 - 31, 2025

Holiday Inn Champaign
101 Trade Ctr Dr, Champaign, IL

SAVE the Date

ILLICA.NET/EVENTS

SCOTUS REVERSES PRACTICE OF DEFERRING TO FEDERAL AGENCY RULES INTERPRETING LAW

JUNE 28, 2024: Just last Friday the U.S. Supreme Court issued decisions in a pair of companion cases, overturning longstanding precedent that instructed federal courts to defer to agency interpretations of the laws they enforce. The precedent was established by the Court forty years ago, in *Chevron v. Natural Resources Defense Counsel*. The holding of that case, which came to be known as “Chevron deference,” instructed federal courts to generally defer to federal regulations issued by agencies that were assumed to be better suited to interpret the laws they were entrusted to enforce. However, in a 6-3 decision overturning *Chevron*, Chief Justice John Roberts, writing for the majority, declared that the *Chevron* doctrine gave too much power to unelected federal bureaucrats and placed the administrative branch of government, above the judicial branch and its role in interpreting the law. As a result of these rulings, courts must now exercise independent judgment in deciding whether an agency has acted within the authority granted to it by Congress. This is a highly controversial ruling not only because it is yet another decision of the current Court that overturns decades-old precedent (think *Dobbs* and *Roe v. Wade*), but because it unequivocally “clips the wings” of federal agencies and renders them less influential. These rulings may have a profound impact on the

agencies *Wessels Sherman* deals with on behalf of our clients (e.g. NLRB, EEOC, DOL) and be welcomed by employers everywhere as a sort of “deregulation.” The cases are *Loper Bright Enterprises et al. v. Gina Raimondo*; and *Relentless Inc. et al. v. Dept of Commerce et al.*

These decisions come at a time when federal administrative agencies have issued a landslide of new regulations that take significant liberties in interpreting federal statutes. As just one example, the EEOC’s final rule on the Pregnant Workers Fairness Act (PWFA) issued in April, interpreted that law so broadly that it included protections of the right not to be pregnant (i.e. abortion rights). This sparked lawsuits challenging the EEOC’s authority to essentially re-write the PWFA. No doubt the plaintiffs in those lawsuits will be amending their arguments to include the new SCOTUS precedent directing the courts not to give deference to the EEOC’s interpretation of the law if it exceeded its authority.

Questions? Contact attorney Jim Sherman by email or at 952-746-1700.

Source: Reprinted with permission from author, Jim Sherman, *Wessels Sherman* - <https://www.wesselsherman.com/2024/06/scotus-reverses-practice-of-deferring-to-federal-agency-rules-interpreting-law/>.



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ILICA Ladies' Page



The Importance of Family Dinners

The Family Dinner. It sounds like such a humble term on the surface. For some, family dinners might even sound old-fashioned or a thing of the past. With non-stop to-do lists, work commitments, long commutes, evening activities, and just being overwhelmed by day-to-day obligations, the family dinner is something that is too often pushed aside. We eat on the go, in the car, at different times than the kids, or worse we rush ourselves or our families to hurry up and finish dinner so we can move to the next thing.

But the term has real power. Power to transform your family relationships and power to help your kids in some significant ways.

We get how hard this can be. Gathering a busy family around the dinner table is no easy feat. Family dinners take patience and perseverance. However, like most things in life worth doing, we think you will find the effort well worth it.

Why are family dinners so important?

The research is significant. Family dinners around the table matter. Why? Here are some compelling reasons:

1. **Stronger Family Bonds:** teens that have regular family dinners just a few times a week are more likely to have better relationships with their parents. Although that chit-chat over the dinner table might seem insignificant, it does matter. It is not the topic that counts, it is just showing up, making eye contact, and listening.
2. **Better Performance in School:** kids that have dinner with their families regularly on average do better in school. They get better grades, better test scores, and lower dropout rates.
3. **Healthier families:** cooking dinner at home and eating meals at the table keeps take-out and processed foods to a minimum. True, it does take a bit of effort but when you think of what is at stake, such as your health, it is hard to argue it is not worth it.

4. **Screen Free Time:** having regular family dinners also allows you to declare much-needed "screen-free" time. Have the kids (and parents) leave the phones when they come to the table for dinner. It might be met with some grumbles, but if you stick to it your family will get used to it and most likely will welcome the break.

How to make it happen:

"One of the simplest and most effective ways for parents to be engaged in their teen's lives is by having frequent family dinners," says Joseph Califano Jr., chairman and president of The National Center on Addiction and Substance Abuse at Columbia University (CASA).


1. **Declare two to three nights as family dinner nights:** review your schedule for the week, taking into account after-school commitments and work schedules. Pick two or three nights when everyone will be home. If you come up with zero days, consider rescheduling or canceling certain events so you can make this happen. Then, declare those nights Family Dinner Nights. Announce the days and times at the start of the week in whatever way works for you—post it on the fridge, on a calendar, or send everyone a group text. Ideally, this would be the same nights each week but understandably this might not always be possible. Do the best you can and remember the objective – get your family into the routine of sitting down together regularly. If your kids are older, ask them to plan their schedules accordingly, whether that is their study sessions or time with friends. Accept this might be challenging at first if this is a new routine. However, it will get easier and the rewards are huge.
2. **Come to the table without your devices:** this is so important and applies to parents and the kids. Put your phone away, far enough from the table so you won't be tempted to see who is texting or messaging you. No phones at the tables mean family members are looking and listening to each other, not staring at a screen. I keep a basket on a nearby counter and ask everyone to dump their phones into it before they sit down. Whatever that message or text is, it can wait.
3. **Have a plan for your dinners:** a huge reason why family dinners often fall apart is not having a plan. We hear this all the time! A lack of a plan is so often the reason we grab take out or just wing it, with everyone doing their own thing. Instead, create your plan at the start of the week. Then, make sure you have all the ingredients on hand. A last-minute trip to the grocery store to shop for that night's meal is never fun. If you need help, and would prefer to have someone else do the planning for you, you can sign up for a free trial for The Dinner Daily: <https://thedinnerdaily.com/try-it/>

ILICA Ladies' Page (cont.)

4. **Get your family involved in the prep:** when it makes sense, ask your family members to help get the meal on the table. There are lots of simple tasks you can assign, allowing you to focus on the main meal: make a simple salad, set the table, fill water glasses, chop the veggie to put in the steamer. This means less work for you, and contributes to the overall feeling of togetherness at the same time. All those little moments add up!

If you are just getting started on establishing this tradition, be patient. It will take time to get everyone on board. And remember that it is not about fancy or complicated dinner recipes, it is about the company and the memories being made around the table.

Source: Reprinted with permission from *The Dinner Daily* - <https://thedinnerdaily.com/the-importance-of-family-dinners/>.



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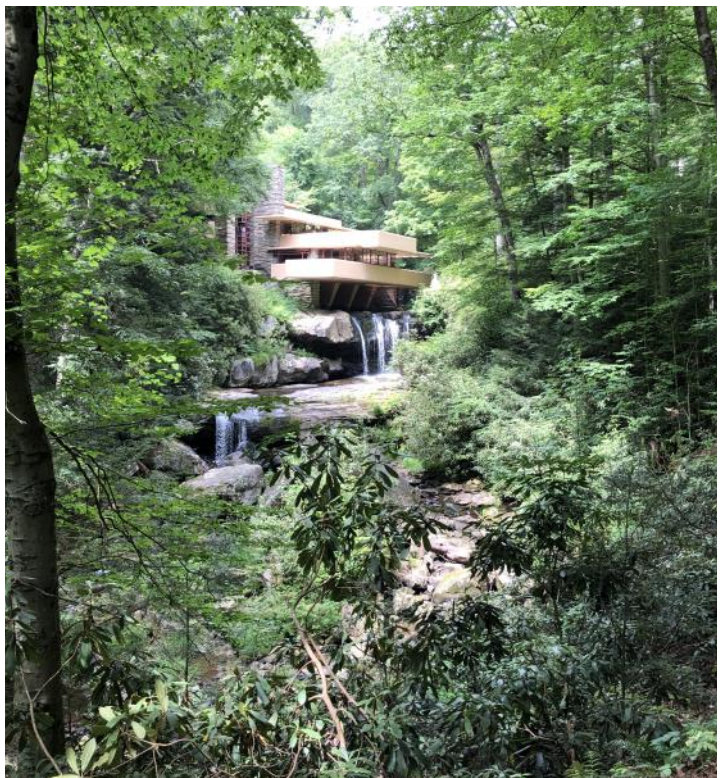
IRON CITY'S RESILIENCY INSPIRATIONAL FOR LICA

With a storied history born from the demand for iron and steel to meet the needs of the Industrial Revolution, Pittsburgh's transformation to a city now known for medicine and education is a testament to the resiliency of the City of Steel. Serving as the LICA Summer Meeting location this past July, the City of Bridges, as it is also known, welcomed members with open arms and inspired those that made the trek to celebrate the accomplishments of the past while recognizing and embracing the inherent changes of the future.

Held the week immediately following a busy July 4th holiday weekend for many, attendance at the LICA Summer Meeting was visibly lower than those of recent memory. Regardless, the event was top-notch with excellent local tours, valuable education seminars, and productive committee meetings. Some brief notable event highlights include:

- After 6 years of anticipation, "The History of Farm Drainage and the LICA Contractor" book was released with copies available for purchase (\$49.95). Be sure to contact the ILICA office or National LICA to purchase yours before they sell out!
- New benefit offerings are in development including an even stronger health insurance benefit.
- The 2024 LICA Water Management Forum was deemed a success, and plans are in motion to fine-tune the event and host it on an every-other-year timeframe.
- Region IV LICA will continue offering virtual "Lunch & Learn" webinars on a quarterly basis. Be sure to call the ILICA office with topics you'd like to see covered during these webinars.

For more event details and the committee meeting reports, be sure to visit National LICA's website at: <https://www.licanational.com/meeting-minutes>.





MEMBER APPRECIATION PICNIC FUN IN THE SUN

Two years after inviting Illinois ILICA, The Wetlands Initiative, and other conservation partners to their farm to build two separate wetlands, Wes & Andie Lehman opened their Feather Prairie Farm once again to ILICA members and partners by hosting ILICA's Member Appreciation Picnic in July.

With very cooperative weather for July, the event held in Dwight kicked off with a brief members' meeting. Following the meeting, members learned more about the function and benefits of constructed wetlands from The Wetland Initiative's Jill Kostel, who highlighted the specifics of the wetlands onsite that many members in attendance helped construct. After the wetland tour, members enjoyed a catered lunch and an afternoon full of conversation, camaraderie, and outdoor games including giant beer pong, cornhole, blind-couples golf cart racing, and target shooting.

Our sincere thanks to Wes & Andie Lehman for hosting us and to our sponsors Advanced Drainage Systems, Martin Equipment of Illinois, Berns Clancy & Associates, and Roland Machinery Co.

To view pictures from the event, visit our website: <https://www.ilica.net/picnics-gallery>





NEW ILICA DRAINAGE WORKSHOP SERIES SHOWCASES CONSERVATION DRAINAGE BENEFITS

During a meeting last March, the Education Committee discussed the current educational needs of ILICA members as they continued planning trainings and events for the year to address these objectives. At that time, it was recognized that many contractors, landowners, and producers still have a general lack of knowledge regarding Illinois's Nutrient Loss Reduction Strategy (INLRS) and the conservation drainage practices recommended therein, despite the document being released in 2015. Based on the INLRS's pending interim goals and the recent influx of government funds dedicated to conservation, the committee decided to develop a workshop series to educate contractor members, producers, and landowners on these water quality topics, replacing ILICA's traditional drainage workshop offering for the year. With the addition of conservation drainage site tours and a few extra topics geared solely towards contractors in the afternoons, ILICA's newest drainage workshop series was established and hosted at three locations across the state this summer.

The single day workshops were very well received and provided information about the history and progress of the Illinois Nutrient Loss Reduction Strategy, the benefits of edge of field practices and how to identify suitable sites for installation, cost share opportunities, and wetland jurisdictional and determination information. They also included content on WOTUS, conservation drainage business opportunities, one-call law updates, trench safety, surveying basics, and drainage pipe installation specifications. With the help of sponsors, partner organizations and agencies supporting the workshops, the trainings were well attended by a mix of contractors, landowners, producers, farm managers, and government agency staff who were subjected

to jam-packed agendas and opportunities to speak with agency and industry professionals to answer any of their conservation drainage related questions.

ILICA would like to thank our speakers: IL Corn, Illinois Sustainable Ag Partnership, Natural Resources Conservation Service, Farm Service Agency, Stephenson Co. SWCD, Macon Co. SWCD, Jefferson Co. SWCD, Agricultural Drainage Management Coalition, US Army Corps of Engineers, University of IL Extension, JULIE, Highland Community College, Grade Solutions, Grey & Associates, Advanced Drainage Systems, Schlatter's Inc., Springfield Plastics, Ecosystem Services Exchange, and Northwater Consulting.

Our sincere thanks to our sponsors, as well: Marathon Pipe Line, Springfield Plastics, Illinois Association of Drainage Districts, Central Plastic Products, Agri Drain Corporation, and Prinsco.

To view more pictures from the event, visit our website: <https://www.ilica.net/workshop-gallery/2024-drainage-workshops>





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Illinois Land Improvement Contractors Association

Area 3 Trap Shoot & Golf Outing Friday, Sept. 13, 2024

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REGISTRATION

Trap, Golf, & Dinner \$ 110.00 - Includes 50 Clays, Green Fees & Golf Cart {18 holes}, Lunch, Driving Range, 2 Beverage Tickets, Evening Grill Your Own Steak, Chicken, or Pork Chop Dinner & Prizes

Trap Only... \$ 35.00 • Golf & Dinner... \$ 80.00 • Golf Only... \$ 55.00 • Dinner Only... \$ 40.00

Name(s)	Trap, Golf, Dinner @ \$110	Trap Only @ \$35	Golf & Dinner @ \$80	Golf Only @ \$55	Dinner Only @ \$40
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

My preferred foursome is: _____ I do not have a preference

***Event level sponsors receive one - buy 3 get 1 free golf & dinner registration (\$240/foursome)**

Company name (to be listed on signage): _____

Contact: _____ Phone: _____ Email: _____

Enclosed is the check, **PAYABLE TO ILICA**, in the amount of \$ _____ .

Mail check and this form to: **Illinois LICA - 112 Exchange St., Ste 2 - Galva, IL 61434**

TRAP SHOOT REQUIREMENTS: Bring your own gun & the correct loads for it. Lead shot acceptable.



REGION 4

Lunch & Learn *Webinar*

Featuring:

WESLEY TUCKER

Field Specialist



Transitioning the Business to the Next Generation

Get tips for:

- Smooth transitioning
- Navigating difficult conversations
- Planning for a thriving future

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SEPT. 18TH @ 12PM GST



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DimondBros.com

ILICA Trivia

What ILICA Contractor member designed the 2016 IL Corn Field Lab?



Be the first to submit the correct answer to michelle@illica.net
One lucky winner will receive a prize!



July/August Answer: Ralph & Norma Habbe

CALENDAR OF EVENTS

Illinois

IL & IN LICA Off-Road Adventure

September 7, 2024

Attica, IN

Badlands Off-Road Park Opens/Registration: 9 am
 Guided Trail Ride (meet at LICA HQ): 10 am
 Lunch Onsite: 12 pm
 Free Ride: 1 pm

Badlands Off-Road Park Rentals, Camping, Rules, & Requirements: <https://www.badlandsoffroad.com/>

Area 3 Trap Shoot & Golf Outing

September 13, 2024

Kewanee, IL

Izaak Walton Trap - Skeet Grounds: 9:00 am
 Baker Golf Course: 12:00 pm

Register via QR code on page 20

Board of Directors Meeting (hybrid)

September 14, 2024

Galva, IL

Committee Meetings: 8 am - 12 pm
 Board Meeting: 1 pm

In-person:

ILICA Office: 112 Exchange St., Ste. 2, Galva, IL 61434

Virtual:

<https://us02web.zoom.us/j/9759547353?pwd=c1ZPcjFhSTBTYjhXeERNZnFRTXZkdOZz09>

Or call: 1-312-626-6799 Meeting ID: 975 954 7353
 Passcode: 0000

Region IV Lunch & Learn Webinar

September 18, 2024

12 - 1 pm

Register: <https://form.jotform.com/232894600540050>
 or via QR code on page 21

Contractor Training Store & Illinois LICA

Virtual Septic Training

September 24, 2024

8 - 11:30 am

Register: <https://form.jotform.com/210405973758159>
 or via QR code on page 24

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LIST BY: AUGUST 26, 2024

2024 AUCTION DATES
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DECEMBER 18

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Virtual
SEPTIC TRAINING

Contractor Training Store and Illinois LICA will host a Virtual Septic Training Series offering 3 CEU's required for the renewal of Illinois Septic Licenses (Installer, Pumper, and Sanitation Technician)!

SEPT. 24 | OCT. 31
8-11:30 AM

1 License Training: \$75
2 License Training: \$105
3 License Training: \$135
4% convenience fee applies

ILICA Members, contact the office for **\$25 member discount code**
Limited to the first 100 registrants • No refunds • No partial credits

Register Here
(illica.net/events)



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SAFETY FEATURE: MENTAL HEALTH MINUTE

The Connection Between Gut & Brain Health

Recent research indicates that the communication between your brain and your gut plays a crucial role in your overall health. Scientists suggest this connection may be the reason you feel “butterflies” when you’re nervous or “sick to your stomach” when you’re dreading something. It also has a significant impact on your overall health.

What Is the Brain-gut Connection?

The vagus nerve connects your brain and your gut (known as the gut-brain axis) and sends signals in both directions. The brain and the gut both contain neurons that tell your body how to behave. They also contain neurotransmitters, which control feelings and emotions. Interestingly, many neurotransmitters are produced in the gut. In fact, the largest amount of your body’s serotonin is produced there, impacting mood, perception, attention and memory.

How Does the Gut-brain Axis Work?

Your brain directly impacts the function of your stomach and intestines. For example, chronic stress can cause gastrointestinal problems. The connection also works in reverse. The intestine can send troubled signals to the brain that cause anxiety, stress or depression. An unhealthy gut is also linked to dementia and lowered cognitive functions.

Tips for Improving Gut Health

Improving your gut health can contribute to brain health, enhance cognitive function and help ward off disease. You can improve gut health with the following foods:

- ▶ Diverse foods
- ▶ Lots of fruits, vegetables and legumes
- ▶ High-fiber foods
- ▶ Fermented foods (e.g., yogurt, kimchi and kefir)
- ▶ Prebiotic foods
- ▶ Whole grains
- ▶ Plant-based foods
- ▶ Foods with polyphenols (e.g., red wine, grape skins, onions and blueberries)
- ▶ Probiotics

Conclusion

Your gut health significantly impacts the health of your brain and body. By eating foods that promote gut health, you may experience improved focus, better mental health and reduced risk of disease.

Most Americans Should Be Screened for Anxiety

Amid a mental health crisis, the U.S. Preventive Services Task Force (Task Force) recommends that all adults under the age of 65 get screened for anxiety regularly. Last year, the Task Force also amended recommendations to include children ages 8 to 17. This means all people 8 to 65 should be screened for anxiety.

The Task Force stops short of recommending anxiety screening for adults over 65 because many common symptoms of aging (e.g., pain, fatigue and trouble sleeping) are also symptoms of anxiety.

Why Is Anxiety Screening Important?

Anxiety is common. According to the American Psychiatric Association, nearly 30% of adults experience anxiety disorders at some point in their lives.

Anxiety usually begins in childhood and early adulthood, and symptoms usually decline with age. It may look different for everyone. However, common symptoms include anxious thoughts that are difficult to control, fatigue, irritability, restlessness, sleep problems, and unexplained aches and pains.

Screening is crucial for diagnosis, as anxiety symptoms might not be noticeable during regular doctor visits. If you have symptoms of anxiety, contact your medical health care professional immediately. Don’t wait for your annual physical.

September Is National Suicide Prevention Month

Mental illness and mental health issues often contribute to suicide. Everyone can help prevent suicide. You can save lives by dialing 988, the National Suicide and Crisis Lifeline (the Lifeline). Similar to calling 911 for physical emergencies, 988 is for people in emotional distress or suicidal crisis.

You can call 988 if you’re experiencing a mental health crisis or for somebody else who’s in distress. Call or text 988 or get help online at 988lifeline.org/chat.



*Source: Employee Communications, Mental Health Minute
Prins Insurance LICA Portal (Zynave)*

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