

ILICA

Land Improvement Contractors Of America · Illinois Chapter

January - February 2020

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Area 4 David Kennedy John McCoy

> **Area 5** Earl Mast

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Area 8 Tom Beyers Norm Kocher

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Upcoming Events: IDOT Trucking Regs Workshops Areas 1-8

January 20-25, 27; February 14, 2020

ILICA Convention & Annual Mtg Crowne Plaza: Springfield February 19-22, 2020

ILICA ANNUAL CONVENTION & MEMBERS' MEETING FEBRUARY 19-22, 2020

NEWS



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FREE IDOT TRUCKING REGULATIONS WORKSHOP SERIES



(page 24)

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- Illinois' Second Nutrient Loss Reduction Strategy Biennial Report Released (page 6)
- Springfield Plastics, Inc. Presents Simmons Cancer Institute with Check from 2019 Drain for the Cure Fundraiser (page 11)
- 2020 National LICA Winter Convention & CONEXPO (page 20-22)

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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.

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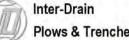
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PRESIDENT'S MESSAGE



Let it snow, let it snow, let it snow. Not really, but, since we're on our 6th snow, Kane thinks it's pretty awesome! Grant, not so much!

Harvest is complete here at Curtis Family Farms. I was beginning to think that would never hap-

pen; fall tillage is 90% done, nitrogen application is about 30% complete, and will have to wait until these 60 degree days that we're going to have in January and February....wink, wink! We were able to complete some of our larger tiling jobs between harvest rains for some of our neighbors and still have a couple further distance jobs to complete into 2020. Wait, did I just say 2020...weren't we supposed to have hover boards, flying cars and the ability to go "Back To The Future" by now!

Speaking of 2020, we've got quite a few things planned for the next couple months to start 2020 off right! The IDOT Trucking Regulations Workshop Series will be coming to your area the end of January or early February, providing a great opportunity for you and your employees to brush up on the important points of the trucking side of your company (see pg. 24). And the 2020 Illinois LICA Annual Convention & Members' Meeting is scheduled for Feb. 19-22, 2020 at the Crowne Plaza Springfield (see pgs. 13-18). While many of the same apects of conventions past remain (i.e. tours, education, trade show, hospitality), the Convention Committee also has a few new activities up their sleeve for the new location. Hope you can make time in your busy schedules to join us.

Sincerely,

Grant Curtis



NEW MEMBERS

Active Contractors

Steve Sanders

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Associate Members

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2019 BOARD MEMBER MTG. ATTENDANCE						
A = absent P = present C = cancelled meeting						
Area / Director Jan Mar May Aug Sep N					Nov	
Pres: Grant Curtis	Р	Р	Ρ	Α	Ρ	Ρ
VP: Steve Anderson	Р	Р	Ρ	Ρ	Ρ	Ρ
1st VP: Eric Layden	Р	Р	Ρ	Ρ	Ρ	Ρ
Area 1 - Brian Brooks	Ρ	Ρ	Ρ	Ρ	Α	Α
Area 2 - Vacant	-	-	-	-	-	-
Area 3 - Wes Litwiller	Р	Р	Α	Α	Ρ	Α
Area 3 - Joe Streitmatter	Р	Р	Α	Ρ	Ρ	Α
Area 4 - David Kennedy	Ρ	Р	Α	Α	Ρ	Ρ
Area 4 - John McCoy	Ρ	Α	Ρ	A	Α	Ρ
Area 5 - Earl Mast	-	Р	Α	A	Α	Ρ
Area 6 - Jon Seevers	Ρ	Ρ	Ρ	Ρ	Ρ	Ρ
Area 6 - Bill Dean	Р	Ρ	Α	A	Α	Α
Area 7 - Vacant	-	-	-	-	-	-
Area 8 - Norm Kocher	Α	Α	A	A	A	Ρ
Area 8 - Tom Beyers	Ρ	Α	Ρ	Α	Ρ	Α
Associate Dir: Brad Baker	Р	Р	Α	Ρ	Α	Α



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Interested in making a difference?

Are you a decisionmaker that likes to be kept in the know?



Consider becoming an ILICA Board member and serve an active role in guiding the Association and its endeavors! Call the office for more details 309.446.3700

ILLINOIS' SECOND NUTRIENT LOSS REDUCTION STRATEGY BIENNIAL REPORT RELEASED

Significant Investments Being Made with Measurable Progress in Reducing Nutrient Loss

FOR IMMEDIATE RELEASE: (November 18, 2019)

SPRINGFIELD, IL – The Directors of the Illinois Department of Agriculture and Illinois Environmental Protection Agency (EPA) announced today the release of the state's second Nutrient Loss Reduction Strategy (NLRS) Biennial Report. This document describes the continued progress being made in Illinois to reduce nutrient losses from multiple sources to improve water quality not only in Illinois waterways, but also in the Mississippi River and Gulf of Mexico.

"The report illustrates all facets of agriculture coming together to promote best management practices," said John Sullivan, Department of Agriculture Director. "The next step is transitioning more farmers from awareness of nutrient loss practices to application."

"The 2019 Biennial Report describes some the dramatic reductions in total phosphorus discharges from some of the largest wastewater treatment facilities in the state," said Illinois EPA Director John Kim. "We've already nearly met one of our 2025 goals of 25% reduction of phosphorus from the point source sector, and we look forward to continued nutrient reductions."

These reductions are being realized as a direct result of investments by wastewater treatment facilities to meet more stringent nutrient permit limits. Illinois officials expect to see continued progress in meeting the long-term goal of 45% reduction in nutrients as additional planned wastewater treatment facility upgrades occur.

The Illinois NLRS was first released in 2015. The Strategy's goal is to reduce the amount of nitrogen and phosphorus in Illinois waterways by 45%. Interim goals include reducing the amount of phosphorus by 25% and nitrogen by 15% by 2025. Implementation efforts are led by Strategy partners in the Policy Working Group and other sector committees, guided by the Illinois Department of Agriculture and Illinois EPA, with assistance provided by the University of Illinois Extension. The Illinois NLRS is part of a broader effort being implemented by states in the Mississippi River Basin to reduce the amount of nutrients entering the Gulf of Mexico, which causes a "dead zone" of oxygen-depleted water.

During the reporting period of 2017-2018, the agriculture sector invested more than \$59 million in nutrient loss reduction for research, outreach, implementation and monitoring. These contributions have come from Agriculture Water Quality Partnership Forum members and other agriculture related organizations that are working toward reaching the goals set forth in the Illinois NLRS. During that same period, over 84,000 people attended field days, conferences, or workshops to learn about practices that can be implemented to reduce nutrient loss from farm fields.

The Illinois Department of Agriculture administers the statefunded Partners for Conservation program in cooperation with the states' 97 Soil and Water Conservation Districts. The program provides technical and financial incentives to Illinois landowners for the construction or adoption of conservation

> practices that reduce soil erosion and nutrient loading from non-point agricultural sources and improve water quality. Popular practices include conservation tillage, cover crops, grass waterways, field buffers, streambank stabilization structures, and various other similar practices.

Illinois EPA issues National Pollutant Discharge Elimination System (NPDES) permits to

wastewater treatment facilities (point sources) to regulate the amount of pollutants that can enter Illinois waterways. By the end of 2018, Illinois EPA had issued 65 NPDES permits to wastewater treatment facilities limiting the total phosphorus concentrations to 1.0 mg/L. The Agency expects the number of permits with a total phosphorus limit to grow substantially in the coming years. Data also shows some facilities without permit limits are reducing their nutrient loads by optimizing existing equipment. During the reporting period of 2017-2018, the point source sector invested over \$224 million dollars in nutrient removal technologies and related activities.

The Illinois EPA, through its State Revolving Fund program, provides low interest loans to point source projects addressing water quality issues, including nutrient pollution. This program provided \$668,408,486 in loans from 2017-2018, with \$176,191,342 specifically spent on nutrient removal technologies. In addition, Illinois EPA's Section 319 grant program provides funding for nonpoint source projects designed to achieve nutrient reduction and provides \$3.5 million annually to projects mitigating agriculture and urban stormwater runoff.

The Full Biennial Report is available at: https://www2.illinois.gov/epa/topics/waterquality/watershed --management/excess-nutrients/Pages/nutrient-loss-reductionstrategy.aspx. This Biennial Report will be updated again in 2021. The agencies and organizations leading this effort will continue to collaborate and invest in programs that meet the goals of the Illinois NLRS.

Source: https://www2.illinois.gov/epa/topics/water-quality/watershedmanagement/excess-nutrients/Documents/NLRS-Biennial-2017-2018-FINALPR.pdf



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Women are very efficient in multi-tasking. They can manage both professional and personal life with the same ease. Well, this is one of the basic differences between men and women. Various studies have also proven that women are better at multi-tasking than men. Though this is a very incredible quality, it somewhere affects the health of women. In order to perform every task of the day with equal efficiency, they forgot to take care of themselves. Thus, there has to be a special routine which every woman has to follow to keep herself healthy. True beauty comes from healthy living and with that in mind, we bring you the healthy habits for women throughout their day. **Tips on Healthy Habits**

1. Start fresh with a new day.

You can't expect a better present with baggage of the previous day. You have to

leave behind all the nagging things and start afresh. Don't stress your mind just after waking up. You have to plan your day and stressing about things only adds to your instability of mind. Let yourself relax a little bit before starting another busy day. Tune into your favorite music while you prepare for your day.

2. Drink a glass of water in the morning.

Drinking a glass of water right after waking up is one of the most beneficial healthy habits to adapt. Water clears your stomach and regular intake of early morning water can prevent you from numerous harmful diseases. It clears your stomach to increase its capacity to absorb nutrition efficiently. Early morning intake of water is one of the easiest ways to keep your skin ever glowing as it removes toxins from the blood. It is recommended to have four glasses of water, but you can start with one glass and increase your intake accordingly.

3. Decrease sugar intake.

Sugar does not contain many beneficial nutrients, vitamins or minerals. Sugar has harmful effects on metabolism which negatively affect your daily routine, making it tough for you to do your best. Moreover, sugar causes obesity and increases the risk of heart diseases. Also, it is addictive because its intake results in the release of Dopamine. So, don't get into the trap of this sweet evil and decreases its intake.

4. Regular exercise.

Well, this is something very obvious. Exercise is very important for the proper functioning of your body. It's not that tough to follow a regular exercise routine within your schedule. You don't need to hit the gym for hours, even a regular run would be great. You can also choose to do Yoga. Yoga is best for your external as well as your internal care. So, basic yoga would also be beneficial. Regular exercise also boosts your happiness and energy level. It helps you to attain good sleep at

night and it opens all the doors for your healthy living lifestyle. Moreover, regular exercise or Yoga makes your memory stronger than before.

5. Stop smoking

Smoking for women is twice as dangerous than for men. It affects their fertility, decreases bone density and also causes heart and lungs diseases. Also, women who smoke may hit menopause at an early stage of their lives. There's no reason to continue a bad habit which affects your whole body and may also prove to be harmful to your upcoming generations. Smok-

ing also increases the risk of depression as women already have more chances to fall into depression. Also, avoid any other harmful drug for your own betterment.



Today, women have become so busy in managing office work and home that they don't get enough sleep. Good sleep is a major key to how efficient your next day would be. If you don't have a good sleeping routine, you'll always feel lethargic and irri-

tated, on the other hand, a good sleeping schedule makes your body and mind fresh. Insufficient sleep also opens doors for many diseases such as heart disease, obesity, and diabetes. Regular good night sleeps make you more attractive, active and healthier.

7. Make laughing a daily practice.

Yes, in this modern life, everyone hustles to live their dream life but at that time of struggling, they forget to enjoy the moment. You have heard that 'Laughter is the best medicine,' it actually is. The most fun way to maintain a healthy lifestyle is to get a daily dose of laughter. Laughter improves the immune system, it has capabilities to instantly remove stress and anxiety. It is also known as the natural painkiller and surprisingly keeps diabetes under control. It also helps you to have a deep and peaceful sleep.

Source: Reprinted with permission from Womenlite: https://womenlite.com/7-tips-healthy-habits-women-better/







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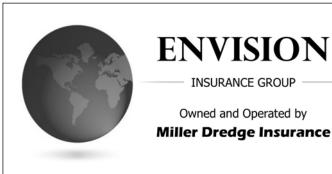
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SPRINGFIELD PLASTICS, INC. PRESENTS SIMMONS CANCER INSTITUTE WITH CHECK FROM 2019 DRAIN FOR THE CURE FUNDRAISER

Springfield Plastics presented Simmons Cancer Institute with a check for \$73,000 from their 2019 Drain for the Cure Fundraiser on Thursday, December 12 at 10:30am at Simmons Cancer Institute. Springfield Plastics launched their first "Drain for the Cure" campaign in 2014 and since then, has raised more than \$326,000 for Simmons Cancer Institute.

During the month of October, Springfield Plastics pledged to match donations up to \$25,000 dollar for dollar. All donations received will benefit cancer programs and research done at Simmons Cancer Institute at Southern Illinois University School of Medicine in Springfield, Illinois. Established as one of the leading cancer facilities in the United States, the Institute serves patients by addressing their present and future cancer care needs through medical education, biomedical research, patient care and community service.

Jennifer Furkin, Vice President of Springfield Plastics reacted to the support the community has given by saying, "Cancer has affected everyone's lives in many different ways, Springfield Plastics is no different. We have co-workers, family and friends all fighting this battle. We are so grateful that the community has partnered with us again in our campaign. We all want to make a difference when it comes to the fight against cancer, so having more people spreading awareness benefits all of us. Our goal is not just to raise more funds each year, but to make sure people are talking to their doctors, knowing their family history and getting their mammograms and colonoscopies done. We can all contribute to this fight and it makes us at Springfield Plastics proud to be a part of such a giving community."



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January - February 2020

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Early Registrants

Save up to \$45 if registered before Feb. 5th

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Attention New Contractor Members

Remember ...

Convention registration is FREE with your first year of membership! Join us at the New Member Meet & Greet scheduled on the evening of Thursday, Feb. 20th and receive a recap of all the benefits that give you the "LICA Advantage."



February 19-22, 2020

Crowne Plaza Springfield 3000 S. Dirksen Parkway Springfield, IL 62703

"Maintain Your Competitive Advantage" by attending the 2020 Illinois LICA Annual Convention & Members' Meeting. With a full agenda including a tour of the Abraham Lincoln Presidential Library & Museum, septic license CEU training, a trade show with 35+ vendors, evening entertainment, and hospitality opportunities galore, the 2020 Illinois LICA Convention will be the largest event of the year for the Association. Join us for plenty of opportunities to win prizes and bragging rights during the Game Night and Equipment Rodeo. Or join us for the fellowship and recognition of fellow members during the Awards Banquet. Whatever you prefer, the 2020 Illinois LICA Convention has it all!

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Wednesday, February 19

3:00 pm - 6:00 pm

Registration

3 pm; 4:15 pm; 4:30 pm

Convention, Nomination, Awards Comm. Mtgs.

Thursday, February 20

8:00 am - 4:00 pm

Registration

8:00 am - 12:00 pm

Septic Training

Installers, pumpers, and portable sanitation technicians receive 3 CEUs from this inclusive training provided by Chase Environmental Services.

8:30 am - 11:30 pm

Abraham Lincoln Presidential Library & Museum Tour

Enjoy a self-guided tour of the Abraham Lincoln Presidential Library & Museum. Considered to be the first major Experience Museum, the museum combines priceless historical artifacts with innovative, contemporary storytelling technologies. Visitors are offered an engaging, emotional and educational experience through immersive, "you-are-there" exhibits. Visitors have access to a great and extensive collection of materials relating to Abraham Lincoln and his era through a variety of venues.

10:00 am - 10:30 am

Morning Break

12:00 pm

Welcome Luncheon

Convention committee chairman welcome and new member recognition. Partner reports from Agricultural Drainage Management Coalition & Illinois Association of Drainage Districts.

Convention Agenda

Thursday, February 20 (Continued)

1:00 pm - 3:00 pm

Ladies Day Outing

Join the ILICA Ladies at Willow & Birch salon and get pampered! Massages, manicures, pedicures, facials, and hairstyles available.

1:00 pm - 4:00 pm

Trade Show

Visit over 35 industry vendors and chat with Associate members to check out all the latest equipment, technology, and product offerings.

2:30 pm - 3:00 pm

Afternoon Break

4:00 pm - 5:00 pm

New Member Meet & Greet

Contractor and Associate members that joined the Association over the last 2 years are invited to attend this social event. Open bar and snacks provided, as well as a brief presentation on membership benefits.

5:00 pm - 6:00 pm

Hospitality Hour

Speculate over the 2019 award recipients with a drink.

6:00 pm - 8:00 pm

Awards Banquet

Help us recognize those individuals and entities that have contributed so much to the Association over the past year during this formal event. Friends and family welcome.

8:00 pm - 9:00 pm

Sponsored Entertainment

Kick back, relax, and have some laughs after the awards banquet with the evening's sponsored entertainment.

9:00 pm - 1:00 am

Associate Hospitality Rooms

Before you turn out for the night, pop on in to the Associate Hospitality Rooms to congratulate the 2019 award winners one more time. We know they would appreciate it!

Friday, February 21

7:30 am - 8:00 am

Devotions

Jump start your morning with scripture, testimony, and hymns.

8:00 am - 11:00 am

Registration

8:00 am - 4:30 pm

Trade Show

Take advantage of your last opportunity to visit over 35 industry vendors and Associates to check out all their latest equipment, technology, and product offerings.

9:00 am - 12:00 pm

Ladies Activity

Join the ILICA Ladies for in-house crafts & activities

10:00 am - 10:30 am

Morning Break

12:00 pm

Luncheon

Partner reports from the Natural Resources Conservation Service & Illinois Farm Bureau

1:30 pm - 4:30 pm

Equipment Rodeo

Think you have the best operator skills around? Put your skills to the test and compete against other seasoned operators for bragging rights during the equipment rodeo sponsored by Alta Equipment Company.

3:00 pm - 3:30 pm

Afternoon Break

Grab a sweet treat at the ice cream social.

4:30 pm

Associates Committee Meeting

5:00 pm - 6:00 pm

Hospitality Hour & Hors D'oeuvres

Grab a drink and a snack to recharge your brain ahead of the GAME NIGHT.

Friday, February 21 (Continued)

6:00 pm - 10:00 pm

Game Night & Bucket Raffle

"Maintain Your Competitive Edge" by competing at a number of games designed to challenge your skills. Out compete fellow contractors and members for your chance to win a custom Illinois LICA bean bag set! Between games visit with trade show exhibitors and enter raffle tickets on your choice of raffle items at the bucket raffle to bring home awesome prizes.

10:00 pm - 1:00 am

Associate Hospitality Rooms

Whether you are looking to unwind after a long day or merely looking for a brief night cap, check out the 3 Associate hospitality rooms for refreshments, snacks, and games.

Saturday, February 22

7:30 am - 8:30 am

Devotions

Jump start your morning with scripture, testimony, and hymns.

9:00 am - 12:30 pm

Ladies Activity

Join the ILICA Ladies for in-house crafts & activities

9:00 am - 9:15 am

Final Regular Board of Directors Meeting

9:15 am - 12:30 pm

Members' Meeting

All attendees are encouraged to participate. Members will be given updates from our various committees, as well as have the opportunity to guide Illinois LICA through 2020.

10:45 am - 11:00 am

Morning Break

12:30 pm

Luncheon & Convention Committee Meeting

Saturday, February 22 (Continued)

2:00 pm

Strategic Planning: Session 2

Illinois LICA leadership is encouraged to participate in the final strategic planning session for the Association with Prins Insurance. Upon completion of the session discussions, Illinois LICA should have a clear road-map of goals and direction for the short and long term future of the Association.



Hotel Info

The Crowne Plaza Springfield is offering a room rate of \$123 per night for a standard king or a double queen, plus applicable state and local taxes. To take advantage of this block room rate, please visit: https://tinyurl.com/wv796lc

Or call 1-800-227-6963 and simply ask for the IL Land Improvement Contractors Association room block. This rate will expire on **January 29, 2020**, so reserve your room as soon as possible.



LICA MISSION

To promote, perpetuate, and improve the proper use of our natural resources for the benefit of all





Chase Environmental Services and Illinois LICA are pleased to announce **ILICA members** are able to receive 3 CEU's required for the renewal of Illinois Septic Licenses at a **discounted rate of \$45 for single, \$75 for dual or \$105 for all 3 licenses** during the 2020 convention in Springfield.

Be sure to invite your septic service provider friends, too! Non-member attendees get to attend the trade show and lunch for FREE after the training. Plus, ILICA is again <u>offering a single license class</u> **FREE** for any non-members that join ILICA at the training.

Training Schedule:

8 am-12 pm: 3 Hour IDPH approved CEU course for Private Sewage Disposal Contractors (includes sign-in, breaks between sessions, sign-out, workshop evaluations and certificate distribution)

 In addition to the septic training fees, the following Convention charges may apply:

 8 am - 9 pm:
 *Full Day Registration: Trade Show, Breaks, Lunch, Banquet Dinner, and Entertainment

 8 am - 2 pm:
 1/2 Day Registration: Septic Training only, Lunch, Trade Show

 8 am - 2 pm:
 1/2 Day Registration: Septic Training only, Lunch, Trade Show

Name:		r
Company:		
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IDPH Pumping Contractor License #: 054 -		
IDPH Certified Portal Sanitation Technician #	#: 901	
Single License Training - \$45 2 Licens	se Training - \$75	3 License Training - \$105
Septic Training: \$ Convention Registration: \$	Please complete this form and mail it along with a check for your participation to: Illinois LICA	
Total: \$	P.O. Box Brimfield	d, IL 61517

2020 IADD CONFERENCE January 16th & 17th, 2020

The Illinois Association of Drainage Districts would like to invite all ILICA members to attend our Annual Conference in Bloomington on January 16th & 17th, 2020. This popular conference caters to the needs of drainage commissioners but would also be valuable to those working with drainage districts. Questions? Please call (217) 763-6300.

LOCATION: DoubleTree Hotel **10 Brickyard Drive** Bloomington, IL 61701

AGENDA Thursday, January 16th 9:45am Option A: Bridges, Roads and Drainage Districts: What you Need to Know... 12:00pm Registration & Trade Show Open **Option B: Hot Buttered Assessment Rolls: Kneading** 1:00pm **Increasing On-Farm Productivity While Enhancing** and Raising District Income Water Quality: Multiple Management Options, 10:30am Break **Multiple Benefits** 10:45am **Option A: Commissioner Responsibilities Climate Change and Illinois Water Supply Issues** 1:45pm **Option B:** Sustainable Intensification of Agricultural 2:30pm Break Drainage 3:00pm The 3 Fates of Nitrates: 1 is GREAT; 1 we HATE; and 11:45am **Illinois LICA Partner Report 1 we TOLERATE** 12:00pm Luncheon 3:45pm **Regulatory Panel** Keynote Speaker - John Sullivan, Director, 1:00pm Representatives from regulatory agencies such as the **Illinois Department of Agriculture** US Army Corps of Engineers, IDNR and NRCS will 1:30pm Attorney & Engineer Panel discuss how their regulations apply to drainage 2:30pm Break districts. 2:45pm Option A: Managing the District's Records Friday, January 17th **Option B: Ecological Compliance Assessment Tool Registration, Breakfast & Tradeshow Open** (EcoCAT) 7:00am 8:00am IADD Annual Business Meeting & Legislative Report 3:15pm Break **Option A: Communicating Effectively with** 3:30pm Option A: Using Drones to Better Manage Your 8:45am **Drainage District** Legislators Option B: Registering with the Illinois Comptroller **Option B: Open Meetings Act Training/FOIA Info** 9:30am Break *Please Note: The agenda is subject to change without notice.

Company N	ame:	REGISTRATION FEES:
Person Atte	nding:	IADD and LICA Members: \$70
Address:		(\$80 at the door)
E-Mail:		Non-Members: \$100
Phone:		(\$110 at the door)
	Please make checks pay	able to the IADD.
	Mail Registration form and check to: IAD	D, P.O. Box 943, Morton, IL 61550
	Registration is also available or	n-line at www.IADD.info



Saturday, March 7

6:00 pm Executive Committee

Sunday, March 8

7:00 am - 5:30 pm	Committee Meetings
8:00 am	Opening Breakfast
12:00 pm	Lunch
1:00 pm - 5:00 pm	Executive Directors
7:00 pm - 10:00 pm	Associates' Night

Monday, March 9

8:00 am - 9:00 am	Devotions
9:00 am - 12:00 pm	Delegates & Board Meeting
12:30 pm	Lunch
5:00 pm - 6:00 pm	CNA Reception
6:00 pm - 10:00 pm	Annual Awards Banquet

Associates' Night

Sunday, March 8 • 7 pm -10 pm

Join us for light appetizers and cocktails while you mingle with our exhibitors. National associates will be exhibiting their products and services

So Much to Explore at Harrah's!

Harrah's is the ideal location for LICA. There are a variety of restaurants onsite, centrally located on the strip and only 2 stops on the monorail to CONEXPO.

Restaurants:

- Ruth's Chris Steak House
- Toby Keith's I Love This Bar & Grill
- Oyster Bar
- Fulton Street Food Hall
- Flavors Buffet
- Starbucks
- Ben & Jerry's

Visit the concierge desk for sightseeing tours, entertainment tickets, and spa appointments.



Description of the second structure of the second stru

Postmarked by February 14, 2020 Company_ Members, Spouses, Associates \$325 State City___ Number Attending Total \$ Phone FREE Youth: 13 Years & under Email Number Attending _____ Total \$___ Names of Attendees (for Badges) Registration Postmarked after February 14, 2020 Name Members, Spouses, Associates \$365 Name Number Attending Total \$____ Name Youth: 13 Years & under (Under 3 Free) FREE Name Number Attending Total \$_

Early Bird Registration

Registration Includes: Associates Night, Friday Breakfast & Lunch, Saturday Lunch, CNA Reception & Awards Banquet.

Hotel Information:

Harrah's Las Vegas 3475 S Las Vegas Blvd.; Las Vegas, NV 89109 \$179/night (plus taxes & resort fees)

Call: 1.888.458.8471 Group Name: Land Improvement Contractors Reserve by: Friday, February 14, 2020

Calling on or before the deadline does NOT guarantee you will get the room rate. Make your reservations today, the block fills up fast.

Return this form with payment to: LICA Winter Convention 3080 Ogden Ave. Suite 300, Lisle, IL 60532

Enclosed is my	or charge my credit card
	Credit Card MC Visa
Cardholder	
Card #	
Exp	3 Digit Code
Billing zipcode	

Registration Policy: Only individuals registered and wearing badges may attend Winter Convention events. No registration will be processed without payment. Registration fee deadlines will be strictly enforced. **Refund Policy:** For cancellations received prior to February 21, 2020 a \$30.00 charge will be deducted from the original amount paid. No registration payment will be refunded after February 21, 2020 unless there has been an emergency.



2020 National Winter Convention

March 7 - 9th · Harrah's Las Vegas

Harrah's Las Vegas 3475 S Las Vegas Blvd.; Las Vegas, NV 89109 \$179/night (plus taxes & resort fees)

Call: 1.888.458.8471 Group Name: Land Improvement Contractors Reserve by: Friday, February 14, 2020

If you are staying for CONEXPO (Tuesday, March 10th and on) You will book the remainder of your stay via the CONEXPO link.

CONEXPO - CON/AGG March 10 - 14th

LICA members will use a special link to register for their CONEXPO badge. Visit LICANational.org under "Events" to register for CONEXPO.

Be sure to register for CONEXPO by using that link ONLY. Anyone that registers via that link recieve discounts on registration and education sessions.

LICA CONEXPO Registration	Standard CONEXPO Price
\$95.00 if registered by January 17	\$54.00 off standard price of \$149.00
\$149.00 if registered by March 9	\$46.00 off standard price of \$195.00
\$179.00 during the show	\$70.00 off standard price of \$249
LICA Discounted	Standard CONEXPO Price
Education Tickets	Education Tickets
Education Tickets	Education Tickets
Education Tickets \$495.00 All Session Pass & USB	Education Tickets \$100.00 off standard price of \$595.00

CALENDAR OF EVENTS

Illinois

IDOT Trucking Regulations Workshops/ Area Members' Meetings

Jan. 20, 2020: CIT Trucks - Rockford Jan. 21, 2020: CIT Trucks - Peru Jan. 22, 2020: Martin Equipment - Rock Island Jan. 23, 2020: Martin Equipment - Tolono Jan. 24, 2020: Martin Equipment - Springfield Jan. 25, 2020: Richland Comm. College - Decatur Jan. 27, 2020: CIT Trucks - Troy Feb. 14, 2020: BM Truck Equipment - Olney

2020 ILICA Convention & Annual Mtg. February 19-22, 2020

Crowne Plaza 3000 S Dirksen Pkwy, Springfield, IL 62703 Board Meeting: Saturday, Feb. 22 @ 9 am Members' Meeting: Saturday, Feb. 22 @ 9:15 am Strategic Planning: Saturday, Feb. 22 @ 2 pm

National

2020 LICA Winter Convention March 7-9, 2020

Harrah's Las Vegas 3475 S Las Vegas Blvd., Las Vegas, NV 89109 \$179/night (plus taxes & resort fees) Call: 1.888.458.8471 Group Name: Land Improvement Contractors Reserve by: Friday, February 14, 2020

2020 CONEXPO March 10-14, 2020

LICA members use special link to register for CONEXPO badge; visit <u>LICANational.org</u> under "Events" to register. Anyone that registers via the link receives discounts on registration and education sessions.

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FREE IDOT TRUCKING REGULATIONS WORKSHOP SERIES

Made possible through an education fund donation from associate members United Fire Group and Prins Insurance, ILICA is excited to announce our winter workshop series. Held across the state in all 8 ILICA Areas, the IDOT Trucking Regulations Workshop series will focus on trucking safety scores, audits, load securement, CDL license requirements, weight regulations, axle loading, GVWR vs. license plate size, permit loads, etc. The series will also contain ILICA benefits updates, handson load securement walkarounds, and Associate member facilities tours. The series is FREE to ILICA members and \$10 for non-members (fee waived for non-members with personal invite from a current member).

Registration is available online at <u>https://www.illica.net/education-workshops</u> and is strongly encouraged, as space will fill up fast. Registration forms are also in the mail, or members can call the office 309.446.3700 to register. **The general registration deadline is January 13th.**

Workshop dates, locations, and details are as follows:

January 20, 2020: CIT Trucks Rockford - Loves Park, IL January 21, 2020:

CIT Trucks Peru - Peru, IL

January 22, 2020: Martin Equipment of Illinois - Rock Island, IL

January 23, 2020:

Martin Equipment of Illinois - Tolono, IL

January 24, 2020: Martin Equipment of Illinois - Springfield, IL

January 25, 2020:

Richland Community College - Decatur, IL

January 27, 2020:

CIT Trucks Troy - Troy, IL

February 14, 2020:

BM Truck Equipment - Olney, IL

ILICA encourages all members to take advantage of this great education opportunity made possible through continued associate member support. And be sure to personally invite other contractors in your area that could also benefit from our educational programming.



Agenda

9 - 9:30 am: Registration

9:30 am - 12 pm IDOT Trucking Regulations for Contractors

(Crossroads Safety Consulting)

CDL license requirements, physical requirements, load securement, weight regulations, hours of service and inspections, safety scores, audits

12 - 1 pm: Lunch Onsite

1 - 1:30 pm The LICA Advantage

1:30 - 3 pm

Truck Maintenance, Load Securement Walkaround, Facilities Tours

(Location Specific)

FEATURED ILICA BENEFIT: FREE CONVENTION REGISTRATION FOR NEW CONTRACTOR MEMBERS

Are you a new contractor member that just joined the Association in 2019? If so, you are eligible to receive FREE full convention registration. That's right, all 3 days of meals, activities, and entertainment included! The Illinois LICA Annual



Convention and Members' Meeting will be held at the Crowne Plaza Springfield on February 19-22, 2020. Come for the tours, trade show, education, equipment rodeo, and hospitality Thursday through Saturday...or just come on whichever day works best for your schedule! (see pgs. 13-18 for event details) Bring your spouse or partner along and have lunch and dinner on us! We look forward to seeing you there.



Additional registrations may apply: Spouse or child over 12: \$110 Employees or partners: \$205 (one day pricing also available)



FROM THE DESK OF THE EXECUTIVE DIRECTOR



Holy moly! What a year 2019 was for ag, for construction, and for the Association. I will not reflect on the struggles of ag nor construction from the past year, as you are well aware of the subsequent impact that weather had on these seasons and windows of oppor-

tunity. What I will do in this brief note, however, is provide you some insight on important Association activities of the past year and, more importantly, the future.

Illinois LICA was busy in 2019. The Association successfully hosted many of its traditional events such as the Annual Convention, a golf outing, a member picnic, etc. And in other areas like education and field demonstration, Illinois LICA ramped up efforts by hosting a safety workshop series at three locations and by hosting or co-hosting four separate field demonstrations with partners. Relatively speaking, the Association saw a busy legislative year, too, supporting or opposing about four different bills and initiatives impacting everything from drainage districts to the trucking industry. Then around August, our administrative assistant of roughly 6.5 years, Lauri Schneider, left the Association for a full time position outside of the organization. (We wish Lauri the very best in her future endeavors and thank her for her years of service to the Association!)

So, how does an Association top a year like that, you may be asking yourself? Easy. First, hire great staff to continue to assist with administrative duties and event execution. We finally accomplished this in November adding Michelle Gillespie of Toulon as our new Administrative Assistant, and she's doing awesome! (Be sure to give her a proper ILICA welcome when you see or speak with her next!) Second, simply expand good benefits and good programming for membership. In 2020, we will be growing education efforts with the IDOT Trucking Regulations Workshop series scheduled for stops in each of the 8 ILICA Areas. We will be increasing Association exposure to the ag community via more trade show events like the Gordyville Farm Show (Jan. 29-30), where we can showcase member services. We will continue investing in efforts such as online technology and resources to develop new education and training tools for our members, both in digital and print form, for roll-out in 2020. And Illinois LICA leadership will identify strategic goals and develop a plan for guiding the Association to the next level with the completion of the final strategic planning session during the Annual Meeting. Finally, to top it all off (or rather to begin the year), we will be moving the Illinois LICA headquarters from its current location in Brimfield to a remodeled space in Galva, IL (Henry Co.), which provides for more meeting space opportunities and relocates the office closer to your Executive Director's homeplace, as well as Michelle's.

As expected, 2020 will be even busier than the last year for Illinois LICA with new goals, new locations, new events, and new faces. With plenty of activity comes plenty of opportunity, and I hope to see you at one of our many Association endeavors soon!

SAFETY FEATURE: WORKING SAFELY IN COLD WEATHER



Workers exposed to extremely cold conditions are at risk of serious health problems, including hypothermia, frostbite, dehydration and muscle injuries.

Frigid temperatures can also cause additional pain for those who suffer from arthritis and rheumatism. To prevent injuries and illness as a result of winter weather, it's important to learn about the causes, symptoms and safety considerations to take so you are prepared to handle winter's worst.

Causes of Cold Weather Injuries

According to the Occupational Safety and Health Administration (OSHA), there is no exact temperature at which the environment becomes hazardous. Instead, factors such as low temperatures, wind speed and wetness contribute to cold-induced injuries and illness.

- Exposed skin freezes within one minute at -20° F when the wind speed is five miles per hour (mph), and will freeze at 10° F if the wind speed is 20 mph.
- When skin or clothing is wet, injury or illness can occur in temperatures above 10° F, and even above freezing (32° F).
- When the body is unable to warm itself, hypothermia and frostbite can set in, resulting in permanent tissue damage and even death.

Signs of Injury and Illness

If you or a co-worker have any of the following symptoms, get indoors and alert your supervisor or call for medical attention if they do not subside:

- Uncontrollable shivering
- Slurred speech
- Clumsy movements
- Fatigue
- Confused behavior
- White or grayish-yellow area(s) of the skin
- Skin that feels "waxy"
- Numbness

It's important to note that many people suffering from the warning signs of frostbite do not notice because the tissue is numb. Therefore, it is wise for employees to check on each other periodically.

Safety Considerations

To reduce the risk of cold-induced injuries:

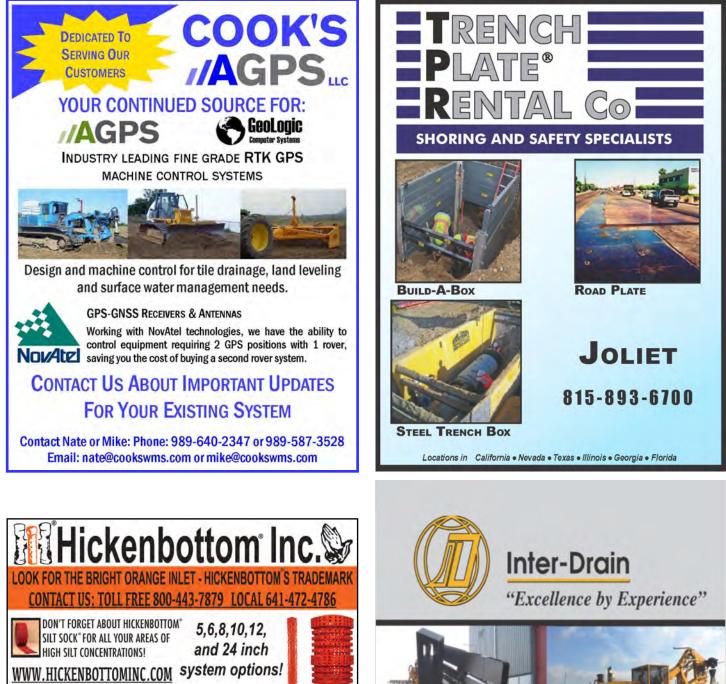
- Layer clothing to keep warm enough to be safe, but cool enough to avoid perspiring excessively. It should also contain the following:
 - ◊ Inner layer a synthetic weave to keep perspiration away from the body
 - ♦ Middle layer wool or synthetic fabric to absorb sweat and retain body heat.
 - ♦ Outer layer material designed to break the wind and allow for ventilation, such as GORE-TEX®.
- Wear a hat. Almost 40 percent of your body heat escapes from your head. If you wear a hard hat, add a winter liner that covers your neck.
- Place heat packets in gloves, vests, boots and hats to add heat to the body.
- Watch out for the effects of cold temperatures on common body functions, such as:
 - Reduced dexterity and hand usage
 - ♦ Cold tool handles reducing your grip force
 - ♦ The skin's reduced ability to feel pain in cold temperatures
 - ◊ Reduced muscle power and time to exhaustion

Discussion Date:

Employee Participants

Safety Matters Toolbox Talks - From Prins Insurance LICA Portal







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