



AGRABILITY CHIT CHAT

October 2002

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THE HARVEST THAT MAKES THE WORLD GO ROUND

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CARM'S COMMENTS: Carmen Schacht

The themes for this month are World Food Day, which is on October 16, and Harvest. These two themes compliment each other so well. America's farmers provide the whole world with much of their food supply. Without this, many people would go hungry. Everyone wants a cheap food supply, which is so ironic to me because people want cheap food without thinking about how the process is so expensive. Somewhere along the line, after the raw product leaves the farm, the people in the middle make a good living from a loaf of bread, grains, etc., while the price for crops stays so low that many farmers have a hard time making ends meet. It would be great if people had more knowledge of the process

in order to understand the system of farming better.

Harvest is also a time of concern for me. It seems like you always read about someone getting hurt or losing their life during harvest time. PLEASE take breaks, and take time to be careful by turning machinery off before you fix any problems. We don't want to hear about any of you as statistics. (CS)

HARVESTING FOR THE WORLD Marcy Thomas

On October 16 of every year over 150 countries take part in celebrating World Food Day. This celebration commemorates the founding of the Food and Agricultural Organization (FAO) of the United Nations in 1945. The goal is to heighten public awareness of world hunger and to raise appreciation for the food that is produced. Each year both universal and national themes are created. The universal theme is, "Water: Source of Food Security," which focuses on the essential role water plays in ensuring food resources. The National Food Day theme is "Hungry Farmers: A National Security Issue for All."

The state of Iowa is first in our country for exportation of soybeans/soy products, feed grain products, and pork. According to the USDA, Iowa ranked third in the nation for total agricultural exports in FY 2001, with

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California and Texas ranked first and second, respectively. This is something to take pride in! We help feed the world by harvesting our crops and raising livestock. We help provide food for poor, underdeveloped countries. The USDA estimates that every farmer feeds 139 people worldwide!

Farmers have always shown a resiliency that surpasses many businesses. Family farms have never been equated with massive amounts of wealth. So, why do family farms still exist? What is it about farming that keeps a child walking in their ancestor's footsteps? As a farmer, take pride in what you produce, grain and livestock that feed the world-- not just how much money you receive!

HARVEST SAFETY TIPS

Marcy Thomas

Harvest can be a dangerous time for many farmers and people. Over 47 percent of farming injuries occur during the months of August, September, October, and November. Lack of sleep or regular breaks, taking short cuts, and failure to follow safety practices have often been linked to many of the injuries sustained.

Our goal is to keep you and your family safe through the harvest season. Therefore, we are listing some basic safety guidelines (from ISU Extension publications) to keep in mind. Please read them carefully and also remind your families. Happy Harvest!

Personal Health:

- ✓ Get plenty of rest. Most of the time, shutting down combines and tractors

an hour or two early will not make too much of a difference in the amount you harvest. Extra sleep will sharpen your reflexes and your decision-making.

- ✓ Watch what you eat. Traditional farm lunches are usually high in carbohydrates and high in quantity. Eat smaller meals, and more often, to reduce fatigue.
- ✓ Take regular breaks. Get out of the tractor or combine and just walk around a bit and stretch. Just a few minutes each hour or two will give your body a needed rest
- ✓ Refrain from using alcohol or drugs. Not only is this dangerous when operating equipment, but it also induces fatigue and weakens response time.

Equipment:

- ✓ Always disengage power and turn off engine before trying to manually clear plugged equipment.
- ✓ Keep platforms of tractors and combines free of tools and other objects.
- ✓ Frequently clean off steps of tractors and combines to minimize slips or falls.
- ✓ Use a buddy system when loading or unloading grain. Tell a second person where you are at all times.
- ✓ Lock access doors to grain bins and limit access to the top of grain wagons.
- ✓ Avoid sharp turns and reduce speed when turning large equipment.
- ✓ Hitch only to a drawbar, not to the axle housing or other parts of the tractor.

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Test your safety knowledge!!

1. How long does it take for someone to become trapped in flowing grain?
 - a) less than 6 seconds
 - b) less than 60 seconds
 - c) more than 60 seconds
2. What percentage of farming accidents are the results of tractor rollovers?
 - a) 22 percent
 - b) 52 percent
 - c) 72 percent
3. Most injuries happen during the planting season. True or false?

Answers at the end of the agricultural news section.

“What Would You Do? Helping Young Children Understand Farm Hazards” is an illustrated parent-child discussion guide designed to help families talk about the dangers of living on a farm. The spiral-bound book has 24 real-life situations for parents and children to discuss and can be ordered by going to www.ae.iastate.edu/safety/ae3109.pdf

RESOURCES:

-November 5, 2002 is Election Day! See information about voting procedures, which offices are up for election this year, and further websites that discuss the candidates' issues: www.state.ia.us/ddcouncil/policy then click infonet, infonet again, and October 2002 edition.

-Willie Nelson will host "Strong Roots, Fragile Farms," a documentary 'exploring the real life impact of globalization upon today's family farmer.' See below for airdates and times or see www.ucc.org/fragilefarms/

Des Moines - WOI Channel
(date not available at this time)
woitv@city.com
Phone # (515) 457-9645

Sioux City - KCAU Channel 9
November 10th, 1:00-2:00 p.m.
Phone # (712) 277-2345

AGRICULTURAL NEWS:

-The Nineteenth Annual World Food Day Teleconference was held on October 16, 2002. The theme this year was “Hungry Farmers: A National Security Issue for All.” See www.recusda.gov/ for further information.

-Iowa AgrAbility was represented at this year's National Farm Progress Show near Alleman. Mary Years and Marcy Thomas from Iowa State University were present, along with Tony Wernimont, Chuck Larson, and Tracy Keninger from Easter Seals. Carol Maus, National AgrAbility Director from the National Easter Seals office in Washington, D.C., made a special trip to be a part of the show. Carmen Schacht, AgrAbility Peer Support Coordinator, also traveled to help staff the booth. A big THANKS to Carol and Carm! We handed out over 500 AgrAbility brochures and talked to more people than we could count. It was a wonderful way to promote Iowa AgrAbility.

-Answers to the “test your safety knowledge quiz,” 1-a, 2-b, 3-false

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ANNOUNCEMENTS

The 2002 National AgrAbility Project Workshop will be held, October 22 – 25 in Nashville, Tennessee. Staff from AgrAbility Projects in 21 states and 3 affiliated projects (TX, NC, and VT) will be attending, including Mary Yearns and Marcy Thomas, from Iowa State University Extension and Brooke Lovelace from Easter Seals. Several guest speakers and workshop leaders will present information and ideas for assisting farmers and ranchers with disabilities to remain productive members of the agricultural community.

STAFF CHANGES

Easter Seals Rural Solutions has recently experienced staffing changes and restructuring. Sheri Robinson and Marlene Grimm are no longer with Easter Seals. We appreciate their contributions and will miss them! We wish them the best in their future endeavors.

Brooke Lovelace, Director of Employment and Vocational Services will directly oversee the program. Chuck Larson and Tony Wernimont will continue to be our full time Rural Specialists providing direct service to our Rural Solution consumers.

WELCOME BROOKE AND TONY!

-Brooke Lovelace is the Director of Employment and Vocational services at Easter Seals Iowa. For over seven years Brooke has worked with the employment and enclave program, and recently became the Director for Rural Solutions, previously known as the FaRM Program. She received a Bachelor of Science degree from Iowa State University and went on to earn her Masters degree in Rehabilitation Administration from Drake.

Brooke is excited to be a part of the Iowa AgrAbility Project and looks forward to meeting many of you in the future. One thing she would like everyone to know is that she is a HUGE Cyclone fan; sorry Hawkeyes! You can reach Brooke at (515) 274-1529 EXT 234, or E-mail her at blovelace@eastersealsia.org Welcome to AgrAbility, Brooke!

-Iowa AgrAbility and Easter Seals welcome Tony Wernimont! Tony is a Rural Rehab Specialist. After providing on site evaluations, he helps create solutions and modifications for farmers and farm families with disabilities. He received his AAS degree in Agricultural Business from Iowa Lakes Community College in 2000 and went on to receive his Bachelors degree in AgBusiness/Agronomy from Northwest Missouri State University in 2002.

Tony grew up on a farm west of Sac City and is still active in the family farming operation. He is the youngest of three children. On November 16, 1997, Tony was involved in a farming incident that resulted in the amputation of his left hand about four inches below the wrist. With his education and experiences in farming and disabilities, Tony makes a wonderful addition to the AgrAbility Program. Tony can be reached at (515) 289-1933 Ext.262 or E-mail him at twernimont@eastersealsia.org Glad you're here, Tony!

AGRABILITY FRIENDS AND FAMILY

Freewheeler's met October 5, 2002 at Cedar Valley Mental Health Center in Waverly. A potluck dinner was served to the many who attended. Marcy Thomas, AgrAbility Program Specialist, from Iowa State University Extension, Carla Janssen, Director of Cedar Valley Mental Health Center, and Jill Berends were also in attendance. We had a wonderful meal and

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gathering and look forward to meeting again in the spring!

To find the AgrAbility Friends and Family group nearest you, call Carmen Schacht at 563-547-2932, or access: www.extension.iastate.edu/agrability/friends-and-family.html

Be sure to keep me informed of events that are taking place in your communities. E-

mail me at mbrat@iastate.edu or call (515) 294-8522. (MT)

QUOTE OF THE MONTH:

“It is the awareness of unfulfilled desires, which gives a nation the feeling that it has a mission and a destiny” - Eric Hoffer

IOWA AGRABILITY - A joint effort of ISU Extension and the Farm Family Rehabilitation Management (FaRM) Program of Easter Seals Iowa. The program can help farm family members with a disability stay in farming.

This newsletter from the Iowa AgrAbility Project will be sent monthly to AgrAbility families and other interested individuals. Please send comments and suggestions to:

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E-mail: mbrat@iastate.edu
Phone: ISU Answerline at 1-800-262-3804
TDD: 1-800-854-1658.
Web site: www.extension.iastate.edu/agrability/

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