



Volume 20, Issue 1

FARM GRAM

A publication of the Marion County Farm Bureau

Promoting, Protecting & Advancing
Farm Interests in Marion County

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From the President

Members,

We have made it through 2020 Short Session. I want to thank all of you that submitted written testimony or contacted your legislator! In this time after session please invite your elected officials out to the farm, go have lunch with them in your district. Try and make that connection with them. That way when you write and talk about an issue that can affect you they think about it a little harder.

What we have now to focus on is encouraging people to get out and vote. I have been preaching this for as long as I can remember on these messages. Please encourage your neighbor to go vote!

Marion County has been busy! As you will see we have our Ag tour set, and we have Young Farmers and Ranchers doing an event in April! Is there something you would like to see us put in as a benefit for you? Let us know.

We need your help to make sure that we are represented while we are working in the fields. Did you know the Oregon Farm Bureau is one of the only natural resource organizations that has full time staff lobbyists! That is because we have you, our members. Nothing helps them out more then walking into meetings and say we represent 609 farm families in Marion County.

With that I encourage asking your neighbors and friends if they are members. The bigger numbers we have the stronger voice we have. Are your neighbor and friends not farmers but love their farmers? We have the supporting membership for them! Send them to: oregonfb.org/join

Happy farming and please if there is any issues that you feel we need to address. Send us an email at Info@MarionCoFarm.com



Dylan Wells

Marion County Farm Bureau President

**MARION COUNTY
FARM BUREAU**
PO Box 12216
Salem, Oregon 97309
Phone: 503.877.1999
www.marioncofarm.com

Thank You,

Marion County Scholarships Available

Two scholarships are available from the Marion County Farm Bureau. They are:

- **Mary Petzel Memorial Scholarship:** The applicant must be a family member of a voting or supporting member of the Marion County Farm Bureau, or enrolled in 4-H or FFA, or majoring in Agriculture. The applicant must be a graduating high school senior or a full-time freshman, sophomore, junior, or senior (continuing to a graduate level degree program) at an accredited college or trade school.
- **Scott Miller Memorial Scholarship:** The applicant must be a family member of a voting or supporting member of the Marion County Farm Bureau. The applicant must be a graduating high school senior or a full-time freshman, sophomore, junior, or senior (continuing to a graduate level degree program) at an accredited college or trade school. The applicant must be from Marion County.

Deadlines are May 1. Get the Applications online at: www.marioncofarm.com.

**NATIONAL AG DAY
SCHOLARSHIP
RAFFLE**

**WIN A
\$500
SCHOLARSHIP**

HOW TO ENTER:

- 01 VISIT THE PBS WEBSITE**
pbsbuildings.com/ofb
- 02 SUBMIT RAFFLE ENTRY FORM**
Entry form must be submitted by
March 20, 2020
- 03 WINNER WILL BE NOTIFIED**
On March 24, 2020 Via Phone
and/or Email

RULES:
Only members of the Oregon Farm Bureau and their immediate family are eligible. Scholarship can be used to continue education through a junior college, a four-year college, or university regardless of the major.

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MARCH 24, 2020**

OREGON FARM BUREAU

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OFB Buyers' Guide is Live

The 2020 Oregon Farm Bureau (OFB) Buyers' Guide, the premier source for products and services specifically for farm and ranch professionals, is now live.

Overland Park, Kan.-based Strategic Value Media is proud to provide Farm Bureau members with such a useful and easy-to-navigate online directory of suppliers for Oregon's agriculture community.

"The comprehensive OFB Buyers' Guide offers a vast network of ag industry suppliers to help farmers and ranchers make educated purchasing decisions throughout the year," said Anne Marie Moss, OFB Communications Director. "Strategic Value Media has done a terrific job compiling the 2020 guide and sourcing providers of exceptional products and services most needed by those who work in agriculture."

The Buyers' Guide features updated and expanded company and product listings, in addition to other valuable information relating to the farm industry. The guide also offers ag suppliers exceptional visibility by showcasing their products and services to a targeted, industry-specific buyer group.

Let's End the Stigma Around Mental Health

During Agricultural Safety Awareness Week earlier this month, the Oregon Farm Bureau Health & Safety Committee encouraged all of us to work together to end the stigma around mental health.

Challenging weather, destructive pests, trade disputes, labor shortages, and market volatility over the past few years have brought an unprecedented level of pressure on America's farmers.

A 2019 Farm Bureau survey shows that an overwhelming majority of farmers and farmworkers say financial issues, farm or business problems and fear of losing their farm negatively impact their mental health.

In addition, 48% of rural adults said they are personally experiencing more mental health challenges than they were a year ago. Nearly one in three farmers doesn't feel comfortable talking to friends or family members about solutions for a mental health condition.

Other studies that the rate of suicide among farmers and ranchers is five times higher than that of the general population.

To offer support to those who are struggling and their loved ones, American Farm Bureau Federation announced it will expand its Rural Resilience campaign, which focuses on rural mental health initiatives, by incorporating the resources from the Farm State of Mind campaign, an initiative established by Bayer to raise mental health awareness among the farming community.

The Farm State of Mind campaign aims to reduce stigma surrounding the topic of mental health in rural communities and to provide relevant information to farm families on this important topic.

It's important to know that most mental health conditions are treatable and early involvement by friends and family can lead to recovery.



Recovery starts with conversation, and discussions about mental health don't have to be tricky. Starting a conversation by simply asking "How are you doing today?" or "How have you been feeling lately?" could be the invitation a loved one has been waiting for.

Once you have opened a dialogue, be ready to listen and offer support. Withhold judgment and try to avoid making the conversation about yourself. Be prepared to offer resources, such as a referral to a primary care physician or the National Suicide Prevention Lifeline (800-273-8255 (TALK)).

A critical step in reducing the stigma around mental health conditions is to know the signs of a mental health crisis, particularly in the rural community (adapted from Robin Tutor-Marcom, North Carolina Agromedicine Institute).

- Decline in care of crops, animals or farm
- Increasing life insurance
- Increase in farm accidents
- Giving away prized possessions, calling or saying goodbye
- Increase in physical complaints or difficulty sleeping
- Feeling trapped or like there is "no way out"
- Making statements such as "I have nothing to live for," or "My family would be better off without me; I don't want to be a burden."

No one is ever too young or old to struggle with the impact of stress and mental health issues, and no one has to endure the struggle alone. Nearly 1 in 3 rural Americans reports having sought out care for a mental health condition.

Times are tough in rural America, but if the agricultural community comes together to have the hard conversations about things that might make us uncomfortable, we can end the stigma around mental health.

Find more information online at:

Farm State of Mind
www.acceleronsas.com

Rural Resilience
www.fb.org/programs/rural-resilience

OFB Health & Safety Committee
www.oregonfb.org/safety/



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MCFB

Board Meetings

Information subject to change.
Contact staff to confirm details.

April 8, 2020, 6:30 p.m.
1320 Capital St NE,
Salem, OR

May 1
MCFB Scholarship
Deadlines

Other Events

March 24
National Ag Day

April 25-26
Oregon Ag Fest
Salem, OR

Notice: The 2020 Marion County Ag Tour Canceled

Due to the threat of COVID-19 we sadly canceled this year's tour to protect participants and everyone at our stops. Bright side is we're hard at work on next year's and hope you'll join us!



Have you signed up to receive your newsletter via email, yet?

If not, visit our homepage
at www.marioncofarm.com

Sign up and stay in the know!