

## Farm State of Mind You Don't Have to Go It Alone

by Zippy Duwall  
President, AFBF

Farming can be stressful, even on the best days. Last March when COVID-19 hit, farmers and ranchers got a big load of stress on top of all the issues in farming we are already used to dealing with. Few of us thought back then that we'd still be in the midst of a global pandemic 10 months later.

There's an old joke about the light at the end of the tunnel being the train coming at you. It sure can feel that way some days, but I remain hopeful that we will continue to get through these challenges together.

At Farm Bureau, we want farmers and ranchers to know they are not alone when stress takes its toll. When we started focusing our attention on rural stress and mental health more than two years ago, we knew these were important matters on the farm, but we had no idea what was coming.

Even without the lost markets and income as a result of the pandemic adding to



farmers' stress, we had already been facing trade disruptions, extreme weather events, labor shortages--and the list goes on. It can be hard to admit when everything is not OK, but it makes a world of difference to reach out and share that burden with your friends and family.

As farmers and ranchers, we can be proud of our resilience. We get up every day, do the work that needs to be done, and just keep going no matter what. But sometimes the qualities that make us such good farmers make it very hard for us to ask for help when we are under too much stress. We've all seen this firsthand, but it doesn't have to be this way. It's OK not to be OK, and you don't have to go it alone.

If you or someone you know is struggling emotionally or has concerns about their mental health, please visit the Farm State of Mind website at [farmstateofmind.org](http://farmstateofmind.org) where you can find crisis hotlines, treatment locators, tips for helping someone in emotional pain, ways to start a conversation and resources for managing stress, anxiety or depression.

We all know farmers help farmers, and this past year has been no exception. In 2021, let's all resolve to look out even more for our friends, family and neighbors, watch for warning signs of stress we may see in them, and offer a helping hand. No matter what comes our way, there's hope and help in our Farm Bureau family and in our rural communities because we are truly stronger together.

Read the full article online at:  
[www.fb.org/viewpoints](http://www.fb.org/viewpoints)



### Support Resources for Farmers and Ranchers

Visit [oregonfb.org/disaster](http://oregonfb.org/disaster) for links to U.S. Department of Agriculture Farm Service Agency Disaster Assistance Programs available to farmers and ranchers after the recent ice storm and other natural disasters.

This site above includes links to:

- Tree Assistance Program (TAP)

- Livestock Forage Program (LFP)
- Livestock Indemnity Program (LIP)
- Emergency Assistance for Livestock, Honeybees, and Farm-Raised Fish (ELAP)
- Emergency Farm Loans
- Farm land damage (ECP)
- Crop losses (NAP)



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# A Message from the President

Good Day Members,

What a quarter it has been. I hope everyone had a great holiday season. I know it has not been a great winter for many. Please reach out if you are in need of anything.

There are a lot of resources out there right now to try and help us farmers through the pandemic, fire, ice storms, and whatever else 2021 decides to throw our way.

Also if you have any stories on your farm from the effects of one or more of these issues please send them into us. We have many contacting us asking about effects of these events and it is great to show them the farmers stories.

Your board has been working very hard for you members.

We have heard from the Marion County Fire District on the budget cuts they are facing to stay within their budget. The need for volunteers and a good outreach from the public for the next election cycle for their bond.

With the legislature in session via video conference, I believe it gives us that are unable to get to Salem an easier opportunity to participate. If you are not signed up for the Oregon Farm Bureau Action Alerts please log onto the Oregon Farm Bureau website: [oregonfb.org/advocacy](http://oregonfb.org/advocacy).

If you haven't joined any of the Monthly Member Briefings on the last Friday of the month, it's a great opportunity to stay informed about what's going on in Salem, and in D.C. The zoom link and meeting info can be found on the outside of this newsletter.

Your board has also doing their due diligence on our monetary positions and stability. Your county farm bureau is very healthy at the moment and a finance committee was established last year and have been working to make long term goals and creating financially sound decisions with our members money.

I know us farmers are a resilient group and together we can face any challenge that's thrown our way. Please reach out if you have any questions.



Dylan Wells  
*Marion County Farm Bureau President*

## Farm Stand Guide: Publicize Your Farm Stand, U-Pick

March 15 is the deadline for Farm Bureau voting and supporting members with farm stands, u-picks, CSAs, on-farm events, etc. to add a new listing (or update an existing one) in the printed Oregon's Bounty Farm Stand Guide and website.



and ranchers to publicize their public ag venture for free, as a benefit of being a Farm Bureau member. The guide is mailed to 67,000 households around the state, with the website receiving thousands of hits a week during peak spring and summer months.

Visit [OregonFB.org/bounty](http://OregonFB.org/bounty) for instructions or email [annemarie@oregonfb.org](mailto:annemarie@oregonfb.org).

The Farm Stand Guide allows farmers

# Century Farm & Ranch Program

The Oregon Century Farm & Century Ranch Program is a statewide recognition program honoring farmers and ranchers who have worked the same land for at least 100 years.

Since the start of the program in 1958, 1,235 farms and ranches across the state have been registered. Oregon has one of the oldest agricultural heritage programs of this type in the entire nation.

There is also a Sesquicentennial Award for farms & ranches that have existed for 150 years or more. Forty-seven (47) farms & ranches have reached the sesquicentennial mark so far.

Successful applicants receive a certificate signed by the Governor. A durable metal road sign to identify their property as having historic Century Farm or Century Ranch status is also available.

Additionally, each family is honored during a special ceremony and reception at the Oregon State Fair.



For more information, contact program coordinator Andréa Kuenzi at [andrea@oregonfb.org](mailto:andrea@oregonfb.org) or 503-400-7884.

Learn more online at:  
[centuryfarm.oregonfb.org](http://centuryfarm.oregonfb.org)

## Take the Challenge Refer a friend, Win

Refer someone to join Farm Bureau as a voting or supporting member - and be entered into a quarterly drawing for a \$50 Visa gift card!

Remember that supporting members don't have to be farmers or ranchers; they can be suppliers, customers, friends, anyone who supports Oregon agriculture.

How to take the challenge: When they apply, make sure your name is entered in the "Referred by" box in the online or paper membership application. If a person joins by phone, make sure they say they were referred by you!

The quarterly drawings take place in January, April, July, and October.

They can apply online at:  
[membership.oregonfb.org/new-membership](http://membership.oregonfb.org/new-membership)

## MCFB Scholarships Available

Do you know any high school seniors or college students in need of some financial support in their next academic year?

Applications are available now for the Mary Petzel and Scott Miller Memorial Scholarships. Awards range up to \$2500 and include

a one-year supporting membership to the Marion County Farm Bureau. Deadline to apply is May 1, 2021. Email the Marion County Farm Bureau Office at: [office@marioncofarm.com](mailto:office@marioncofarm.com) with any questions.



Learn more on our website:  
[marioncofarm.com](http://marioncofarm.com)

## Registration Open for FUSION Conference

Free event set for  
March 11-13

Registration now for the American Farm Bureau's 2021 Virtual FUSION Conference!

The FUSION Conference is an opportunity to bring together members of the Young Farmers & Ranchers, Women's Leadership and Promotion & Education member engagement programs — and anyone else who has a passion for agriculture — to connect, learn, and develop as leaders in Farm Bureau.

This year's FUSION



conference aims to inspire the grassroots agricultural community across the nation to engage as members and leaders within Farm Bureau so that together we can influence a stronger and more sustainable future for our industry.

Registration link available at:  
[oregonfb.org/fusion2021](http://oregonfb.org/fusion2021)

[www.marioncofarm.com](http://www.marioncofarm.com)

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## MCFB

### Board Meetings

Information subject to change.  
Contact staff to confirm details.

The MCFB Board meets the second Wednesday of each month at 6:30 p.m. via zoom. To request a zoom link to join the meeting contact staff at: [office@marioncofarm.com](mailto:office@marioncofarm.com).

### Membership Up-to-Date?

Contact the OFB at 503.399.1701 to renew your membership today!

## Monthly Member Briefings

To keep Farm Bureau voting and supporting members better informed about what is going on in Salem and Washington D.C., OFB began hosting Monthly Member Briefings via Zoom in January. These hour-long meetings will take place the fourth Friday of the month at 7 a.m. and will feature OFB staff giving need-to-know updates about the most pressing issues facing Farm Bureau members, with plenty of time for questions.

Please use the following Zoom link or phone number to join the OFB Monthly Member Briefing every fourth Friday, through July, starting at 7 a.m.

- **Join by Zoom:** <https://us02web.zoom.us/j/85271307832>
- **Join by Phone:** 253-215-8782, Meeting ID: 852 7130 7832

**Next briefing: Friday, March 26 at 7 a.m.**

Mark your calendar for these briefings!

- Friday April 23 at 7 a.m.
- Friday, June 25 at 7 a.m.
- Friday, May 28 at 7 a.m.
- Friday, July 23 at 7 a.m.



**Marion County Farm Bureau – PO Box 12216, Salem, OR 97309**