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November - December

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UFG & PRINS DECLARE 2022 LICA INSURANCE PROGRAM DIVIDEND

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FIERCE COMPETITION AT AREA 3 TRAP SHOOT & GOLF OUTING

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FARM PROGRESS SHOW TILING DEMONSTRATION OPPORTUNITIES DWINDLING

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PRESIDENT'S MESSAGE



Greetings again. As I'm writing this, harvest is in full swing. Warm and dry weather to start the harvest season has opened up a lot of acres fast. Hopefully, everyone has begun working through their fall schedules and has plenty of work to do. I'm still working on a learning curve of going from a

1982 tile plow to a 2011. I joke it's like learning how to fly a spaceship with all its buttons, levers, and switches. I have only used the plow a few days so far. I already see how carrying the roll of tile on the plow, instead of stringing tile ahead of the plow, saves us time. No more trying to keep tile in place on very windy days. Using the auto steer allows me to install tile without laying out lateral flags. This is another significant time saver. For a crew of two, these changes are huge.

Don't be afraid of change. Even though it goes against human nature, sometimes you just need to make changes and operate differently. Sometimes we get comfortable and resist change. Sometimes we aren't in the right place to make changes. I have watched and learned from bigger ILICA contractors with bigger crews for many years. Those of you that have big crews with all new equipment make this business look easy to me. I know it takes a lot of work to maintain and pay for all that equipment. This business has never been real easy for me. I'm

sure many of you can relate. I started out with antiquated equipment; breakdowns have always been a part of life. Using a shovel is still a part of life for me, but I have been learning, investing, and changing my business for seventeen years now. Many of my ILICA friends have been incredibly influential throughout these years. Many ILICA associate members have guided me the entire way, as well. This fall, as I am installing tile without having to steer the plow, I will be sending up prayers for the blessings you all have bestowed on me.

Speaking of well wishes, as this is the last publication of the year, I want to wish you all a very happy holiday season! Finish the year strong. Find the time for family. Please consider attending our annual winter convention at the Isle Casino Hotel on January 31 – February 3 in Bettendorf, IA. This is the same location as last year. If you haven't attended an ILICA convention, this would be a good one to attend: Casino, Trade Show, Educational sessions, other Land Improvement Contractors to learn from. I have attended the last fourteen ILICA conventions, I think, and it has certainly been worth it for me.

Thank you for your membership. I hope you get as much out of it as I do. If not, let us know what we can change.

Best Regards,

Eric Layden



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2023 BOARD MEMBER MTG. ATTENDANCE

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

BOARD & MEMBERS' MEETING SCHEDULE

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

Nov. 4, 2023 - Regular Meeting of the Board:

Virtual & In-Person, Galva

Feb. 3, 2024 - Final Regular Meeting of the Board & Member's Meeting:

Isle Casino Hotel, Bettendorf, IA

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



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WASHINGTON AND THE WORLD IN FLUX



By Nick Yaksich,
Director of Government
Relations, National
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I have worked in
and around
Congress for more
than 40 years. What
is going on now in

Congress reminds me of my two college buddies who decided during Spring Break that they would hop trains for a week, often recklessly, not knowing where they would end up. With critical issues before Congress – funding for all government programs or face a government shutdown, funding for Ukraine and now Israel, reauthorization of the farm bill, implementation of climate change regulations and significant energy policy changes – there is no telling, like my buddies on the trains many years ago, when and how these issues will be resolved.

For IL LICA members and all LICA members, the reauthorization of the farm bill and the impact of the Inflation Reduction Act potentially present the most promise for the land improvement sector market.

Status of Farm Bill Reauthorization

Limited floor time for debate and bill consideration is a common rationale for Congress not to consider must-pass bills like the appropriations and farm bills. The unexpected leadership battle in the House – hopefully resolved by the time you are reading this – has delayed the House from formally meeting. Now, the tragic war in the Middle East will push other issues to the back burner as the Administration and the Congress determine the best response.

The previous farm bill expired Sept. 30, and its renewal, a process that occurs every five years, remains “in the drafting stage,” according to Hill staff. Senate Ag Committee leaders continue to focus on drafting a bill. Most observers believe, with her announcement not to seek reelection next year, that Senate Ag Committee Chair Debbie Stabenow (D-MI) will be successful in completing action on the farm bill.

The farm bill and long-term government funding are completely different processes, but GOP House majority infighting over appropriations has stalled other priorities. However, no matter who prevails as Speaker of the House, there will be pressure on House members to produce some domestic legislation as the 2024 campaign season starts to heat up.

“All families, including those in rural America, face rising interest rates, high inflation and turbulence in the marketplace,” said a Farm Bureau representative recently. “The farm bill provides certainty to those who grow this nation’s food, fuel and fiber and is crucial to ensuring a safe and affordable food supply. Congress has always come through on a farm bill, and they must do it again. Every family in America is counting on it.”

The 2018 farm bill was not signed into law until Dec. 20 of that year, so I am optimistic that internal forces within the Congress will drive action on the farm bill this year.

Impact of Inflation Reduction Act Funds

Federal construction and agriculture programs received somewhat of an unexpected gift late last year with the passage of the Inflation Reduction Act.

Over the last century, the Illinois growing season has lengthened by about two weeks while the climate has become 10 percent wetter—changes that are expected to continue in the coming decades. Illinois now experiences more extreme rainfall events followed by more dry spells. These can lead to planting delays, soil compaction, nutrient losses, and the need for replanting. Illinois is also experiencing greater humidity, which promotes plant diseases, pests, and fungus.

The *Inflation Reduction Act* includes:

- \$20 billion for climate-smart farming conservation programs that farmers already utilize—but are underfunded with demand far exceeding available funds
- Nearly \$10 billion to help rural electric cooperatives invest in more clean/renewable electricity generation, which will help co-ops meet climate goals while expanding affordable clean energy to more rural households
- \$2 billion to increase USDA grants that can help rural small businesses and farming operations make important and affordable clean energy upgrades to their operations, including solar, wind, and energy efficiency
- \$500 million for ethanol and biodiesel storage and dispensing, so that more drivers have a choice instead of just gasoline at the pump; choices mean more competition in fuels and that reduces our dependence on foreign oil
- Expanded tax credits for biofuels which will spur them to become even lower carbon than they already are—and helps expand the use of biofuels beyond only cars and trucks to future aircraft fuels

The funds from the *Inflation Reduction Act* will provide farmers with incentives to improve conservation practices that can cut expenses like fertilizer applications while adopting carbon reduction practices such as expanding cover crops and reducing nitrogen runoff—all of which will increase the value of corn and soybeans in future markets. Illinois USDA will reportedly expand the following programs: Environmental Quality Incentives Program (EQIP), Conservation Stewardship Program (CSP), Agriculture Conservation Easement Program (ACEP), and Regional Conservation Partnership Program (RCPP).

My train hopping friends returned safely and pursued successful medical careers post college. Congress must get on board and find the resolve to unify and show strength in these turbulent times. Passing the farm bill this year provides them with an opportunity to impact every American’s life.



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ILICA Ladies' Page



Inspiring Friendsgiving Ideas and Tips

Friendsgiving ideas to help you set the stage for a fun-stuffed tradition.

As a holiday all about gratitude, there seems like no better day than Thanksgiving to celebrate friendships old and new. Any excuse to get your chosen family together and share a meal is prime memory-making material. Here are a few Friendsgiving ideas to help you kick off the holiday season.

Schedule a Convenient Date

Scheduling your event before Thanksgiving generally works best. Not only will your friends be excited for the first festivity of the season, but they may also already be in town for the holiday. Find out when everyone will still be in the area and pick a date accordingly. The weekend before Thanksgiving is one of the best times for your celebration, but you can even consider a mid-week meal.

Make the Turkey or Main Dish if You're Hosting

Since Friendsgiving generally is held before Thanksgiving, no one will be tired of turkey just yet. If you're hosting a traditional dinner, plan to make one. While the rest of the dishes typically arrive potluck-style, no one wants to be responsible for transporting a turkey in their car or – even more perilously – on public transportation.

As the host, it's gracious to prepare the turkey or another main dish of your choosing. Setting a gorgeous bird or other homemade dish on the table ensures that there will be plenty of food to go around. As guests arrive, the table will fill up even more.

For the many Thanksgivings and Friendsgivings ahead, get yourself a good roasting pan. We recommend this All-Clad best-seller.



Ask Friends to Sign Up for a Potluck-Style Feast

While there are no rules for Friendsgiving, guests might be disappointed if there are ten versions of sweet potato pie but

no stuffing on the table. Rather than assigning a specific dish to each person, distribute a spreadsheet via Google Docs or another file sharing service listing major categories such as appetizers, vegetable side dishes, grain side dishes and desserts. This allows your friends to see the gaps in the feast and specify the dishes they want to bring to round out the meal.

Stock up on Pyrex bakeware, your trusty holiday standby for transporting and reheating food.



Prepare the Bar Area and Include Non-Alcoholic Options

Whether you opt to serve bottles of wine or cocktails, it's a good Friendsgiving idea to have a variety of non-alcoholic options as well. Planning a mocktail that includes holiday flavors such as apple, cinnamon and cranberry ensures that everyone has a tasty drink in hand.



Designate a corner of the dining room or a section of kitchen counter as the bar area, and stock it with ice, glasses and bottle openers. You might even ask guests to bring a wine or spirit that pairs well with their potluck dish.

A decorative party cup caddy with built-in marker holder is a simple way for guests to mark their cups.

Create a Playlist

With the right tunes playing, your guests will fall into the holiday spirit in no time, plus every party needs a playlist.

Consider the preferences of your friends when choosing songs that will carry you from appetizers to dessert to lounging and chatting through the evening. Make sure to mix up genres and include enough variety to prevent your background music from becoming monotonous.

Pump your tunes out with a portable Bluetooth speaker like the JBL Flip 4.

Express Gratitude in Creative Ways

While you certainly could go around the table and ask everyone to share what they're grateful for, it's possible to capture the spirit of the holiday in more creative ways.

Set out colorful calligraphy pens and allow friends to write their thoughts on a craft paper table runner or tablecloth. Alternately, you could ask them to share their wishes for the upcoming year. This kind of activity allows people to opt in or out as they feel comfortable.



Ask your guests to fill up a gratitude or memory jar and share the notes later in the day. Use this cute gratitude jar and notepad set, then give it away to the person with the best story.

ILICA Ladies' Page

Let Your Friends' Talents Shine

There is no better time than Friendsgiving to let your loved ones know how much you appreciate their talents. If you have a friend who makes floral arrangements that would make anyone on Instagram swoon, ask them if they would like to create centerpieces. Your friend who just took an online course in calligraphy might be the perfect person to create place cards for the table. Wherever your guests' strengths lie, think of ways to incorporate their talents in the holiday.

Send all your friends home with to-go containers filled with leftovers.

Incorporate some of these Friendsgiving ideas or use them as inspiration for your own creative spin on this popular gathering.

For more goodies, games and decorations to make your Friendsgiving special, check out our Friendsgiving storefront: https://www.amazon.com/shop/influencer-5849e1aa/list/T11FYENI1PWK?&linkCode=s12&tag=aaanortheast20&linkId=f8d974471e1ad863eeb903f2a64063a7&language=en_US&ref=as_li_ss_tl

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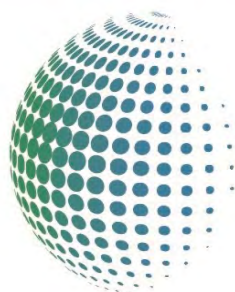
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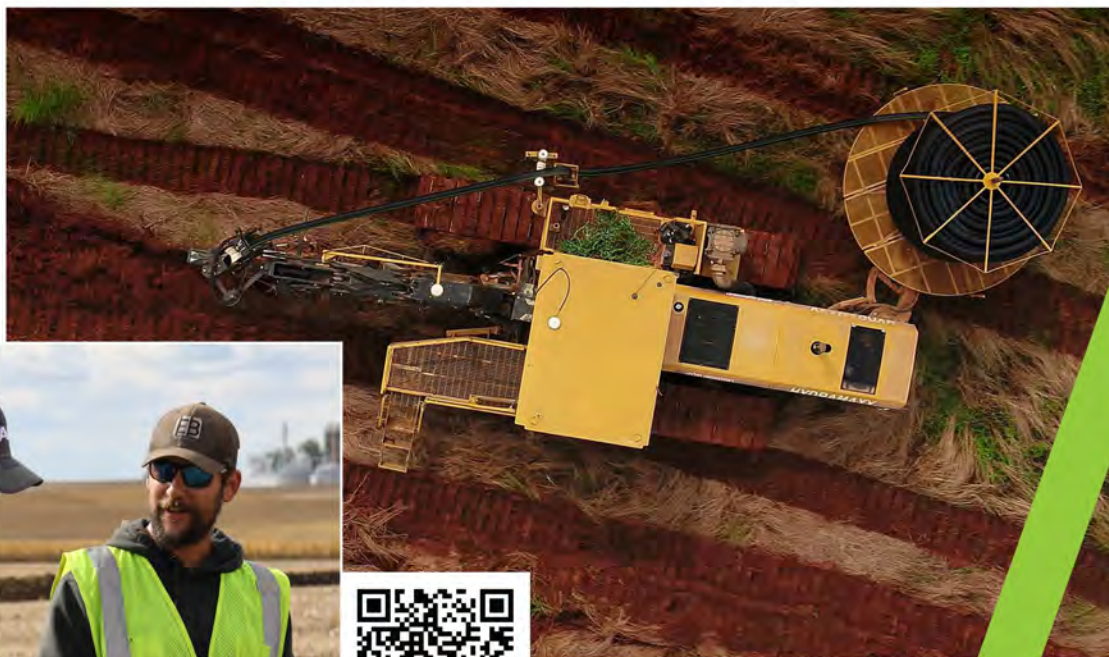
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TERRAIN ZONES: A QGIS PLUGIN FOR THE CREATION OF ELEVATION ZONES FOR SUBIRRIGATION DESIGN

By Anamelechi Falasy & Richard Cooke

Subsurface irrigation (subirrigation), also known as seepage irrigation, is the process of supplying supplemental water (irrigating) below the soil surface through drip lines or drainage tile. The same tiles that are used for drainage can be used for subirrigation by introducing water upstream of a control structure (Figure 1). The objective is to raise the water table near to the plant root zone, so that water flows upward into the root zone by capillary action and is absorbed by the growing media, where permanent shallow water tables already exist.

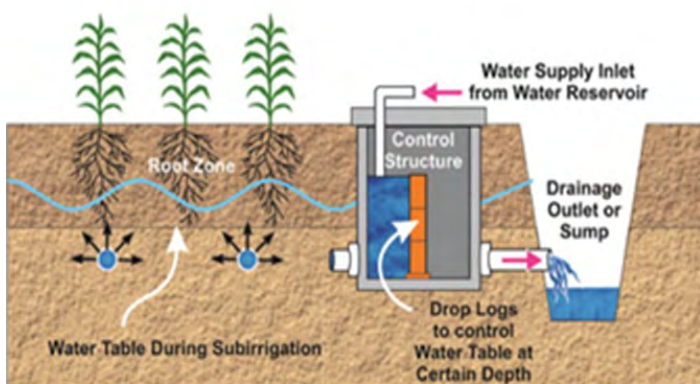


Figure 1. Drainage system in subirrigation mode (after Brown et al., 1997)

The design of subsurface systems is outlined in NRCS Practice Standard 443

(https://www.nrcs.usda.gov/sites/default/files/2022-09/Irrigation_System_Surface_And_Subsurface_443_NHCP_CP_S.pdf)

Among other requirements is that “control structures should be set on elevation intervals not to exceed 1 foot.” In other words, the elevation difference in a zone regulated by a control structure should not exceed one foot. There is a similar requirement for control zones for drainage water management outlined in NRCS Practice Standard 554 (https://www.nrcs.usda.gov/sites/default/files/2023-08/554_NHCP_CPS_Drainage_Water_Management_2023.pdf)

For this practice, the elevation difference in a zone should not exceed two feet.

To help visualize and create control zones for subirrigation or drainage water management, we have developed a new QGIS processing plugin tool called “Terrain Zones.” This new tool can be used to create elevation zones with elevation differences of 0.5ft, 1.0 ft, 1.5 ft, and 2.0 ft from a digital elevation model (DEM). The graphical user interface (GUI) for the routine is shown in Figure 2. The “DEM Height Exaggeration” field in the GUI is a parameter used to visually exaggerate small elevation differences in the DEM. The result is plots of subirrigation terrain zones and a hill shade for the main raster DEM layer.

An example of one-foot control zones created by the routine is shown in Figure 3, with superimposed contours. The zones are slightly offset from the contour lines because the default base value for the zones is the lowest elevation in the DEM, which

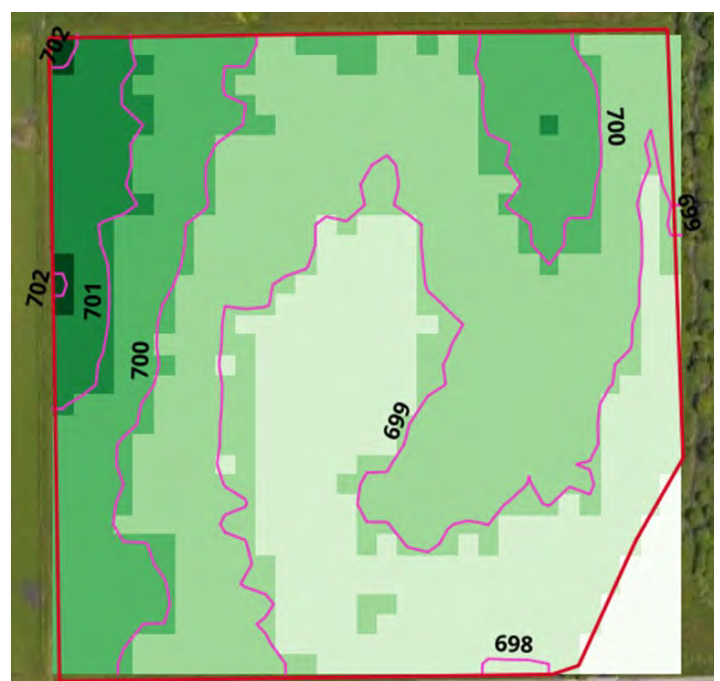


Figure 3. Example control zones with one-foot elevation intervals created by Terrain Zones



may not be a whole number. In this case the lowest elevation was 697.88 feet, resulting in the offset. The routine can be adjusted so that the user can specify the base value.

These control zone maps are easy to create and can be used as base maps when laying out subirrigation systems. They can also be used in the design of other water management practices, such as drainage water management, as mentioned earlier. Terrain Zones may be installed with the QGIS Plugin Manager, or downloaded from the Illinois Drainage Guide.

REFERENCE

Brown, L.C., A. Ward, and N.R. Fausey. 1997. Agricultural Water Table. Management Systems. Ohio State University Extension Fact Sheet. AEX 321-97, p. 1-9.

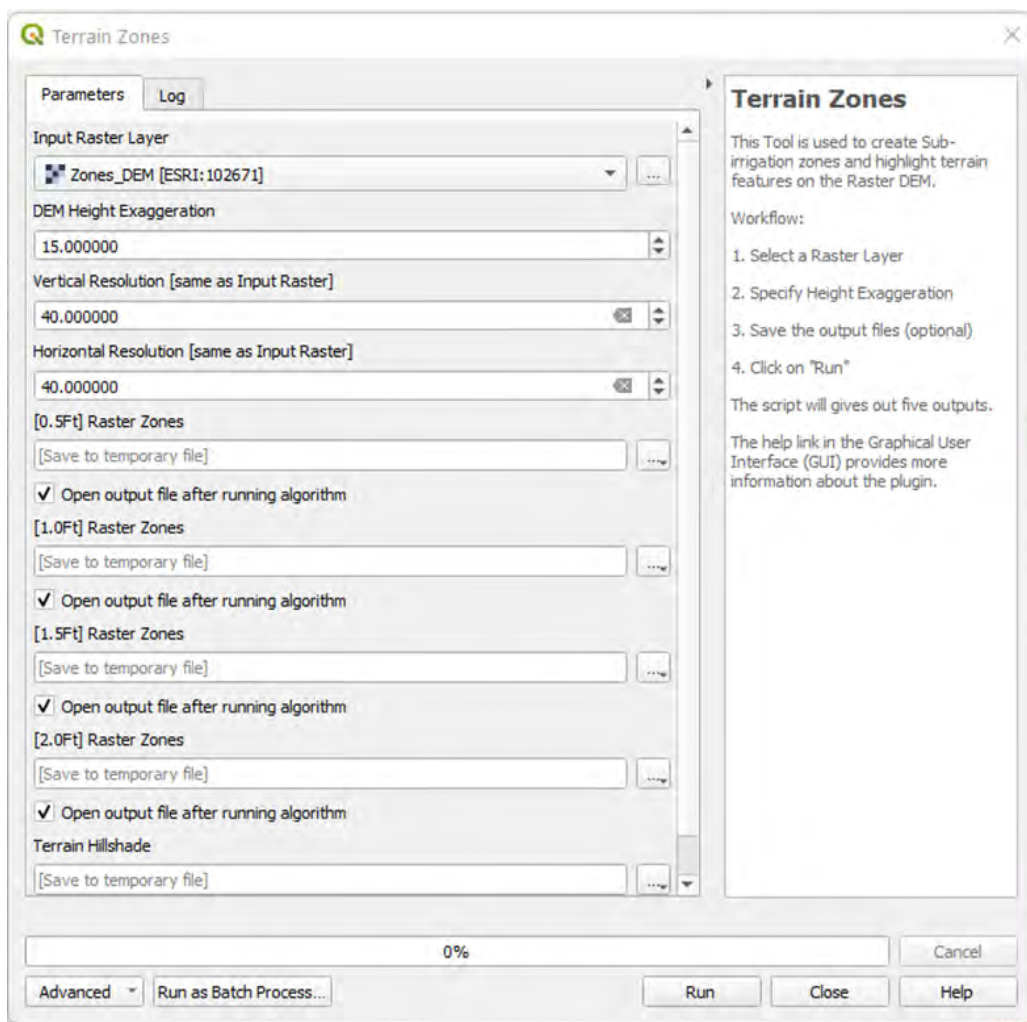


Figure 2. Graphical User Interface of the Subirrigation Terrain Zones Plugin



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UFG & PRINS DECLARE 2022 LICA INSURANCE PROGRAM DIVIDEND



UFG Insurance and Prins Insurance announce State LICA Insurance Program 2022 dividend results

UFG Insurance strives to uphold its policyholder promise to ensure businesses are financially prepared to overcome losses with its trustworthy insurance protection. The carrier is proud to have fulfilled this important promise for the members of the State LICA Insurance Program last year.

LICA contractors who participate in the program have access to UFG's trusted insurance products, gold-standard service from the UFG claims team, dedicated risk control assistance and other perks like the opportunity to earn a safety group dividend* based on loss ratio.

Last year, the group loss ratio for members of the State LICA Insurance Program (Arkansas, Iowa, Illinois, Indiana, Kentucky, Minnesota, Missouri, Nebraska, North Dakota, New Jersey, Ohio, Pennsylvania, South Dakota, Wisconsin) earned members a 1% safety dividend for 2022.

"We congratulate the LICA contractors in our program on earning a safety dividend and for their demonstrated commitment to safety," says UFG Insurance AVP and Branch Manager, Matt Schleier, who also serves as the State LICA Insurance Program advocate.

UFG's risk control services will continue to champion support for the businesses insured, helping them foster the safest settings possible with fewer and less severe losses, which will undoubtedly continue to improve results.

The State LICA Insurance Program has been a trusted pillar for LICA members for more than 25 years. UFG is honored to serve as the recommended insurance company for the State LICA Insurance Program in partnership with Prins Insurance.

If you're interested in learning more about the State LICA Insurance Program or taking part in it, contact Prins at 800-831-8545.

**The availability of dividends is declared from surplus funds and are not guaranteed.*

###

About UFG's State LICA Insurance Program

UFG currently offers insurance to chapter members in: Arkansas, Iowa, Illinois, Indiana, Kansas, Kentucky, Minnesota, Nebraska, Missouri, New Jersey, North Dakota, Ohio, Pennsylvania, South Dakota, Wisconsin. The State LICA Insurance Program is administered by Prins Insurance Inc. of Sanborn, Iowa.

About Prins Insurance Inc. of Sanborn, Iowa

Prins Insurance has partnered with LICA contractors for more than 25 years to provide an insurance product that gives the opportunity to work with your independent agent while taking advantage of a comprehensive insurance program that focuses on the unique needs of your industry. If you have questions about the State LICA Insurance Program, contact Prins at 800-831-8545.

FIERCE COMPETITION AT AREA 3 TRAP SHOOT & GOLF OUTING

Few things are more fun than busting balls and trying to hole-in-one a pigeon on a nice, late summer's day with... WAIT, that's not right! Well, I messed that up, but I think you know where I was heading with my description of the Area 3 Trap Shoot & Golf Outing where, for a majority of individuals and teams competing, there seemed to be very few errors.

The weather on September 8th was great. The Izaak Walton League Trap-Skeet Grounds and Baker Park Golf Course both looked phenomenal, and attendance numbers were right around average for the day's event. And those that came out to support the event apparently also came out to compete because scores at the range and on the course were exceptional and tight!

In the morning, our trap shooters broke hundreds of clay targets and took home countless door prizes thanks to our generous sponsors. "Top Shot" at the range was claimed by Jim Mercer of J & L Septic who took home a sweet ILICA logoed gear bag for the near perfect score of 49 out of 50. Two other shooters, Rodney Johnson of J & L Septic and Wes Lehman of Springfield Plastics, weren't far behind only missing

two birds themselves from a perfect score with over 60% of the shooters breaking over 40 clays (+80%)! Now that's some shooting.

After a quick hot dog lunch sponsored by ADS, the good "shooting" continued over at the golf course with strong support from other Associate members that sponsored the outing, beverage cart, all 18 holes, hole prizes, registration gifts and door prizes. While everyone took home something, hole prize winners each took home \$50 cash and the Most Honest Team received a special certificate of recognition.

Longest Drive:	Peter Moyemont
Closest to the Pin:	Loren Folmer
Longest Putt:	Brian Brooks
Most Honest Team:	Matt Ward, Tyson Kullerstrand, Kelby Hartman, Wes Lehman

For the title of Lowest Scoring Team and \$100 cash, there were 3 teams that tied with a score of 64: team PIP, Bunting Bros., and the BRON/Fracto team! After using the lowest score from a second hole selected at random (all teams had the same score on the first random hole selected), team PIP took home the title for the day.

Lowest Scoring Team:	Rachel Harsh, Jamie Snider, Jim Crane, Joe Streitmatter, Brian Brooks
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Event outing sponsors were Springfield Plastics, Courson & Associates, PIP Marketing Signs & Print., and Fratco. Our sincere thanks to everyone who supported the event including sponsors, volunteers, shooters, golfers, and the ILICA Golf Outing Committee!

For a complete listing of sponsors and to view pictures from the event, check out our website: <https://www.ilica.net/golf-outings>.





FARM PROGRESS SHOW TILING DEMONSTRATION OPPORTUNITIES DWINDLING

During the 3-day Farm Progress Show held August 29-31 in Decatur, IL, ILICA showcased yet another installation of 20 acres of pattern tile drainage. Having improved the drainage in and around Progress City for over two decades, these opportunities for ILICA to demonstrate the benefits and proper installation of subsurface tile drainage during the Farm Progress Show are quickly dwindling. If the most recent demonstration were to be our last, it will have ended on a high note with perfect weather, great attendance, and strong volunteer and Associate member support. Moving forward, however, we will still have the opportunity to educate folks about drainage and the other services our members and our Association can provide landowners through our continued presence in the Partners in Conservation tent.

Our sincere thanks goes out to our generous Associates and partners for their donations including equipment, materials, and manpower. Thank you also to the ILICA contractors who showed up and volunteered their time, expertise, and staff during construction of the project including: Armando Alanis, Dick Anderberg, Steve Anderson, Brian Brooks & Brooks Farm Tiling Crew, Tony Cain, Bill Dean & Dean Drainage Crew, Theodore Graff, Eric Hubner & M&H Excavating Crew, David Kennedy & Kennedy Farm Drainage Crew, Eric Layden & Layden Drainage Crew, Earl Mast, John McCoy & McCoy & Son's Tilling and Excavating Crew, James Ramsey, Tyler Seals, Jon Seevers & Seevers Farm Drainage Crew, Stan Seevers, & Joe Streitmatter.

View additional event pictures and video at:

<https://www.ilica.net/projects/2023-farm-progress-show>



ILICA Supporting Participants



Associate Members

Advanced Drainage Systems, Inc. Altorfer, Inc. Birkey's BRON Central Plastic Products, Inc. Cook's AGPS, LLC Fratco, Inc. JCG Midwest Drainage Products	Martin Equipment of Illinois Mid America Trenchers, LLC Prinsco, Inc. River Valley Pipe, LLC Schlatter's, Inc. Springfield Plastics, Inc. Wolfe Heavy Equipment
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ILICA has
 FOR **2024**
MORE IN STORE
 FOR **2024**



Illinois LICA's Annual Convention Schedule*

February 1-3, 2024

Isle Casino Hotel - Bettendorf, IA



Wednesday, January 31st

- **Committee Mtgs.:** Convention, Nomination, Awards

Thursday, February 1st

- John Deere Davenport Works Factory Tour
- **Education:**
 - Septic Training (3 CEUs)
- Trade Show
- Silent Auction
- Awards Banquet
- **Entertainment:** Mind Reader Mark Toland

Friday, February 2nd

- Trade Show
- Silent Auction
- **Committee Mtg.:** Associates
- **Education:**
 - JULIE Proposed Law Change
 - One Call, One Life: Case Study & Industry Dialogue
 - LaunchPoint SiteRight App Demo
 - Tax Updates
- **Dinner & Trivia Challenge**

Saturday, February 3rd

- Final Board Meeting
- Members' Meeting & Election of Officers
- **Committee Mtg.:** Convention

DAILY

**DEVOTIONS, LADIES' ACTIVITIES, MEALS,
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MANUFACTURING



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*tentative schedule



ILICA has
FOR **2024**
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2024



Illinois LICA's Annual Convention & Members' Meeting

February 1-3, 2024

Isle Casino Hotel, 1800 Isle Pkwy, Bettendorf, IA



Register Online



Registration Deadline: Jan. 5, 2024

(\$100 late fee after deadline)

Full Participation - February 1-3

(all meals, activities, & trainings, except septic)

Individual	#	_____	x \$205 =	_____
Couple	#	_____	x \$315 =	_____
Child (5-12)	#	_____	x \$90 =	_____
JD Tour	#	_____	x \$50 =	_____
Total			=	_____

FREE Admission

☐ **Trade Show Only**

Thursday, Feb. 1st 1-5 PM
Friday, Feb. 2nd 8 AM-12 PM

- Heavy Equipment
- Drainage Supplies
- Engineering Consulting
- Environmental Support
- Erosion Control Products
- Waste Mgmt. Products
- Rental Equipment
- Insurance
- Laser/GPS Products
- Safety Equipment

John Deere Davenport Works Factory Tour: Feb. 1st, 7:30 am

- Convention registration required
- Visitors must be 13+ years of age
- Minors must be accompanied by an adult
- Adults must present a valid photo ID upon arrival
- Cell phone, camera/video recorder use is prohibited in the factories
- Visitors must wear long pants & shoes that cover the toes & heels

Wanted

Please bring historical items to showcase at the ILICA history table (tile pieces, tools, photos, etc.)

Attendee Name: _____

Spouse's Name: _____

Address: _____

City: _____

State: _____

Phone: _____

Company Name: _____

Additional Attendee Name(s): _____

Special Dietary Needs: _____

Total Enclosed: \$ _____

(\$100 late fee after Jan. 5th)

Payable to: ILICA

112 Exchange St., Ste. 2

Galva, IL 61434

Email: michelle@illica.net

Fax: 309.932.1231

Hotel Reservations



Reserve your hotel room today to ensure a guaranteed room rate of \$146/night, plus tax!

Call 563-441-7115 and simply ask for the IL Land Improvement Contractors Association room block or book online [here](#).

Hotel reservation deadline: January 16, 2024

YOUR CONSTRUCTION INSURANCE PARTNERS



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1701 4th St.
Peru, IL 61354
815-223-7923

Fairbury
310 S. 7th St.
Fairbury, IL 61739
815-692-2343

DimondBros.com

ILICA Trivia

Name these 1984
cookout attendees



Be the first to submit the correct
answer to michelle@illica.net

One lucky winner will receive a prize!

Sept/Oct Answer: 2001



CALENDAR OF EVENTS

Illinois

Board of Directors Meeting (hybrid)
November 4, 2023
Galva, IL

Committee meetings: 8 am - 11 am
Board Meeting: 12 pm

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

Virtual:
<https://us02web.zoom.us/j/9759547353?pwd=c1ZPcjFhSTBTYjhXeERNZnFRTXdOZz09>
Or call: 1-312-626-6799
Meeting ID: 975 954 7353
Passcode: 0000

Contractor Training Store & Illinois LICA
Virtual Septic Training
November 29, 2023

8 - 11:30 am
Register: <https://form.jotform.com/210405973758159>
or via QR code on page 5

2024 ILICA Convention & Annual Mtg.
February 1 - 3, 2024
Isle Casino Hotel Bettendorf
1800 Isle Parkway, Bettendorf, IA 52722
Register: <https://form.jotform.com/222925682060051>
or via page 21

National

2024 LICA Winter Convention
February 13 - 17, 2024

Hilton Virginia Beach Oceanfront
Virginia Beach, VA
Register: <https://www.licanational.com/2024-winter-meeting-registration/>

ADVERTISER INDEX

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» Safeguard your investment

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» And it won't cost you a thing.⁽²⁾

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The plan covers parts and labor for powertrain component failures caused by defects in materials or workmanship.

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Brake components that also provide steering on track-type tractors and track-type loaders.⁽³⁾

Service brake components that are internal to covered powertrain components.



Contact your Cat Dealer for details

(1) Varies by model up to 3 years or 5,000 hours.

(2) Offer available for LICA members only. Terms and conditions apply.

(3) Excludes normal brake wear.

www.catallday.com

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MENTAL HEALTH MINUTE

How Can Grounding Techniques Help Manage Feelings?

Grounding is a practice that can help you manage experiences such as flashbacks, unwanted memories or negative emotions. These techniques involve focusing on the present to distract yourself from anxiety and other challenging emotions.

Physical Grounding Techniques

Physically grounding yourself involves using your senses to help you navigate feelings of distress. A technique to physically ground yourself is to put your hands in water and focus on the temperature of the liquid or switch from cold water to warm water and back while focusing on the present moment.

Other physical grounding exercises include deep breathing, savoring food or drink, picking up nearby objects and moving your body (e.g., walking, running in place or doing jumping jacks).

Mental Grounding Techniques

You can mentally ground yourself with exercises that prevent mental distractions and help redirect your thoughts to the present.

Such exercises include memory games, category-thinking (e.g., listing all the types of cake you can think of), reciting a song or book passage you know by heart, and visualizing a daily task you enjoy.

Soothing Grounding Techniques

Soothing techniques can be used to comfort yourself in times of high anxiety or distress. These techniques are intended to promote good feelings that reduce or distract from negative emotions.

You can practice soothing techniques by picturing the face of someone you love, repeating compassionate phrases about yourself, spending time with your pet, visualizing your favorite place or listing positive things.

Conclusion

Grounding techniques can help you manage unpleasant experiences like distress, anxiety, traumatic nightmares and flashbacks. Try these exercises to reduce distress when you first start to feel negative emotions.

Try These Mood-boosting Activities

Negative emotions and disappointments can easily derail your activities. Although it's common to be in a bad mood occasionally, letting negative emotions take over your day can leave you feeling worse. Instead of ignoring a bad mood, try a mood-boosting activity.

Free Mood-boosters

Walking outdoors is a great activity for improving your mood. Spending time outdoors and being in sunlight have both been proven to boost mood. Additionally, walking can release endorphins, which ease stress and discomfort.

Find ways to laugh, such as watching funny videos, sharing jokes with a friend, going online or watching comedians.

Try aromatherapy to de-stress. Smells can trigger positive memories and help relieve anxiety or stress. Find your favorite scented soap, smell something that reminds you of a loved one or sample a new essential oil.

Play cheerful and upbeat music. This can help boost your mood, ease tension, reduce anxiety and even improve certain brain functions, such as memory.

Do something nice for somebody else, such as a co-worker or friend. Being compassionate to others can make them feel better and may improve your mood as well. Consider small favors, such as doing chores for your housemate or partner, walking a neighbor's dog or helping a stranger with their groceries.

Talk to people in your life who uplift you. A short call or time spent with a loved one can help you reduce tension. As a bonus, your loved one may be able to make you laugh, take your mind off your troubles or remind you that you're not alone.

Conclusion

The next time you're in a bad mood, try one of these free mood-boosting activities to reduce stress and lessen the impact of negative emotions



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