Our Farmers and Ranchers Embrace Drones

By Julie Murphree, Arizona Farm Bureau

A high-tech drone, or an unmanned aircraft system (UAS) as the industry likes to describe them, is coming to a field near you. And, not surprisingly agriculture may be driving the biggest use of this technology.

Late in March (March 24, 2015), Michigan Farm Bureau member Jeff VanderWerff explained the value and risks of UASs in agriculture in his testimony before a Senate subcommittee. The farmer and agronomist discussed how farmers and ranchers are leading the way in exploring commercial use for this technology.

According to VanderWerff, drones would provide a valuable tool for farmers and ranchers to manage their fields and respond to threats quickly before they turn catastrophic. "Currently, I spend about 12 hours a week walking the nearly 3,000 acres of land we farm. This may be effective, but it is not efficient," he said.

Drones can also help farmers reduce their environmental impact. "With the imagery from unmanned aircraft, I can spot-treat sections of my fields as opposed to watering and spraying the entire field," VanderWerff said.

But today flying a drone for commercial uses is illegal -- at least technically. The Federal Aviation Administration (FAA) provides for exemptions under what it calls a Section 333. Under pressure from Congress and the industry in general, FAA is granting case-by-case authorization for certain unmanned aircraft to perform commercial operations. Once its finalization of the Small UAS Rule is complete, which will be the primary method for authorizing small UAS operations in the near future, drones will be flying the friendly skies.

The FAA already approved more than 100 exemptions under Section 333 since the early part of April. While several hundred await approval. And according to Farm Journal, the agriculture industry is expected to capture nearly 80% of all commercial Drone use.

Arizona Agriculture's Farmers and Ranchers Exploiting the Technology

So, what's happening in Arizona agriculture on this front? The answer is a clear sounding, "a lot!"

"Many Yuma-area farmers are testing Unmanned Aerial Vehicle technology in their farming operations,"

explained Executive Director for Yuma Center for Excellence for Desert Agriculture Paul Brierley. "The predominant use today is to get simple aerial imagery of their fields in a timely and cost-effective manner. Visuals that you don't see from the field's edge, i.e. driving by on the roadway allow

i.e. driving by on the roadway, allow you to see stresses such as lack of water, and damage from pest infestations and disease pressure. More advanced imagery such as NDVI/Near-infrared and thermal imaging allow them to 'see' things that are unseeable to the naked eye, such as plant

stress and vigor, crop maturity and yield, and early disease/pest detection – before damage is apparent."

One area farmer in Yuma has big plans for drone use. "We plan on using this technology to enhance the evaluation of our wheat varieties," says Arizona Farm Bureau member Tim Dunn who grows everything from wheat, black eyed peas to seed for broccoli and much more. "We want to bring better varieties to the marketplace that benefit both the consumer and the producer. Real-time collection of data and the ability to process this data is now attainable. We plan on ground truthing this data in cooperation with the UofA and a milling partner. Ultimately the grower will be able to make better management decisions using a variety specific data."

So, of course we have to ask Dunn what "ground-truthing" means "When you fly the field and take hyper spectral images they come out in different colors," he said. "You take samples from the field to know areas and get data and verify or 'truth out' your images to determine what the colors mean."

It's not unusual for America's farmers and ranchers to embrace technology that allows their farming businesses to be more efficient, economical and environmentally friendly. It makes me

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Pool Safety Saves Lives

Summer is here and children as well as adults will be having fun around the swimming pool. One thing to remember is pool safety. It saves lives.



Warm weather, long summers and over 250,000 pools make Arizona prone to water-related incidents. Two-thirds of all drowning happen between May and August.

The Arizona Department of Health Services recommends the following pool safety tips:

- Never leave a child unattended in the pool or pool area.
- Because flotation devices and swimming lessons are not substitutes for supervision, a child should always be watched when in or around the pool area.
- CPR/CCR instructions and the 911 emergency number (or local emergency number) should be posted in the pool area.
- A phone should be located in the pool area or easily accessible in case of an emergency.
- All residential pool owners should attend water rescue and CPR/CCR classes. Lifesaving equipment should be easily accessible and stored in the pool area.
- All gate locks and latches should be checked regularly to insure they are working properly.
- A gate should never be left propped open.
- All items that could be used to climb a pool barrier should be removed from around the barrier.
- In an emergency:
 - Shout for help;
 - Pull the child from the water;
 - Call 911 (or local emergency number) for help; and
 - After checking the child's airway and breathing, immediately begin CPR/CCR if necessary.

Summer is a time to kick back and have fun, but if you are around the swimming pool — think pool safety. It saves lives.

Meet Arizona Farm Bureau's 2015 Board of Directors

The Arizona Farm Bureau board is composed of our executive committee, county presidents, and members of the 13 active Arizona Farm Bureau counties (while Arizona has 15 counties). The 13 active counties include: Apache, Cochise, Coconino (parts of Gila Co.), Graham (parts of Gila Co.), Greenlee, La Paz, Maricopa, Mohave, Navajo, Pima (includes residents in Santa Cruz Co.), Pinal, Yavapai, and Yuma. These 27 individuals play a crucial role in the year-to-year success of Arizona Farm Bureau.



Front row (left to right): Linda Merrell from Duncan (standing, Women's Director, cattle), John Boelts from Yuma (AZFB 2nd Vice President, vegetables), Kevin Rogers from Mesa (AZFB President, hay & cotton), Stefanie Smallhouse from Reddington (AZFB 1st Vice President, cattle & feed crops), Ava Alcaida from Parker (cattle, cotton, hay & onion seed), and Sherry Saylor from Buckeye (AZFB Ex-Officio, Chair of the American Farm Bureau Women's Leadership Committee, cotton).

<u>Second row</u> (left to right): Angie Newbold from Payson (2015 Young Farmer & Rancher Chair, agribusiness), Clay Overson from Kingman (Cattle), Stephen Klump from Willcox (cattle, construction), Joe King from Tucson (cattle), Clayton Buttle from Chino Valley (Hay & custom harvesting), David Mansheim from Yuma (Medjool Dates), and Sharla Mortimer from Dewey (Women's Leadership Committee Chair, cattle & nursery).

Third row (left to right): Jim Klinker from Mesa (AZFB Chief Administrative Officer), Gerald Flake from Snowflake (cattle), Jay Larson from Thatcher (cotton, wheat & alfalfa), Richie Kennedy from Casa Grande (cattle feedlot & feed crops), Mark Loghry from Yuma (citrus trees & produce), John Hart from Willcox (Corn, alfalfa Barley and Pinto Beans), Bill Kerr from Buckeye (dairy), Jim Parks from Flagstaff (cattle), Rick Evans from Gilbert (Sweet Corn & hay), and Donald Merrell from Duncan (cattle).

Not Pictured: Lance Knight from Springerville (cattle), DeWayne Justice from Waddell (citrus & cattle), Dr. Shane Burgess of Tucson (AZFB Exofficio, U of A Dean of the College of Agriculture and Life Sciences), Kacie Tomerlin from Humboldt (cattle), and Mark Freeman from Mesa (Corn and produce).

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Local and Regional Discount Partners... It Pays to be a Member of Farm Bureau

In the last two months, with the help of the Farm Bureau Financial Services agents, Arizona Farm Bureau has tripled the number of Local Regional Member Benefits. It pay to be a Farm Bureau member now that you can save on haircuts, auto repair, restaurants, carpet cleaning and more at one of the local and regional benefit locations. Discounts will vary depending on the benefit provider.

"These local benefits give Farm Bureau members discounts on some of the things they use everyday," said Jim Boyle, Dairyman and President of the Maricopa County Farm Bureau. "The 20% off at California Pizza Kitchen is perfect for my family...we eat there at least once a month."



http://www.azfb.org.

Log on at azfb.org, click on member benefits then "Local/Regional Benefits" and then search by county. These discount partners are provided by businesses that do not offer one of our statewide benefits. These discounts come from a local business near you...one you may be using

everyday.

When using the Member Benefit app "FB Benefits" to find a local benefit, make sure you "Search by Category" then click on Local Regional Benefits, then click on the name of your county. Some counties do not have discount partners yet. But give us time, we are adding new businesses every day.

For more information, email peggyjogoodfellow@azfb.org or call 480-635-3609. ■

Drones

Continued from page 1

think of why my dad former cotton farmer, Pat Murphree, is a pilot. Now, we can do the same visual work but even better with a drone. As so many farmers and ranchers will tell you, if any new technology allows for improvements, efficiency and reduction in input costs, they'll apply it to their production agriculture.

Michigan's VanderWerff sees these benefits firsthand on his farm where he uses precision technology. "I rely on data to produce the accurate information critical to my day-to-day business decisions. These decisions affect my yield, environmental impact and ultimately the economic viability of my farm," he said.

Precision technology does not come without potential risks, however. Farmers and ranchers must be sure their data is secure and cannot be used unfairly against them by any third party, including the government. "The use of unmanned aircraft will be an important addition to a farmer's management toolbox, but it is critical that the data remain under the ownership and control of the farmer," VanderWerff said in his testimony last month to the Senate committee.

"In the future, hyperspectral and other imaging tools will allow sensors to detect pathogens, pests and diseases on the crop, predict harvest dates and measure yields, and recognize each desired plant in the field so that all others can be removed – possibly by lasers rather than using labor or chemicals," added Yuma's Brierly. "These sensors could be UAV-based, or they could be ground-based, equipment-based, or even satellite-based, depending on the application and the resolution needed. The Yuma Center of Excellence for Desert Agriculture is working to establish partnerships that will "mature" military sensing technology for use in precision agriculture applications such as those mentioned above."

The UAS industry forecasters predict drones will create tens of billions of dollars in economic development and create thousands of new jobs once commercial use is permitted.

5 Tips for Great Grilling

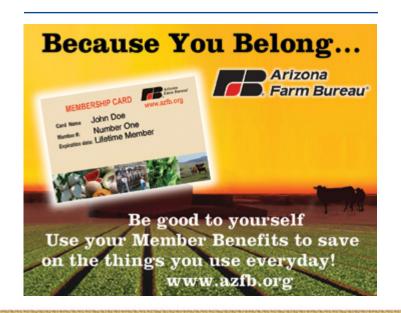
By Peggy Jo Goodfellow, Arizona Farm Bureau

Anytime is grilling time in the desert southwest! Have you ever noticed that the only thing better than the smell of meat grilling on the barbeque, is eating it? And your favorite meat always tastes better when it's grilled to perfection, right?

Since we're still in the middle of grilling season, it's worth talking about. Several of Arizona Farm Bureau's members have become expert at grilling and barbequing. In fact, one of our members and Yuma County grain and vegetable farmer, Tim Dunn, has turned it into a passion. He and wife, Eileen, launched BBQ's Dunn, a special sauce for any barbeque enthusiasts.

Says Eileen, "The signature sauce is awesome! Sweet with just enough bite to keep it savory. It is excellent on all meats."

See Grilling page 6





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How Self- Exams Can Save Your Life

By Peggy Jo Goodfellow, Arizona Farm Bureau

Several months ago, I noticed a small pimple like sore with a crusty top on my arm. When it didn't go away, I made an appointment with my Dermatologist. The doctor performed a biopsy and found that I had a squamous cell carcinoma. He immediately scheduled surgery to remove the cancer. I was fortunate, the sur-

gery removed all the cancer and no radiation treatments were necessary.

Did you know that nearly 80,000 people in the United States will be diagnosed with melanoma this year? Melanoma is the



deadliest form of skin cancer. My doctor said that 98 percent of those diagnosed with early-stage melanoma will survive, but it's a much darker picture for those who don't find melanoma until it has spread beyond the skin to other organs. At that stage, the survival

See Exams page 5

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Exams

Continued from page 4

rate drops to just 16 percent. Melanoma is just one of several types of skin cancer. More than 3.5 million people will develop basal and squamous cell carcinoma this year.

Many people are squeamish about analyzing or talking about their bodies. But there's no question that getting up close and personal with our bodies is the best way to spot a telltale change before it becomes a dangerous health threat. From our hair to our skin to the soles of our feet, what we see is in many cases what we get. The best way to stay healthy is to banish your embarrassment, let it all hang out, and take a closer look

Research has shown that patients, not doctors, are most likely to spot melanoma because they are most familiar with changes on their own skin. In fact, more than half of all melanomas are detected by everyday people - just by paying attention to their or their loved ones' skin. **Get naked** in front of the mirror, take a closer look at your skin and perform a skin self-exam. If you see something funny or different, make an appointment with a dermatologist.

Don't be afraid to ask your doctor about a mole you're not sure about. Ask your spouse, your partner, or family member to help you keep track of suspicious moles and check hard-to-see places. **Don't be shy** - cancer doesn't discriminate. Skin cancer can develop on anyone - no matter their age, gender or race.

Remember, Arizona Farm Bureau member benefits also feature healthcare services including insurance and other offers. Farm Bureau agents offer Blue Cross Blue Shield insurance.

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Grilling

Continued from page 3

Regardless of what sauce you decide to use for your barbeque, it's important to get set up right prior to putting your meat on the grill. I'll bet you didn't know that the first step toward perfection is to prepare your grill.



Here's five helpful tips:

1. Charcoal vs. Gas!

It's the age-old debate over which grilling method is "better." While no study proves that either method is healthier than the other, gas does burn cleaner. From a taste perspective, many peo-

ple prefer the smokier, richer taste of food cooked on a charcoal grill.

2. Additive-Free

If you choose charcoal grilling, try additive-free lump charcoal, which is actually just charred wood.

3. Get it Hot!

It's best to preheat your grill 15-20 minutes before cooking. This will make sure it reaches the right temperature and will kill any bacteria left from the previous time you used the grilled.

4. Brush it Off

Once the grill has preheated it's the perfect time to remove any debris. Using a long-handled wire grill brush, scrape your grill rack to clean off charred debris from prior meals. Scrape again immediately after use too.

5. Oil the Grill

Even on a clean grill, lean meats can stick when placed directly on the rack. Reduce sticking by oiling your hot grill rack with a vegetable-oil-soaked paper towel. Do not use cooking spray. For safety, hold the oiled paper towel with long-handled tongs and rub it over the rack.

Arizona Farm Bureau's Fill Your Plate has a list of where you can buy locally grown meat, vegetables, fruits and more! Go to www.fillyourplate.org and enjoy!

Sauteed Zucchini and Corn with Chives

By Legacy Beef, Dewey, AZ

Fill your Plate.org has a large variety of recipes provided by farmers, ranchers, and locals. The following is a Legacy Beef family favorite. For more great recipes, visit www.fillyourplate.org.

Ingredients

- 4 Medium zucchini, ends trimmed
- 1 Can sweet corn (or box of frozen, or fresh)
- 3 Tosp. Unsalted butter
- 4 Medium shallot, minced
- 5 Thsp minced fresh chives Salt and Pepper

Directions

Shred zucchini on larger holes of box grater or with shredding disk of food processor. Wrap shredded zucchini in triple layer of paper towels and squeeze out excess liquid.

Heat butter in larger nonstick skillet over medium-high heat. When foaming subsides, add shallot and cook, stirring occasionally, until soft, 2 to 3 minutes. Add zucchini and corn and cook, stirring occasionally, until tender, 6-8 minutes. Stir in chives and season to taste with salt and pepper. Serve immediately.



We've Got Another Way for you to Meet Arizona Farmers and Ranchers

By Peggy Jo Goodfellow, Arizona Farm Bureau

A unique member benefit to Farm Bureau members is *Fence Line*, an Arizona Agriculturalist Speakers' Bureau aimed at educating you and me about Arizona agriculture and locally grown food.



It's reassuring to me that these farmers and ranchers are ready to share their story and their passion for agriculture. Thomas Edison said, "The three

great essentials to achieve anything worthwhile are, first, hard work; second, stick-to-itiveness; third, common sense." This truism is lived out daily with our Arizona farmers and ranchers. Having personally met so many of them, I can share firsthand that they exemplify Edison's insights.

Plus, I love to eat! So knowing that there are 4 and 5 generations of farmer and rancher families here in Arizona that work hard to produce the foods I love, makes me feel good about what I feed my family.

Some topics we cover:

- Agriculture is Everyone's Bread and Butter
- Water in Agricultaure in Arizona
- Arizona Agriculture: Our \$17 billion industry

Farmers and ranchers are ready to share their passion and their knowledge about agriculture. You will...

- Enjoy a face-to-face presentation from a farmer or rancher from your area.
 - Learn about agriculture and dispel any concerns you may have about how your food is grown.
 - Hear from speakers that work in some form of agriculture everyday so they have first hand knowledge of their topic.

Each of these speakers represents one or more of the top 16 agricultural commodities grown in Arizona. Speakers are selected for their knowledge, experience and desire to talk with you about agriculture.

And it's FREE! If the meeting includes a meal, we ask that you feed the speaker.

For more information, contact Peggy Jo Goodfellow at 480.635.3609 or 480-390-6708. ■

Choosing from all the Food Choices Today

By Peggy Jo Goodfellow, Arizona Farm Bureau

I really don't like to shop. But I do like to eat so shopping for good food is a must! I have learned that the best way to lessen the pain of grocery shopping is to make a shopping list. At our house, we keep a weekly on-going list, listing the items we use, as we use them. Before I complete my list, I read the weekly ads from the grocery store and look for bargains on the things we buy every week: fruits, vegetables, milk, cheese and meats.



Next you can plan your dinner menus for the week. Why just dinner? Because, breakfast is usually eggs, cereal or oatmeal and lunch is leftover dinner, soup, sandwiches or salads ... these items were already on the list.

With list in hand, you arrive at the grocery store.

Now the challenge to make the right choices for you and your fam-

See Food Choices page 8

Remember Your Member Benefit App



The Arizona Farm Bureau Member Benefit App is FREE at the App Store and on Google Play. Search for "FB Benefits" have your member number and zip code ready to complete the install on to your smart phone. Get easy access to your special benefits of Farm Bureau membership, download the Farm Bureau Member Benefit App today!

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Arizona Farm Bureau has an account on the social media site Facebook. Hang out with us on this ever growing social media tool! You'll be able to post comments, track our events and connect with others. To become a Friend of Arizona Farm Bureau go to http://bit.ly/7npIuv.



FOOD Choices Continued from page 7

ily begins. The variety of food choices today is staggering. There is canned, frozen, fresh, traditionally grown, organic, natural, salt-free, gluten-free, low-fat and the list goes on and on. Actually, the myriad of choices help satisfy your preferences, health restrictions and more.

We are very fortunate to have these choices. And, we should celebrate them though they can often confuse.

Here are a few food shopping tips you may want to consider the next time you shop for food:

- Fruits and vegetables that are fresh or frozen have about the same nutritional values. So when you can't buy fresh, frozen is the next best choice.
- Choose to shop the edges of the store first. That's where you will find nutritious dairy, eggs, meat and fresh produce items. Shop the aisles last for all the processed items on your menu/ list.
- Choose not to buy an item that's not on your list. You can avoid impulse buying by ignoring the end of the aisles. End –caps are "impulse buying territory."
- Want to save money? Choose to buy store brands when possible. They are usually less expensive and often the same quality. If the brand name is important to you then watch for specials on your favorite brands.

- Don't overbuy produce items. If there is a sale on 5-pounds of potatoes, but you only need 2 large baking potatoes ... then only buy 2 potatoes.
- If your family loves oatmeal every morning buying the large size container is a better choice than the smaller container. If they love eggs, then buy the 18 count instead of a dozen eggs. Remember you can always make oatmeal cookies or egg salad to make good use of the food you buy.
- Are you on a tight budget? When a recipe calls for a "sirloin tip" roast, you can choose a less expensive cut like chuck roast and cook it in a crock-pot to achieve the same tenderness as the higher cut of meat.
- Feeding your family nutritious foods is important. Choose to buy less processed foods and buy fresh. Let's compare the cost of three fresh peaches to the same quantity of peaches in a can. With the pits removed and sliced the fresh peaches weigh just over 2 lbs. You'll find that the fresh is less expensive than canned and without the added sugar. Yes, you have to cut them up, but how do you put a price on great taste and added nutrition for your family?

Stay focused and alert! Around the corner, as you enter the next aisle, there might be someone giving away samples of a new product. It's yours, if you choose to buy it!

