

46th year of publication **FARM VIEW**

April 2023
Volume 46 #04

A newspaper with something for everyone

Inside this issue:

Ontario Egg Farmers and members of World Accord travel to Nepal

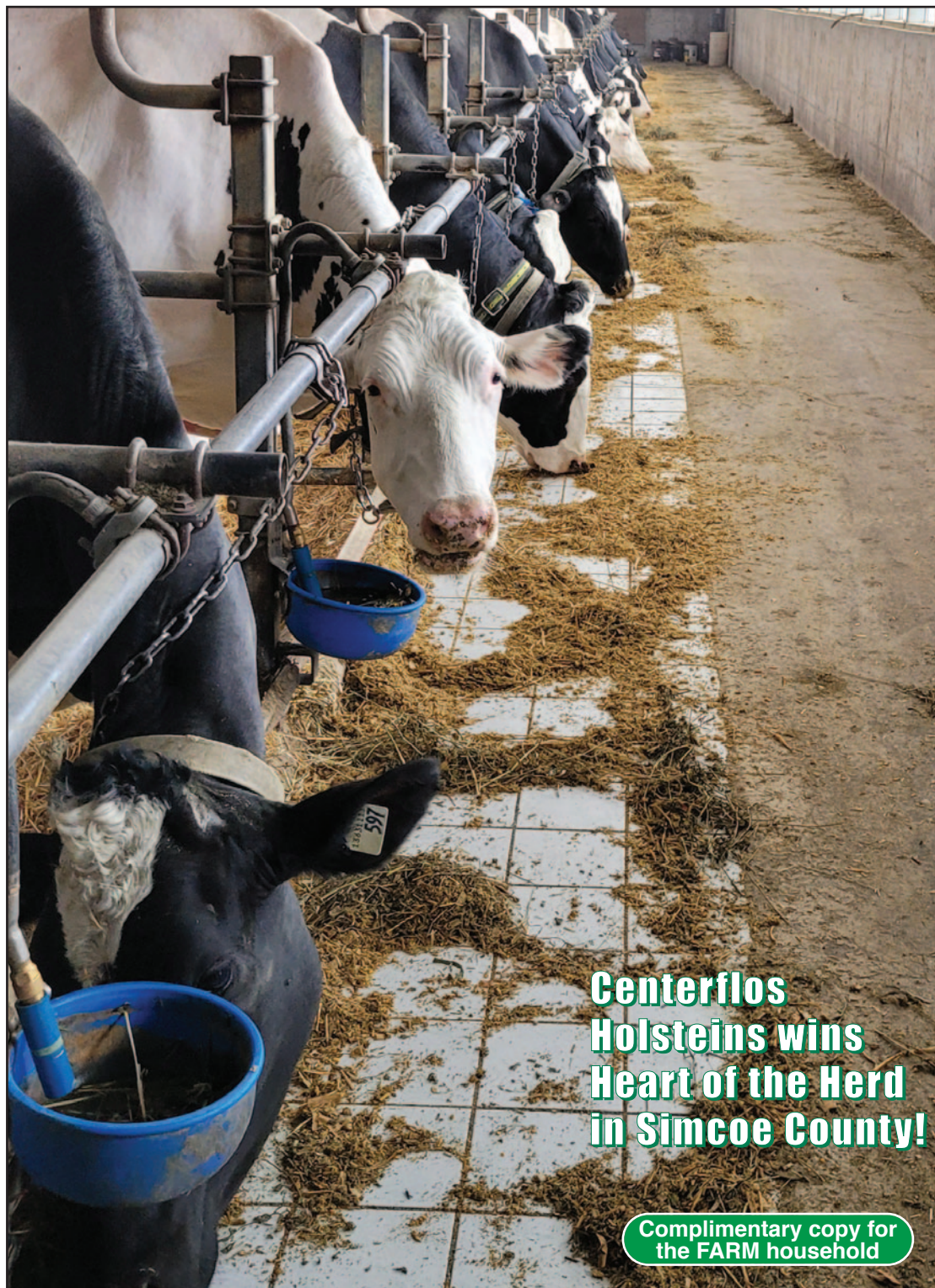
Next Level Ag Discussion

Campaign to make PLU produce stickers compostable

Effectiveness of horses used as therapy

Summary of the recent AgKnowledge Forum

Father's Joy Farm presents the Joy of Chickens



**Centerflos
Holsteins wins
Heart of the Herd
in Simcoe County!**

Complimentary copy for
the FARM household

National Symposium on Agricultural Mental Health

By Dr. Tim Henshaw

The National Symposium on Agricultural Mental Health was an online event held on March 8th. One of the goals of this event was to promote mental health well being in Agriculture. Over 400 people were registered online to participate in this event.

Mental health is health. Recent studies suggest that 27% of farmers have General Anxiety Disorder versus 15% for the general population. 24% of farmers score positive for depression and 76% of farmers report moderate or high perceived stress. People need to be able to access services appropriate for their needs.

The Canadian Centre for Agricultural Wellbeing was launched last June. The Canadian Agricultural Partnership is jointly funded by the federal and provincial governments and is providing funding for this initiative. Agricultural Wellness Ontario offers programs tailored to the Ontario agricultural community to provide for their well-being.

1. The Farmer Wellness

Initiative offers free counselling services with a mental health professional 1-866-267-6255.

2. The Guardian Network is a volunteer suicide prevention program. This is a training program to equip Guardians with strategies and tools to identify mental distress and connect individuals to mental health and crisis resources.

3. In The Know is a mental health literacy workshop to help build mental health knowledge and to increase help seeking among farmers. This program trains people to have conversations around mental health.

It is important to recognize the unique struggles that farmers face and their vulnerability to mental health struggles. We need to realize that depression is not a choice. Depression is a medical condition that needs to be acknowledged, treated, and cared for. Talking is the first step to making things better. It is important that people in vulnerable moments have people to talk to.

ESSA HISTORICAL SOCIETY

Spring is here! Come out to a meeting.

April meeting, Saturday April 22nd, 1:30 pm at Utopia Hall. Guest Speaker: Tom Smith, Pioneer Families of Essa Township

**Guests welcome · Members welcome
New Ideas welcome 705-726-5308**

Farm View readers help to identify brass object

Last month's issue featured a brass object that was given to the Essa Historical Society to help with identification. Several members and readers provided enough information to satisfy the owner of its authenticity.

Jim Churchill of Elmvale contributed these facts:

The initials A.O.U.W. NO.228 likely stand for one of the ancient fraternal societies of Elmvale;

Ancient Order of United Workman, branch number 228. This society existed since 1890 so the year 1905 on the object is likely the year the brass symbol was made to exhibit at meetings.

An Alliston area reader recalled seeing a much larger brass light fixture [similar in appearance] hanging in a Church. Perhaps it was a replica of a known ancient symbol. Thank you one and all for your assistance

John Beischer

President of the Essa Historical Society



On the Cover

The Centerflos Holstein herd were captured by Dr. Tim Henshaw. Centerflos Holstein recently won the Heart of the Herd competition in Simcoe County. Read the full story on page 9.

AGcalendar

Farm View's Ag Calendar is free to non-profit agricultural groups, up to a maximum of 40 words. All others are invoiced at \$25 per month. Please note the format of the listings below and submit your item by mail or email, in a similar fashion.

April 5th: Durham Farm Connections Open House

Durham Farm Connections Open House happening **Wednesday, April 5th**. Taking place at Luther Vipond Memorial Arena in Brooklin, Ontario. Hands on experiences! Learn more at <https://www.durhamfarmconnections.ca>

April 13th: Addis Grain Spring Marketing Meeting

Join us! Spring marketing meeting. Great company, lunch, and guest speakers (John Lanthier, Dawyne Wilson and Jan Westcott). 9:30am social, 10:00am-1:00pm speakers and lunch. RSVP to 705-720-0431, ext 1 if you plan to attend. Space is limited.

April 14th: News and Advertising Deadline

The advertising and news deadline for the May issue of Farm View is **Friday, April 14th**.

April 15th: Keep Kids Safe Workshop

Keep Kids Safe Workshop presented by the Simcoe County Federation of Agriculture. **Saturday, April 15th** 9:30 a.m. to 12:30 p.m. at Huron Tractor Ltd. 7040 County Road 9, Stayner. Please register by April 10th at simcty.fed.agriculture@outlook.com

April & June: Quilt Shows!

See the listing on page 16 of upcoming Quilt Shows in surrounding areas.

June 30th: Bolton Truck & Tractor Pull

Save the date for an evening of entertainment! The Bolton Truck & Tractor Pull takes place **Friday, June 30, 2023 at 6pm**. Visit boltontractorpull.ca for more details.

September 22nd - 24th: Albion & Bolton Fall Fair

The Albion & Bolton Fall Fair takes place **Sept. 22nd to the 24th, 2023**. Visit boltontractorpull.ca for more details.

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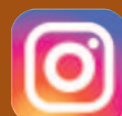
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Grey Bruce Farmers' Week Goat Day: Two Common kidding diseases

By Cathy Hamill-Hill

Every goat farmer has two main fears near kidding time; having does come down with "Ketosis" and/or "Milk Fever." Neither issue is contagious but both issues cause a lot of extra care and stress on the goat farmer as both can be serious if not treated.

Dr. Robert Van Saun, Professor and Extension Veterinarian with Pennsylvania State University discussed both these important diseases as part of Goat Day in the Grey-Bruce Farmers' Week.

Ketosis is now referred to as "Pregnancy Toxemia."

"It is a metabolic disease in late pregnancy where the doe is unable to maintain blood glucose concentration," Dr. Van Suan said adding, "this happens most often with a doe with two or more fetuses."

Additional stress added in the normal life of the doe at the time of late pregnancy can cause Pregnancy Toxemia. Stresses, Dr. Van Suan, for the doe include "severe weather, sudden feed changes, transporting and social changes (fighting with her pen-mates) and other disease problems."

Pregnancy toxemia is "the state of negative energy balance (NED). It is inadequate energy intakes, like not having enough firewood to keep the fire going," the vet explained.

Pregnancy toxemia happens to usually two groups of does, the obese and the thin. The "over conditioned pregnant does go into NED which causes the body fat to overwhelm the liver which causes Hepatic Lipidosis, better known as "Fatty Liver." Fatty liver is usually Goat Heaven (doe dies) for the outcome," Dr. Van Suan said. Less known is the symptom of heavy breathing, resembling pneumonia for obese does, "whenever a doe is breathing heavy within 1 to 4 weeks of week, suspect pregnancy toxemia first," the vet recommended.

Having a moderate to thin doe is also a dangerous condition at late pregnancy. This can trigger "starvation" ketosis where the doe uses up all her internal body fat to feed the fetuses (developing kids inside the doe).

There are three stages of this disease. The first is when the doe separates herself from others in the pen. She has decreased appetite and not much interest in coming to get hay.

Her legs might be swollen. At this stage medication is available from the vet to help along with TLC (tender loving care) from her owner along with a supplemented diet. The second stage is when the doe will not eat until she is coaxed. She cannot stand by herself and needs help to get up and support herself. "She may show neurologic signs of head-pressing, blindness and stargazing. At this stage, it's time to call the vet (and the vet will put in an IV line (with medication)," Dr. Van Suan explained. The third stage is when the doe cannot get up, will not eat and has labored breathing. At this stage, the fetuses have died or will soon die. The vet advised that at this stage it is either a C-section to hope to save the kids or euthanization.

Pregnancy toxemia can be diagnosed using test strips, available from the vet. This disease is often treatable, in its first stage.

Milk Fever is now more accurately named "Hypocalcemia."

"Hypocalcemia is a metabolic disease where the pregnant doe cannot maintain blood calcium concentration. It may also occur in early lactation," Dr. Van Suan explained.

The two usual causes of Hypocalcemia are "inadequate dietary calcium content and reduced feed intake resulting in inadequate calcium intake," Dr. Van Suan said and added that lack of calcium "results in the inability to contract muscles which gives the doe the inability to stand and walk around and it also reduces rumen and intestinal mobility."

He said when a doe cannot

get up- and there is only clean straw where she has been resting for considerable time, that Hypocalcemia should be suspected.

Over conditioned and under conditioned does are the two highest risk groups. The over conditioned does are "typically show does." The under conditioned that are coupled with poor forage quality and low dietary protein are high risk.

Management, according to Dr. Van Suan, can prevent this issue from starting. "Feed availability meaning is there sufficient bunk (manger) space for pregnant does to access feed together? There needs to be sufficient amounts of feed offered along with sufficient water."

Dr. Van Suan concluded, "Late pregnancy diets need to be appropriately formulated to meet energy and protein needs for the doe to avoid these (Pregnancy Toxemia and Hypocalcemia.)"



Wishing you and your loved ones a

Happy Easter

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Agriculture - Tillage - Secondary



LL 6230-36 (E85872) 2014, LANDOLL 36', ROCK-FLEX GANGS, TANDEM DISC., HYD ADJ FORE/AFT, REAR HITCH W/HYD, TRANS LIGHTS., 8.75" REAR BLADE SPACE, 23" FRT BLADE DIA
\$38,950.00



LL 7431-33 (E88764) 2012, 33', ROCK-FLEX GANGS, VERTICAL TILLAGE., HYD ADJ FORE/AFT, SGL POINT DEPTH CONTROL., WING STABILIZER WHEELS, REAR HITCH W/HYD
\$50,000.00



SF 4233 (E89541) 2010, SUNFLOWER, 23.5', DISC CHISEL, 15"SHANK SPACE., 19 SHANKS, HYD ADJ FRT GANG, 20" FRT BLADE DIA., 3 SECTION 2 WINGS, 255/70R22.5, 4"TWISTED SHOVELS,
\$40,000.00



JD 7270R (E88131) 2015, MFWD W/SUSP, 270ENG HP, 5800HR, CAB, 40KPH., 23SPD, E23, LH REV, 110" R&P AXLE W/CAST CENTER., 480/70R34 99%, 480/80R50 99%, AXLE DUALS
\$189,900.00

ALSO AVAILABLE

JD 6140R/LDR (E89611) 2015, MFWD, 140ENG HP, 2468HR, DLX CAB., H360 MSL 3F LDR, 85"BKT, AUTOTRAC READY, 40KPH., 20x20 PWR REV, 100" R&P AXLE W/CAST CENTER
\$176,850.00


Agriculture - Tractors - John Deere Row Crop & 4WD Tractors



JD 3025E/LDR (E88373) 2017, 4WD, 25ENG HP, OOS, HYDRO, R4 IND, D160LDR., MID LDR VALVE, 57"QUICK-TACH BKT, LESS MID PTO., DIESEL, ONE OWNER, AS TRADED **\$25,900.00**



JD 1025R/LDR (E89052) 2018, 4WD, 25ENG HP, 400HR, OOS, 120R Q-TACH LDR., 53"Q-TACH BKT, MID PTO, 260B BACK-HOE, 6'DIG DEPTH., 12"HOE BKT, HYDRO, THUMB, R4 IND TIRES, HOOD GUARD
\$27,900.00



JD 1025R/LDR (E89116) 2016, 2WD, 25ENG HP, 150HR, OOS, HYDRO, R3 TURF, FOLDING ROPS, MID LDR VALVE, 120R QUICK-TACH LDR., HOOD GUARD, W/MID PTO, 54D MWR, AUTOCONNECT PTO **\$24,740.00**



JD 2305/LDR (E89354) 2009, 4WD, 24ENG HP, 290HR, HYDRO, OOS, R4 IND., MID LDR VALVE, 200CX LDR, 53"QUICK-TACH LOADER., HOOD GUARD, QUICK-TACH BKT, W/MID PTO, 54C MWR **\$19,900.00**

ALSO AVAILABLE

JD 2305/LDR/DEC (E89644) 2009, 4WD, 24ENG HP, 820HR, OPEN STATION., HYDROSTATIC TRANS, R3 TURF TIRES., 200CX LOADER W/53" BKT, 54" MOWER DECK **\$17,900.00**

Agriculture - Tractors - Compact Utility Tractors

FROM THE EDITOR

Roslyn Watkins
Publisher/Editor
Farm View Newspaper
farmview@on.aibn.com

I would like to spark a discussion on your ideas of agritourism. Recently Farm View attended a seminar on the topic and I came away with mixed feelings. The seminar was presented by Notawasga Futures and was beautifully done. Lovely location and very well organized. It was very informative if you are interested in attracting tourists to your farm or farm business. Please read Don Beaulieu's article on page 17 and feel free to email or mail your opinion and thoughts on the subject. One topic that drew my attention were a few of the presenters saying "We don't do print media." Don also addresses this in his article and I must say I couldn't agree with him more.

I was also able to attend the Next Level Ag Discussion hosted by Collwest Grains and Holmes Agro. Another very well organized and informative day. You'll find coverage on that on page 13.

If you haven't been able to make it to a grains seminar yet, Addis Grain will be hosting their Spring Marketing meeting on April 13th. More details can be found in the ag calendar and in their ad on page 21.

While out delivering the March issue this past month I changed my usual routine of cranking up my favourite tunes and tuned into a podcast on sleep featuring Jasmine Chomski. Not only am I sleeping better (truly) but you can imagine my delight when at the end I heard her say she has a horse farm and provides therapy with the horses. I was very pleased when Jasmine agreed to an interview, see page 19. On the subject of our mental health, Dr. Tim Henshaw provides us with coverage of the National Symposium on Agricultural Mental Health on page 2.

It is that time of year that we start noticing repairs that need to be made around the home and property. If you are looking to hire a contractor for painting, roofing, concrete repair, paving etc. please give the advertisers in this paper a call and let them know you saw their ad in the Farm View. It is so nice to have such a variety of advertisers in the Farm View, please support them as they support this paper being possible.

LETTERS TO THE EDITOR

Farm View invites letters to the editor. They should be fewer than 300 words and deal with a single topic affecting farmers. All letters must be signed, including your full name, address and daytime phone number. All letters are subject to editing for brevity. Please no phone calls.

Keith Currie announced as new President of the Canadian Federation of Agriculture

The Canadian Federation of Agriculture (CFA) will be moving forward with a new leader at the helm of the organization for the next two years as Keith Currie was acclaimed as the new President of CFA at the organization's 2023 Annual General Meeting.

Currie, who is a Collingwood-area hay and sweet corn farmer and a long-time advocate for the agriculture industry at both the provincial and federal levels, brings over 30 years of experience to his new role. He served as the President of the Ontario Federation of Agriculture from 2016-2020 and has been involved with the CFA for many years, most recently serving as First Vice-President.

"I am honoured to have been elected as the new President of the Canadian Federation of Agriculture," said Currie. "I look forward to working with our members and stakeholders to advance the interests of Canada's agriculture sector."

Former President Mary Robinson made the decision to step down from the leadership role after a tremendous and successful four-year tenure leading the organization. Robinson, who is a soybean, barley, and hay farmer on Prince Edward Island, represented Canadian agriculture with a passionate, dedicated, and hard-working approach that enhanced the productivity and viability of the industry. However, she will continue to advocate on behalf of Canadian agriculture as a board member for the World Farmers' Organization.

Joining Currie on the CFA Executive is Todd Lewis, First Vice-President and former President of the Agricultural Pro-

ducers Association of Saskatchewan (APAS) and Pierre Lampron, Second Vice-President and currently holds the position of President with the Dairy Farmers of Canada (DFC).

As President of the CFA, Currie will lead the organization in advocating for policies and programs that support Canadian farmers and promote sustainable and profitable agriculture. He will also work to strengthen the CFA's relationships with government officials and other stakeholders.

"Keith has a wealth of knowledge, experience and insight when it comes to Canadian agricultural production and will be a valuable leader for our industry, said Peggy Brekveld, President of the Ontario Federation of Agriculture. "We are privileged to have an Ontario representative in this role and I have no doubt that he will continue to be a strong voice for farmers across the country."



Keith Currie was announced as the new President of the Canadian Federation of Agriculture at the organization's 2023 Annual General Meeting.

Ontario farmers pose for a picture in beautiful Nepal



In the photo to the right, from left to right are: Laurie Graham, Hubert Schillings, Cindy Schillings, Scott Graham, Donna Lange.

This photo was taken in the Nuwakot district of Bagmati province Nepal. We were en route to meet with the Shivapuri Rural Municipality local government officials, approximately 40 km north of Kathmandu (which took almost 3 hours to get there due to the poor road infrastructure). The Himalayan mountains are in the background.

The full story can be found on page 8.

—Photo and write up provided by Donna Lange



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A forum for the Agricultural and Rural Community

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In memory of Jill Beischer

Farm View attempts to present a forum for varying points of view from the agricultural community. Editorial opinions are freely expressed by individual authors and do not necessarily reflect the opinions of the executives or directors of the federations unless specifically noted.

**"Burn down your cities and leave our farms,
and your cities will spring up again as if by
magic, but destroy our farms and the grass
will grow in the streets."**

W.J. Bryan

OFA Members Service Representative:

Leah Emms 1-866-660-5511 email: Leah.Emms@ofa.on.ca

OFA Zone Director for Peel, Simcoe and York:

Paul Maurice: 705-427-3126 email: paul.maurice@ofa.on.ca

2022-2023 Executive – Simcoe County

President:	Dave Ritchie	705-534-4017
Vice President:	Colin Elliot	705-791-1006
PAC Member:	Dave Ritchie	
SCFA Phone:	705-726-9300 ext 1224	
	simcty.fed.agriculture@outlook.com	

2022-2023 Executive – York Region

President:	Darryl Hamilton	416-788-1415
Contact YRFA:	york@ofa.on.ca	

2022-2023 Executive – Dufferin County

President:	Bill McCutcheon	519-766-7905
1st Vice	Gail Little	519-925-2983
2nd Vice/Treas.	George Van Kampen	519-940-2202

2022-2023 Executive – Peel County

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Pricing in effect until
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Soil Health Benchmarking Program

Benchmarks move soil health from being a concept to a manageable issue, where farmers can measure and evaluate the impact of different beneficial management practices (BMPs), leading to greater adoption rates. Farmers know healthy soils are key to improving farm productivity and profitability, while at the same time sequestering carbon, improving biodiversity, and supporting ecosystem health. But we can't ask farmers to manage what they can't measure. By providing the ability to track and measure soil health, farmers can make informed decisions about which practices are right for their farm. This can lead to increased yields, reduced input costs, improved water holding capacity, and increased carbon sequestration, among other benefits.

The Greenbelt Foundation and soil scientists at the Soil Health Institute are working together with Ontario agricultural partners to develop an interpretable, scalable, locally relevant method for evaluating and monitoring soil health. We refer to these as "Soil Health Benchmarks" and they will enable farmers to:

Evaluate their current soil health compared to similar soils in their region.

Understand how much healthier their soil can be.

Measure and track the impact of different management practices on soil health.

By offering the soil sampling program for free to landowners across the Greenbelt's counties and regions, the Greenbelt Foundation is providing an opportunity for a wider range of farmers to learn about the health of their soil and take steps to improve it. If you are a grain or oilseed farmer and would like to sign up for free soil health sampling and assessment, please visit www.greenbelt.ca/greenbelt_soil_health

What does it cost?

Participation is FREE!

What does participation involve?

A short call: A representative from the Greenbelt Foundation will contact you to determine if your farm is a good fit for the study. This call will provide an opportunity for

you to learn more about the program and ask any questions you may have.

A visit to your farm: A Greenbelt Foundation representative will visit your farm in the spring, at a mutually agreed-upon time, to collect soil samples.

A short interview: If your farm is eligible, you will be asked to participate in a short interview to provide information about your soil management history. This typically takes about 30 minutes, and you will be asked to provide information about the types of crops you grow and the management practices you use on your farm.

What's in it for you?

A comprehensive soil health report: Participants will receive soil health data and locally relevant soil health interpretations to understand the results and set achievable soil health goals.

Measurements that reflect overall soil function for carbon cycling and storage, water cycling and storage, and nutrient cycling: This information will provide valuable insights into the current state of your soil and help you identify areas for improvement.

One-on-one support: You will receive one-on-one support from a Soil Health Specialist who can help you set goals and overcome barriers.

Data privacy guarantee: The Greenbelt Foundation values the privacy of your data, and you can be assured that your information will be protected.

Be part of an innovative project: By participating in this program, you will be a part of an innovative project that is working to advance soil health assessment in Ontario. You will have the opportunity to contribute to the development of new methods for evaluating and monitoring soil health, and to help improve soil health for all farmers in the region.

To develop the Benchmarks, Soil Scientists from the Soil Health Institute will group soils based on soil texture, drainage class, and other inherent factors. Extensive testing across three management systems (baseline sites, soil health sites and reference sites) will be conducted throughout 2023

and 2024 to collect soil data to establish soil health potential for soil groups across Greenbelt counties and regions. This will allow farmers to sample their soil and see where their soil falls on the spectrum ranging from the baseline to the reference. We know science-informed benchmarks and comparable metrics are important to farmers and will lead to greater confidence and acceptance of the validity and effectiveness of using BMPs. Farmers will receive a report to support their individual goals (i.e., their individual "benchmark").

The program aims to sample 300-500 farms over the course of the program, and all soil testing, education, and support services are offered free to farmers. This is a great opportunity for farmers to have their soil health measured and to receive support in improving the health of thier soil, which can have a positive impact on a farm's productivity and profitability. The program is designed to provide farmers with valuable information and resources to help them manage their soil in a sustainable way, and to support the advancement of soil health assessment in Ontario.

The program is a collaborative effort between the Greenbelt Foundation, the Soil Health Institute, and several Ontario agricultural organizations including Ontario Soil and Crop Improvement Association, Soils at Guelph, and the Ontario Certified Crop Advisor Association. The 4-year program will integrate tests and benchmarks into existing outreach programs and use the power of farmer-to-farmer social networks through local grassroots farmer organizations and trusted advisors. A soil health database will help farmers continuously manage their soils, monitor progress and measure the impacts of different BMPs and their investments, leading reducing barriers to adoption.

The Greenbelt Foundation recognizes the importance of investing in soil health to ensure a sustainable and resilient agricultural sector that feeds Ontarians into the future. By working together, we are helping to build a more sustainable future for farmers and the agricultural community.

This project is generously funded by the Weston Family Foundation and the Government of Ontario.

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Erosion control structure prevents profits from washing away

Story and photo provided by the Ontario Soil and Crop Improvement Association



Pictured above are Grant Morgan and his daughter Cassidy. Together they put an erosion-control structure in place on their Stayner farm to re-route water to support soil health and crop production.

The Morgan family have finally put a stop to the water run-off that annually washes through their field and reduces their crop production.

The topography of the Stayner, Ontario farm is challenging due to the many hillsides in the area. “We were experiencing a significant amount of water running down from the neighbouring lands into our field and it was causing huge erosion problems, then washing away our valuable organic matter into the forested land behind us,” says Cassidy Morgan.

Her father Grant was anxious to come up with a solution to manage the highly erodible hills on their farm. “Drain tile was not doing it. We needed to deal with the neighbour’s water and funnel it down through into the wetland, without going across the farmland,” he explains.

The Morgans identified an opportunity to tackle the problem with the help of the Canadian Agricultural Partnership (the Partnership) when updating their Environmental Farm Plan.

Thanks to cost-share funding through the Partnership, the Morgans have managed to re-route the water with an ero-

sion-control structure. It’s now helping keep the organic matter in place to support healthier soils and improved soy, corn and wheat production.

Cassidy explains how they now collect water at the top of the hill, and transport it in two 10-inch underground pipes to a lower part of the field.

“We implemented a catch basin, Hickenbottom apparatus, which collected the water from the culvert under the road. And then as it filled up, the Hickenbottom was able to separate the sediment from the water and then flush the water downstream into our forested swamp and wetland area,” she says.

The environmental engineering student knew well that eliminating the water erosion would have a positive impact on the farm environment and soil health.

“There are a lot of benefits to using an erosion-control structure in-field. It helps maintain better organic content in the soil, as well as separating the sediment and the nutrients from the water. It reduces your soil erosion, so you get to keep that high organic content, which hopefully will increase the yields and profit on our fields as well. It really is a win-win situation,” she says.

Grant adds that the erosion-control structure has also made the field safer to farm. “The safety elements are eliminated now. There’s no more threat of the ditch and equipment going in it. It’s been really good from that point of view,” he adds.

Most of all, he’s thankful that the field that is no longer separated by washouts and that crop production on the farm is more sustainable. “The Partnership’s been awesome. It’s helped me put the field back together.”

Watch the success story video:

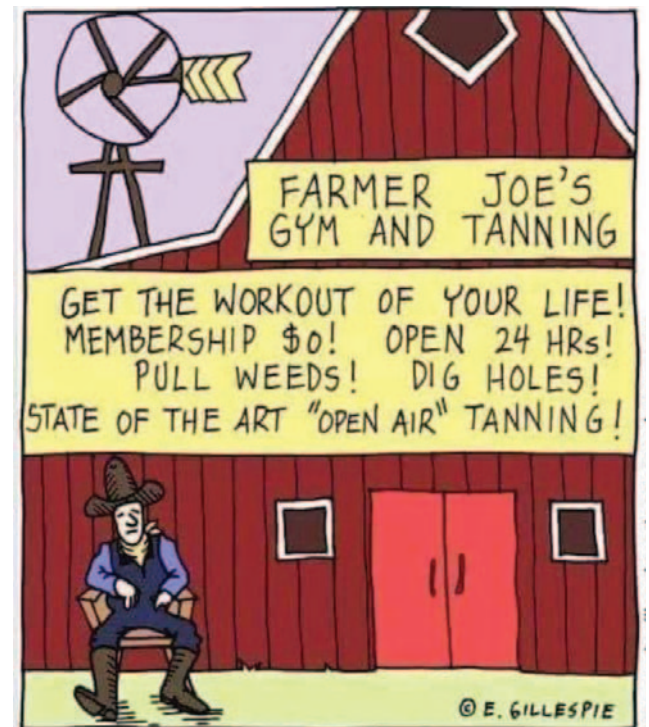
<https://www.youtube.com/watch?v=fIcSmfIzJM&t=1s>

Find out about the Environmental Farm Plan workshop:

<https://www.ontariosoilcrop.org/canada-ontario-environmental-farm-plan/>

The Ontario Soil and Crop Improvement Association (OS-CIA), a provincial not-for-profit farm organization, who de-

livers cost-share funding programs and educational opportunities that support Ontario’s farmers in implementing best management and sustainability practices on their farms. The Canadian Agricultural Partnership (the Partnership), is a five-year, \$3 billion investment by federal-provincial and territorial governments, which will strengthen the agriculture, agri-food and agri-based products sector, ensuring continued innovation, growth and prosperity.







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Ontario Egg Farmers and members of World Accord travel to Nepal

Story and photos by Donna Lange

When you think of Nepal, you may think of Mount Everest, the Himalayas or even Kathmandu. But this beautiful country is so much more!

Nestled between China and India, Nepal is the oldest, independent sovereign country in South Asia. It spans 800 km east to west and about 200 km north to south – think Windsor to Casselman, Niagara Falls to Barrie. 30 million people live in this mountainous country, with over 103 indigenous groups that speak over 92 different dialects and languages.

How do I know this? Yes, a simple Google search can give you some of this information, but in late 2022 I had the privilege of accompanying four Ontario egg farmers and members of World Accord to Nepal, as part of the Rights and Economic Development for Nepal's Empowered Women (RENEW) program.

Funded through Global Affairs Canada and World Accord, RENEW is a 4-year project to enhance the socio-economic empowerment of women and girls, especially from Dalit and the most vulnerable groups, in Makwanpur and Nuwakot districts. Focusing on climate change, micro/small enterprises, cooperative education, social inclusion, women leadership, human rights and gender equality, this project is designed to empower the women to give them the knowledge and skills as a hand up, not a hand out. RENEW created groups to support women from marginalized and rural communities of Nepal.

For almost three weeks, we travelled different parts of Makwanpur and Nuwakot with the team Women for Peace and Democracy, the local organization, to hear the powerful stories of members of over 35 vulnerable women's groups, visit their homes and farms, tour their poultry production facilities and hear their challenges and meet with various industry and government stakeholders. We met on roof tops, courtyards, village churches, school yards, community centers, hill tops and of course in chicken barns. These communities used agriculture and farming as a means to empower and educate women.



We experienced the most treacherous, narrow, bumpy, winding, and mountainous roads to meet these groups. However, all of this is a very minor inconvenience for the outstanding stories we experienced. These women traveled by foot for hours to share their personal stories with us and were always in their very best, most colourful attire. We were welcomed with Tika, a symbol of welcoming, blessings and good luck used on special celebrations. We received handmade leis of fresh marigolds, bougainvillea and poinsettias, as well as bouquets of flowers freshly picked from their homes and roadside. We felt like royalty.

Storytelling began and ended with enthusiastic dancing, singing, and drumming. We listened intently to each story, often sitting captivated for hours. Each story spoke specifically about their way of life and the unique impact of the RENEW program. We sat on the floor for hours continuously repositioning trying to get more comfortable.

Sadly, a common theme in their stories were incidents of violence, abuse, systemic discrimination, financial hardships, and lack of resources and infrastructure. The combination of complex factors, social determinants and lack of infrastructure resulted in poor crop production and poor livestock health, which in turn led to greater financial loss and poverty. Amid all of these challenges, the women display a thirst for



knowledge and eagerness to achieve better results next season.

Through training programs offered by RENEW, the women were taught goat raising, buffalo raising, cow raising, vegetable growing, coffee and fruit tree planting practices, how to make organic manure by collecting buffalo urine, how to run a business, how to take out a loan and save money and pay back that loan. We are very hopeful that in the near future there will be poultry training classes for these women as well. As a partner in the program, Egg Farmers of



NEW program. It was clearly evident that knowledge is empowerment, especially when placed in the hands of strong women who serve their families and communities!

These women haven't changed where they live, or the harshness of the environment, but their personal transformation is remarkable in just a few short years the program has been operating. These women are some of the most marginalized in Nepal, due to isolated living conditions, harsh environmental conditions, or being "untouchables" in the lowest caste system. They live in extreme poverty - very poor housing with outside kitchens with mud floors and out-houses containing a hole in the ground - but come to the meetings in beautiful bold colours, flowers in their hair and smiles on their faces.

One of the things that keep coming back to me is that Nepal is such a country of contrasts. We saw abject poverty and marginalized women - but the women in these groups were generous, joyful and hopeful. We saw beautifully lush and majestic landscapes, but harsh living and growing conditions. We saw crowded chaos in the cities and isolation in the remote villages. We witnessed women living in extreme poverty, but greeted us at each meeting with leis made from fresh wild marigolds. They spoke of their hardships, but ended each meeting with singing and dancing, bringing us into their circle.

The Nepali people are incredibly friendly, generous, and enthusiastic. Their kind spirits and large smiles are especially powerful after learning of their hardships during our time together. It is a place where the people practice distinct traditional ceremonies from numerous different religions, yet live harmoniously. I can truly say this was an experience of a lifetime and I'm grateful for the opportunity to be a small part of this program.

Ontario will work with these groups to strengthen poultry and egg-producing operations of women and women's groups in the program, through the provision of extension and knowledge transfer.

The RENEW program is instilling confidence in these women that, in turn, is creating both social and economic empowerment, by making loans available, providing training programs, and giving the women a place to meet and create friendships. We saw firsthand the difference this program is making in these women's lives – they're learning to write their names, and gaining the confidence to stand, introduce themselves, and share their stories with us. A few of the women had run, and won, a position in local government as a result of the training and confidence provided by the RE-



The Heart of the Herd

Story and photo by Dr. Tim Henshaw

The Heart of the Herd competition recognizes those animals that produce year after year, rewarding conformation, production, reproduction and longevity. To be considered, cows must classify 85 points or higher, produce a minimum of 60,000kg lifetime milk and be alive during the competition year. Points are awarded for classification, production, number of lactations, progeny and All Ontario nominations. There is a county winner and a provincial champion.

This year, the Heart of the Herd winner in Simcoe County is Centerflos Shottle Miracle. Miracle is classified EX 90-5E and is a 4 star Brood Cow. Born September 6, 2010, she lived her entire life at Centerflos Holsteins, Gerald Stone, near Elmvalle. In 9 lactations, she has produced over 115,000kg of milk averaging 3.8% Butterfat and 3.1% Protein. She consistently out produced herd-mates by 20-30 BCA points. She was classified Excellent 5 times. A remarkable cow, she had 8 daughters, 5 of whom are still milking in the herd and a baby calf from last year. She received recognition for longtime production at 60,000, 80,000 and 100,000 kg and was awarded a 4 Star Brood Cow award for the accomplishments of her offspring. Miracle's 8th dam was a cow purchased by Gerald's father, Pat in 1982. Another interesting part of the story is that Miracle's sire, Picston Shottle was from the United Kingdom but his mother was born in Simcoe County and exported to the UK from the Condon Holstein herd of Don and Connie McLean. Don and Pat were great friends.

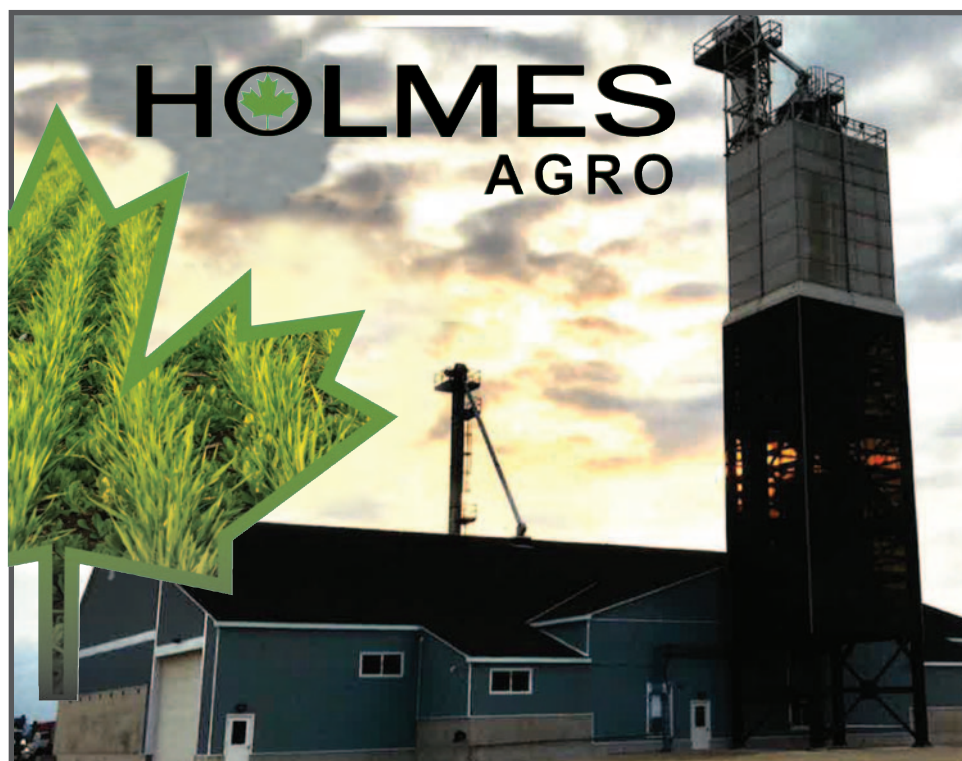
Congratulations to Gerald Stone and family and Centerflos herdsman Boyd Cooper for developing and caring for this outstanding cow. Well done.



Shown in the photo above from left to right are Boyd Cooper, herdsman, Gerald Stone and Josh Stone of Centerflos Holsteins with one of Miracle's daughters.

Village stories

by Andrew Hind
will return next month



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Preparing Students for a Future in Skilled Trades By Doug Downey, MPP

The Government of Ontario is implementing a new high school graduation requirement to help better prepare students for the jobs of tomorrow. Starting with students entering Grade 9 in September 2024, all students will now be required to earn a Grade 9 or 10 Technological Education credit as part of their Ontario Secondary School Diploma.

This new learning graduation requirement will expose Ontario students to at least one Technological Education course that could guide them to a future in the highly skilled workforce, including in skilled trades. With more than 100,000 unfilled skilled trades jobs right now, it's critical that Ontario attract more young people to pursue a career in the trades.

The Technological Education curriculum covers a broad range of sectors, including construction, transportation, manufacturing, computer technology, hospitality and communication. In Ontario, men make up more than 70 per cent of workers in trades-related occupations. The exposure to these career pathways as a mandatory graduation requirement ensures more young women have the opportunity to pursue a career in the trades.

While almost 39 per cent of Ontario secondary school students were enrolled in a Tech-

nological Education course in 2020-21, nearly 63 per cent were male students. This new requirement means a student may be introduced to programming learning in Grade 9, explore the apprenticeship pathway further and may ultimately decide to become an Aerospace Manufacturing Technician.

This new graduation requirement builds upon other actions taken by the government to bolster its Skilled Trades Strategy, including developing an accelerated Grade 11 to apprenticeship pathway for students to get into the skilled trades faster.

This action supports the next steps in Ontario's Plan to Catch Up and ensures students have exposure and access to learning opportunities to consider STEM fields, including in the skilled trades, as a future career.

To ensure the curriculum for Technological Education courses meets the needs of the growing workforce, the government has begun consultations with employers, unions, education stakeholders, trainers, parents, students and others to explore academic entry requirements for the skilled trades. It is currently projected that by 2026, approximately one in five job openings in Ontario will be in skilled trades-related fields.

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Ontario Grain Farmers Wanted for Profit Mapping Study

Can marginal areas within crop fields contribute to the sustainability of Ontario grain farming in a way that preserves farmer profits? Are you interested in talking about how you manage marginal areas within crop fields and what you think about converting those areas to natural habitats for wildlife, such as pollinators? A University of British Columbia (UBC) research team is hoping to hear from Ontario grain farmers with diverse opinions on this topic and will compensate you for your time with a \$100 gift card.

The results from this study will be used to design on-farm research that will use profit mapping information to identify opportunities to implement an alternative land use best management practice on marginal areas, measuring both its economic and ecological impacts to quantify its value.

Please contact the research team by phone or text at +1 (672) 515-2931 or by email at josephine.gantois@ubc.ca .

To be eligible, you must be 18 years of age or older and be involved in farming grain (soybean, corn, and/or wheat) in southern and eastern Ontario.

Leah Emms column will return next month...

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Finding your Spirituality

Spirituality is a subjective and very personal experience. What is spiritual to one person may not be to another. Spirituality can be defined as the search for meaning and purpose in life, the connection to something greater than oneself, and the cultivation of values such as compassion, love, and gratitude.

The journey towards spirituality can take many forms, and there is no one-size-fits-all approach. Some people may find spiritual fulfillment through religious practices, while others may explore meditation, mindfulness, or other contemplative practices. Some may find inspiration in nature, art, or music, while others may find meaning in volunteer work or social activism. Regardless of the path chosen, the journey towards spirituality often involves introspection, self-reflection, and a willingness to explore one's inner world. It may also involve facing difficult emotions or past traumas and developing a sense of compassion and forgiveness towards oneself and others. It can be overwhelming and confusing trying to find what resonates with you the most but the beauty of spirituality is that there is no right or wrong way to practice it. It is a personal and unique experience that we each get to create for ourselves with countless paths to choose from.

One of our favorite things about our journey to Soul Sisters was finding our own individualized spirituality and supporting each other along the way. Our spirituality is unique and constantly evolving; and as Metaphysical Ministers, we have the honor of supporting others through their journey to finding their spiritual self. We support lovingly, respectfully and keep an open mind to the voice of others. We do not judge others for their beliefs, or for the avenue they have chosen to honor their own spiritual well being. We do not tolerate hate. We hold a safe, inclusive place for everyone to feel appreciated, acknowledged and welcomed.

So how does one go about finding their own spiritual

path? Here are some things that we have found helpful throughout our own personal journeys:

1. Listen to your intuition: The first step in finding your spiritual path is listening to your gut. Practicing mindfulness can help you find what feels right to you. What makes you feel connected to something greater than yourself? What resonates to you? Trust these feelings and follow them.

2. Reflect on your beliefs: Take some time to reflect on your beliefs and values. Think about what brings you peace, joy, and a sense of purpose. Ask yourself what you believe about the world, life, and humanity. This reflection can help you gain clarity on what you are seeking and what resonates with you.

3. Study different faiths and philosophies and explore different practices: See what aligns with your beliefs and what doesn't. Reading about or visiting different religions and philosophies, trying out different spiritual practices such as meditation, yoga, prayer, or energy work can give you a broader perspective on spirituality as a whole. Take what feels right to you and leave what doesn't.

4. Connect with a community: Connecting with a community of like-minded individuals can provide you with support, inspiration, and new perspectives. You can join a spiritual group or church, attend retreats, or participate in online forums to connect with others who are on a similar path.

We can't stress enough that there is no rush in finding your spiritual self. Allow yourself the time you need to explore and discover what works best for you. Your spiritual path is unique to you, and only you can create it. Embrace the changes you feel you need to make along the way as you discover new practices. Most importantly, enjoy the process, feel the feels and honor yourself as you witness your spiritual self blossom.

In Gratitude,
The Soul Sisters

Reverend Erin Wilson and Reverend Kelly Blakely
Soul sisterscelebrations@gmail.com



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A little girl launches a big campaign to get rid of those little stickers on fruit and vegetables

Ten year old Maya Thiru who lives in the GTA has turned a visit to the grocery store with her Mom into a Friends of the Earth Canada environmental campaign. Maya's Plastic Pollution Campaign hopes to mobilize kids and parents and teachers across Canada in the struggle to rid the planet of plastic pollution. She is supporting Friends of the Earth's call to Environment and Climate Change Minister Stephen Guilbeault to expand the single use plastic ban to include stickers on fruits and vegetables.

"They are just little bits of plastic but they are on everything and cause lots of problems for the environment," said Maya.

Maya is inviting kids and schools and everybody to join her over March and April to learn about plastic pollution from Price Look Up stickers and make their own album of PLU stickers by removing the stickers from their produce. Her campaign goal is to get lots of kids and families to collect and make their own album of PLU stickers to send to their Member of Parliament asking for their support to ban plastic PLU stickers.

"Maya is part of the upcoming generation of environmental activists dedicated to protecting people and the planet. All of us here at Friends of the Earth Canada are inspired and excited to be working with such a bright and dynamic young woman," said Beatrice Olivastri, CEO of Friends of the Earth Canada.

When Maya and her mother went shopping they didn't dash through the store to get grocery shopping done. They took the time to examine the attractive displays of fruit and vegetables. They were shocked to notice, for the first time, that rows upon rows of produce carried these little oval stickers with code numbers. These are called Produce Look Up stickers or PLUs.

Produce stickers carry a price look-up code (PLUs) to help grocery stores track their inventory and, at checkout counters, identify the product and its cost. The problem is they're made out of plastic or paper coated with plastic. Plastic PLUs don't break down. They become plastic pollution in our soil and water.

Susan Antler, the Executive Director of the Compost Council of Canada, says that these stickers present a major issue when they show up in their compost facilities across Canada. If PLUs are put in the compost bin, they will end up at the municipality's composting or anaerobic digestion facility where sorting them out is time-consuming and expensive. The stickers are extremely thin and pliable so they can pass through screens designed to catch them and other non-compostable items. When a load of organic material from green bins and other sources contains many plastic PLUs as well as other non-compostable items, it can get sent to a landfill site instead of the composting facility. In a landfill, the organic matter will break down creating methane, a greenhouse gas that contributes to climate damage.

Barry Orr, a member of the Canadian Water and Wastewater Association, says that if PLUs go down your sink when you're washing fruit or vegetables, they can help to create "fatbergs" in the sewer lines. A "fatberg" is a wad of waste matter in a sewer line formed by a combination of non-biodegradable solids from sinks, tubs and toilets. This can include fat, oil and grease as well as PLUs, supposedly "flushable" wet wipes and non-flushable wipes plus paper towels and many other items that should never be put down drains. Also, PLUs are thin and flexible so they can pass through the wastewater plant's screens ending up in rivers and lakes. Fish and wildlife can mistake the plastic PLUs for food and eat them.

Maya Thiru went looking for an environmental group that would help her make a difference to stop pollution that harms wildlife. Maya is 10 years old and the conservation and environmental groups she approached said that's too young. Friends of the Earth Canada took a different approach and assembled a team of staff and volunteers to work with Maya on a serious and growing environmental crisis – plastic pollution.

You can read about how to join Maya's Plastic Pollution Campaign at foecanada.org.

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Next Level Ag Discussion in Creemore

Photographs and report by Don Beaulieu

Just past our deadline for the March issue of Farm View, an annual event was held at the Creemore Legion (Branch 397), one which had gone virtual for the past couple of years. Collwest Grain Limited and Holmes Agro (with the assistance of many other supporters and suppliers) held their annual Next Level Ag Discussion.

In addition to the usual bevy of speakers and information presented, there was excitement in the air simply because the participants were meeting in person, catching up, shaking hands, laughing and generally enjoying each others' company. The name tags were handy for some of us. As usual for past meetings, questionable road conditions due to the weather prevailed. One guest speaker was forced to appear virtually, but successfully.

Grain Market update

Giving a perspective on how world situations effect the grain markets was John Taylor of Collwest Grain Limited in Collingwood. Not surprisingly, the war in Ukraine was Taylor's first mention followed by the economy, inflation and as Taylor added "You can't talk about grain markets without talking about the weather". He established that the Ukraine and Russia areas account for almost a quarter of the world's exports. He presented a historical look at Ukraine's grain production which of course, had dropped dramatically and he suspects will drop again in the next year. Detailed graphs of production from this area were presented.

"We weren't running out of wheat" Taylor explained, during the decline of exports from this area, but, rather "Countries that relied on the Ukraine and the Black Sea area for exports weren't getting it". He assured his audience that world wheat stocks are not low.

After a look at inflation and wheat markets in Ontario, Taylor moved on to corn and focused on Brazil which tied into his perception that trading partners were changing, again due to the Ukraine-Russia situation. "There's still lots of corn in the world" he assured his listeners. United States corn exports are falling short of what they had targeted.

Last year Ontario had record acreage and crop size for corn. Bids for April and May are happening, but beyond that, it is difficult due to the competition from South America.

Soy beans were his next crop of discussion. Argentina and Brazil come into play with weather being a large factor effecting the market. Argentina has been very dry giving them one of the smallest crops in years. Most Argentinian soy beans are crushed (exported as meal) while Brazil beans are usually exported raw. Brazil has enjoyed near-ideal growing conditions.

In Ontario soy beans, there is a somewhat mysterious trend in genetically modified types exhibiting low protein, below what some markets require. The exact cause of this is still to be determined.

Taylor did have a criticism for seed companies breeding for yield "That's what sells" he said, but they ignore "...what characteristics the market wants".

In summarizing, Taylor presented a slide with four major recommendations:

- Doing nothing isn't a marketing plan
- Know your cost of productions (COP)
- Take advantage of opportunities
- Spread out marketing.

Soil Fertility

This portion of the morning's talks was presented by Dennis Coffey of Holmes Agro and by Colin Elgie from the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA). Unable to make the drive to the meeting, Colin

Elgie, soil fertility expert, co-hosted virtually from Ridgetown, Ontario, tag-teaming with Coffey who was in attendance. Kudos to Lydia Noordegraf for her technical expertise keeping the entire day on track and on time.

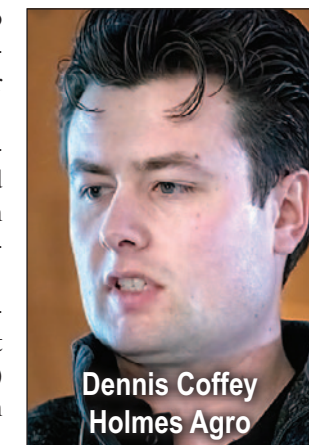
Crop budgets and fertilizers, ever changing, were some of the first areas covered by Elgie. Soil testing and fertilization strategies were to come. Utilizing nutrients already in your soil was another valuable topic.

Tools for streaming fertility planning were explained as was the common question of "Can I skip a year of fertilization?".

Coffey reinforced the importance of knowing what your cost of production (COP) is, and could not stress enough how important soil testing is.

Using some charts as examples he looked at crop protection, application, fertilizer, harvest cost, drying costs and transportation costs. He then looked at yield gaps on low, moderate and larger yields. He specifically looked for what the break-even yield would be for the samples.

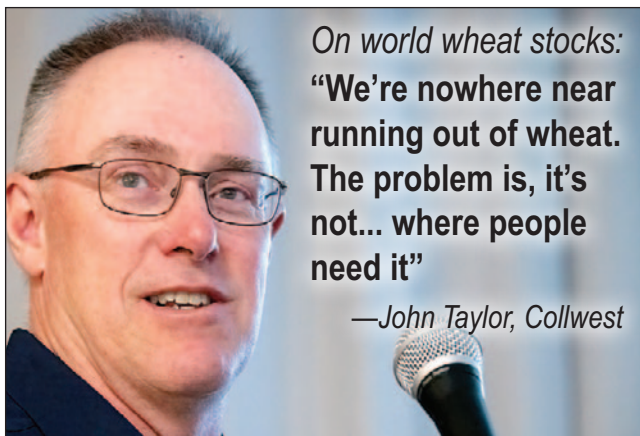
Among many details, the uptake of nitrogen, phosphate and phosphorous was detailed. Generally the uptake of these nutrients is below 50%, some much less, than what is applied in the field.



Dennis Coffey
Holmes Agro

*On world wheat stocks:
"We're nowhere near
running out of wheat.
The problem is, it's
not... where people
need it"*

—John Taylor, Collwest



whining about fertilizer prices! Soil tests tell you what you need.

"Identify best approach per field. Can I afford to draw down high P & K levels? Have I already skipped a year of fertilizer?"

"Improve efficiency to fit your operation. Keep pH in line. Band some closer to seed, especially P. Adjust rate to make sense to economics we're dealing with right now".

Farming and interest rates

From Farm Credit Canada, James Bryan discussed how farmers are effected by, and offered strategies to manage today's high interest rates. Off the top, Bryan recognized that many people in his audience remember higher interest rates, but that "those under 60" may be experiencing the stress of high interest rates. "Not 'high high', but higher" he reinforced.

General strategies to mitigate risk include staggering fixed rate maturity dates. That is, do not have all your loans all renewing at the same time. Bryan recommends coming up with rate scenarios. Talk to your banker before renewal. Be "proactive, not reactive".

He asks that you don't count on your equipment being totally reliable. Bryan also suggests considering credit line usage.

"Interest rates have peaked" he predicted, or at least hopes. "Make sure your farm business can withstand these higher rates".



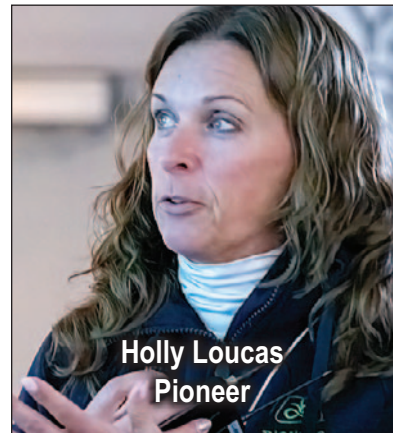
James Bryan
Farm Credit Canada

Update from Pioneer

Holly Loucas, agronomist for Pioneer provided a quick update on corn and soybeans. She announced a new herbicide tolerance rate in soybeans and there are some early soybean varieties coming with the E3 trait in them.

"We're gonna roll a lot of new varieties in fairly quickly—we've got a big patch of products coming down the pipe..." in the next few years, Loucas declared.

New corn hybrids are coming as well. Pioneer hybrids will be coming out with five digits in their moniker. "We've run out of four-digit numbers".



Holly Loucas
Pioneer

Carbon sequestration

Chris Herbert of AgGen Carbon Farming took on a topic for which the concept may be difficult for some folk to get used to. Herbert did well at explaining not just how farmers excel at carbon sequestration but how to sell carbon credits for another source of income.

He explained that for the next five years he will be focussed on the development and commercialization of a "Farmer first whole farm based carbon farming venture". Herbert explained how carbon sequestration and the carbon market are connected.

"Carbon has become a commodity that is being sold internationally".

Three definitions of carbon sequestration were presented: "...the long term removal, capture or sequestration of carbon dioxide from the atmosphere to slow or reverse atmospheric CO2 pollution and to mitigate or reverse climate change". Secondly: "Long term storage and plant soils, geological formations and oceans", and thirdly: "Removal of carbon from the atmosphere through photosynthesis".

His company's aim is to accelerate the "capturing and sequestering of carbon, commercialization of carbon credits for and with farmers". Judging by the question & answer period, there is lots of interest in this enterprise.

What successful farms do differently

Jim Snyder was the final speaker of the day. Early in his presentation he referred to author Dr. Hiram Drache (1924–2020) and his five basic elements to a successful farm.

First is the choice of a life partner. Second is motivation. Thirdly Drache lists management. Access to capital was an important fourth item. Adoption of technology comes in fifth. This list was published about 50 years ago and seems pertinent to this day. What has been added as a sixth point is marketing which is likely more relevant now.

Snyder focussed on two points in the middle of that list, management and access to capital as he feels those are where the greatest opportunities are today. He presented a detailed talk that included supporting charts demonstrating trends and effects of strategies offering some good insight to his audience.

Wrap up

Lydia Noordegraf, of Holmes Agro, quickly wrapped up the day's events with presentations to guest speakers and thanks to their sponsors and to the attendees. "It's nice to back in person again instead of doing (this) virtually" she said, voicing what many in attendance had been thinking.



Chris Herbert
AgGen Carbon Farming

Learning about the joy of chickens with Abigail

By Cathy Hamill-Hill

Abigail was 12 years old when she named her farm, "Father's Joy" which means Abigail in Hebrew. That was the year she got her first animals, two Appaloosa horses. Today, Abigail Robinson-Leit owns and operates her business, Absolute Landscape Designs and is the owner and caretaker of Father's Joy farm which offers educational courses online about Raising Chickens. She lives on her small farm with her husband and 80 chickens, 24 goats and 2 ponies at the moment, totals are going up since this is baby season.

The Farm's purpose is to be self-sustaining and productive on a small scale. Abigail understands, from experience, that "small" is where many people begin the farm experience. She has two programs specifically helpful for people starting in farming with chickens, "Chicken Coop Rentals" and "Rental Hens."

The Chicken Coop Rental program was passed to Abigail from a friend. This program is about actually renting a complete chicken coop along with chickens, bedding, water and feed equipment and feed for a few hens for the entire season. Monthly newsletters that contain chicken care are included. There is also free pick-up and delivery included. This program runs for one spring to fall season.

For clients that have a chicken coop on the property, Abigail has a Rental Hen program. Here, she provides the chickens and the care supplies. She gives full support to new hen owners- and is a reassuring educated voice during the new experience. When the time is up, the hens either are returned to Abigail or the Hen renters can buy the hens and keep them.

Both the Chicken Coop and Hen Rentals offer a cost effective way to get into laying hens with the option of going on an extended holiday still possible. Abigail explains, "This has been such a well received program by families or childless households. Ages of clients range from late 20's to late 70's, it is great for anyone who wants the experience. If the client is a "snowbird" who likes to travel south in the winter, this is a great opportunity for them to have chickens through the year and then not to worry about them when they're away."

Abigail says the programs are getting more popular each year, "The joy of chickens keeps spreading! They are the best backyard friends."

The online course designed and taught by Abigail titled "Chickens for Beginners" begins with an explanation at how child-friendly hens are. It is explained that the rooster "being so protective of his girls in his flock" is not to be considered friendly. "In my Rental Hen program, hens have come back from the program knowing tricks that children taught them, hens like children," she said.

The work involved for chicken care depends mostly on the season. "In the winter the water can freeze which is added work to get that water thawed. Chicken coops should be cleaned out about every three weeks. Nest boxes need scraped out every day to keep eggs clean," she advised as teacher of the course.

"Plan on one egg a day per hen except in winter. In winter, hens slow down production as their body needs the calories they intake to keep warm," she explained.

Dogs that chase cats will also chase chick-

ens. "If dogs are good with cats and children, they will be good with chickens too," she says.

The first step in Chicken Raising is to decide on the reason one wants to keep chickens in the first place.

There are hundreds of breeds of chickens. Chicken ownership falls in three basic categories, those that want eggs, those that want to eat chicken grown at home and those that want chickens for pets.

The prime meat producing chicken is the White Rock which are known as "Broilers." The white rock has a short life span, after 10 weeks it is prime heart attack time for a white rock. This type is readily available through hatcheries affiliated with local livestock feed stores.

High egg production is best done by a "Brown Sexlink" hen which, according to Abigail is a "cross between a Rhode Island Red and a White Leghorn." Another egg producer that is not as productive is the distinct two coloured Barred Plymouth Rock which has a long life span, according to Abigail, living up to 8 or 9 years old. All these breeds are also available through ordering from hatcheries via local livestock feed stores.

Pets, according to Abigail, could be the "Silkie" which are "very friendly with a funky look. Silkies are usually lazy layers," she says.

The newest trend in backyard egg production is coloured eggs. Eggs now can come in shells that range from deep brown, pink, green, blue and speckled along with the traditional all brown and all white. These eggs come from a special type breed of hens that are quite easy to find in Ontario.

"It is interesting how addictive to have different colours of eggs can really be," Abigail says showing pictures of bright pink eggs.

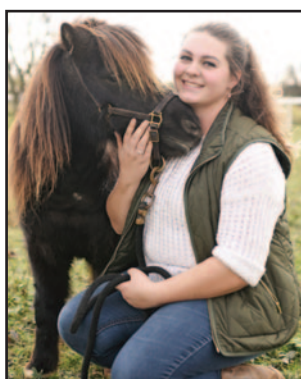
Choosing the healthy hen is critical if this new experience is going to be a good one. "I learned the hard way. I just went out and bought chickens that were sick. I lost a lot of chickens that first year," Abigail admits.

"The signs of a healthy hen is a bright comb, eyes alert with shiny feathers. The hen has lots of energy and her eggs have hard shells with dark, yellow yolks," Abigail advises adding she looked for none of that in her first experience.

What NOT to buy is the hen with purple combs as its close to death. Hens that have swollen or weeping eyes have respiratory issues and so do hens that are sneezing and coughing. A hen with closed eyes, drooping wings and tail is often seriously sick. Hens that are scratching all the time usually have lice or mites.

Information about Abigail's rental programs can be found on the website www.fathersjoyfarms.ca

In next month's issue of Farm View Chicken for Beginners by Abigail.



Abigail is pictured above with Miles, a rescue they believe to be a Miniature Horse, possibly a Shetland cross.

—Photo provided by Abigail Robinson-Leit



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After The Chores: Normal life again

By Cathy Hamill-Hill



Normal was only truly appreciated when I no longer could live in normal. The last two days of my "Jail" time seemed to last forever. Jail for me meant living in the house meaning no chores and no-off farm work for two full weeks. It was on surgeon's orders to be in "Jail" while I healed from lazer eye surgery to remove cataracts.

I fully agree with Psychotherapist Jasmine Chomski (see article on Effectiveness of Horses Used as Therapy, page 19) that being with animals and nature is good for people. I was NOT doing good on my 12 day cut-off from animals, except Daisy the house cat, and nature during Jail time. My biggest problem was finding sleep. In a normal day, I do enough in the barn alone to make me physically tired at the end of a day. I did at least six laps of the barn today catching and carrying lost young lambs to get them outside with their mothers in the sunshine. But with no chores, how do I as a house-bound person with no animals ever get tired enough to sleep? I had done the whole usual night routine, read yet another book, watched the news, had a snack, read more news online, had a hot shower- and I was still wide awake at one a.m. I reasoned the missing part of my routine for the day was exercise. I did laps of the house deck feeling like a complete fool in my pyjamas pacing back and forth for the sole purpose of getting tired out.

The eve before my Jail release time, I was very excited. I had a full day planned out that INCLUDED chores at night if I got my "you are all good" report from the surgeon on the second eye. Sweetie asked what would happen if I was DENIED coming out of Jail? I gave him my full defense... I could see extremely well, I had no reactions whatsoever and I followed all the protocols down to the tiniest detail. I did the eye drops every 2 hours and my phone set off annoying alarms all day so I never forgot. Then that horrible idea started to form, what if I was stuck in the house for ANOTHER two weeks? Could I even physically get through another TWO weeks of this no-chores deck pacing life? Could Sweetie keep up with all the extra work? I was getting into such a state when Sweetie confessed that he was JOKING only.

The eye test at the surgeon's office was, thank God, another success. The nurse said I could go back "to your normal life" if the surgeon said I was okay. I did not share that "chores" were part of normal life but since they are, my reasoning was they were automatically okay. When the surgeon said all was good, I controlled my urge to hug him as my mind flashed to joyful reunion vision with my llamas, the sheep, goats and rabbits. I have not been that crazy happy for a long time. I spent \$60 on junk food at three different places mostly for the thrill of reading the menu boards, I hadn't seen a complete one in about two years. It took me a long time to get home that day, Sweetie said I had turned from a Jail bird into a Road runner. That joke made me smile.

That night we had supper early and I was all set right

after in my barn clothes to get my normal back. I was barely inside the front door of the barn marveling over the fact there were NO halos around the lights, when Pandee met me. Pandee walked right into my arms. He pushed his llama head down on my shoulder and snuggled in tight. The llama was hug-starved. He had no hugs for 14 days. He had never been that long without a hug since he lost his Llama Mom in September 2020.

We all do chores different. Sweetie started chores with the goats. The goats stated their disapproval that I start chores with rabbits. The goats stood up on their pens and baaed LOUD to make their point. Sweetie thought the goats should get fed first as they are in the first pens in the barn. I say the rabbits go first as they are farther back in the barn. Without the darkness and the halos around the lights, my rabbits seemed to have put on some new shiny coloured coats.

Isaac had his life schedule all upside down for those two weeks. His behavior is "in progress" and I could not trust him to be near me when in surgery recovery. Isaac care was entirely up to Sweetie. Isaac was put outside on a tie-out for the day early in the morning and he did not like seeing the Jeep leave with Sweetie going to off-farm work. Sweetie felt bad leaving the red pup barking in a sad voice. Isaac was sure happy to go back to the old schedule, now he gets up in the morning through the week with Sweetie and then he goes back to bed in his crate when Sweetie leaves for work. Isaac and I get up together, later in the morning. Isaac and I share a bowl of oatmeal and then we start our day.

Life is back to normal. Normal is so appreciated.

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South Simcoe 4-H gears up for another great year



Pictured above at left is Ashland Enosse with club member Annika Blank. Ashland's father is from the Wikwemikong unceded territory on Manitoulin Island. Ashland is a student at Georgian College in Barrie and was part of the planning committee for the Pow Wow.

South Simcoe 4-H Heritage club

By Annika Blank

On Saturday, March 11th the South Simcoe Heritage Club, a new club for the 2023 year, met at the Georgian College traditional Pow-wow. The club members enjoyed watching traditional Indigenous dancers and drumming. Members learned about the differing styles of regalia, such as jingle dresses, grass-dancers with leggings and headbands, fancy shawls and bustles. Members were moved by the language and storytelling experienced through dance and music, while also viewing and shopping the many Indigenous-crafted items for sale. It was a great day of heritage and culture.



South Simcoe 4-H Photography club

By Camila Rolden

South Simcoe's first photography meet up of 2023 was held on Sunday, March 5th at the Thornton library.

The members of this club were given the chance to practice the skills they learned that day. They took pictures outdoors with the camera they brought from home after learning about the elements of art and principles of design.

The next photography meeting will be held on March 25th at the Angus library where Stephanie Lee Stephenson will be attending. She is a professional photographer who will be sharing her story and will also help the members enhance their photography skills.

South Simcoe 4-H Veterinary Medicine club

By Kensey May

Our 4-H South Simcoe Veterinary Medicine Club had our first meeting on Monday, March 6, 2023. We went to the 404 Veterinary Emergency hospital where we were given a tour by Dr. Kaitlyn Crane of the many different animal care rooms in the clinic. We explored these different areas of the facility and learned about what the equipment is used for, and were even able to experience some veterinarians caring for their patients. It was a really great way to start off this year's 4-H Veterinary Club, and we are so excited to experience many more fun opportunities that this club will offer us.

The second meeting of the 4-H South Simcoe Veterinary Club was held on Monday, March 13, 2023. The meeting took place at the Crowfield Farm where Dr. Jayme Harvey tended to a horse who was in need of some dental work. She introduced us to a variety of different tools that she used and did a very good job of explaining what was going on during the process. We watched as Dr. Harvey grinded down the sharp tops of the horse teeth, and how she dealt with a missing and overgrown tooth. This experience was really hands-on and interesting, and our 4-H Veterinary Medicine Club learned so much from this unique opportunity!

Farm View welcomes 4-H reports from all counties and regions.
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Quilting Corners Guild - A little history...

By Senora Baldry, Community Outreach, QCG



Quilting Corners Guild was established in 2006 in response to requests for a local guild to service the Alliston and District area. The name Quilting Corners Guild represents the “four corners” of the townships that surround Alliston: New Tecumseth, Essa, Adjala and Tosorontio (now Adjala-Tosorontio).

We are proud of our dedication to our community outreach programs in support of My Sister’s Place (local woman’s shelter), Matthew’s House Hospice, the Good Shepherd Food Bank, Quilts of Valour – Canada and most recently Simcoe Manor. To date 1445 Quilts of Comfort have been created by the 75 dedicated members.

We enjoy our monthly meetings of sharing and socializing

as well as other opportunities to make new friends and learn from each other. Typically we meet the first Tuesday monthly (except January) at 7:00 PM at Shilton Hall, St. John’s United Church in Alliston. We connect with members beyond our regular meetings through social media, virtually, Sit n Sews and our bi-annual quilt show.

This year we are excited to return to hosting our quilt show, Stitching Among Friends, after having to cancel our last show due to precautions and closures. We hang over 100 quilts and quilted items, provide demos, a bed turning, vendors, and a tea room.

Please join us June 10-11, 2023 at the Curling Club, 52 Albert St. W., Alliston.

Always in stitches...

An informative afternoon at the Simcoe County Milk Producers AGM

By Dr. Tim Henshaw

The Simcoe County Milk Producers Annual General Meeting was held on March 1st at the Minesing Community Centre. The first order of business was lunch, generously sponsored by RBC Ag, Farm Credit and National Bank. Reports detailed the promotional activities of the group and the sponsorships and donations plus the work of Charlotte Lange, Simcoe Dairy Educator. The guest speaker was Mr. Albert Borgo of Quality Cheese. Albert highlighted the history of the company and the expansion plans for their plant in Orangeville. Quality Cheese is family owned and family based. “Quality is not just the name of the company but a description of the product you are getting.” He said that milk is the most important ingredient and that Quality makes a variety of Italian specialty cheeses, soft ripened cheeses like Brie and Camembert, Buffalo Mozzarella, Smoked cheddar and Paneer, an Indian cheese. Albert talked about some of the challenges that small processors face including trade deals allowing imported milk and cheese, charge back and bill back practices of retailers and the shortage of skilled labour. He said that the supply management system ensures that they are guaranteed milk every week. Albert brought some Quality Cheese products for everyone to take home; Buffalo Mozzarella, Triple Crème Brie and Smoked Cheddar.

Regional DFO Board Member, George Van Kampen talked about the DFO mandate to provide leadership and

excellence in the production and marketing of Canadian milk. The goals of DFO are to meet demand, fair pricing, dynamic growth, stewardship and organizational effectiveness. Both speakers highlighted the need for a Grocery Code of Conduct to insure that producers, processors and retailers all remain profitable. Attendee John Miller commented “Processors are severely bullied by retail giants.”

Next Field Service Representative Jeannette Edinger presented her report highlighting producers winning milk quality awards. Ridgoro Farms, Allan Ball, Neil and Graeme Wood, Arway Farms, Aptohaven, Jeff Turner and Hermica Farms were all awarded Gold certificates. 15 additional producers were awarded general certificates. Congratulations to all winners.

Prior to election being held, Steve Jones, who had served as chairman this year announced that he was not seeking re-election. Everyone thanked Steve for his contributions serving 12 years on the committee. Each year, 3 new directors are added to 3 returning directors to provide continuity. Elected this year for a 2 year term are Emily DenHaan, James Kloosterman and Lisa Robinson, joining returning directors Nathaniel Kapteyn, Peter Spruit and Eric Wright. The Annual Banquet and award presentation, together with the Simcoe County Holstein Club will be held Friday, April 1st in New Lowell.

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AgKnowledge Forum returns to in-person

Photographs and story by Don Beaulieu

Nottawasaga Futures, serving business needs in southern Simcoe County, hosted their AgKnowledge Forum Discussion near Palgrave, Ontario in March. The facility for this year's event was the Windrush Estate Winery. The day's scheduled speakers were kept on track by Master of Ceremonies Nicole Cross.

After greetings, a prayer, and land acknowledgment, Member of Parliament (Simcoe-Grey) Terry Dowdall spoke for a few minutes. Dowdall said that in Ottawa they are "...doing whatever we can to promote agriculture. As a country we need to make sure we have food security" He continued; "We want to make sure we're competitive world-wide" and maintain our export markets.

Following Dowdall's remarks Cross introduced the numerous politicians in attendance. She then invited Brian Saunderson, Parliamentary Assistant to the Attorney General and Member of the Standing Committee on Justice Policy, to address the crowd. Saunderson spoke of his support for roadside farm stands and agri-tourism.

He assured listeners that the strategy at the Ontario Ministry of Agriculture, Food and Rural Affairs is "...to help you grow your businesses and grow your tourism".

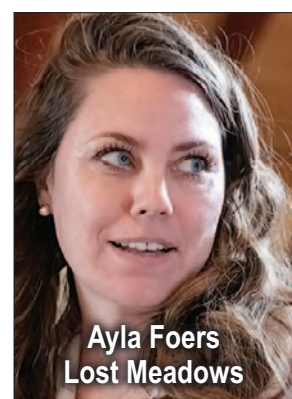
Laura's Farm Stand

From Laura's Farm Stand, Laura Currie gave a history of her farm stand which she started at age 17 in 2011. She read from written notes, promising to tell how she "...utilized marketing to draw customers to my farm. I will share about how to tell your story on social media, how to create on-farm marketing and the value of creating an experience worth talking about". She has a Bachelor's degree in business.

Photo-spots (built/designed photographic opportunities for visitors to take pictures) play a role in Laura's Farm Stand. "Taking photo's on the farm is part of the farm experience" Currie says. Many particulars talked about apply to Farm stands or agri-tourism, but certainly not practical for the average farm or farmer to engage in.

A taste of honey

Lost Meadows Apiary and Meadery provided an interesting talk on how they produce flavoured honeys. Ayla



Ayla Foers
Lost Meadows

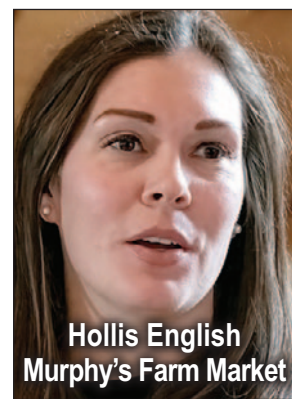
Foes provided the presentation. Brother Graeme Foes was in attendance for back-up. He is the president of the Ontario Bee Breeders association. Ayla's background is in sales and event planning and runs the day-to-day of their business.

Ayla explained how they got over some of the challenges of setting up their businesses. They have a winery designation and their farm store.

Lost Meadows honeys are considered specialty honeys. It is raw, unfiltered and cold-extracted. "It is also single-meadow origin" Ayla explained. Graeme uses 14 meadows he takes the bees to from which they create individual flavour varieties. "Each meadow is its own terroir, its own flowers..."

Murphy's Farm Market & Bakery

Hollis English, CEO of Murphy's Farm Market was next up to speak. She expressed delight in being a part of such a vibrant group of people in related industries: "The community element is what most resonates with me, personally and as a collective". She grew up in an agri-tourism environment, "My parents were doing agri-tourism before it was really a thing and before people were charging for it and before our community was willing to pay for an experience to come to the farm..."



Hollis English
Murphy's Farm Market

An exciting addition was the scratch bakery; that's where raw ingredients are used from start to finish. This adds to their agri-tourism and their store

which sells value-added goods.

English offered lots of insight as to what one needs to

consider when setting up a farm market, from a practical standpoint of parking, ticketing and more including working with outside vendors to enhance what you have to offer.

Town of New Tecumseth

Jennifer Best from the planning department of the Town of New Tecumseth addressed the audience to discuss pitfalls to avoid in setting up a business and how to develop an action plan. Her 25 years involved in planning became apparent as she elaborated.

Best admitted that there are policies and departmental codes which do not necessarily align with each other; food service, fire code and such. One needs to be aware of this and do your homework. Regulatory bodies can also wrestle with what constitutes a farm and what is amusement themed.

This talk offered good insight into what to expect from your local government and how to be prepared.

Grey-Bruce-Simcoe tourism

With a background in local tourism, Kim Clark was able to provide some advice to entrepreneurs. She expounded on the T3 Accelerator, partnership programmes and implementation programmes. The Department of Tourism's mandate includes marketing advice. "We don't do any print media, at all" she said.

Readers of this paper realize being restricted to online only omits a major segment of potential customers. Ignoring a media that can attract people to your business does not seem like a well-rounded marketing campaign. Support of local journalism supports the community.

County of Simcoe

Ruth Walker Scott is an economic development officer with a background in project management. Walker Scott's topic was the Simcoe County Agri-tourism Toolkit. Reading the Toolkit takes the reader through the phases of prepare, plan, launch and evaluate. It is available online. The online version also contains hyper-links to further aids.

The County's definition of agri-tourism is: "Agri-tourism in Simcoe County is farm-related tourism uses that promote the enjoyment, education or activities related to farm operations." She continued that examples include but are not limited to "...on farm retail, farm tours, accommodations such as bed-and-breakfast and recreational activities such as... riding a horse".

"Navigating legislation and municipal policies is one of the main challenges in starting and growing an agri-business", Walker Scott recognized.

Nottawasaga Futures

Andie Coté is a business loans officer with Nottawasaga Futures. Coté explained that "Nottawasaga Futures is a community economic development agency providing business loans, information resources, business coaching services, to help businesses in south Simcoe succeed". She noted that they have good relationships with surrounding municipalities' economic development offices.

Coté ran through the programmes available and their awards presentations recognizing outstanding businesses.

Farm Fresh Ontario

Keven Vallier of Farm Fresh Ontario was the final guest speaker to address the crowd.

Farm Fresh Ontario (FFO) was founded in 1973 as a not-for-profit, educational, and promotional organization with a keen interest in promoting the direct farm sales industry.

Farm Fresh Ontario represents about 300 members all in agri-tourism. Vallier would like to see "Let's go visit a farm" on peoples' top ten list of "what to do this weekend". He used another term *diversified agriculture* as that is what the minister of agriculture, Lisa Thompson prefers to *agri-tourism*. One of the challenges he brought up is trying to define agri-tourism, "...what constitutes agri-tourism", echoing a concern making its way into many afternoon talks.

High insurance costs were brought up in Vallier's talk and was also related in many ways to the definition and when does agri-tourism become simply entertainment resembling a small amusement park. Some insurance people see aspects of agri-tourism under the same umbrella as they see Wonderland, for example.

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Much to be discovered at the 2023 East Central Farm Show



The 2023 East Central Farm Show held at the Lindsay Fair grounds was yet again a huge success! Very well attended and organized. As shown by these photos beginning top left we have Hastings County Plowing Match Queen of the Furrow Abby Reed. Abby was at the Lindsay Farm Show promoting the Hastings Plowing Match which is being held in Deseronto, ON on Wednesday, August 23rd and Thursday, August 24th. Abby claims the Hastings County 4-H Milkshake Booth has the "best EVER" milkshakes and they will be at the Match this year- and that alone is a reason to visit the 60 acre event.

Bottom left photo is someone Durham Region readers will recognize. Heather Moore is a dedicated volunteer for both Durham West 4-H and Durham Region Plowmen's Association. She came to the Lindsay Farm Show with her husband, the couple operates a dairy farm in the Uxbridge area. Heather is seen here with Ben Machin, Field Marketing Rep with Milwaukee Tools that is affiliated with Claire Snoddon Farm Machinery from Sunderland.

Dorothy Yates, pictured at top right with a white balloon, visited with her sisters and their Grampa Clark. Dorothy lives near Woodville and her family operates a dairy goat business.

At the far top right is Rein Westerbaan of Lindsay, a dealer for Polar and Portage and Main Outdoor Wood Boilers. The Outdoor Wood Boiler is the "Farmer Stove," Rein says as the fuel for the Boiler can often be found right on the farm because it uses up waste wood from projects like fence row clearing. Further, this Outdoor Boiler can be used in a system for under the floor heating. "I can help make old farmhouses more comfortable," Rein said at the Lindsay Farm Show.

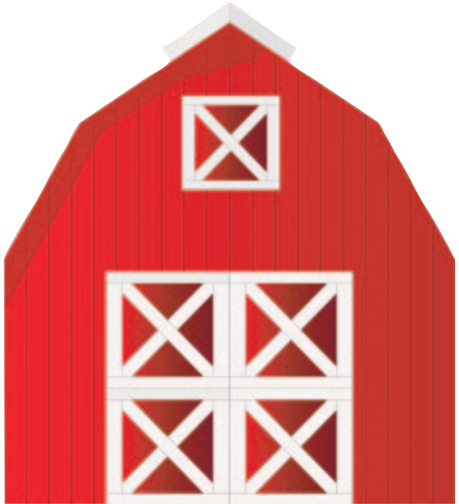
Below right in red, is Bruce Rumney from Midland and beside him is Brian Colville, Sales Agronomy for the Sunderland Co-operative Inc. Bruce made the trip to the Lindsay Farm Show "to see what is going on these days in farming." He says he planned to retire but it didn't happen as he still has a herd of beef cattle that "I can't seem to quit keeping around."



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Effectiveness of Horses Used as Therapy

Story by *Cathy Hamill-Hill*

As a young psychotherapist student, Jasmine Chomski realized being around animals is good for mental health. She would go to the boarding facility where her horse was and noticed all the young girls left feeling mentally “better” after spending time there. She felt better too. She decided to do her Master’s thesis on the Effectiveness of Horses Used as Therapy.

Horses are teachers, Chomski says. “Horses live in the present, all the time. People live in the past which is “depression” and people often get stuck in overdrive worrying about the future which is “anxiety.” People live in the past or the future and that will not regulate the body. Horses always pull people into the present, by touch or by being near them.”

At Chomski’s farm, she has five “teachers” including “Cowboy” who was her first horse. The client comes to the farm and Chomski, using her education as a registered Psychotherapist with 20 years experience, begins a conversation with the client. Client issues include dealing with grief and relationships plus anxiety and depression. The client is then walked into a paddock with the five horses. There are 2 miniature horses, a Draft/Paint horse, a Quarter Horse and a Tennessee Walking horse.

“The horses look up and come over to see us (me and the client) and one horse will step forward and move in closer. That one horse is the “therapy horse” for today. The horses pick out who they are going to work with. The horse immediately picks up the emotions and energy of the client that day and the client is pulled into the present by having the horse near,” Chomski explains adding that never has a horse not stepped forward. She claims that horses “like helping people” and they are so in tune with people that “they can detect a change in people’s heart rates.”

This therapy works. With permission, Chomski shares the

history of a 31 year old client named Jennifer. Jennifer suffered for years from past abuse, advancing anorexia and was diagnosed with manic depression known now as bipolar disorder. Medications and talk therapy could not help her. Horse therapy was a final option. The horse that stepped forward to “teach” on the first day is a rescue and was also an abuse survivor. Jennifer immediately felt the horse “understood” and her healing could finally begin. Today, Jennifer is employed and engaged to be married.

she has seen with the five horses and her clients is incredible and she credits part of this to the fact she knows her horses so well being with them all the time. She is at the point with her professional training and having ownership of all five horses, she can interpret the horse’s reactions to the client.

“Being around nature and being around animals is very important. And both of those are not present in many people’s lives today. There are many people that have no chance to ever interact on a farm,” she said adding that taking people to the horse paddock which is outside is a critical part of horse therapy.

“When the horses show up in the client’s personal space, it brings the client to reality of their lives. The movement of the horse causes perception. When the client puts hands on the horse, they are brought to the present moment. It is an individual experience each time between client and horse- there is no formula involved, it is up to the horse to decide how to help.”

There are no medications involved in horse therapy.

In the summer, there will be “Meditations with Horses” offered. A group of no more than 15 people will sit for two hours on chairs in the paddock with the five horses. “The horses come up to our (Meditation) group. The minis (miniature) horses like to rub and snuggle with people. The Draft/Paint horse often does not respect personal space and gets very close. The other two will be there too,” she explains.

Clients range in age from 8 years old and up.

“Clients dealing with anxiety are now 90% of what I see. The pandemic increased anxiety for many. I worked harder through the pandemic than ever before,” she said.

There is a waiting list for Horse Therapy. Clients come from all over Ontario.

For information on Horse Therapy or Meditation with Horses, check out www.pathwayranch.ca



Pictured above is Jasmine Chomski with two of the therapy horses.

—Photo provided by Jasmine Chomski

Chomski began her Horse Therapy idea after graduation. “I was a girl with a horse and a dream,” she says adding she would go to other people’s barns to facilitate Horse Therapy sessions between working from an office in the Toronto area. The workload now is actually more with a home office and a horse farm because she also has all the care for the five horses she owns added to her day. However, the connection

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Spring has Sprung fire safety tips By Dennis Gannon

The snow has melted, the birds are returning, the days are longer and the grass is starting to turn green. It's Spring and thoughts turn to getting outside and doing that inevitable Spring cleaning. It's a great time of the year and following these safety tips will minimize the risk of fire and associated hazards. Check your cleaning supplies. Look for leaking containers and dispose of what is no longer used or needed at a hazardous waste centre. Clean and check the BBQ. Clean burner ports and tubes and test for hose leaks with a 50/50 water/soap solution. Watch for spiders as they often hide in BBQ's. Store fuel and other combustibles outside. Keep them in a well-ventilated shed or detached garage and away from direct sunlight and other heat sources. Never store propane cylinders in an attached garage. Clean eavestroughs thoroughly. Use a sturdy and reliable ladder and

ensure that it is not overextended and have someone hold the ladder for you. If you have an air conditioner, make an appointment with a qualified technician to perform safe and proper maintenance work for your specific unit. Check all recreational equipment. Make sure all playground equipment, bikes, skateboards, etc. are in safe working condition for family use. Bicycles require safety reflectors on the front and rear as well as a bell or other signaling devices. By law, cyclists under the age of 18 must wear an approved bicycle helmet. For children age 16 and under, a parent or guardian must make sure they wear a helmet. Children are also required to wear an approved bicycle helmet when riding in a child carrier or a bicycle trailer. Call before you dig. Before starting a garden or outdoor home renovation, contact OntarioOneCall and easily get your underground utility lines



marked to avoid pipeline damage. Check and maintain smoke and carbon monoxide alarms. Replace as required and ensure that equipment requiring batteries have fresh ones installed. Let's make safety a priority and enjoy the Spring.



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Agricultural Anecdotes from Farmer Tim

Tree milking!

It's almost maple syrup season in my part of the world and I get all "sappy" thinking about it. I found a few old pics of yours truly making syrup on a homemade boiler. It was pretty much an old refrigerator with two pans. One large pan pre-heated the sap and the second smaller one boiled it down further. I used old cedar rails as fuel. My poor mom would kindly finish off the sap on the kitchen stove. It was literally a "sticky situation" with the risk of getting sap vapours on the wallpaper. Now I finish it off outside. My grandmother would mix an egg in as a final step as it would help bring out the impurities for easy removal. On one March break, I boiled two weeks' worth of sap from 40 trees. It was such a gorgeous day in the woods. I was studying for my university exams and fell asleep - burning it all!!! Yes, it sucked, but the process was still fun and I encourage you all to give it a try.

Did you know?

Canada produces 80% of the world's

maple syrup with the majority of production in Quebec.

Canada has 13 maple tree species but the main 4 used for tapping are Sugar Maple, Black Maple, Red Maple and Silver Maple.

Many other tree species can be tapped including birch, black walnut and ironwood.

It takes 40 litres of sap to make 1 litre of syrup and about 2.5 trees per litre.

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Ok, that's enough with the facts. I'm all tapped out.

Farmer Tim farms in Southern Ontario and has been sharing his stories through social media for many years.

Tim is quoted saying "All farmers need to get their stories out there and have fun while they do it!"

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Chocoflan Impossible Cake

Intro and photos by Roslyn Watkins

This past January a friend suggested to a group of us that we create a monthly supper club. One evening a month to come together with our families and enjoy a meal and an evening of games and catching up. I loved this idea and immediately agreed. One family who was hosting had a Mexican inspired din-

ner theme so I took to the Internet to find just the right dessert. I have made this twice now and plan to make it again for Easter dinner. It serves a large crowd and can be accompanied by vanilla ice cream to help use up the remaining caramel sauce.

Prep time: 20 minutes Cook time: 1 hour
Ingredients

For the Flan Layer:

- 14 ounces sweetened condensed milk
- 12 ounces evaporated milk
- 4 ounces cream cheese, softened
- 3 large eggs
- 4 teaspoons vanilla extract, Mexican if possible

For the Chocolate Cake Layer:

- 10 tablespoons unsalted butter, softened
- 1 cup granulated sugar
- 1 large egg
- 1 3/4 cups all-purpose flour
- 1/2 cup cocoa powder, unsweetened
- 1 tablespoon ground cinnamon
- 1 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 1/4 cup buttermilk

For the Pan:

- 2 tablespoons softened butter for greasing
- 1/4 cup cajeta or Dulce de Leche (caramel sauce)



You will need a 12-cup bundt pan and a roasting pan large enough to put the bundt pan inside of and have plenty of room for water. You are creating a Bain Marie or water bath to cook the flan layer.

Set one oven rack in middle of the oven. Preheat oven to 350 degrees F. Coat the bundt pan with butter and drizzle the bottom of the pan with cajeta.

Boil about 2 quarts of water for the Bain Marie.

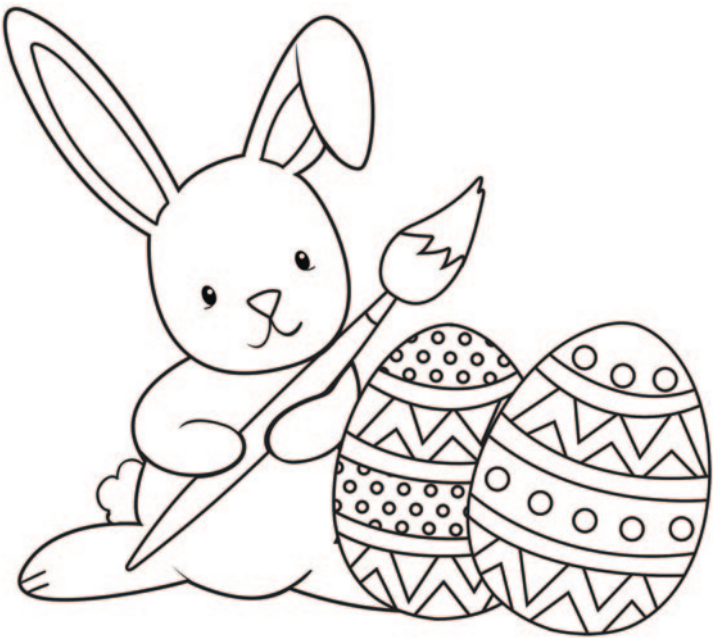
For the Chocolate Cake Layer: With an electric stand mixer, cream the butter and sugar together until light and fluffy, 3-5 minutes. Beat in the egg. Sift all dry ingredients together in a separate bowl. Then mix the dry ingredients into the wet mixture, 1/3 at a time, alternating with buttermilk until all ingredients are incorporated.

For the Flan Layer: Place all the flan ingredients together in a blender and blend on high until smooth, about 30 seconds.

Set the bundt pan inside the roasting pan. Scoop cake batter into the bundt pan on top of the cajeta, smooth it out. Then gently pour the flan mixture over the back of a large spoon into the bundt pan so that it lays on top of the cake batter. Lightly butter a piece of foil and cover the bundt pan tightly, butter side down against the cake. Pour boiling water in the roasting pan about two inches high. Gently slide the pan onto the middle oven rack. Bake for 1 hour without opening the oven door. (You need to keep all of the steam inside the oven to do its job.)

Remove the foil and test the cake. It should be firm to the touch, and an inserted toothpick should come out clean. (If not, place back in the oven for another 10-20 minutes.) Remove the cake from the water bath and cool completely to room temperature. When cool, shake the pan from side to side to loosen, place a large platter inverted over the cake, hold tightly and quickly flip over. With a rubber spatula scrape the remaining cajeta onto the cake.

Serve at room temperature, or chill and serve cold. You can find this recipe at www.aspicyperspective.com



Easter

Y	A	N	D	N	A	T	H	C	H	N	S	E	M
N	U	E	N	R	A	B	B	I	T	A	E	S	S
S	B	A	I	E	O	I	S	I	A	Y	R	T	U
O	E	S	F	L	F	U	Y	E	N	B	B	E	N
B	A	T	R	E	E	H	R	D	A	C	U	K	D
I	D	E	C	P	O	A	O	A	S	D	N	S	A
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C	I	O	T	S	D	D	S	I	A	N	R	Y	H
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T	S	H	L	U	M	A	R	C	H	D	C	I	E

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S/N: KT471218, Horsepower (min.): 70.0 HP Cutting Width: 9'2" Type: Rubber / Tine, Unit is located at Stewart's Equipment in Stayner (Formerly Earth Power)

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CX SERIES
25 HP



0% UP TO **84** MONTHS **OR** **\$3000** UP TO
FINANCING* **CASH BACK* (T-L-B)**

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\$750

CASH REBATE**
COMBINE WITH CASH REBATES (EXCLUDES 0% FINANCING).

ELIGIBLE UNITS:
CS SERIES, CX SERIES AND CK2610 MODELS.



*Offer available March 1, 2023 – May 31, 2023. Rebates and/or financing based on the purchase of eligible equipment defined in promotional program. Pricing and rebates in CAD dollars. Additional fees including, but not limited to, taxes, freight, setup and delivery charges may apply. Financing must be through DLL using one of the available financing options. Financing is subject to credit approval. Customers must take delivery prior to the end of the program period. Some customers will not qualify. Some restrictions apply. Offer available on new equipment only. Prior purchases are not eligible. Offer valid only at participating Dealers. Offer subject to change without notice. See your dealer for details. 6 Year Warranty for Non-Commercial, residential use only. 6 Year Warranty applies to CS, CX, CK10, DK10, NS and NX model Kioti tractors and must be purchased and registered between September 1, 2016 – June 30, 2023. **Additional rebate offer available March 1, 2023 – May 31, 2023. Rebate and/or financing based on the purchase of eligible equipment defined in promotional program. Offer valid only at participating Dealers. Offer subject to change without notice. See your dealer for details. © 2023 Kioti Tractor Company a Division of Daedong-USA, Inc.

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