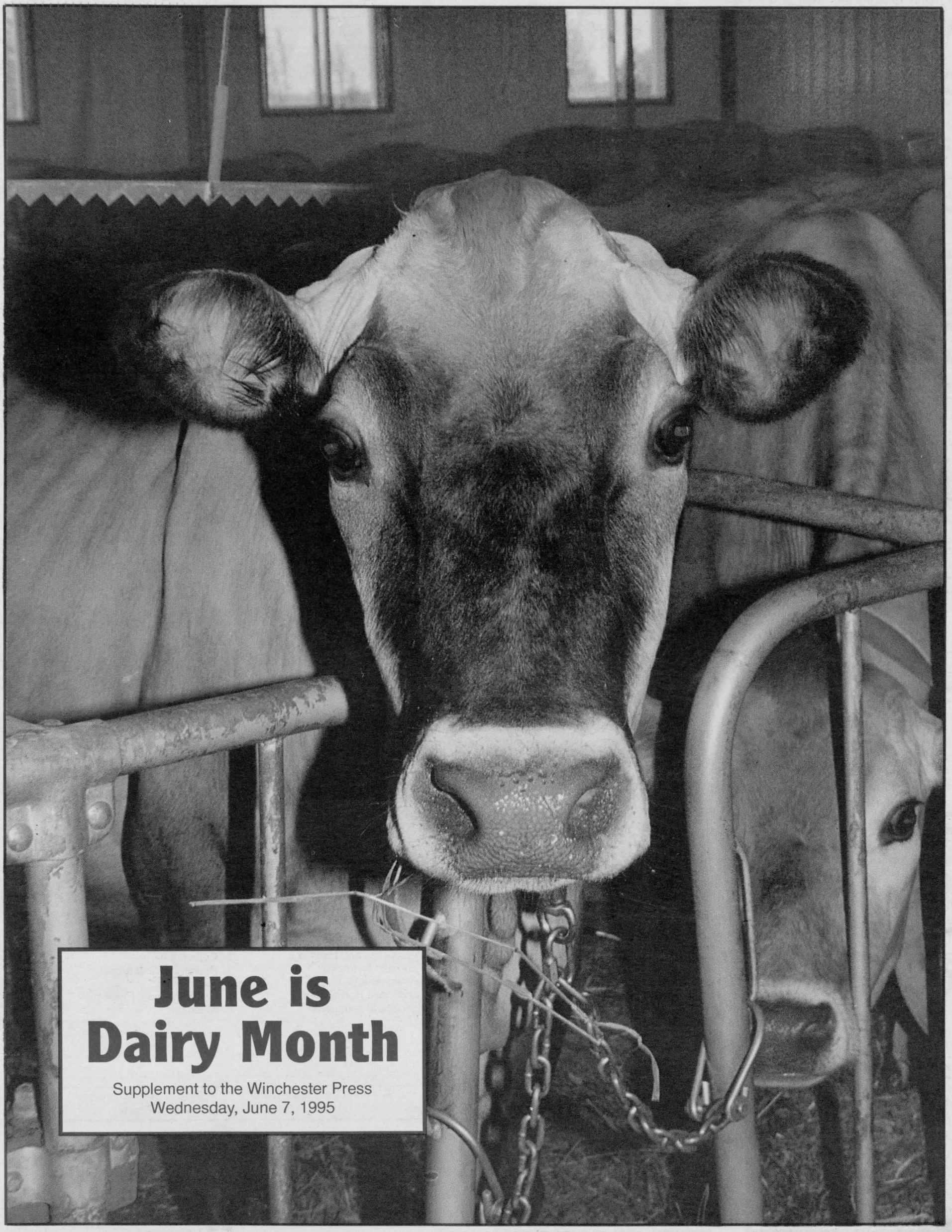


June is Dairy Month

Supplement to the Winchester Press
Wednesday, June 7, 1995

Make children's safety come first on the farm

by Phyllis MacMaster
Agricultural Representative
Dundas County

Over the past five years 25 children under the age of 16 have died in Ontario farm accidents. For every fatality it is likely that dozens of other children were seriously injured.

Of all the child fatalities since 1990 80% involved youngsters under the age of five. It is not easy for farm families to maintain constant vigilance in the supervision of young children. The majority of these accidents occurred because adults had lost track of the child's whereabouts. Young children must be supervised by adults at all times.

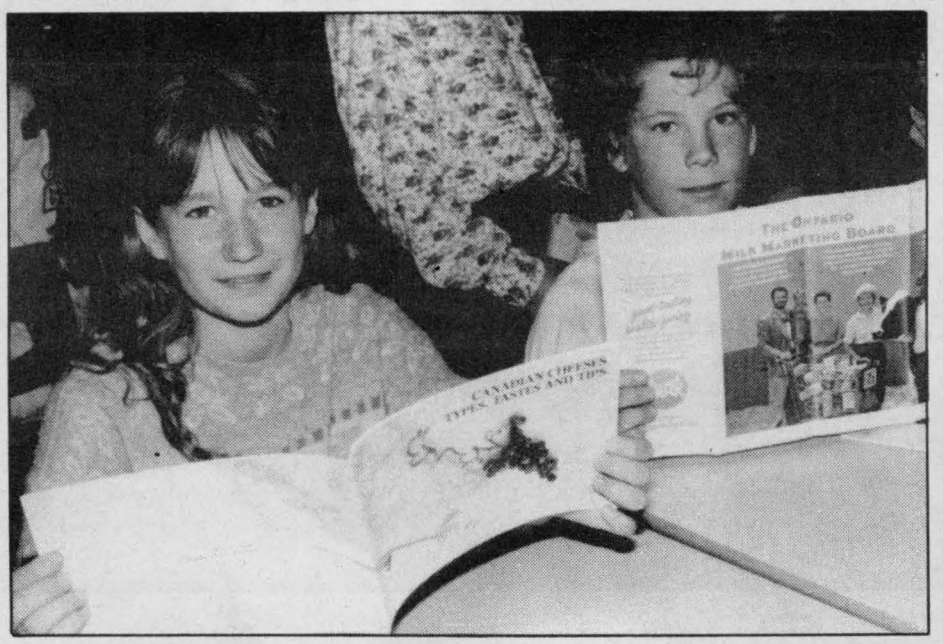
The following list covers some points you should discuss with your children. Involving children in safety discussions is the first step to making your farm safer.

- **No riders! No riders! No riders!**
- Supervise young children at all times.
- Post driveway warning signs to alert drivers that children are playing.
- Before moving equipment make sure that the children are out of the way and safe from harm.
- Don't allow children to play with idle equipment.
- Leave hydraulic equipment in the down position.
- When tractors and self-propelled machines are parked, brakes should be locked and the keys removed from the ignition.
- Always leave the tractor pto in the neutral position.
- Keep machinery in good repair, paying particular attention to protective shielding.
- Safety training should be completed before children are allowed to operate equipment. Provide supervision until the person is able to handle the equipment with experience.
- Farm ponds and manure storages should be surrounded with child-proof fencing.
- Place fixed ladders out of reach of children or fit them with a special barrier.
- Practice good housekeeping. Don't leave items lying around to create a hazard. Don't lean heavy objects against fences or walls.
- Livestock facilities and operating machinery should be off limits to children at all times.
- Shield dangerous equipment components, electrical boxes and wiring. Place out of reach or fit with a locking device.
- Store pesticides and other dangerous chemicals in a locked facility.
- Place warning decals on all grain bins, silos, wagons and trucks.
- Don't start unloading grain from wagons or bins until you have double-checked that no one is inside.

Start this summer. Set aside time for family safety instructions.

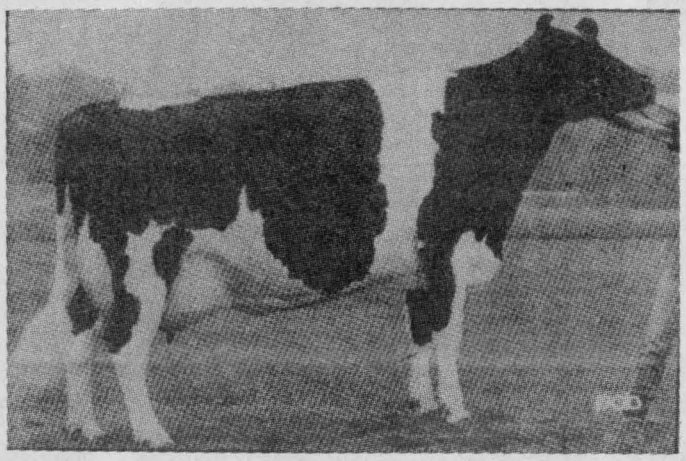
Cover cow

This year's cover photo, taken by agricultural editor Dianne Fetterly is of Holmhurst Gemini Cherry. Among other distinctions, Cherry is two-time champion Jersey at the Spring Show held annually in Maxville. Thanks to owner Doug Robinson of Payneside Jersey Farm in Finch for his co-operation.



Up on milk

It is important to teach children about the merits of drinking milk. Nationview Grade 6 students Katy Earl and Richard Watson read through pamphlets recently left at their school by dairy educator Anja Berends. *Press Photo — Fetterly*



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Students form refreshing ideas about dairying

(By hosting farm tours, Farm Fairs, the Dairy Education program and displays at various events, area farmers strive to educate the public about agriculture. Bill Patterson's Grade 4 class at Nationview Public School visited the Farm Fair held in Winchester earlier this year and recently received a visit from Dundas County dairy educator Anja Berends. The students kindly agreed to write stories about agriculture to demonstrate what they've learned about the industry. The following are just a few of the stories submitted by the students.)



I like learning about farming. I don't live on a farm but I would like to. I learned that a cow has four stomachs and it chews a cud. Cow have to eat a lot of food. I also learned a bit about farmers too. I learned they have a tough job.
— *Matt Gilmer*



On my trip to the Farm Fair in Winchester I learned how to pick apples. We pick apples in the fall. I like apples — any kind of apples. You use a basket or a bag. When picking apples, you turn, lift and pull in order to remove it from the tree.
— *Bradley Markell*

When I was younger we had pigs on our farm. I used to go out almost every day and play in a wheelbarrow of feed. Sometimes I would throw some feed in to the pigs. When I went near the pen they would snort at me and I would jump from fright. Sometimes I would play in a box and other times I would ride a toy tractor.
— *Amy McKeen*



Cows make milk. Milk has lots of energy in it. You can make yogurt, cheese, ice cream, pudding and lots of other things out of milk. I like plain white milk. Feed has to go through all four stomachs of the cow before it makes milk. Be sure to drink six glasses of milk a day. It will help you stay healthy.
— *Allison Dowler*



When we went to the arena in Winchester (for the Farm Fair) there were six centres. There was sheep farming, egg and chicken production, pig farming, apple production, farm safety and dairy farming. My favorite centre was the dairy because I live on a dairy farm and I like cows. First they talked about what a cow eats and later they gave us a glass of chocoalte milk. After drinking the milk we got to pet the different kinds of calves.
— *Connie Hoogenboom*

Every day dairy farmers go out to the barn and start milking the cows, feeding and cleaning them. It must be hard work doing these chores, but it's worth it. All those yummy things like cheese, butter, yogurt, and a lot more are made from milk.
— *Ashley Kerr*



I had lots of fun listening to the stuff Mrs. Berends told us (about dairy farming). Mrs. Berends told us that cows eat hay, grain and corn and she also told us that cows make milk. Milk can be turned into butter, cheese and all sorts of good stuff. I also learned that cows have four stomachs. If we didn't have any farmers there would be no more milk.
— *Jennifer Shirley*



To make seeds grow you first have to buy the seeds. Then you plant the seeds and make sure they have water. If the seeds don't grow fast enough you buy some fertilizer and put it on. After a few weeks when the plants start to grow you can put on some pesticides to keep out weeds and bugs. At harvesting time, you go out to the field and cut down the crops. It is worth it if you grow corn, because you're in for a treat but if you harvest hay, it's a drag.
— *Shane Simms*

Dairy farming is hard work. I know this because my cousins live on a dairy farm. They milk their cows twice a day, in morning and at night. In the morning after milking, the cows are put in the field to eat grass, and when it's time to milk at night they bring them back into the barn. I enjoy helping them. My cousins have about 50 cows. It takes a lot of time to milk them.
— *Marie Hoogenboom*



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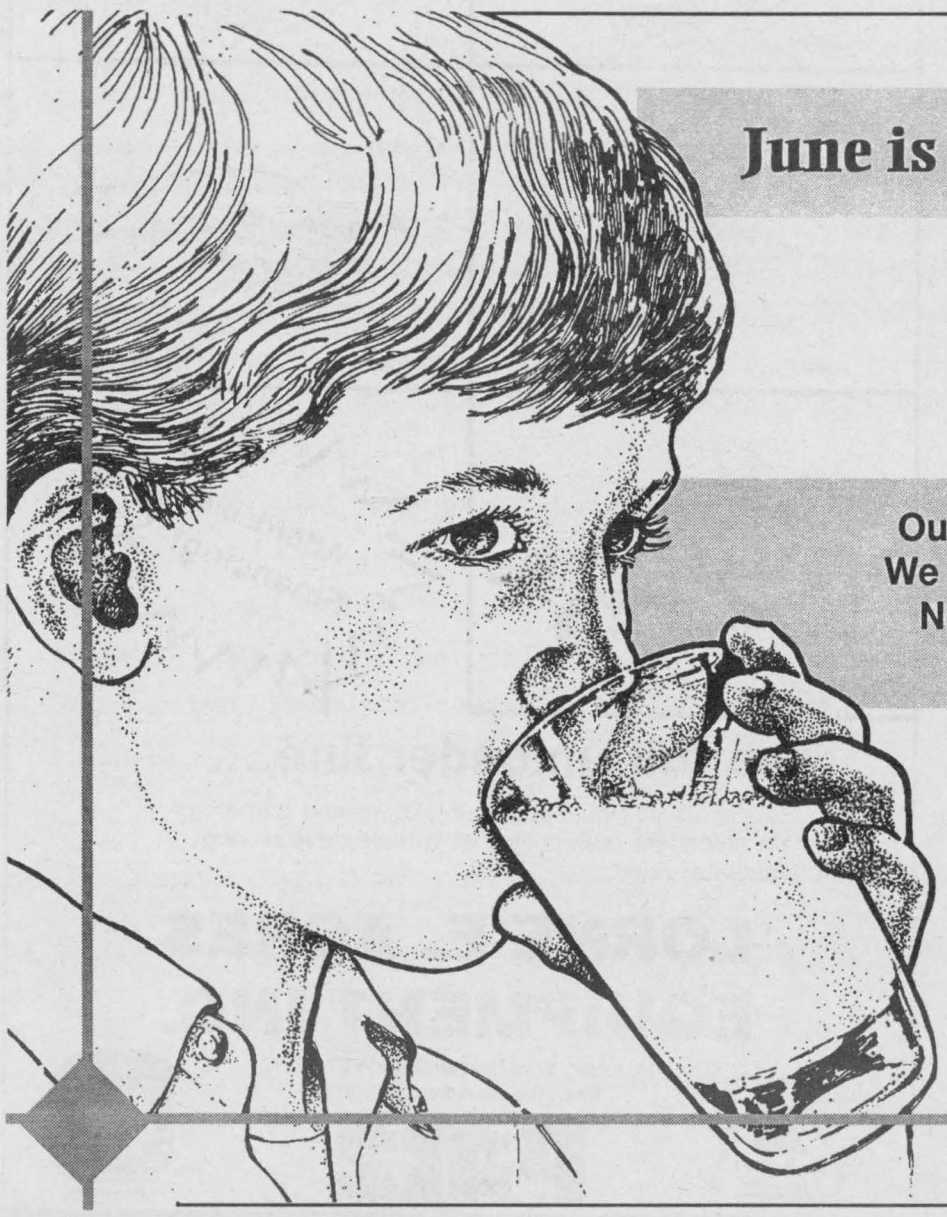

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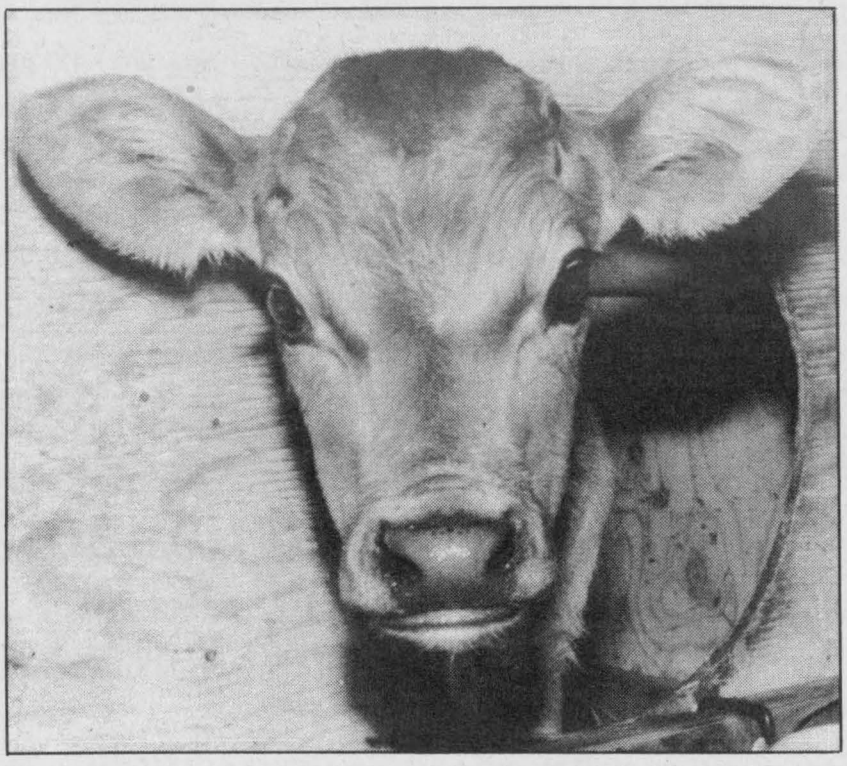

RUSSELL — Despite a gradual decline in the number of dairy producers over the past few years, Jersey registrations have remained steady, says Michael Bols, secretary for the St. Lawrence Valley Jersey Club.

A Jersey breeder in the Russell area, Bols attributes the Jersey's continued popularity to improvements in the breed's genetics — especially in the area of milk production. As well, the Jersey's high protein content and quiet temperment also make the breed attractive, he added.

Along with his wife Monique and their three children, Bols milks about 24 cows on their Russell operation. They own 75 acres of land and rent an additional 55 acres. They also show their cattle at local fairs.

Bols claims he will continue to stick with the Jersey breed. Not only are they nice to work with, but the smaller animals are fairly economical. They require less feed than other dairy breeds and, with the recent improvements, have become good producers. He adds that he takes pride in his herd.

Membership in the St. Lawrence Valley Jersey Club is currently around 50, says Bols, who has been the club's secretary for about three years.

The St. Lawrence Valley Jersey Club covers much of Eastern Ontario —from Pembroke in the north, to the St. Lawrence River on the south and from Smiths Falls in the west to the Quebec boarder in the east.

This year, the club has two special events planned — the Eastern Ontario and Western Quebec Youth Rally on Sun., July 2 at the Russell Fairgrounds and the Parish Jersey Show slated for Sat., Sept. 2 at the Newington Fairgrounds.

For information on the events call Michael Bols at 445-2870 or William Joynt at 283-9369.

Protect silo investment

From time to time, older tower silos collapse. Structural components can be weakened by seepage and the corrosive effects of silage acids. If damage is not repaired and routine maintenance is neglected, silo collapse is a distinct possibility.

New silo construction must conform to recognized quality standards. Strong, dense concrete is considerably more durable. An acid-resistant coating should be applied to the bottom one-third of the interior silo wall surface prior to use. This protective coating should be renewed on a periodic basis to prolong silo life.

All silage should be removed at least once a year to permit drying of the wall surface prior to refilling. The drying process strengthens concrete. At harvest time, remember that excessive crop moisture levels lead to seepage — a major contributing factor in concrete deterioration.

Seek professional advice concerning silo repairs if you suspect that concrete deterioration has occurred.

Following is a checklist of silo components that need to be assessed during a safety inspection:

- Wooden doors should be checked for rot and physical damage.
- Bolts and bolt heads need to be checked for tightness and degree of corrosion.
- Evaluate corrosion and physical damage to door steps and latches.
- Cast iron hinge eyes should be tightened and assessed for corrosion.
- Concrete door frames should be checked for deterioration and physical damage. Doors must seat properly in the frames for latch systems to work effectively.
- Replace wire rope on the unloader if signs of wear are evident.
- Outside ladders should be fitted with structurally sound safety cages to prevent falls.

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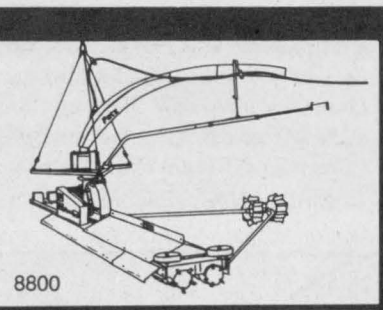
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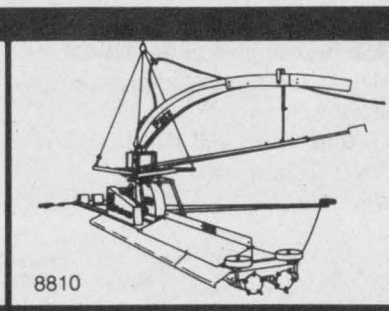
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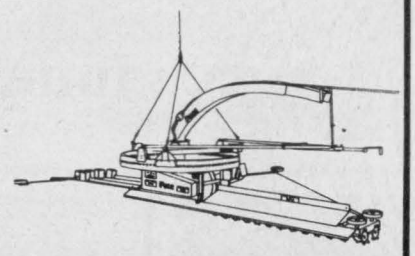
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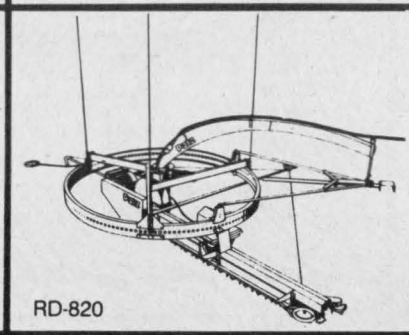
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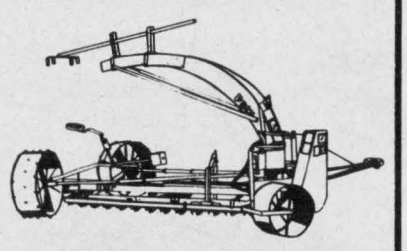
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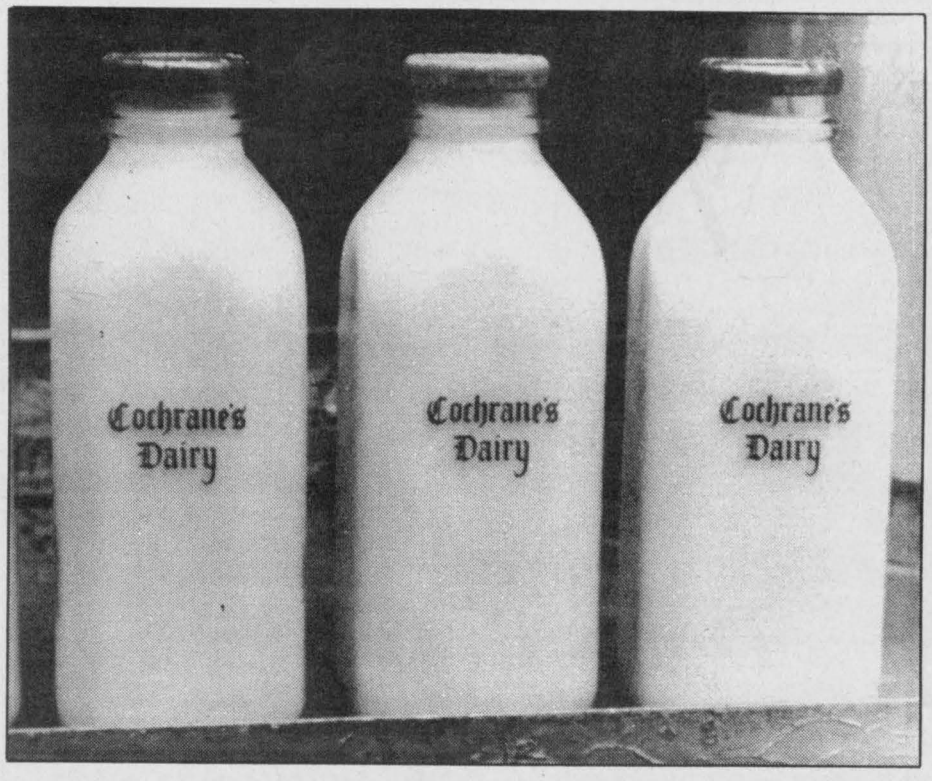
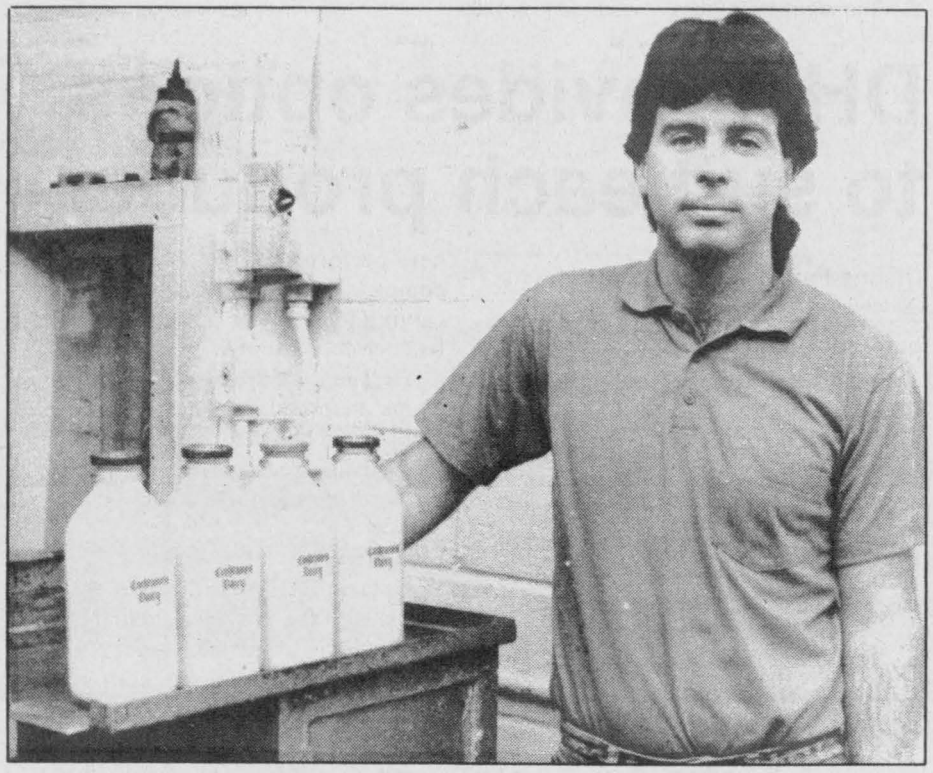


Cochrane's Dairy started to sell milk in glass bottles three years ago. In the early 1970s, the bottles were taken off the market because of the metric system.



Paul Cochrane of Cochrane's Dairy in Russell says customers like the taste of milk in glass bottles. Some like the idea that the glass bottles are recycled. *Press Photos — Edwards*

Cochrane's provides old-fashioned touch

Liz Edwards
Press Staff

RUSSELL — Sometimes the cutting edge is not the best place to be.

Cochrane Dairy of Russell, one of the few independent small dairies left in Ontario, has found success with a few more old-fashioned approaches to business.

If they wish, its customers can have milk in glass bottles delivered to their doors — a service that hasn't been offered for decades by most milk producers.

Bottled milk went out with the metric system in the early 1970s, says Paul Cochrane, one of the operators of the Russell dairy. Milk processors weren't allowed to sell milk in containers in imperial measurements so they had to switch to plastic and cardboard containers.

Only three years ago Cochrane operators managed to find a glass bottle manufacturer that produced litre-sized containers. Since then about 10 per cent of their sales are from this product.

The glass is recycled and some customers find this option appealing but it's not the only reason they buy it, says Cochrane. People just seem to prefer the taste of bottled milk once they try it.

"It stays colder in the fridge and it just tastes more refreshing," says Cochrane.

"You don't get any taste off the glass. They're (the bottles) a little more expensive but once someone tries the glass, they tend not to go back."

Cochrane, which is a family business established in the 1930s, still sells milk in cardboard and plastic containers as well as bags. The dairy also sells milk to schools in recyclable 250 millilitre bottles, the only processors in Canada who do.

At $1.45 plus $1 deposit, the bottles are a bit more expensive per litre than the other kinds but the price includes delivery. The dairy will distribute milk as well as other products such as eggs, butter, bread and yogurt as far away as the Kanata Stittsville area to Embrun and Casselman. Cochrane also has customers in the Winchester and North Gower areas.

Customers appreciate the extra effort.

"That's the only thing that's kept us alive in a large competitor's market," says Cochrane.

Fertilizer application

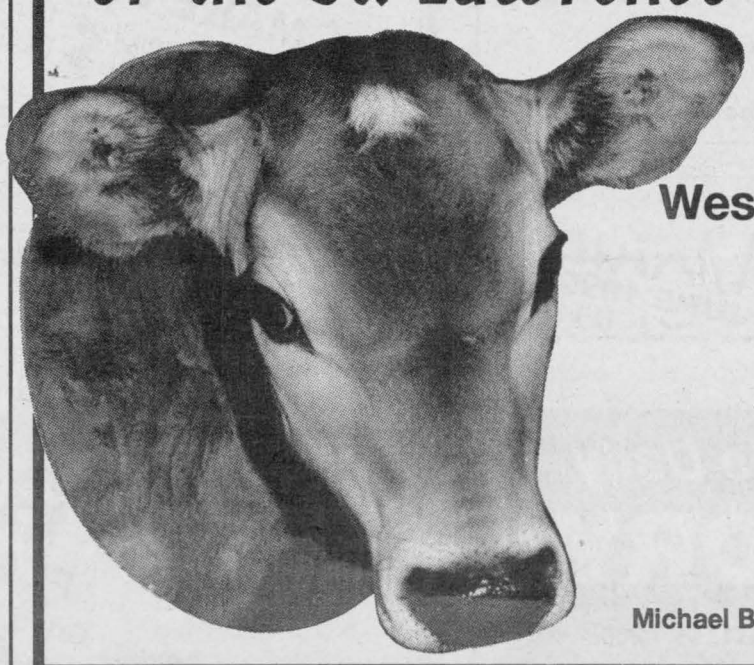
by Phyllis MacMaster
Agricultural Representative
Dundas County

Damage to soil, alfalfa plants and crowns can reduce the value of your fertilizer application to established stands of alfalfa.

Research at Guelph has shown that fall application when the soil is too moist results in soil compaction, broken alfalfa crowns, reduced stands and yields the next season. By applying the fertilizer immediately after first or second cut when the soil is more firm appears to be the best practice. Phosphorus and potash fertilizers benefit yield and winter hardiness. Manure can also benefit an alfalfa stand.

Take a moment to consider timing of fertilizer application to alfalfa stands to maximize future yields and winter hardiness.

Don't miss these upcoming events
of the St. Lawrence Valley Jersey Club



Eastern Ontario and
Western Quebec Youth Rally
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Parish Jersey Show
Saturday, September 2
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DHI provides options to suit each producer

Dianne Fetterly
Agricultural editor

RUSSELL — Milk recording is an important management tool dairy farmers can use to increase profitability, says Gerry Wever, the area's Ontario Dairy Herd Improvement Corporation representative.



Gerry Wever

While about 60 percent of Dundas County's milk producers are on a milk recording system, Wever says there are services offered by Ontario DHI for every aspect of dairy management.

According to Wever, DHI reports are used by farmers for various reasons — some of the more common reasons being: to cull low producing or problem cows; to monitor cow and herd performance; select sires; compare herd performance; monitor calving intervals or mastitis; or to help balance feed rations.

DHI reports are also used by the farms' veterinarians and feed advisors and to help producers monitor finances or feeding efficiency, select stock or merchandise cows.

SERVICES

Ontario DHI provides five core services to the province's dairy producers — an official supervised 24 hour, an official alternate am/pm, an unofficial am/pm, an owner sampler, and an am/pm owner sampler.

All DHI core services provide producers with milk, fat and protein production as well as BCAs for both individual cows and the herd.

Optional services provided by the Ontario DHI include: somatic cell count, herd management guide, cow productivity report, skim milk analysis, Ultimate Profits, Lab Analysis Delivery Service (LADS), barn cards, duplicate herd information, faxed reports, Dairy Access Information Systems (DAISY), meter rental, milk recording for three time milking, component analysis, special SCC, component analysis with SCC, Holstein Automated Registration Program (HARP), timer installment payment plan.

The decision of what services producers choose depends on their requirements, however, cost is also a factor when deciding on optional services added Wever.

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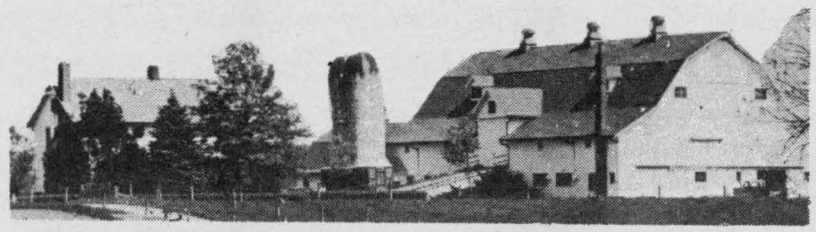

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Harvesting small grains as forage

By Gilles Quesnel
OMAF Soil & Crop Advisor

Companion crops or cover crops such as oats or barley are often used when establishing shade-tolerant forages like alfalfa or red clover. If you are using a cereal cover crop when establishing your forages and are planning to harvest the crop as silage or dry hay, you will get the best results by cutting the crop early.

Tests show that the digestibility of barley harvested at the boot stage (just before heading) is 81 per cent and for oats, 78 per cent. When allowed to mature to the dough stage, barley's digestibility drops to 64 per cent and oats to 57 per cent.

Similarily, the percentage of crude protein drops significantly as the plant matures. For barley, crude protein is around 22 per cent when harvested at the boot stage and drops to 12 per cent at the dough stage. Oats go from 19 - 20 per cent at the boot stage to 11 per cent at the dough stage.

As the cereals mature, they become higher in fibre and less digestible. Also, as fibre increases the forage intake by cattle decreases.

If you are planning to harvest a small grain cover crop as forage for milk production, it is important that the crop be harvested at the boot stage or at the latest, at the milk stage. Also, an early harvest removes the cover crop which is competing with the new seeding for light, moisture and nutrients. This allows for better establishment of the new seeding.



Eating yogurt may reduce cancer risk

MONTREAL — Preliminary findings have shown that the bacterial used in the production of yogurt may have some beneficial effects in fighting colorectal cancer. Recent scientific studies conducted on lab rats indicate that eating yogurt prevents the development of cancer-causing agents in these animals, and may also have similar effects on humans.

The current theory is that the bacteria in yogurt produces anti-mutagens and/or anti-carcinogens, compounds that prevent damage to the cells in the colon.

"Although the connection between eating yogurt and the prevention of cancer is not yet conclusive, the potential benefits of yogurt are promising," says Helen Bishop MacDonald, director of Nutrition Communications, Dairy Farmers of Canada.

MacDonald continues, "When you consider that one in 16 Canadians will develop colorectal cancer in their lifetime, these preliminary findings may have far-reaching implications."

At a recent gathering of research scientists from around the world in Banff, Albera, Dr. Beatrice Pool-Zobel of Germany discussed the results of her lab experiments. She found that the bacterial used in yogurt prevented damage to rat colon cells which had been treated with a known cancer-causing substance.

Another researcher, Dr. Alan Bakalinsky of the United States, confirmed that recent epidemiological evidence suggests that "yogurt is indeed protective against colon cancer." He also noted that the calcium content in yogurt is believed to contribute to the prevention of cancer-causing agents.

MacDonald points out that Statistics Canada estimates about 115,000 new cases of cancer are diagnosed each year, and that approximately 58,000 people die from the disease. "If eating yogurt is shown to impact even marginally on these statistics, then communicating the benefits of this dairy product is significant."

In addition, MacDonald adds: "Yogurt is a highly nutritious food — one cup of low fat yogurt provides over 60 per cent of the recommended nutrient intake for calcium. And, by including yogurt in your diet, you're helping your colon too!"

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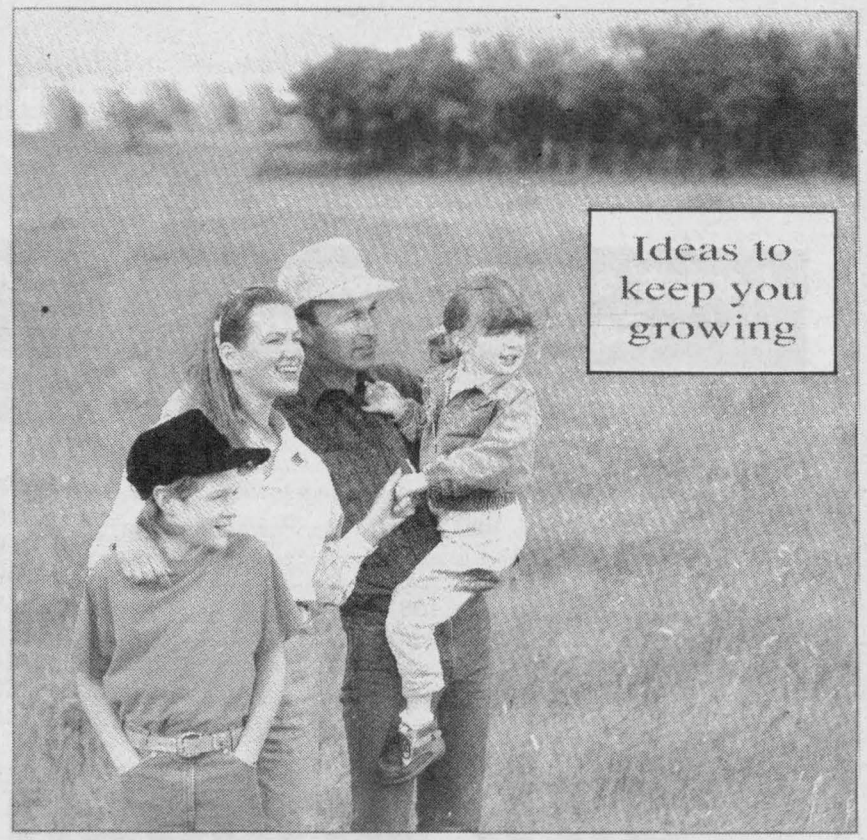

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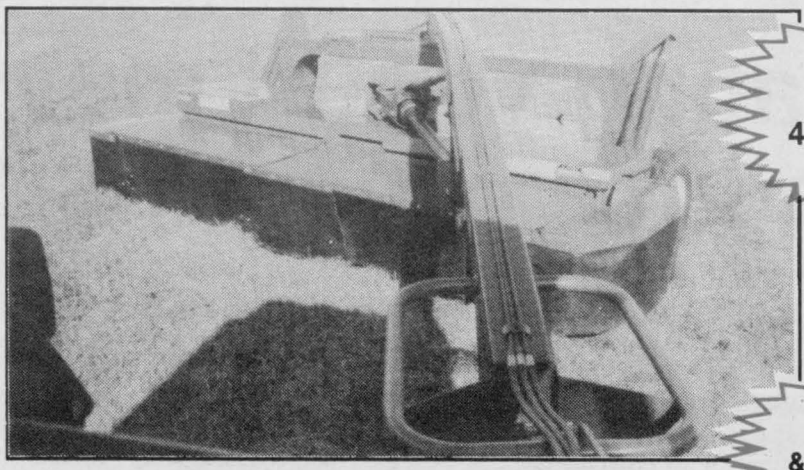

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Case IH 7110, sold new in 1994, 436 hours, cab and air, like new $67,900
Case IH 7120, 4 wd, 921 hours, **call for rental information** $72,900
Case IH 2670, with duals, FWD, spring ready $21,500
Case IH 595, like new, 2 wd, 701 hours, p/s ~~SOLD~~ ~~reduced $19,900~~
Case IH 585, 2 wd $14,500
Maxxum 5130, rops, MFD ..... Call
Case 1490, p/s ~~SOLD~~ ~~$11,900~~
David Brown 1210, with loader $9,800
Ford 5600, 4 wd, cab $13,900
Ford 5640, 4 wd, 2,000 hours, Quicke loader $36,900
Ford 8000 ..... make an offer $9,750
International 886 ..... reduced $11,900
International 884, with cab ..... mechanic's special, $13,900
IH 624 ..... $4,950
IH 434, diesel ..... reduced $2,695
JD 3130, cab, hi/lo ..... reduced $12,900
White 1370, 4 wd, loader $12,900
Hesston 9090 DT, 4 wd $22,900
Massey 265, real clean $12,500
Massey 235, with loader ~~SOLD~~ ~~make an offer - must~~ sell
Allied 594, quick attach, self-levelling loader ~~SOLD~~ 72" bucket ~~$4,695~~

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Monroe 12' Offset Disc, cushion gang $12,500
Case IH 13.8' Offset Disc, demo $14,900
Bush Hog 21' Disc, folding wing ..... reduced $4,750
Bush Hog 1436 14' Disc $2,395
Massey Disc 12', mechanic's special $1,295
Massey 14' Hydraulic Disc $1,695
Case IH 4500 Vibra, with mulcher ~~SOLD~~ ~~$3,150~~
Kongskilde Cultivator, 4 row $1,595
Cockshutt 11-1/2' Cultivator $1,200
Glencoe Series II 14' Soil Saver $7,500
Turnco 30" Row Crop Cultivator $1,500
IH 45 9' Cultivator ~~SOLD~~ ~~$750~~
Case 400 Plow, 5 furrow, 18-20" $3,700
Kverneland Plow, 6 furrow, vari-width $8,900
Kverneland Plow, 4 furrow, 16", auto reset $3,950
MF Disc Harrow, 12', model 520 ~~SOLD~~ ~~$2,800~~
IH 510 Semi-mount, 13'x7 ..... $1,150

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JD 338 Baler, late model, with kicker $11,800
IH 428 Baler, with thrower $6,900
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Dairy educator uses 'hands-on' learning



Dairy education

Dundas County educator Anja Berends of Mountain discusses milk — from the cow to you — during a recent visit to an area school. Berends visited eight Dundas County schools this spring.

Press Photo — Fetterly

Dianne Fetterly
Agricultural editor

WINCHESTER — Teaching consumers about the dairy industry keeps Dundas County's dairy educator pretty busy.

"The Dairy Educator Program is in its second year with its main goal being to communicate a positive image about the dairy industry to elementary school children," dairy educator Anja Berends told a group attending a Women's Institute annual meeting recently.

Over the past year, Berends says she has had the opportunity to educate a large number of children by visiting Dundas County schools as well as participating in the annual Farm Fair held for grade 4 students in Winchester in April.

To date, Berends has visited more than 60 classrooms at eight area schools — totalling approximately 1,426 students. She also took part in a health fair held at North Dundas District High School last month.

To make her sessions more interesting, Berends says she likes to use the hands-on approach to teaching children about the dairy industry.

Dressing up a child in overalls, hat and boots and explaining why a farmer wears these clothes; making milk commercials in the classroom; allowing students to touch and discuss various pieces of milking equipment; or playing the Milking Time game are all methods used by Berends to make learning more fun.

A video, paper bag puppets, search a milk-word puzzle, pictures and songs are also used depending on the age of the children.

A poster sent to schools on the Dairy Educator Program allows teachers to choose one of four topics on the dairy industry — Modern dairy farming, From cow to carton, Milk in your daily diet, or career in the dairy industry.

A special project started by Berends this year has Grade 2 students sending thank you letters to area dairy farmers. Berends pre-addresses the letters to producers for the students. She says the "children are full of questions about their *Farm Family* and enjoy writing and coloring their own personal letter. With 288 dairy producers in Dundas County, Berends adds the project will take two years to complete.

Besides visiting schools, Berends also promotes milk in speeches to women's groups, during the Winchester and District Hospital's annual bazaar and tea, parades, local fairs, Capital Agrifest, annual meetings and banquets.

Education: our future

by Anja Berends
Dundas Dairy Educator

If you plan for a day — plant rice.

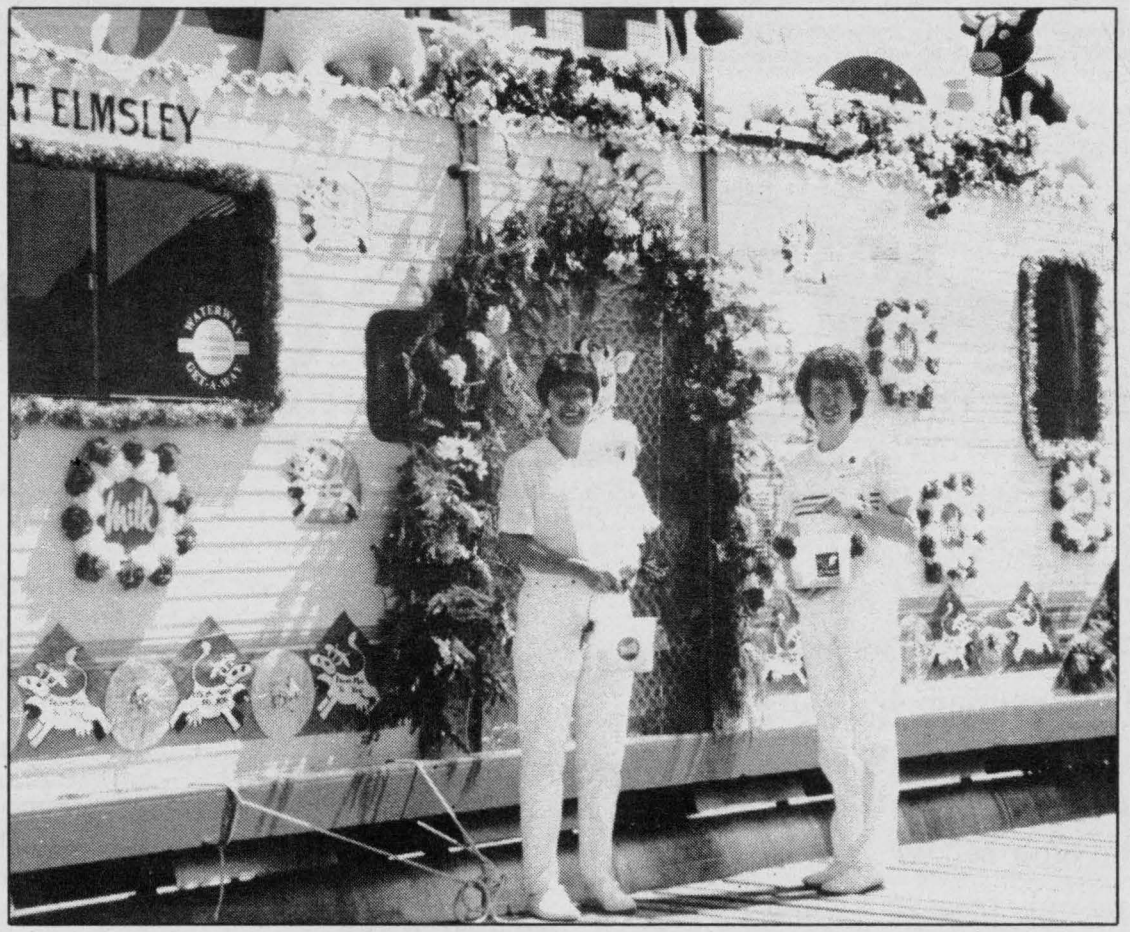
If you plan for tomorrow — plant a tree.

If you plan for the future — educate another person.

This past year I have had the opportunity to educate thousands of people, both young and old through the dairy education program. My year was certainly a very enjoyable one, full of fun, laughs, surprises and amazement — working with children how could it not be.

Visiting area schools allowed me to speak to approximatly 1,200 children. By using "Clover" the puppet, mystery tool games, planning a farmers' day, building a cow, fishing for milk products, taste testing and making TV milk commercials, the children were able to be involved in many interactive hands-on activities.

Teachers had the opportunity to choose the topic that they would like the children to learn more about. Topics included modern dairy farming, milk in your daily diet, from cow to carton and careers in the dairy industry. I was given a warm welcome by each class as well as many appreciative thank you's from the teachers.



Dundas County dairy educator Anja Berends and Carleton County educator Barb Fraser represented area milk producers in the flotilla held during the Tulip Festival in Ottawa in May.

Press Photo — Fetterly

The program also gave me the opportunity to attend various other activities involving the dairy industry both as a goodwill ambassador and educator. Agrifest, Winchester Santa Claus parade, banquets, farm fairs, Women's Institute annual meeting, Ottawa floatilla, local fairs, bazaar and teas, and newspaper interviews were some of the engagements which I participated in this past year.

A special thank you to all involved with the Dundas dairy educator program, especially our milk committee members both old and new. We learned to walk through the new program together after its many changes but, look out, we're up and running now.

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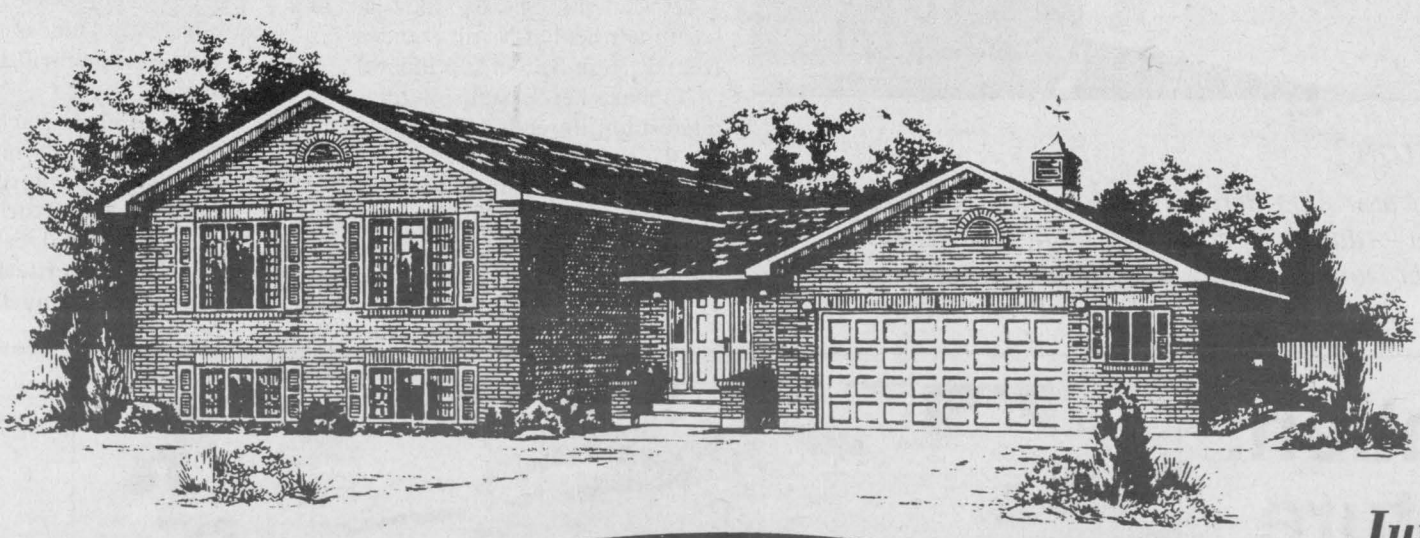

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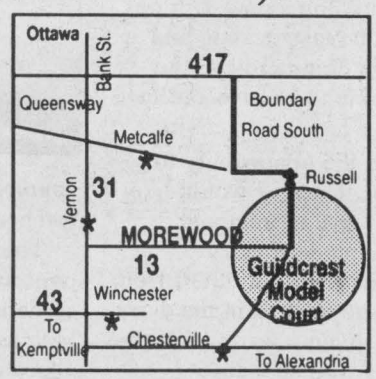

Canadians living like the 'worried well'

MONTREAL — Although Canadians are living longer and in better health than at any other time in history, our sense of well-being has not kept pace.

"Canadians have become so obsessed with health issues that many of us look at food only for its health effect rather than seeing it as enjoyable nourishment," says Helen Bishop MacDonald, director of Nutrition Communications, Dairy Farmers of Canada. "We've come to fear food so much that before we eat something, many of us ask, 'Is this food life-prolonging or health-harming'."

According to MacDonald, no one food has the power to kill or cure us. The key to maintaining good health is how to make use of foods — balance, variety and moderation in our diet helps avoid undesirable deficiencies and excesses.

"When it comes to the quality of life, good health is extremely important," says MacDonald. "But in trying to add years to our lives, we may be taking the life out of our years!"

CALCIUM DECREASES RISK OF KIDNEY STONES

The recent discovery that a calcium-deficient diet may actually *increase* the risk of kidney stones, challenges a commonly-held belief that dairy products should be avoided by kidney stone sufferers.

"For years, doctors assumed that the presence of calcium oxalates in kidney stones meant the need for calcium restriction," explains MacDonald. "But calcium actually helps to bind oxalates — found in foods such as chocolate, tea, nuts, tofu, baked beans and spinach — in the gastrointestinal tract and prevents them from being absorbed and passed through the kidney. Just as important, calcium supplements do not appear to have the same protective effect of dietary calcium."

An increase in urinary oxalate excretion is an indicator of your risk of kidney stone formation.

So, the next time your doctor or dietitian gives you dietary advice for kidney stones, you'll be pleasantly surprised to find calcium at the top of the list. MacDonald suggests choosing milk, cheese, ice cream and yogourt to meet the required daily intake of milk products as recommended in Canada's Food Guide to Healthy Eating.

IS EVERY FAT BAD FAT?

Consumers are more concerned than ever about their fat intake. Although there has been a lot of interest in milk fat and its possible connection in raising blood cholesterol levels, little attention has been paid to the nutritional and health benefits of this type of fat.

"Milk fat contains a high proportion of short and medium chain fatty acids, which are absorbed more efficiently than longer chain fatty acids," explains MacDonald.

"This trend among teenagers is particularly discouraging because calcium needs are highest among growing boys and girls," explains MacDonald. "But the fact that soft drink consumption has increased by 49 per cent since 1974 and milk consumption has decreased by 9.5 per cent has negative implications for the entire population."

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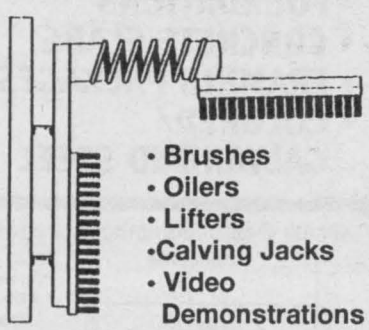

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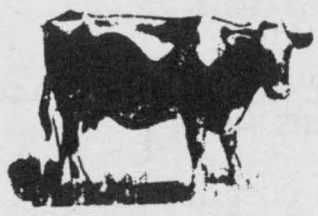

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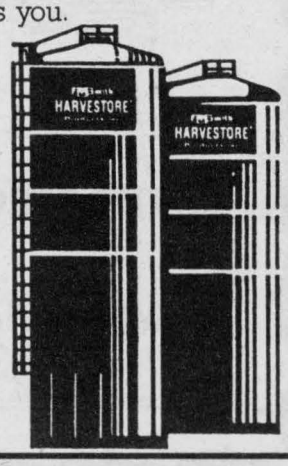

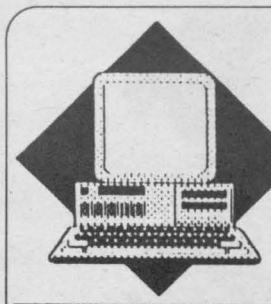

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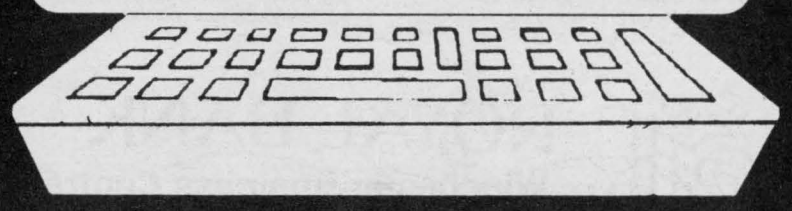

Estimating heifer costs

Jack Rodenberg, OMAFRA Dairy Advisor, has put together costs of raising a dairy heifer to 24 months of age. Costs include interest of six per cent on a value at birth of $150.

Costs on every farm are different. This is a starting point in estimating your costs.

Birth to weaning at two months:
- Milk - 215 litres at .30/litre, $64.50;
- Calf Starter - 36 kg. at 17 cents/kg., $6.12;
- Hay - 20 kg. at 7 cents/kg., - 1.40
Total 72.02

Two months to six months:
- Grain ration - 275 kg, at 17 cents/kg., $46.75
- Hay or equivalent - 400 kg. at 7 cents/kg., $28.00;
Total $74.75

Six months to 14 months:
- Grain ration - 435 kg. at 16 cents/kg., $69.60;
- Hay or equivalent - 1,500 kg. at 7 cents/kg., $108.50;
Total $178.10

Fourteen months to 24 months:
- Grain Ration - 140 kg. at 15 cents/kg., $21.00;
- Hay or equivalent - 2,800 kg. at 7 cents/kg., $196.00
Total $217.00

TOTAL FEED COST TO 24 MONTHS: $541.87

Additional months per month
- Grain Ration - 30 kg. at 15 cents/kg., $4.50
- Hay or equivalent - 280 kg. at 7 cents/kg., $19.60
Total $24.10

NONFEED COSTS:
Bedding - 900 kg. at 5 cents/kg., $45.00;
Veterinary and medicine - $12.00;
Breeding - $29.00;
Utilities - $20.00;
Building and Equipment Repairs - $29.00;
Registration, supplies, etc., - $46.20;
Labor - 27 hrs at $10/hour - $270.00;
Interest at 6 per cent on $150 value at birth, plus half of $1,081 plus accumulated costs - $82.80;
Additional months per month:
- estimated at 1.24th of nonfeed costs excl. breeding and interest - $17.58;
- Interest at 6 per cent of $1,081 plus $150 - $6.15
Total $23.73

TOTAL NONFEED COSTS TO 24 MONTHS: $486.80

TOTAL COST OF RAISING A HEIFER TO 24 MONTHS: $1,081.07

Additional cost per month beyond 24 months: $47.83.

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Myth-information on a balanced diet

A healthy diet is first and foremost one that is varied and balanced. Milk and milk products are naturally part of this balance. They're so important they are one of the "four major food groups".

Let's explore the myths and concentrate on the facts.

Myth: It's easy to get all the calcium we need without milk and milk products.

Fact: Milk and milk products are our best source of usable calcium.

Milk and other milk products are the simplest and best way to meet our daily calcium requirements. To get the equivalent amount of calcium in 250 mL (1 cup) of milk, you have to eat 1,000 ml (4 cups) of broccoli or 12 slices of whole wheat bread. Also, our bodies absorb calcium from milk products more easily than from vegetables and grains.

Myth: Whole milk has a lot more fat than 2 per cent m.f. milk.

Fact: The difference in milk fat between whole (homogenized) and 2 per cent milk is only 1.25 per cent.

In fact 2 per cent milk contains only 2 per cent milk fat, and whole milk contains 3.25 per cent. In other words, the difference between a 250 mL (8 oz.) glass of "whole" milk and one of 2 per cent is only 4 g of fat.

An average man should aim for a maximum of about 90 grams of fat a day, and an average women, 65 grams.

Myth: For protein, nothing equals meat.

Fact: Cheese is also packed with high quality protein.

Cheese, like meat, contains complete, high quality protein. It's a great way to get protein, especially when we're eating on the run. A 60 g (2 oz) serving of cheese provides as much protein as an equivalent serving of chicken, meat or fish. Meat, of course, is a much better source of iron; cheese is best for calcium.

Myth: The less fat we eat, the better.

Fact: We all need a certain amount of fat in our diet to be healthy. Fat is an essential nutrient and a concentrated source of energy that is especially important to young children. It also provides vitamins A, D, and E, and helps our bodies absorb them. Fat itself is not a villain, it's excess fat that's the problem.

Myth: Margarine is good, butter is bad.

Fact: In moderation, any food is fine.

For healthy people, it's not a question of choosing margarine over butter, it's a matter of not eating too much. So choose the one you prefer and whatever your choice, use it in moderation as recommended in Canada's Food Guide to Healthy Eating. Remember, margarine has the same number of calories and the same amount of fat as butter. Moreover, when it comes to taste, butter is the natural choice.

Myth: A lot of people are "allergic" to milk.

Fact: Milk allergies are, in fact, quite rare.

Difficulty digesting milk is actually an intolerance to lactose, the natural sugar in milk. However, true lactose intolerance only affects a few and doesn't mean they have to stop consuming milk products. As a rule for the lactose intolerant, yogourt and cheese are easily digested, as is milk if taken in smaller quantities with food. Lactose-reduced milk is also available in most grocery stores.

Milk products are far from being the prime source of fat in our diet.

In the average Canadian diet, butter and other milk products provide only half the fat that we get from oils, margarines and shortening. And we eat a lot of these fats without even realizing it.

CHOLESTERO-PHOBIA?

It's time to shed some light on the subject of cholesterol.

Cholesterol is a material essential to life.

Cholesterol is not an illness; it's a natural material that nourishes life. Among other things, it helps in the development of our brain, the production of vitamin D and sex hormones. It is found in every cell in our body, and even in mother's milk.

The cholesterol in our food does not increase the cholesterol in our arteries.

Cholesterol should not be confused with fat. Our liver produces about 80 per cent of the cholesterol in our body. Food supplies the remaining 20 per cent. Research has shown that, in most of us, our liver regulates the balance between the two. The more cholesterol we consume, the less our liver makes; the less we eat, the more is made. It's more an excess of fat we need to worry about than our intake of cholesterol.

Most foods which contain cholesterol are also very nutritious.

It's true. Wholesome foods like cheese, milk, eggs and meat contain a certain amount of cholesterol and fat. They are also rich in vitamins, minerals and high quality protein, unlike many foods labelled "no cholesterol" which are heavy in fat and lower in nutritive value... like chips and French fries, for instance.

LET'S PUT A STOP TO MYTH-INFORMATION

Myth: All beverages are created equal.

Fact: Milk is much more than a simple drink — it's almost a meal in itself!



Look up - before you back up.

Boom trucks, cranes and power lines are an extremely hazardous mixture. If you operate heavy machinery, make sure you know the location of all power lines in the immediate area before you begin any job.

While you are working, concentrate on keeping your equipment as far away from power lines as possible. If you inadvertently come in contact with a power line, stay in the cab of your machine until help arrives.

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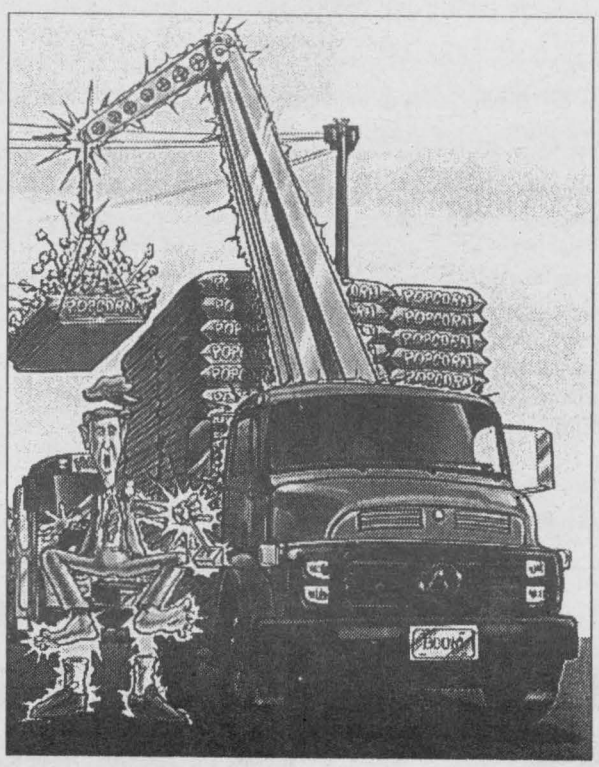

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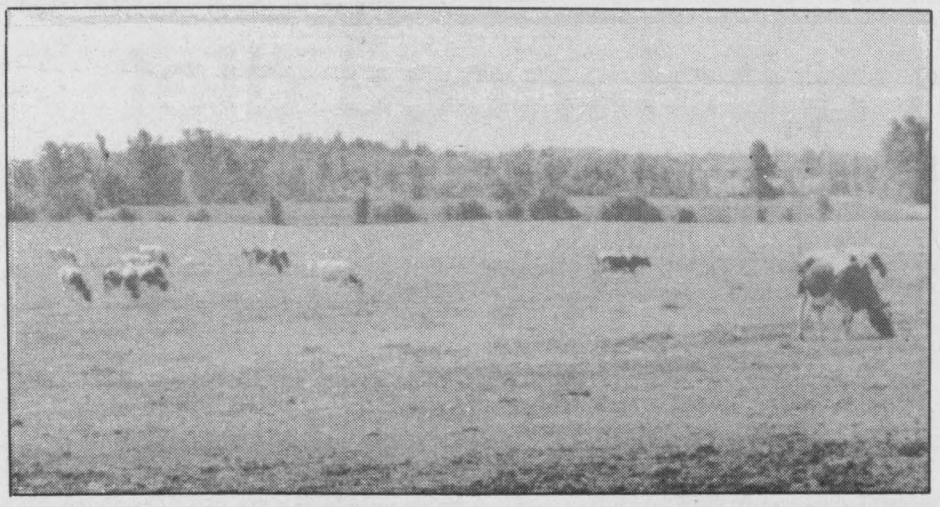

Before cows are let out on pasture in the spring, farmers should consider options to prevent losses due to face and horn flies.

Press Photo — Fetterly

Fly protection gives good return

by Hester Grodde

With the arrival of warmer weather it's time to turn the cows, heifers and calves out on pasture. Warm weather also means the onset of fly season. Now is the time to implement preventive strategies and avoid the losses sustained due to face and horn fly burdens.

Beginning in May, the horn flies feed on the blood of cattle from 10 to 30 times per day. Face flies are not only irritating to the cows and will decrease grazing time, but are vectors for the transmission of pink eye. A study by Agriculture Canada revealed that 74 per cent fewer pink eye treatments are required on cattle wearing fly tags.

Fly protection will show good return on investment at an extra 28 lbs per bull calf and 20 lbs per heifer calf at weaning. For beef cows replacement heifers grow up to 10 per cent faster and lactating cows can produce up to 120 litres more per lactation.

A study in the Glencoe area of Southern Ontario last fall revealed that horn flies have developed resistance to pyrethroid — the active chemical in all fly tags previously marketed. Although this is the first confirmed case in Eastern Ontario, resistance is more common in Western Canada and is expected to increase. In response to the findings of this study a number of new products have been released on the market this spring. These products are organophosphate based and can be used in a 2- year rotation program with the pyrethroid based fly tags to prevent development of resistance. The organophosphate products require one to two hours to have their effect unlike pyrethrin which paralyze flies immediately on exposure. It is not unusual therefore to observe a few flies on the cattle which should not be mistaken for resistance.

The adult horn flies are seen on backs, under bellies and shoulders of catle. They lay their eggs in fresh manure and require one to two weeks to mature to the adult form. This cycle will continue from mid-May to mid-September when colder weather kills all but the pupal stage. The pupae will survive in manure until warmer spring weather arrives. Therefore, proper manure removal and storage will also provide effective control and help prevent high fly burdens.

Now is a good time to contact your veterinarian and discuss what products are available and their proper application. Maximum benefits will be realized if all animals and both ears are tagged. Don't forget to wear gloves and remove the ear tags in the fall. Leaving them in will result in low dose exposure and increase the risk of resistance in future generations.

(Hester Grodde is a veterinary student studying for the summer at Dundas Veterinary Services.)

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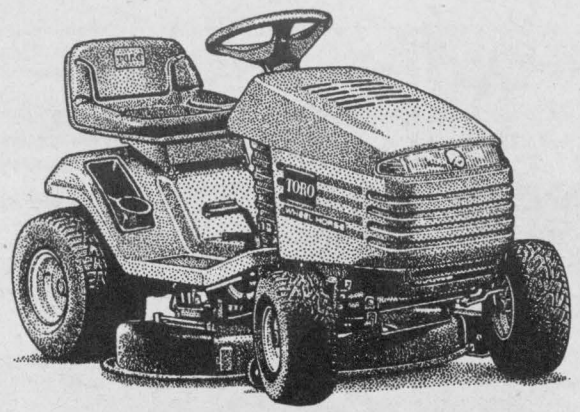

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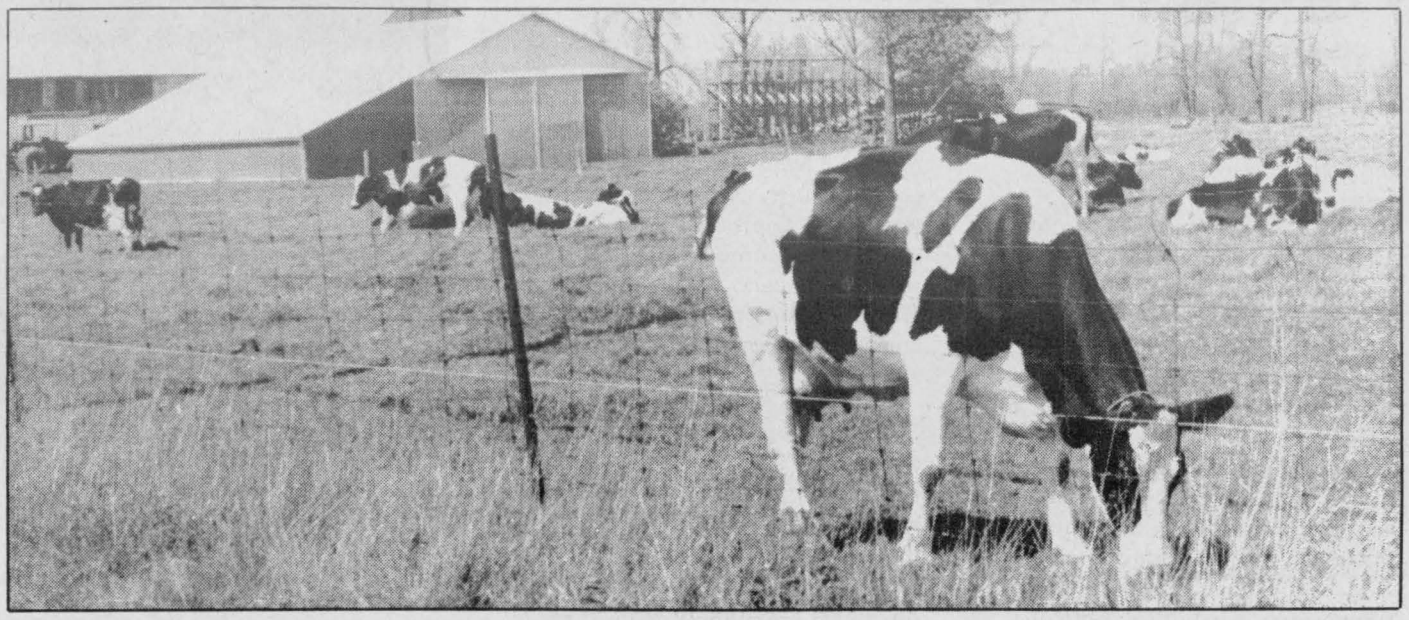
Soil test will determine fertilizer requirements

by Scott Banks
Pasture Advisor



On a recent visit to Renfrew County, several producers and I were talking about fertilizing pasture and the benefits of fertilizer. On a lot of pasture farms in Ontario, the soil's fertility level is typically low in phosphorus and potassium. This is the result, in part, of years with little to no additional fertilizer being applied either as commercial fertilizer or manure.

Even though grazing livestock recycle varying portions of the nitrogen, phosphorus and potassium nutrients that they consume back through their manure, the soil's fertility has been removed over the years in the form of pounds of meat gained or milk production.

For top livestock performance on pastures, *grazing management* (that is, controlled grazing, paddock size, water locations, experience, etc.) is the most important factor when it comes to making your pastures more productive, however fertility also has an important role to play.

Looking at the different plant species in your pastures can tell you a lot about the pasture. Moss, wild strawberries and/or Indian paint brush weeds are indicators of poor soil fertility in a pasture. If soil fertility is low in one or more of either Nitrogen (N), Phosphorus (P) or Potassium (K), fertilizing a pasture can have a significant impact.

Research has shown that the application of P & K fertilizer according to a soil test will have an economic pay-back by strengthening the plants' root reserves, which will increase their winter hardiness, shorten the duration required for regrowth after grazing and in the case of legumes, improve their ability to fix nitrogen to feed the grasses. A soil sample should be taken to get a base to decide the type and amount of P & K fertilizer to apply.

If more pasture is needed, the application of nitrogen can temporarily boost grass production in a pasture, especially on pastures consisting mostly of grasses. There are certain times that you may want to stimulate grass production and the timing of nitrogen application is important.

First thing in the early spring, there is usually more residue nitrogen available in the soil than what the pasture plants can utilize, however, later in the spring, around the first week of June, nitrogen may be the limiting factor of production and the moisture is still available for the plants to take it up. Forty to 50 pounds of actual nitrogen will give a noticeable boost. The maximum amount of nitrogen to apply at any one time is 70 pounds of actual nitrogen.

Nitrogen fertilizer favors the growth of grass at the expense of legumes in a legume/grass mixture, therefore over time, nitrogen applications will tend to decrease the legume content of a stand. A good pasture stand consisting of 35% or more legume composition can provide most if not all the nitrogen to meet the needs of the grasses and legumes in a pasture. Do a soil test first and invest your money in P & K fertilizer where it's required.

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Aging need milk in diet

Dining on tea and toast is a picture all too familiar among seniors. Reduced appetite is common in this age group. But while energy needs and appetites decrease with age, nutrient needs don't.

In fact, new research show that calcium and vitamin D needs go up after 50. Researchers also feel that health problems and the natural process of aging may increase the need for protein. This means that elders must be especially careful about their food choices.

Tea and toast are fine foods but it's simply not enough. Research tell us that, along with many other nutrients, calcium, vitamin D and protein intakes of elderly are generally low. Seniors, too, need to eat a broad choice of foods from the four food groups and pay a particular attention to eating enough milk products.

Milk is our major dietary source of vitamin D and milk products are our richest source of calcium. Plus, the calcium in milk products is well absorbed by the body, which is not the case for most other sources. Milk products also provide a tasty and convenient source of high quality protein. Canada's Food Guide to Healthy Eating recommends adults consume 2-4 servings of milk products a day.

Protein is also found in meat and alternatives such as poultry, fish, eggs, dried peas, beans and lentils. It's recommended to get 2-3 servings of those every day. The best way to make sure we eat our four food groups is to include at least one food from each group — milk products, vegetables and fruit, meat and alternatives, and grain products — at every meal.



Whatever your age, a proper diet provides the right fuel to live life to its fullest. Milk and dairy products are an excellent source of calcium and vitamins — important for children and adults alike.

Courtesy Photo — Ault Foods

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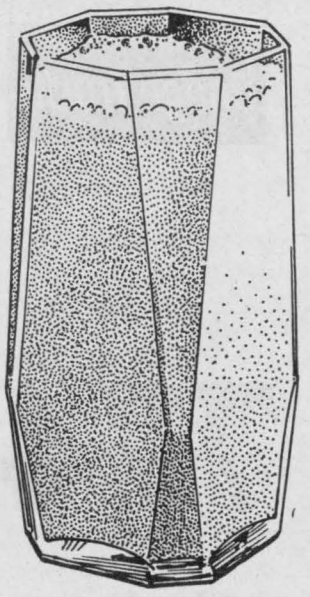

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Building a better bovine barn

Dianne Fetterly
Agricultural editor





Pictured above are Janet and Tom MacGregor in front of their new heifer barn at their Morewood- area dairy farm. They find the practical design improves climatic conditions for the heifers it houses. As well, design changes help reduce the labor involved in their management program.
Press Photos—Fetterly

MOREWOOD — Morewood-area dairy farmers Tom and Janet MacGregor hope a newly constucted barn will allow for better management of their heifers.

"We can keep a better eye on (the heifers) and hopefully have better conditioned heifers by the time they calve out," said Janet MacGregor about the recently constructed heifer barn at their farm just east of Morewood.

The 100 by 34 foot wood frame barn is designed to house heifers from newborn to breeding age. Tom MacGregor says he saw an advertisement for the Shur-Gain heifer barn in magazines and liked the design. The barn should be cooler in summer and warmer in winter.

Before the new barn was built, the MacGregors' heifers transferred as they grew from hutches, to a warmer barn, then to an outdoor loafing barn type structure. Having the animals housed in various structures not only made it harder to manage, but the climatic changes resulted in more instances of illness, explained Janet.

A special feature of the new barn is the Ultra Wall running along the entire length of the south side of the barn. The Ultra Wall has a thermostatically-controlled insulated curtain which raises or lowers to maintain the desired temperature in the barn. The two inch thick curtain is made of styrofoam covered with vinyl. When closed, it still allows 30 per cent of the natural light to filter through.

The heifers, divided into groups by age are housed in large steel pens. Large doors at both ends of the barn and gates on two sides of the pens allow for easy cleaning of the stalls with a skid-steer loader. Large square bales can also be easily pushed into the barn through the large doors. The heifers are fed a mixed ration as well as hay and corn.

And while the MacGregors used the basic Shur-Gain heifer barn floor plan, changes were made to customize the barn to suit their needs.

Tom designed a four foot wide alleyway along the north side of the building to allow for easy access to the pens for bedding the animals. The alley also allows for easy operation of windows situated along the north wall of the barn.

So there wouldn't be any open rafters in the barn, a ceiling, covered in three-quarter inch insulated sheeting was installed.

THE OPERATION

The MacGregors milk approximately 50 cows at Glen Haven Farms maintaining an average herd BCA of over 200. Their herd consists of purebred Guernseys and about 5-10 per cent Holsteins.

With the help of employee Glen Thompson, the MacGregors grow hay, barley, corn and soybeans on the farm's 650 acres. They grow their own feed on the farm and purchase a mixed dairy ration. They sell barley and soybeans and dry their own corn as well as doing some custom drying. The MacGregors have a DeKalb dealership as well.

Janet is also secretary/treasurer of the Eastern Ontario Guernsey Club as well as president of the Dundas Dairy Herd Improvement Association.

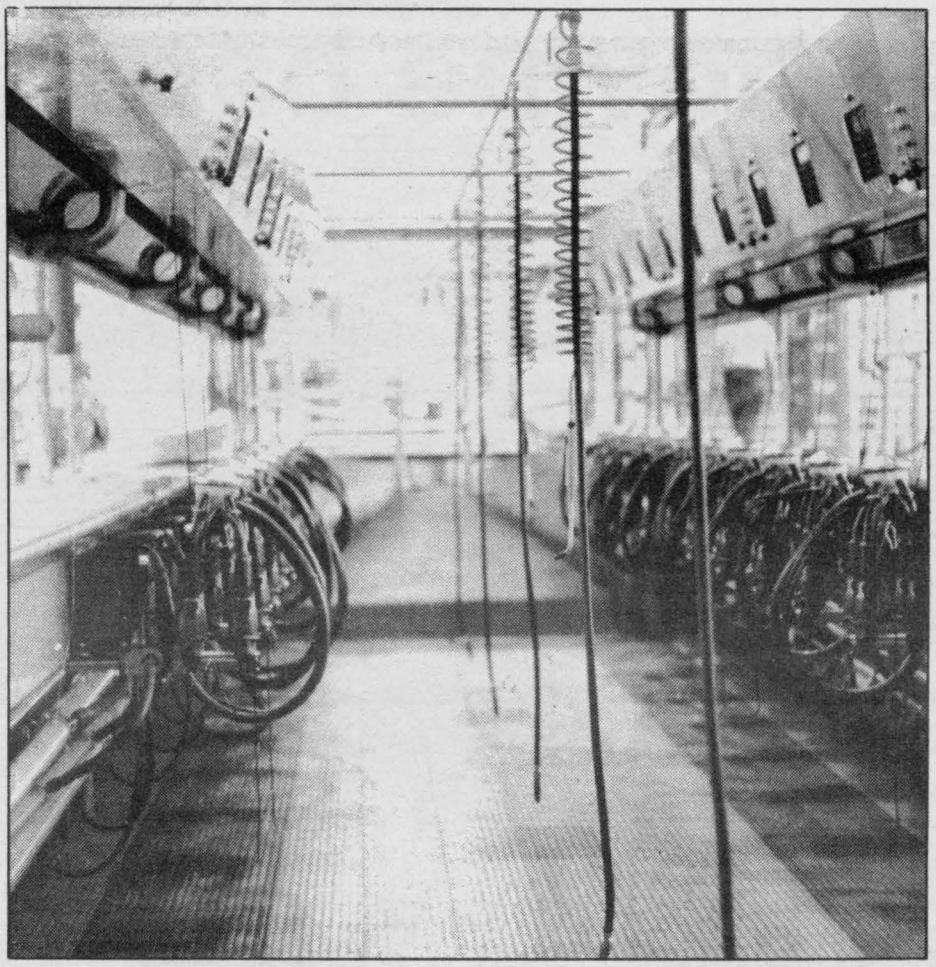
As president, she hopes to increase awareness about the benefits of DHIA.

On their own farm, the MacGregors have the herd's production information on computer, but use the DHI recording to provide them with information on the milk components.

The DHI's Somatic Cell Count report is also important to their operation, says Janet.

"The Somatic Cell Count report will show what cow has a high SCC so we can see if we can do anything to fix it," she said.

Tom and Janet have three children — Kelly, 7, Tracy, 5 and 10-year-old Doug, who has already started helping out on the farm.



High tech

Many of today's newly-constructed dairy barns feature highly mechanized milking equipment like this parlor with computerized automatic take-off. *Press Photo — Fetterly*

Canada's animal industry has strong economic value

by Phyllis MacMaster
Agricultural Representative
Dundas County

Deb Stark, OMAFRA in Guelph, has compiled some statistics on the economic value of the animal agriculture industry in Canada.

DAIRY $753 million livestock sales; $1.1 billion milk production; $33 million in exports; imports $77 million.

SWINE $380 million industry; $148 million in exports; $24 million in imports.

POULTRY $1.8 billion industry (includes eggs); $49.8 million in exports; $155.6 million in imports.

BEEF $833 million industry; $286 million in exports; $311 million in imports; total slaughter value $6.3 billion.

HORSES $21.4 million in exports; $21.2 million in imports; in excess of $1 billion in wagers and bets.

SHEEP $26.9 million industry; $187,000 in exports; $653,000 in imports.

FISH $40 million industry in trout and Arctic char for human consumption.

It is very easy to see that the livestock industry in Canada contributes a great deal to the wealth of our nation.

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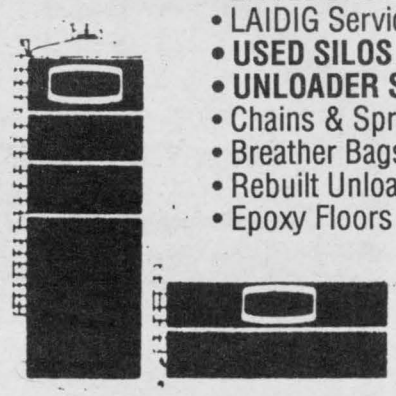

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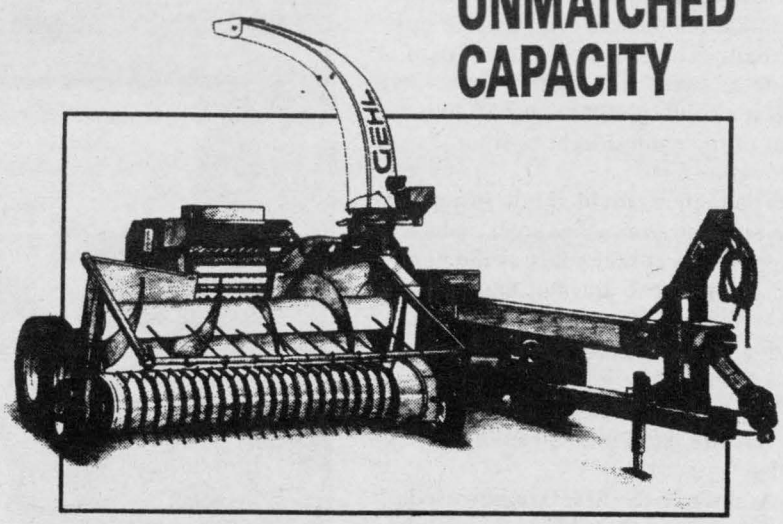

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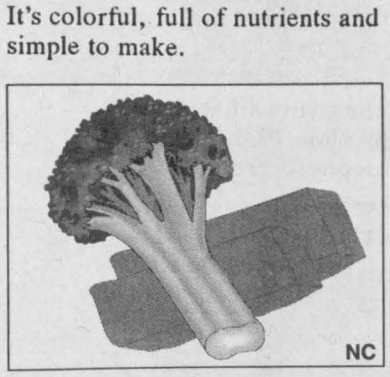
It varies in taste from nippy to mild, depending upon the length of time it has been aged. A medium cheddar is ripened for four to nine months while a strong cheddar is left to age over nine months. Some cheddar is aged for a period of five years!

A "grate" way to use your cheddar is in combination with broccoli. On those really bitterly cold nights, what beter way to warm you up than a bowl of cheddar cheese and broccoli soup? It's colorful, full of nutrients and simple to make.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CHEDDAR CHEESE BROCCOLI SOUP

1 10 oz. (283 g) pkg. frozen chopped broccoli or

2 cups (500 mL) chopped cooked fresh broccoli

3 tbsp. (50 mL) butter

1/4 cup (50 mL) finely chopped onion

4 tsp. (20 mL) chicken bouillon mix

3 tbsp. (50 mL) flour

1/2 tsp. (2 mL) paprika

1/2 tsp. (2 mL) dry mustard

2 cups (500 mL) milk

2 cups (500 mL) Canadian cheddar cheese

1/2 to 3/4 tsp (2 to 3 mL) salt

Cook broccoli according to package directions; drain well and set aside. Melt butter in a large saucepan. Saute onions until tender. Blend in bouillon mix, flour, paprika and mustard. Gradually stir in milk and water. Cook over medium heat, stirring constantly until mixture just comes to a boil and thickens. Remove from heat. Add cheese and stir until melted. Add cooked broccoli and salt; reheat to serving temperature. *Do not boil.* Sprinkle shredded cheese over individual servings. (Makes over 6 cups/1.5L).

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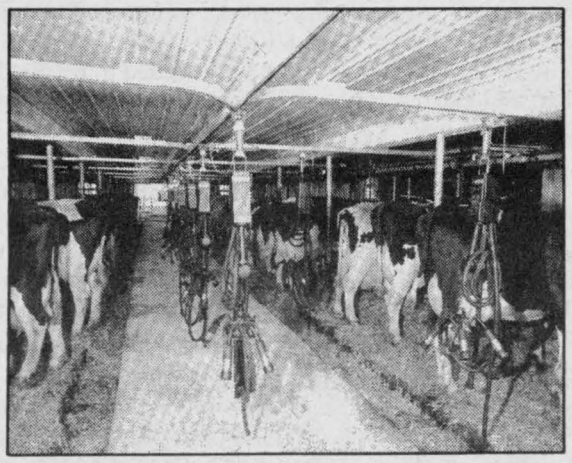
John Brugmans of Brugline Farms, Chesterville, is pictured at left with his newly installed EasyLine system.



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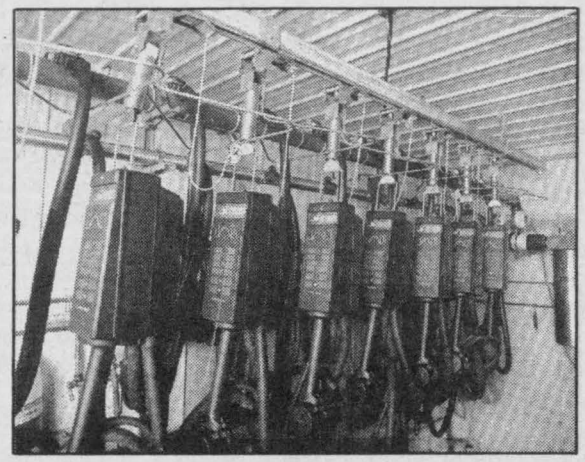
Jim & Marilyn Adams, Adamdale Holsteins, Brinston, Ont.



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New herbicides for grain

by Harvey Wright
Soils and Crops Advisor,
Wellington/Waterloo

Most of the questions that I get about weed control are for crops such as corn or soybeans rather than spring grain. We have been spraying grain crops for about 40 years, and in many fields, are still using the same herbicides, 2,4D or MCPA, as we did in the 1960's. However, there are now other herbicides available to handle some of the tougher weeds in cereals. I am getting more questions every year about chickweed, both mouse-eared and common chickweed. These two used to be considered a problem only in lawns. Now they are showing up in field crops. They seem to do very well in no-till fields, after wheat or spring cereal harvest, and can produce a lot of seed in only a few weeks.

Part of the reason why chickweed is on the increase is because of greater use of no-till. But also it's because chickweed is not controlled by 2,4-D, MCPA or 2,4-DB. These herbicides clean up the taller weeds (lamb's-quarters, pigweed, mustard) and leave more space and sunlight for the chickweed to thrive.

In no-till situations, after cereal harvest, Roundup at one litre per acre does an excellent job of killing chickweed. But chickweed does not give up easily. I have seen stubble fields sprayed in September with Roundup, and the chickweed is killed. But then new seeds germinate, both in the fall and April. By corn and soybeans planting time, the no-till field has another stand of chickweed and needs another litre of Roundup. You can skip the September spray, but that allows the chickweed to set and drop thousands of seeds.

In cereals, a fairly new herbicide, Refine Extra, (a Dupont product) gets an excellent rating for chickweed control. It also gets an excellent rating for control of wild buckwheat, ladies thumb and hempnettle, other weeds that have a habit of escaping 2,4-D or MCPA. While it doesn't kill sow thistle and Canada thistle, it will set them back enough that these weeds don't compete with the crop.

But like most herbicides, Refine Extra has its weaknesses. It does not control ragweed, a major problem on some farms. And it only gets a good rating for mustard. To overcome this problem, there is a registration for the tank mix of Refine Extra with MCPA, to get ragweed control.

Some cautions with this product:

- it gives best control on small weeds, not over 10 cm (4" tall);
- you cannot use it if the field is being seeded down;
- clean out the spray tank thoroughly before spraying other crops.

You should also be aware that Refina Extra belongs in the same herbicide group as Ultim, Pursuit and Muster. If you are trying to avoid use of herbicides in the same group in successive years, this herbicide doesn't make that any easier. If you are growing corn, soybeans, wheat and canola in your rotation, and using the herbicides listed above, there is concern about developing weed resistance.

While I am talking about weed control in cereals, here are a few tips about other weeds and herbicides:

- if hempnettle is giving you problems, use MPCA rather than 2,4-D — it gives much better control;
- if wild buckwheat and smartweed are escaping, consider using Buctril M. It will cost about $3 an acre more than 2,4-D, or MCPA but does a much better job;
- if your seeded down fields need spraying, do not be late spraying. The taller the alfalfa is, the more likely you are to injure it with 2,4-D. Spray when alfalfa is in the one to three trifoliate leaf stage. And don't use the higher label rate even if you have tougher weeds — the high rates are too hard on alfalfa. I feel that 2/3 of the label rate gives the best blend of crop safety and weed control;
- if using a product containing dicamba (Banvel), such as Dyvel or Target or Kilmor, do not be late spraying barley in particular. As barley gets taller, it becomes more susceptible to injury from dicamba (Banvel). Late spraying results in heads that don't emerge from the boot properly, and yield is often reduced. Apply these products by the time barley has four leaves. Banvel improves control of some of the tougher weeds, but is hard on barley if applied late.

And finally, remember that small weeds are easier to kill than large ones. I like to see grain sprayed when about ankle high. There will also be less tramping injury.

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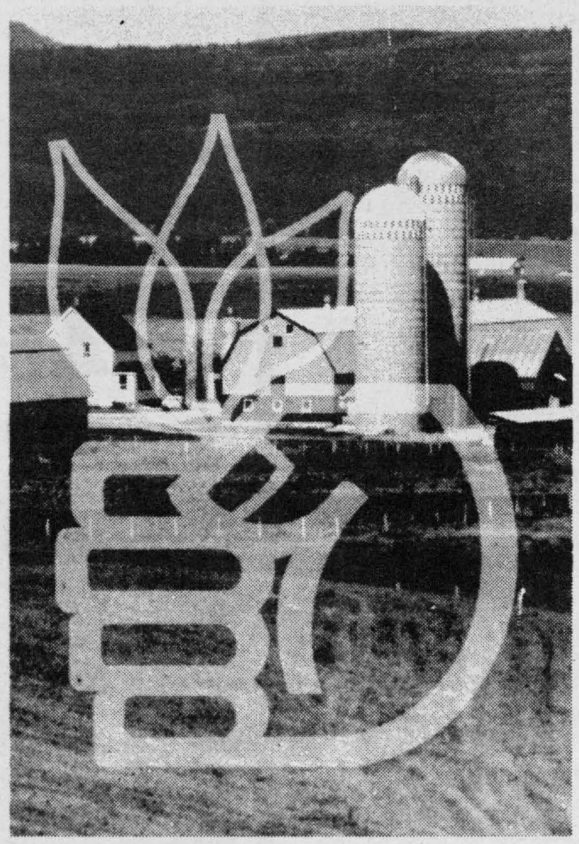

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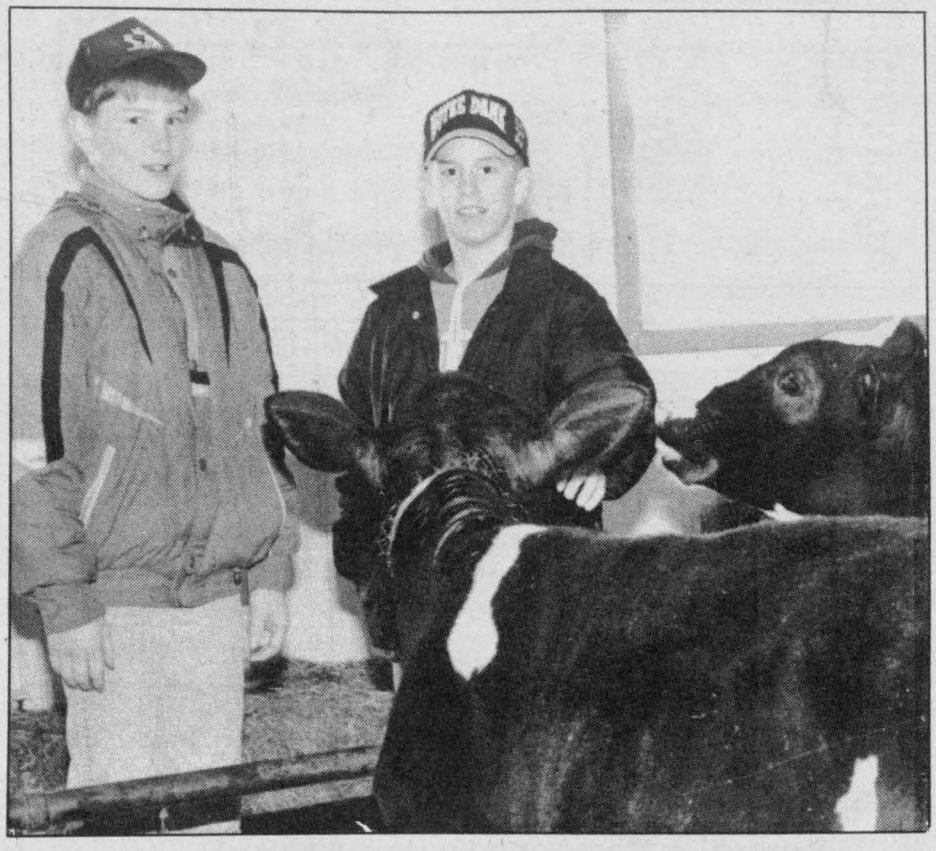

Holstein promotion

Barn tours are among the events hosted annually by the Dundas Holstein Club. Pictured, Robert Velthuis of Mountain (left) and Ryan Fawcett of Winchester look over calves during a farm tour at Guyview Holsteins held earlier this year. *Press Photo — Fetterly*

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Busy year for Holstein Club

WINCHESTER — The Dundas County Holstein Club has a busy schedule of events planned for the upcoming year.

The season kicks off with the annual chicken barbecue on Wed., July 26 at Wilmer and Linda Porteous's Harmony View Farms north of Winchester. Tickets to the popular event are available from club directors.

On Wed. Aug. 2 a golf day is slated for Sandy Row Golf Course in South Mountain.

This year's county Black and White Show will be held during the Chesterville Fair on Fri., Aug. 25.

Thurs., Nov. 2 is slated for the annual banquet, when Holstein breeders will be recognized for outstanding achievement. The banquet will be held at the Mountain Township Agricultural Hall in South Mountain.

A bus trip is being organized to the Royal Winter Fair on Nov. 16, 17 and 18. Further information on the trip will be available at a later date. Everyone is welcome.

The club's annual meeting is set for Wed., Dec. 6. As yet, it is undecided where the event will be held.

The Dundas County Holstein Club's executive for 1995 are: Gerry Westenbroek, past president; Archie Mellan, president; Wilmer Porteous, first vice-president; Bernie VanderZweep, second vice-president; secretary/treasurer, Jennifer Thompson.

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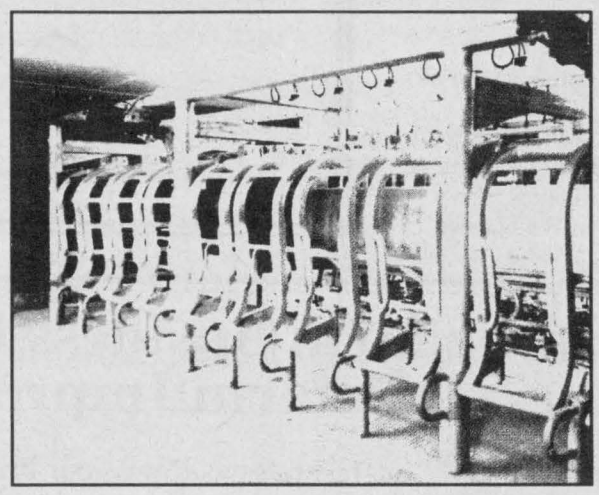
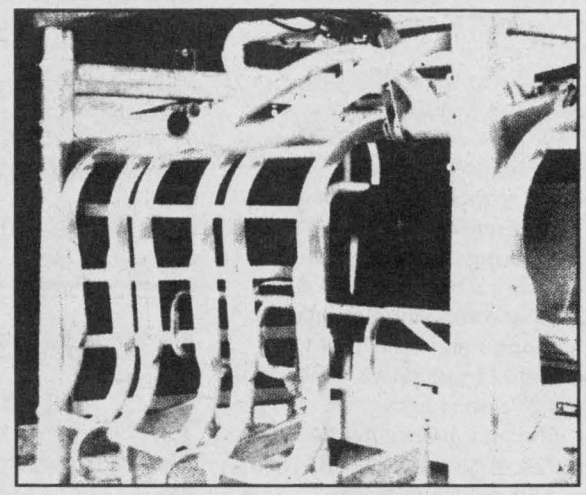


Actual Installation



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Good management practices reduce risk of cattle injuries

by Phyllis MacMaster
Agricultural Representative
Dundas County

The Ontario Ministry of Agriculture and Food introduced regulations for the humane handling of non-ambulatory and disabled livestock.

The Ontario Farm Animal Council has developed a list of ways to reduce the risks of disabled livestock on the farm, in transit and at sales yards. Crippled and non-ambulatory animals represent a very small percentage of the total livestock handled.

Good management practices on the farm are the best way to reduce the risk of the occurrence of disabled livestock. People who handle livestock should be trained to handle animals correctly. Handle cattle gently to prevent injuries and falls. Never force animals to run. This often requires a constant commitment by the farm family.

Adequate space, secure footing, and properly designed and maintained housing and loading equipment will reduce costly accidents and bruising. These items will also save time and money by increasing the ease and efficiency of handling. Non-slip flooring is essential to prevent crippling falls. Flooring should be clean and easily maintained. Roughen smooth floors with a grooving machine or use sand to provide good footing. Ensure loading facilities are properly designed to minimize accidents. Provide calving pens or calving areas with secure footing, ample space and bedding, with wide gates. Calving cows out in a tie stall is not a recommended practice.

Providing proper nutrition and sanitation will reduce the likelihood of animals becoming disabled. High-producing dairy herds need to provide proper nutrition to reduce the risk of metabolic problems that can cause an animal to go down. Genetic selection that emphasizes good conformation and marketing animals when they are in good physical condition will reduce in transit accidents. Have animals that are losing condition checked. Old and physically challenged animals should be culled and moved directly to the plant while still strong enough to make the trip. Use foot baths to prevent or minimize the occurrence of foot rot. Treat injuries and infections promptly to prevent additional complications.

Prevent calving paralysis by following proper calving procedures. In the event of calving paralysis give the cow the opportunity to recover by allowing them to rest in a well bedded pen. Check with your veterinarian to get a prognosis and adequate treatment.

Even with precautions, animals will sometimes become disabled. It is important to be prepared to properly handle and care for these non-ambulatory animals. Deliver an injured but otherwise healthy disabled animal directly to the processing plant. Use a transport service that has the equipment required to properly handle the animal. Non-ambulatory livestock that have been chronically ill, treated with antibiotics or in extreme distress should be humanely euthanized on the farm.

Dragging non-ambulatory animals by the limbs or neck is undesirable. This method should only be used in emergency situations. Slide boards or mats can be used to move animals in most cases. Gently roll the animal onto the mat and move the mat using a chain or cable attached to a winch on a tractor. Boards should be made of smooth metal or durable plywood and have an attachment ring. Cow mats or conveyor belting should be reinforced with metal strips to prevent buckling and bending. To keep the animal calm secure its head with a halter and cover its eyes. When using a forklift a platform or pallet must be used. Restraining straps should be used to prevent the animal from falling off.

Heavy duty hand carts can be modified with an enlarged platform. A disabled animal is moved onto the platform then the hand cart is tilted back to move the animal back on the platform. Specialized slings, cow caddies and stone boats are good methods for moving non-ambulatory animals.

In all cases non-ambulatory animals must be moved safely and humanely. If the above techniques are not practical or possible then the best solution is to euthanize the animal on the farm.

The Ontario Farm Animal Council has produced an excellent brochure on this issue. A copy is available from the OMAFRA office in Winchester.

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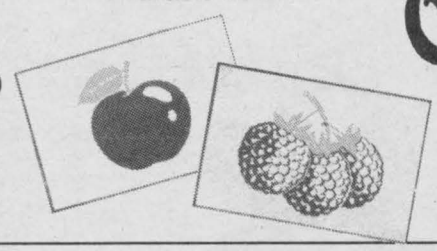
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Quality cheese a tradition in district

Kim Robinson
Press Staff

MORRISBURG — The process of making cheese may have changed over the years, but the quality of Eastern Ontario cheddar has remained a constant since its earliest production.

In the 1800s, local cheesemakers' products were served at the finest tables in England, carefully dried and aged to last up to two years once it reached the buyer's home.

The process can be seen today at the old style cheese factory at Upper Canada Village. Modeled on an early factory at Ingersoll, Ontario, the production methods there are much like they were in the many small local factories that have disappeared from the landscape over the past century.

In the mid-1800s, farmers would get together to build a common factory and then hire a cheesemaker, paying him about two cents for every pound.

The cheese at the village is made during the summer tourist season. In this aspect it remains faithful to the old tradition, as cheese in the previous century was only produced in these peak milking months.

Large, rectangular vats of milk are warmed by wood fires underneath. A bacterial culture and rennet, a curdling agent which in past times was retrieved from the stomachs of calves, are added to separate the curds from whey. The contents of the vat are stirred up every 20 minutes for two and a half hours to ensure they are heated evenly.

While this is performed mechanically in modern processing plants, it is still done by hand at the village.

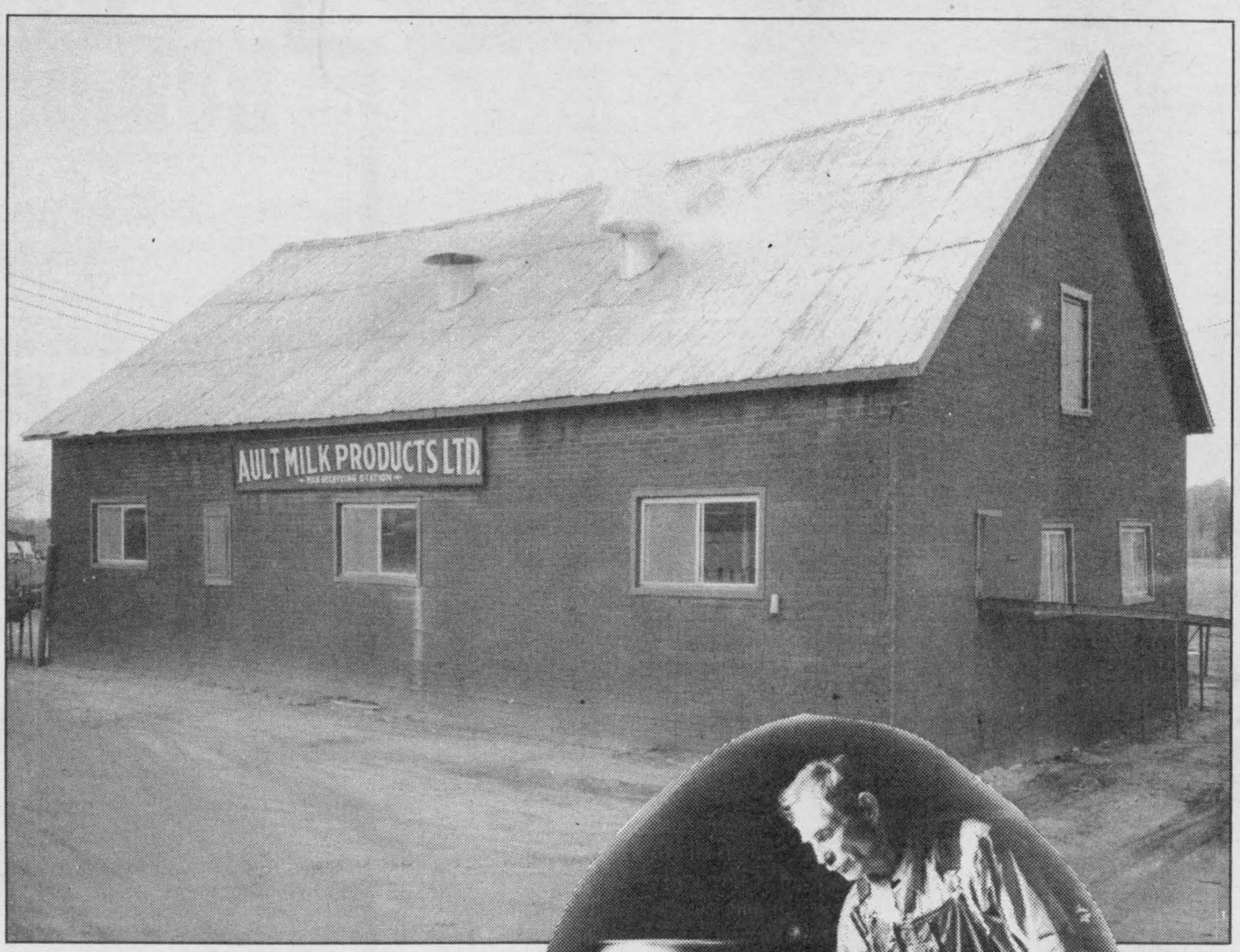
The whey is then siphoned off and the curd cut up, salted and pressed into cylinders lined with cheesecloth. About 22.5 kilograms of cheese are produced from the 225 kilograms of milk originally poured into the vat.

After a night of pressing and drying, the cheese is then put up to age and after about eight months it is dry and crumbly.

"The drying was important, that's what made it keep so long," explains Clair Hollister, who demonstrates the process to visitors at the village.

As his fellow cheesemaker Rita Cooper explains, the way we keep cheese in the refrigerator actually speeds up the formation of mould. She says cheese draws mould-encouraging moisture from the fridge, while in the past it was kept in a cool but dry room.

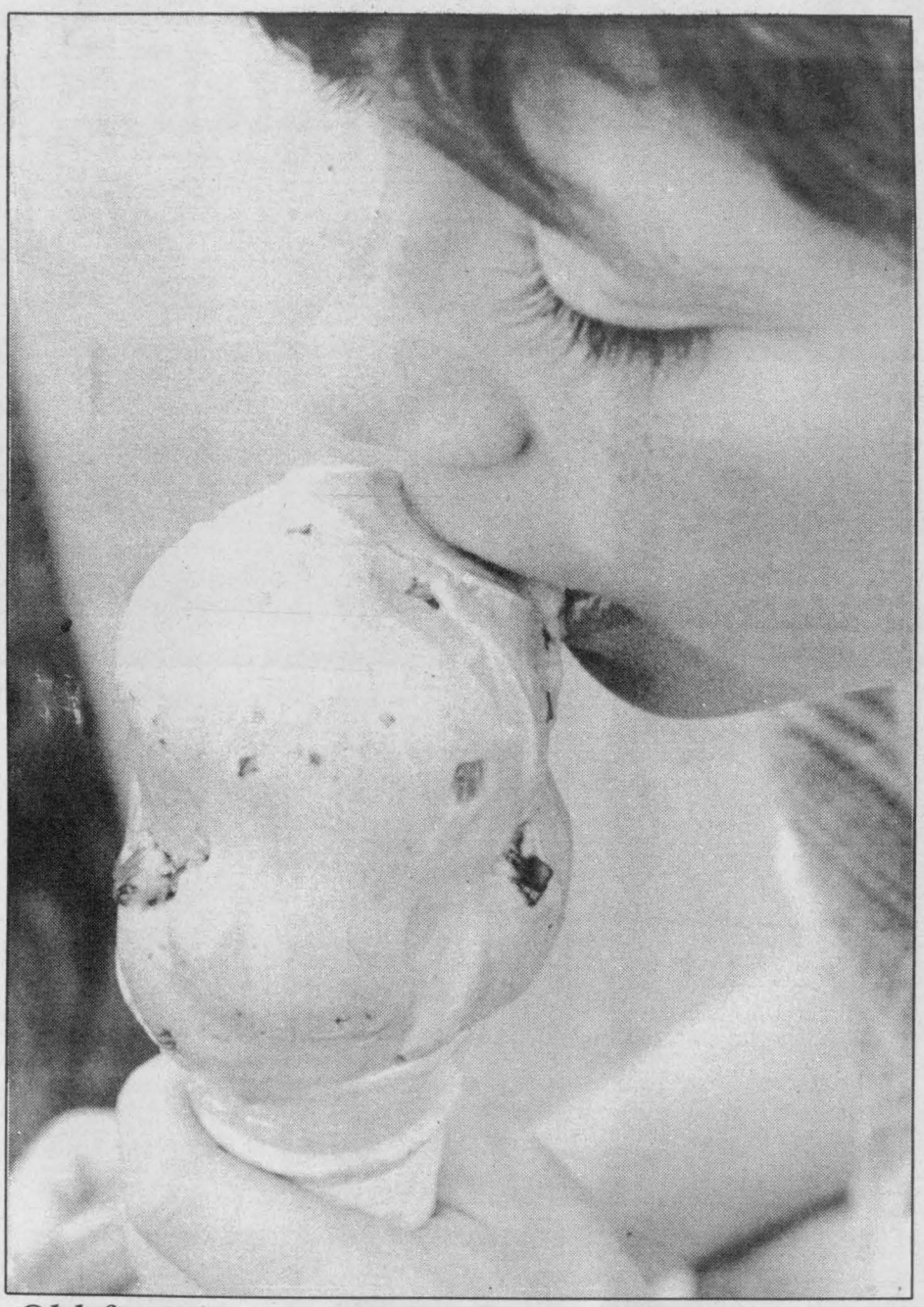
Due to health standards, the cheese Hollister and Cooper produce ends up in fridges when it is sold in the village gift shop. Still, customers are getting a taste of tradition when they sample the cheddar there.







The original Ault cheese factory, below, at Cass Bridge was one of many smaller operations that thrived at the turn of the century. As Ault Milk Products Ltd. expanded it bought other independent cheese factories, such as the one pictured above. Manual processing of milk with a cream separator, right, is only a memory now, but the old method of producing cheese can still be viewed at Upper Canada Village.
Courtesy Photos



Old favorite

Ice-cream has remained a popular treat for both children and adults. Today's ice-cream comes in a vast variety of flavors as well as low fat alternatives and gourmet ice-cream products. Press Photo — Fetterly

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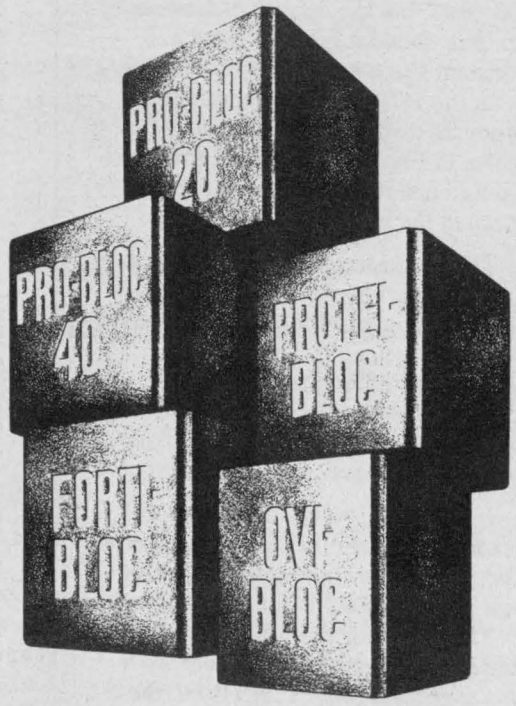

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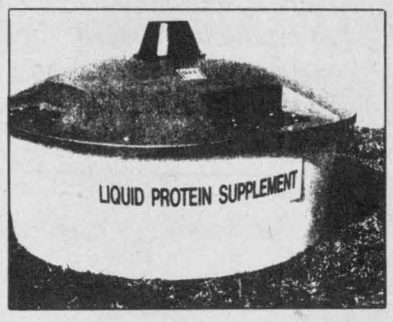

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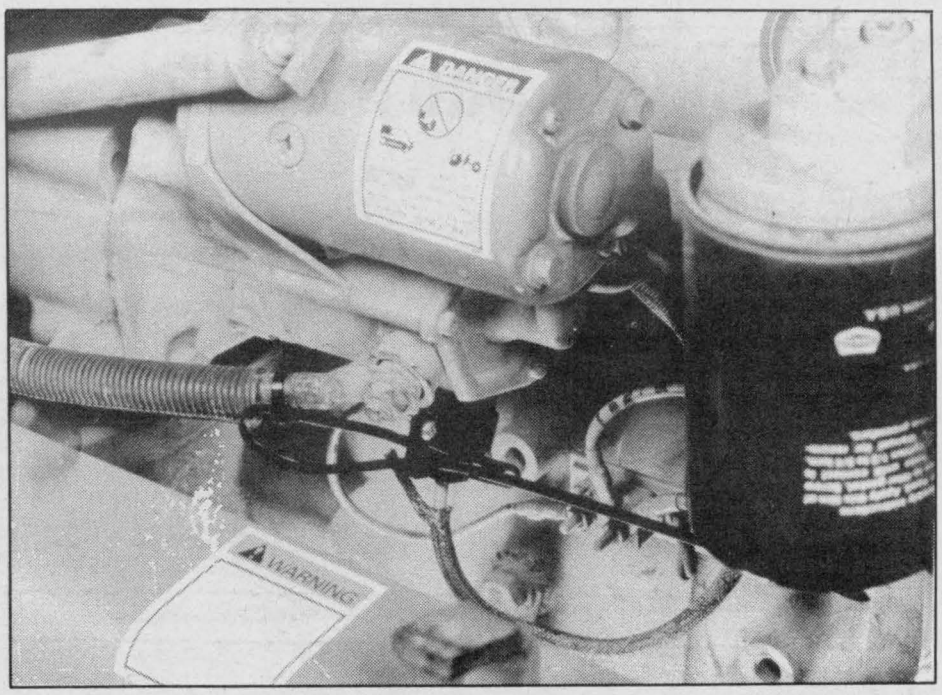

Starter/solenoid/relay cover kits will prevent by-pass starting.

Protective cover kit available free for older-model tractors

WINCHESTER — To help discourage operators from the hazardous practice of starting equipment from the ground, Case IH dealers are offering to install starter/solenoid/relay cover kits on many models of tractors - free of charge.

"This practice, commonly called bypass starting, is dangerous," said Bob Snopko, Case manager, product support. "All too often, operators think they can save time by starting a machine from the ground. But if the machine is in gear when the operator tries to start it from the ground, it may move unexpectedly and seriously injure the operator."

The cover kit helps discourage operators from bypass starting machines. "With the protective device in place, it is more difficult for the operator to bypass start the machine," Snopko explained. "Because removal of the cover requires tools and a considerable amount of time, it's more efficient for operators to start the machine the correct way - from the opeator's seat."

The protective covers are available for certain models of Case and Case International agricultural equipment and Case construction equipment dating from the mid-1960s, including David Brown and Steiger machines. Many Case and Case International machines have featured a protective device since 1985.

"We strongly encourage Case IH customers to take advantage of this excellent offer," said Snopko. "Installation takes only 10 to 15 minutes, can be done at the dealership or on-site, and it's free. We hope equipment owners will call their local Case IH dealer as soon as possible to make an appointment and have this protective device installed."

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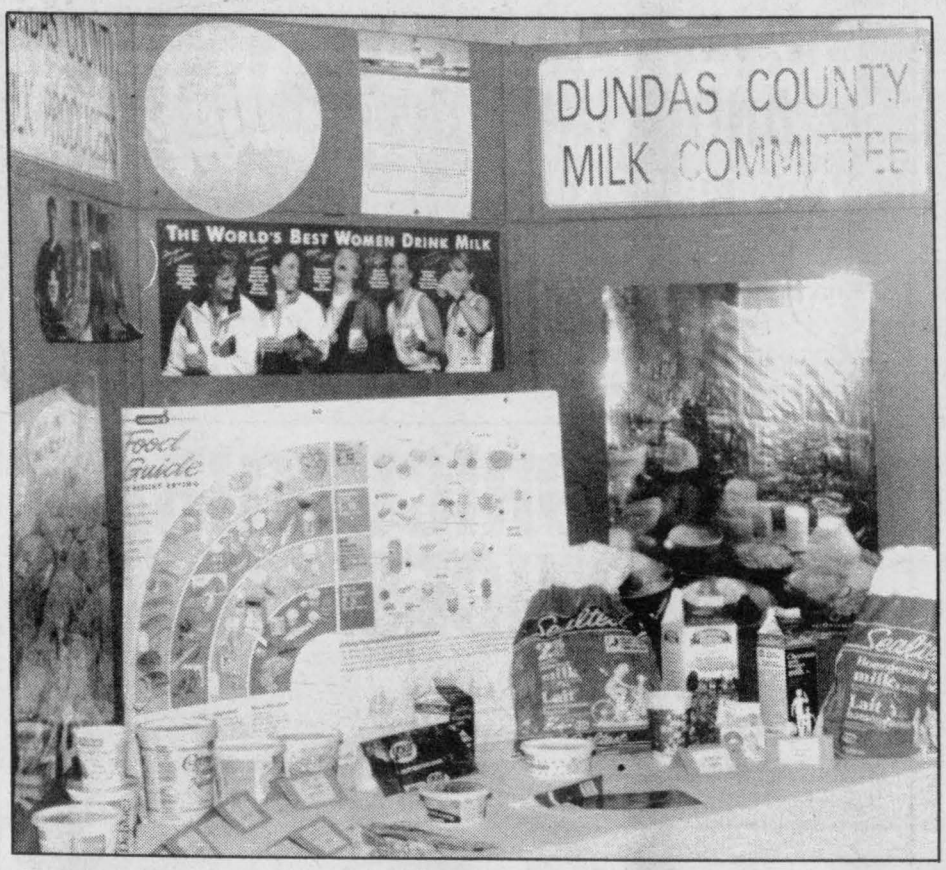
Wednesday, July 26
Chicken BBQ
At Harmony View Farms, Wilmer and Linda Porteous
Wednesday, August 2
Golf Day at Sandy Row Golf Course, South Mountain
Friday, August 25
County Black & White Show, Chesterville
Thursday, November 2
Annual Banquet at South Mountain Agricultural Hall
November 16, 17, 18
Bus Trip to the Royal
Wednesday, December 6
Annual Meeting

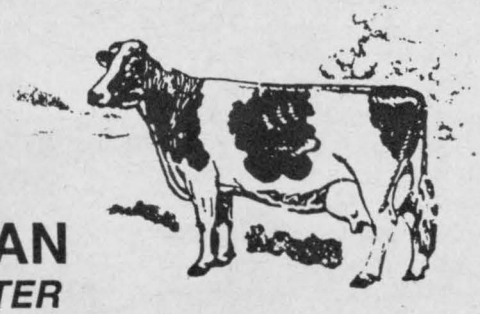


Promoting milk

An important part of marketing a product is promoting it properly. The Dundas County Milk Committee did a fine job of promoting milk and dairy products with this display set up during the Farm Fair in Winchester in April. Displays are set up at many fairs and other events throughout the year. *Press Photo — Fetterly*

June is Dairy Month

We salute the dairy producers of Eastern Ontario



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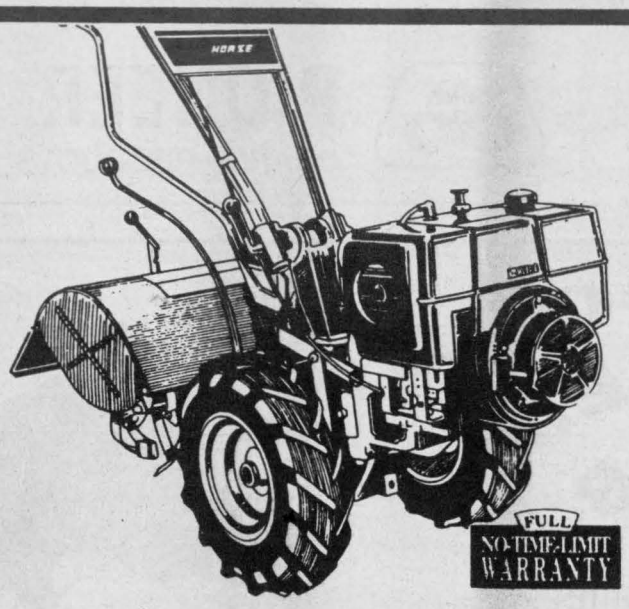

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Good Value From People You Can Trust

Check the rules on hired help

by Phyllis MacMaster
Agricultural Representative
Dundas County

Anyone who works on a farm in Ontario and receives a wage for his or her work is covered under the Workers' Compensation Act for work-related accidents or diseases. This Act covers all hired help whether seasonal or year-round including domestic and foreign labor; any family member including a spouse or relative who works on the farm and receives a wage that appears on the wage record and payroll statements; children who receive wages, not an allowance.

People who own and operate their own farms, i.e. sole proprietors or partners, do not have workers' compensation coverage for themselves although personal coverage is available to any farmer who applies. Personal coverage may also be obtained for spouses of sole proprietors or partners who do not receive a stated wage.

Farmers and their workers who help other farms during the busy season are covered by Workers' Compensation as long as the farm worker is on the payroll of the original employer, is being paid by the farmer for whom the work is being done and is included in this farmer's payroll statement. Farm owners who work for other farmers are covered with compensation provided they are being paid for the work and have personal coverage. If a farmer works on a neighboring farm without remuneration and has no personal coverage then he or she is not eligible for benefits in case of a work-related accident.

Farmers pay an annual assessment to Workers' Compensation Board based on the group rate they fall into and the total amount of payroll. Farm operators are classified into groups depending on the type of farming enterprise. Each group has a dollar amount assigned annually which reflects past and expected future costs of injuries and occupational illness within the group. The annual payment is calculated yearly by multiplying this rate for each $100 of assessable payroll.

Cost of Production of a Litre of Milk

by Wayne Bourne,
ODHIC Herd Management Specialist

Some of the major areas to focus on:

Feeds and Feeding	ODFAP Average Feed Cost - $.196/litre DHI-HMS Range - $.095 up to $.25 and higher. What is your cost?
Quota Management	SHOULD YOU BUY? Know your cost first before you answer. For some it is a good investment. For others it is just not feasible.
Housing & Environment	Is this area restricting growth or production?
Genetics	Are you using the best genetics available? YSP plus top proven bulls. Young sires are hardly a risk when in our area 56 young sires averaged +16M +17F +18P +8.5 type. How do your heifers compare to the rest of the herd?
Herd Distribution	How many 1st lactation animals? How many 2nd lactation animals? How many 3rd+ lactation animals? How many heifers following the herd? How does herd dist. affect profitability?
Heifer Management	At what age do your heifers calve? Do you monitor heifer growth?
Culling Rate	What is your culling rate? How many are voluntary? How many are involuntary? What is your target?
Reproduction	What is your calving interval? What is your target? What is the number of days open? What is the number of services to conception? How many cows leave because of reproductive performance (lack of it)?
Somatic Cell Count	What is your herd level?
Production Level	What is your goal? It it litres per lactation? Or net return per litre?

These are the major areas that the **ULTIMATE PROFIT$ PROJECT** looks at, as well as putting an economic value to each area. If you need help with these questions, call your DHI rep.

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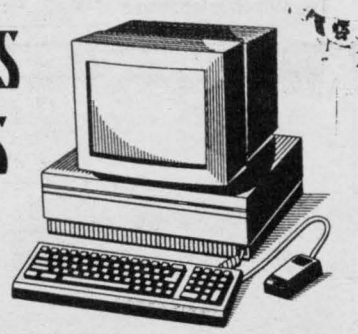

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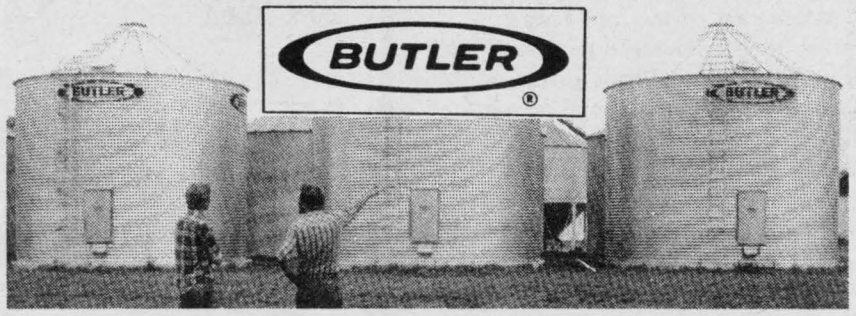

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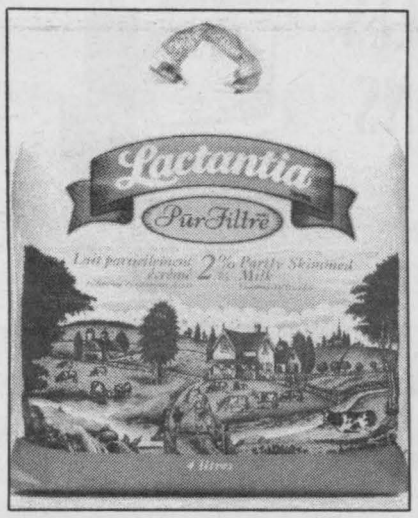

Milk launched

Lactantia PurFiltre milk was recently introduced by Ault Foods Limited to area consumers to good reviews. PurFiltre milk is available in homogenized, two percent, one percent and skim, in both cartons and bags.

Courtesy Photo — Ault Foods

One extreme to the other

It is estimated that over half of the population is either dieting or watching their weight at any given point in time. In this regard we are all entitled to an opinion and ours is that too frequently the wrong people are concerning themselves about calories.

Women who are already as thin as laths worry constantly about gaining one square ounce of flesh while the fatties jiggle their way from one mouthful to the next.

Food is intended to be enjoyed. Eating should be a sensual experience, not the mere clinical stoking of the body. Watching the wraiths deprive themselves in order to maintain the conformation of a fence post is as unpalatable as observing the truly over-weight continue to gorge themselves.

Sensible eating, to our way of thinking, means the avoidance of extremes and the attainment of balance in order to give our bodies the nutrients they need.

Within each of the four food groups, there's bound to be something for everyone. If you truly dislike milk, substitute cheddar cheese or yogourt. There's certainly enough variety in the fruit and vegetable group to satisfy anyone. We are a nation of meat-eaters but the vegetarians among us manage to find replacements. Cereals, pastas, muffins, biscuits, crackers and bread are among the wide variety of foods in the cereal group.

There is no reason for normal Canadians to be deficient in nutrients. Nor is there any virtue, in our opinion, in striving for concentration camp slimness. It is as senseless as an undisciplined appetite which leads to overweight and obesity.

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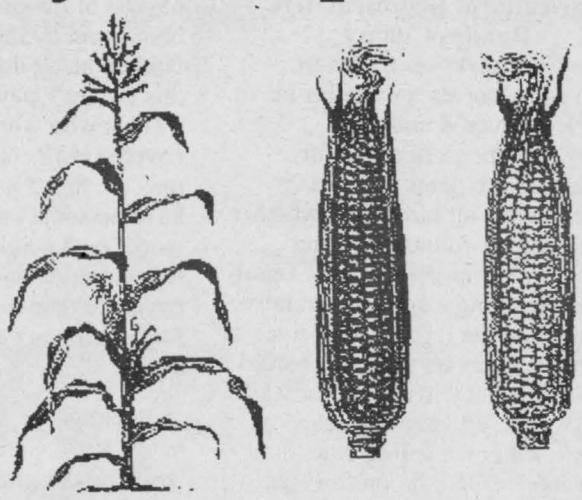

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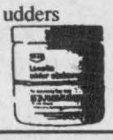

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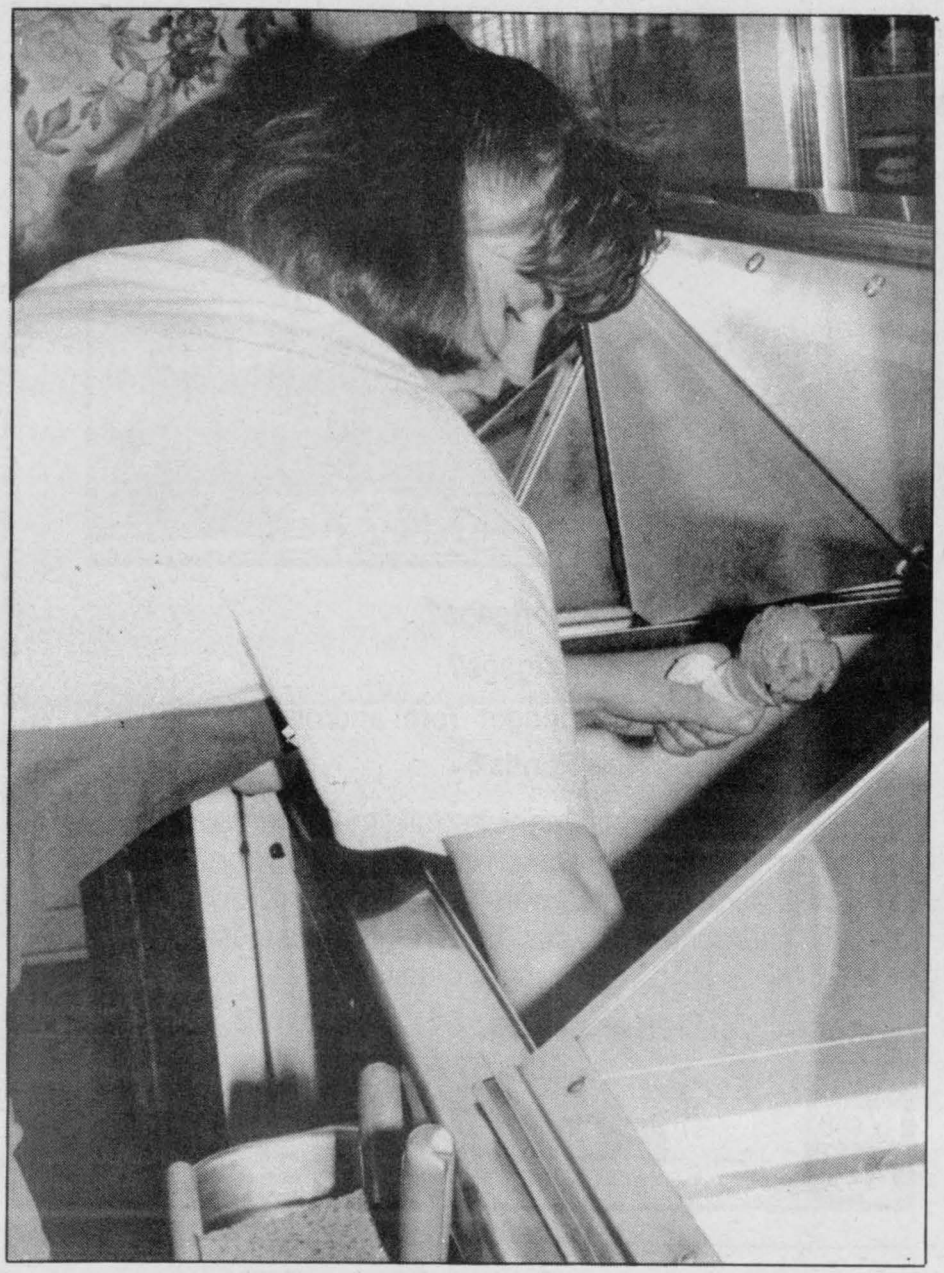

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Employees at Cass Bridge Cheese House are being kept busy scooping ice-cream these days with the warmer weather of summer approaching. *Press Photo — Fetterly*



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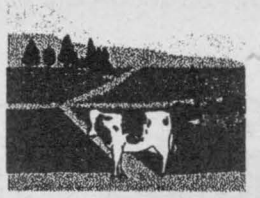

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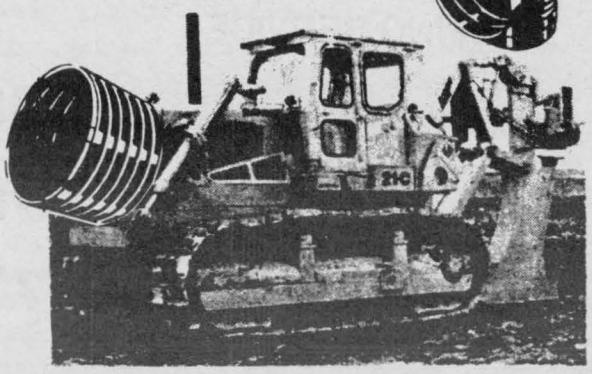

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(The Wealthy Barber, pg. 187-190)

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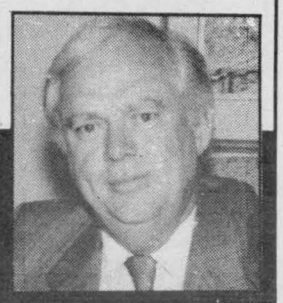

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CDN drafts agenda

The Canadian Dairy Network held its fourth meeting on May 15, 1995. Following is a summary of action taken.

A vacancy was created in one of Canadian Milk Recording Board's (CMRB) seats on the CDN board of directors, with the resignation of Peter Riordon from several industry committees. It is hoped that this will be filled soon. Jacques Laforge has been named the Dairy Farmers of Canada appointment to the CDN Board. An appointment from Agriculture and Agri-Food Canada (AAFC) is still anticipated. Brian Van Doormaal, recently named general manager, was able to attend his first meeting and expressed his commitment to CDN.

It is anticipated that the Canadian Dairy Network will be incorporated by the end of May. A business plan is being drafted and will be shared with founding members for their input. It was also agreed that the CDN office should eventually be located in Guelph. Negotiations are taking place to transfer the AAFC's conversion project (converting genetic evaluation programs into a "useable" database format) to the management of CDN. This will be one of the general manager's first priorities.

A report from the Canadian Dairy Information Exchange Action Group estimated that the cost of hiring a consultant to study and make recommendations on a national database would be in the area of $40,000 to $50,000. The CDIE Action Group would review proposals received as part of the CMIP project and make a recommendation for proceeding in the near future.

Holstein Canada, as requested by Canadian Dairy Network, has circulated its synopsis of the national shared database issue to industry partners. Several responses have been received. It is anticipated that the CDIE Action Group will discuss further the options presented and bring forth recommendations to CDN.

Animal improvement industry efforts to negotiate federal funding with Dairy Farmers of Canada and Agriculture & Agri-Food Canada continue to be an uphill battle. As reported in the last CDN communication, a memorandum of understanding was signed last March between AAFC and DFC, on behalf of the animal improvement industry. Subsequent discussions have shown that the intent of this agreement was not interpreted in the same manner by all parties. CDN representatives are attempting to obtain further clarification in order to ensure that the federal government will provide matching dollars to research requisitioned and carried out by the industry. A letter will be sent to the Minister of Agriculture expressing the animal improvement industry's dissatisfaction with negotiation proceedings to date.

Once incorporated, CDN will, over the next three years, acquire the previously confirmed $12 million in federal financing and assume responsibility for its disbursement to animal improvement industry partners. As this payment is considered to be final and non-renewable, the importance of using the capital to improve current structures and better position industry organizations for the future can not be diminished. Allocations to ongoing projects/programs, as were made in the past, are not considered to be in the best interest of producers.

It is hoped that DFC can be convinced to support the animal improvement industry in its desire to divert financial support to "green" programs. Since genetic improvement benefits all producers and indeed the entire dairy industry, it can also be of benefit to DFC. Canadian Dairy Network firmly believes that efficiencies obtained through improved management can have a significant impact throughout the industry. The goals of the animal improvement industry are valid for the vast majority of dairy producers and should, therefore, be considered goals of the Canadian Dairy Industry as a whole.

The next meeting of CDN will be held June 28, 1995.

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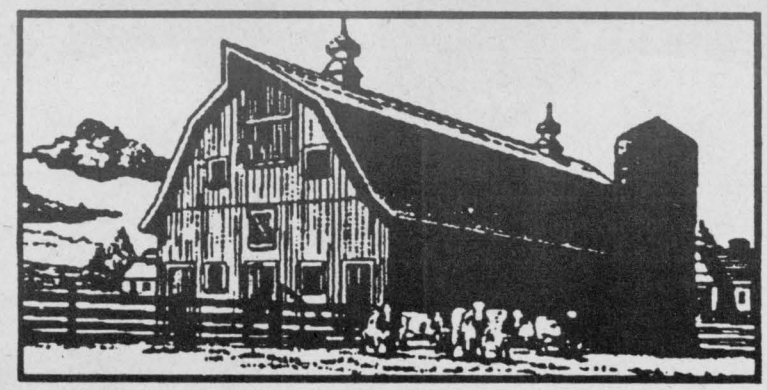

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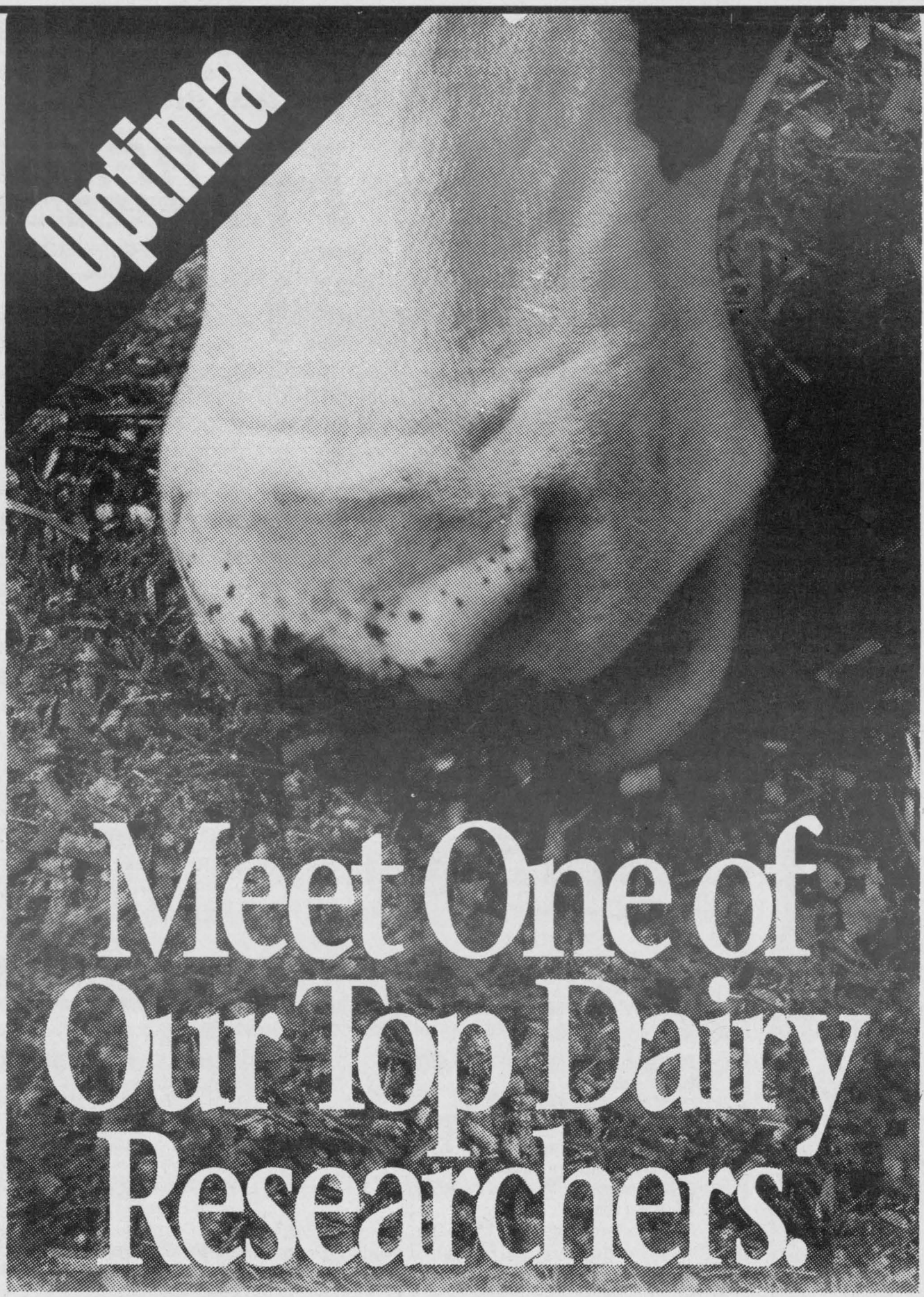

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Caution and proper shielding should prevent PTO accidents

In Ontario last year, three farm workplace deaths resulted from power-take-off (PTO) entanglement.

A PTO shaft revolving at 540 rpm travels more than two metres in less than a second. Little wonder that driveline entanglement nearly always results in devastating injury or death!

Missing or damaged shielding is the main reason for PTO entanglement. *All* shielding components must be correctly installed and properly maintained to prevent injury in case of accidental contact.

Operator awareness and constant vigilance are also crucial if PTO accidents are to be avoided. Clear safety rules must be established for everyone who works with farm machinery. Making repairs while equipment is operating, stepping over or onto revolving shafts, and wearing loose or frayed clothing are actions that set the stage for entanglement.

Never operate a tractor with a missing or damaged master shield. Integral shields on equipment power shafts must be kept in place and well maintained to protect against the "grabbing" action of drivelines and U-joints.

Both shaft attachment ends must be shielded. Universal joints and stub shafts need to be well covered.

Some older machines have tunnel shields over their power shafts. Because tunnel shielding is open at the bottom, clothing, shoelaces, hair, etc. can be caught by the shaft or U-joints.

PROPER INSTALLATION

A PTO shaft may break or separate during operation if improperly adjusted or misused. If it does, the tractor-driven end can swing violently, with potential for severe equipment damage and operator injury.

Make very sure that all replacement driveline components meet manufacturer specifications.

The tractor drawbar should be adjusted to the length specified in the manual for the driven machine. This insures that the telescoping power shaft and shield will stay together when they lengthen in operation, and prevents driveline "bottoming out".

DEVELOP GOOD PTO SAFETY HABITS

Following are key considerations for preventing PTO entanglement:

1) Always disengage the PTO, shut off the engine and remove the keys before leaving the tractor seat. You can't be injured by the PTO or other machine parts if the driveline isn't rotating!

2) Keep tractor master shields in place at all times.

3) Check frequently to confirm that integral shields are in good condition. With the powershaft stopped, you should be able to rotate the shield freely by hand. Look for nicks, dents or bends that could catch clothing. Damaged shields, shafts, bearings, etc. must be repaired or replaced before the machine is operated.

4) Never step across a rotating powershaft. Some equipment (e.g. forage wagons and blowers, grinder-mixers, etc.) must be operated in a stationary location where you are working. Always walk around the shaft.

5) Dress for safety. Wear close fitting clothes and keep long hair covered. Raggy old coats and long boot laces can easily be grabbed by rotating parts.

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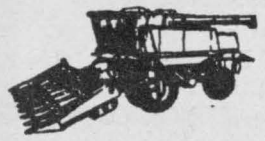

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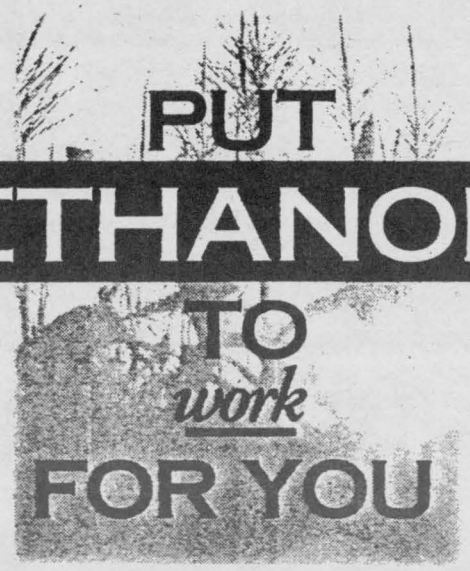

Hundreds of people across Eastern Ontario have already invested more than $4 million in the Seaway Valley Farmers Energy Co-operative, and these figures are climbing daily.

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SVFEC equity at $4M

Dianne Fetterly
Agricultural editor

WINCHESTER — By the end of May, the Seaway Valley Farmers Energy Co-operative topped the $4 million mark in equity sales.

"It's been phenomenal," says local SVFEC director John Roosendaal regarding sales.

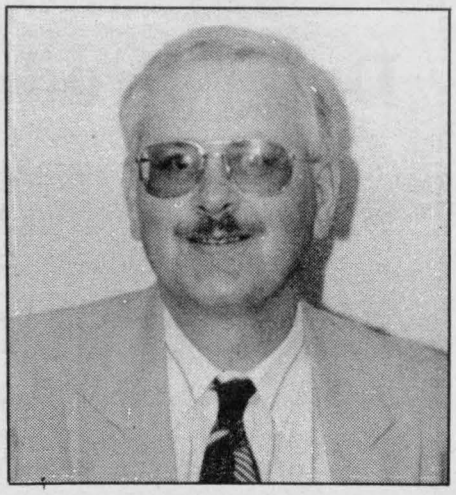
All shares sold to date have been in Eastern Ontario, and Roosendaal attributes the equity sales success to great support from Eastern Ontario residents.

"We've had a lot of support from Eastern Ontario...and had lots of local help," he said.

Membership in the co-operative has now reached almost 1,400 with additional investors in Preferred A and B shares. Membership shares are expected to sell out at $5 million in the next few weeks. The project has also received a jobsOntario funding commitment of $3 million.

The ethanol plant will process over five million bushels of corn per year into more than 52 million litres of ethanol.

The project is not only good for investors but for farmers as well, says Roosendaal. Not only does it provide an outlet for local corn, but the availability of local distillers' grains as well, he explained.



John Roosendaal

Distillers dried grains with soluables (DDDG) is a high protein feed supplement which is a by-product of ethanol production.

Construction on the new ethanol plant in Cornwall is expected to begin this summer.

For information on investing in the SVFEC, call 1- 800-776-1603.

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You've probably had the experience of working or exercising to the point that your body could no longer continue, and you had to rest. Fatigue may even affect the brain, but you may not recognize it as you do physical exhaustion.

When fatigue is due to physical work, typical results are muscle tightness and cramping. Work requires conversion of chemical energy to mechanical energy in the muscles. Blood flow and respiration must increase to supply muscles with required energy and oxygen, and to carry off carbon dioxide and chemical waste.

When you work at a rate exceeding heart and lung capacity, aching in the muscles, cramping, tremor and loss of control may result. To recover, you must stop to rest.

Muscle fatigue is like a safety device that prevents the tissue working beyond its capacity. Individual motivation (desire) plays a very significant role in determining this limit.

If you reach the limit and continue to work, you are more likely to make mistakes. Due to loss of muscular output and control, lessening of attention, slowdown of reactions, and loss of sensitivity, you could cause an accident. Exhausted legs may tremble and fail to operate the brakes. You may drop a load that you could normally lift and carry easily.

To avoid fatigue, take regular rest breaks. Frequent short pauses are more effective than longer breaks at wider intervals. Take extra breaks in the late morning and late afternoon.

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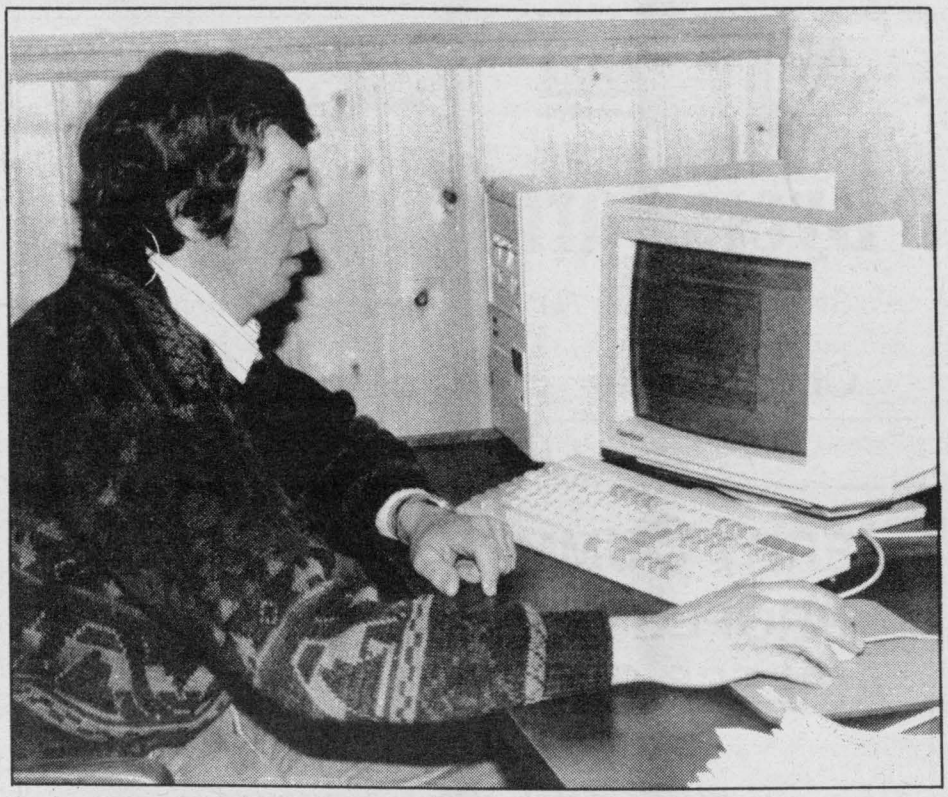

Mountain Township dairy farmer and computer consultant Ted Ceelen spends much of his time in front of a computer.

Press Photo — Fetterly

Computer role expands

Dianne Fetterly
Agricultural editor

MOUNTAIN — While a number of the computers on area farms were introduced as a form of entertainment for the children, many have graduated to more important roles.

"Computers are commonly used in various aspects of farming. And while they were bought for the kids, they have moved on to be used for farm accounting and farm management," says Ted Ceelen, a Mountain Township dairy farmer and computer consultant.

Quicken, Quickbook, Simply Accounting, and Farm Hand are accounting programs commonly used on farms. They're all aimed at small business or personal accounting use and have been adapted for farm use, says Ceelen.

Many farmers are also using specialty programs, such as AG Pro, Dairyman, VAMPP, Dairytime, and various ODHIC programs designed for dairy herd management. Other programs are designed for crop or beef herd management.

Computers are also useful as word processors or can be used to send 'E' mail or fax as well, he added.

And while many families like to upgrade or add on features like a CD Rom, a computer is still useful as long as it continues to fulfill its duties,

Ceelen says he also sees potential in the future for the information highway.

Bulletin boards which provide information such as market news or services like those provided by the Farm Business Info (FBI) Net are already in use. FBI is free, but users must pay for the call to Ottawa.

Besides, computer consulting services, Ceelen sells computers and has taught night courses at Kemptville College of Agricultural Technology as well as courses across Eastern Ontario for the Ontario Agricultural Training Institute (OATI). He farms just east of Hallville.

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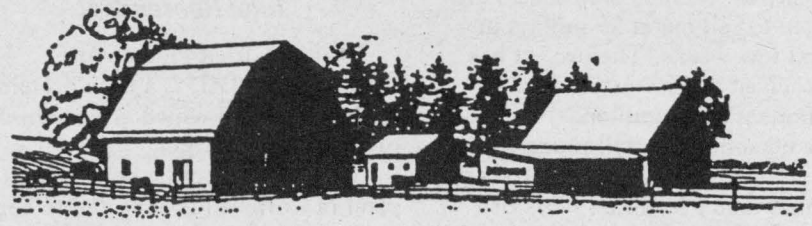

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IT PAYS TO HEAT WITH OIL

Scheduled vaccinations protect herd health

by Neil Anderson, DVM
Cattle Health Consultant, OMAFRA

Dairy cattle should be vaccinated monthly or every other month throughout the year in an average herd. This should give the best protection possible to all animals.

On a monthly schedule farmers should vaccinate:

- calves that are 6 months old (first dose);
- calves that are 7 months old (second dose);
- replacement heifers scheduled for breeding next month;
- purchased animals;
- heifers and cows that are one month fresh or scheduled for breeding next month.

It is important to plan a vaccination program with your veterinarian. An example vaccination program is as follows:

Tables 1, 2 and 3 show basic vaccination protocol. The objectives of this basic protocol are to improve reproductive performance and general health. It includes agents known to cause reproductive, respiratory, and enteric diseases of cattle. These include *Infectious Bovine Rhinotracheitis virus (IBR), Parainfluenze 3 virus (P13), Bovine Virus Diarrhea virus (BVD).*

You and your veterinarian may choose to include *Bovine Respiratory Syncytial Virus (BRSV), Hemophilus somnus (HS), Pasteurella, rabies, E. coli, Leptospirosis (Lepto) or Blackleg in your program when indicated.*

Table 1: Example vaccination protocol to improve reproductive performance and general health by vaccinating calves and replacement heifers beginning at 6 months of age.

Passive immunity from colostrum protects a calf for the first few months of its life. The duration varies with the quality and quantity of the colostrum and the time after birth that the calf drinks the colostrum.

• continued on next page

Table #1: Example vaccination protocol to improve reproductive performance and general health by vaccinating calves and replacement heifers **beginning at 6 months of age.**

Who to Vaccinate	Age or Period to Vaccinate	Vaccine Agents Killed Vaccine
Calves	6 mths. old (first dose)	IBR, PI3, BVD
	7 mths. old (second dose)	IBR, PI3, BVD
Replacement Heifers	14-15 mths. old (1 month before breeding, single booster dose)	IBR, PI3, BVD
First Calf Heifers	1 month after calving or 1 month before breeding	IBR, PI3, BVD

Table #2: Example vaccination protocol to improve reproductive performance and general health by vaccinating calves and replacement heifers **beginning at 3 months of age.**

Who to Vaccinate	Age or Period to Vaccinate	Vaccine Agents Killed Vaccine
Calves	3 months old (first dose)	IRB, PI3, BVD
	4 months old (second dose)	IBR, PI3, BVD
Calves vaccinated under 6 months of age need another primary series	6 months old (third dose)	IBR, PI3, BVD
	7 months old (fourth dose)	IBR, PI3, BVD
Replacement Heifers	14-15 months old (1 month before breeding, single booster dose)	IBR, PI3, BVD
First Calf Heifers	1 month after calving or 1 month before breeding	IBR, PI3, BVD

Table #3: Example vaccination protocol to improve reproductive performance and general health by **vaccinating mature cows.**

Who to Vaccinate	Age or Period to Vaccinate	Vaccine Agents Killed Vaccine
Mature cows that have not had a primary series	today (first dose)	IBR, PI3, BVD
	4 weeks after above dose (second dose)	IBR, PI3, BVD
Purchased cows (unknown vac. history)	today (first dose)	IBR, PI3, BVD
	4 weeks after above dose (second dose)	IBR, PI3, BVD
Mature cows that have had a primary series	1 month after calving or 1 month before breeding	IBR, PI3, BVD

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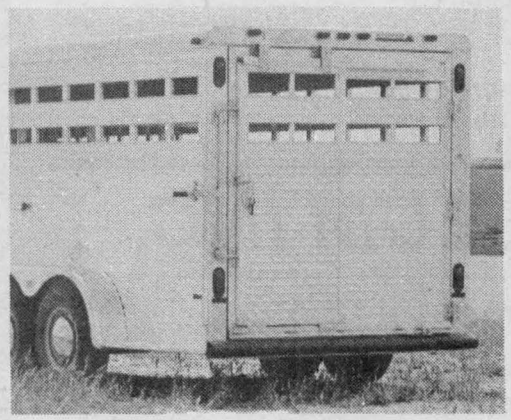

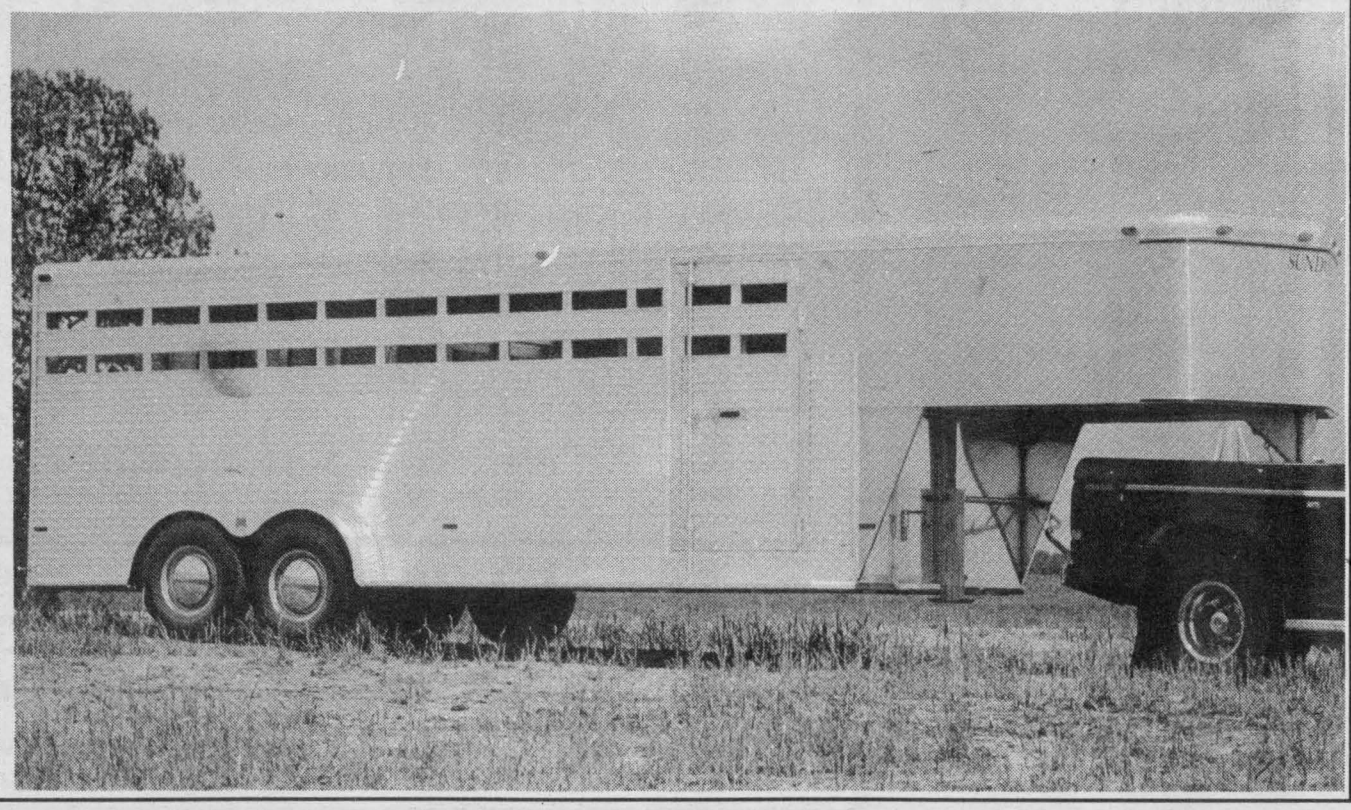

Vaccinate

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The duration of protection from colostrum also varies with the virus. For example, protection against IRB generally persists until 3 months and protection against BVD persists until 6 months of age. Nonetheless, the duration of protection varies in individual calves. And this is the reason that some owners choose and veterinarians prescribe vaccinations for calves under six months of age.

Table 2: Example vaccination protocol to improve reproductive performance and general health by vaccinating calves and replacement heifers beginning at 3 months of age.

The probability of calves becoming immunized after vaccination increases with age. For example, only about 50 per cent of calves vaccinated at 3 months of age respond with an immunization with killed BVD vaccine. This is because the passive immunity from colostrum prevents the vaccine from working in the other 50 per cent of the calves. We cannot tell which calves responded, so all calves vaccinated at less than 6 months of age must be vaccinated again at 6 months and 7 months of age.

Table 3: Example vaccination protocol to improve reproductive performance and general health by vaccinating mature cows.

Be cautious about vaccinating pregnant cows and replacement heifers. There are infrequent reports of pregnant cows aborting following vaccination. This may be associated with some component of the vaccine, endotoxin associated with the bacterial components, or the stress of handling the cattle.

Be cautious about cows that do not conceive. With a vaccination one month after calving, they could exceed the recommended 12 months before their next booster dose.

Tractor safety video available

With funding assistance from the Ontario Ministry of Agriculture and Food, the Farm Safety Association has produced a video that depicts various aspects of tractor safety. The film covers:

- Pre-operational checks
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More than 100 titles are available from the Farm Safety Association's comprehensive film and video library, covering various aspects of agricultural, horticultural and landscaping safety.

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20 steps to reducing cost of purchased feed

by Phyllis MacMaster
Agricultural Representative
Dundas County

Beth Wheeler, OMAFRA Dairy Advisor, discussed 20 ways to reduce your purchased feed bill at the January 1995 Dairy Day. She had some excellent points which will be summarized in this article.

STEP 1: Harvest high quality forages. The more nutrients supplied by the forage the less protein that needs to be purchased. Each day delay in harvest can reduce crude protein by .5 percent; acid detergent fibre by .7 percent and neutral detergent fibre by .9 percent. University of Wisconsin data shows that it can take only four or five days to go from the ideal 20-30-40 (CP-ADF-NDF ratio) to 17-34-45. Elevated fibre levels in forages if not corrected for in a ration formulation can reduce milk production by 400 pounds per year or 4 BCA points.

STEP 2: Store and feed forages properly. Reducing heating and forage losses means more intake of nutrients from forages and less from purchased protein. Recognize common problems with silage such as surface mold, caramelized silage, rancid odours in milk, poor intake or poor bunk life. Harvest forages at the recommended moisture and properly seal silage, especially those stored in a bunk silo system.

STEP 3: Maintain an inventory of forage based on forage quality. Feed high quality forage to cows and heifers with high nutrient requirements. Feed costs rise for peak production cows when lower quality forages are fed. Grain and purchased protein supplement add significantly to the cost of your feeding program.

STEP 4: Feed the bulk of the high quality forages during season(s) or month(s) when most of the cows are fresh. If 50 or 60 percent of your cows calve in the fall then plan to feed the majority of your high quality feed at this time. This may mean feeding 15 bales of your second cut in the fall and 5 bales during the spring instead of an average of 10 all year round. Higher intake of quality forage will reduce the need for purchased protein. Early lactation cows require high protein levels to produce peak milk yields. Milk revenue returns over feed costs are the highest in early lactation. Cows 45 days in milk (DIM) return $25.34 over feed costs. Cows 105 DIM return $19.65. Cows 165 DIM return $18.19 and cows in milk for 225 days return $14.57.

STEP 5: For higher forage intake feed forages free choice with a 5-10 percent leftover rate.

STEP 6: Maximize dry matter intake by making lots of bunk space available (18-24 inches per cow). Time feeding to correspond to just after milking. Clean out bunks regularly or represent feed to the cow by frequent sweeping to encourage intake. Very wet or very dry feeds limit intake. Group like cows together and provide extra attention to heifers. Move cows between groups in the evening when activity is low. Make sure that clean, fresh and ready available water is supplied to the cows. Water is very important for digestion and absorbing nutrients. Check floats are working properly on water bowls and supply one water station per 20 cows in a free stall with one located in the return alley. Small frequent meals of grain or forage promotes intake. 4-5 kg of grain per feeding is a maximum recommendation. Establish a feeding sequence where forage is fed before grain; energy before protein supplement; high protein feeds with corn silage; high energy feeds with a quality legume hay or haylage; protein supplement with every large grain meal; mix feeds of varying quality or use a TMR approach where all ingredients are provided in one ration. Rumen microbes require one to two weeks to adjust to a new ration. Gradually change cows from a dry cow program to the milking herd ration by lead feeding, providing some milking cow forages or TMR prior to calving.

STEP 7: Get rations formulated for milking, dry cows and heifers. Have the ration rebalanced after an forage inventory change. Plan ahead for changes by marking silos by cutting dates and recording inventories by quality. A change from first cut hay to second cut hay without a change in ration can cause overfeeding of protein. Feed and house dry cows separately. This results in healthier animals at calving and less problems starting back on feed.

STEP 8: Buy pelleted feed instead of a loose grain mix. Pellets are $10 to $30 per tonne less than textured feeds. Using pellets also solves the problem of bin separation and the collection of fines. Cows tend to consume pellets more readily.

STEP 9: Use a low protein level in your complete feed. Top dress a high protein feed to fresh and high producing cows. By employing this suggestion you avoid overfeeding of protein to lower producers as well as improve the use of protein by the cows that need it. Protein deficiencies in early lactation can result in lower peak production levels, increased body weight loss and failure to rebreed.

STEP 10: Feed a base grain such as corn or barley separately from a complete ration. Feeding corn and protein according to production and stage of lactation prevents overfeeding of expensive feeds. A producer using an 18% complete dairy ration at a cost

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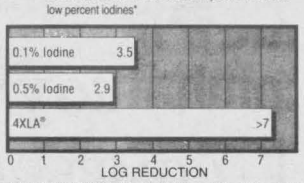

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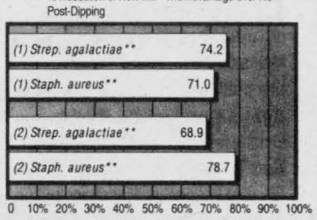

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20 steps

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of $232/tonne plus a pelleted top dress can save $.83 per day per cow on feed costs by switching to barley ($110/tonne) and a 39% pellet with urea ($386/tonne). For a 30-cow herd this results in a saving of $9,088.

STEP 11: Switch to a lower cost supplement for mid- to late-lactation cows to take advantage of a lower cost ration for this cow group.

STEP 12: Check commodity feed prices (soybeans, distillers grain, brewers grain) and plan to replace some of the traditional protein supplements with commodity feeds if the price is right. Check prices regularly as these feeds tend to vary weekly. Value feeds on their protein, energy and bypass protein content. The equivalent price of dry corn gluten meal is equal to .621 x the price of corn plus .348 x the price of soybean meal. Dry distillers grains equivalent price is calculated by .710 x the price of corn plus .338 x the price of soybean meal. These equations give only an estimate of a feed's value for ruminants. When the feed is worth more than the current price it is a good alternative. Be sure to check feeding rates of commodities to determine feed intake guidelines.

STEP 13: Buy in bulk. Build or purchase bins for bulk storage so you can forward contract for reduced rates by locking into the traditional lower fall prices for feeds. Bulk orders can save $30 to $50 over bags. Forward contract in the fall and try to lock in an eight to ten month contract if possible. To recover the costs of a $2,000 steel bin investment, herds will need to purchase a minimum of 65 tonnes per year.

STEP 14: Add urea or anhydrous ammonia to corn silage or include urea in a pellet or TMR. This is an excellent suggestion if hay and haylage are below average in quality. Urea is the cheapest source of protein. Silage protein can be raised by 3 to 4 percent on a dry matter basis with the addition of urea or ammonia.

STEP 15: Avoid unnecessary ingredients such as sodium bicarbonate, magnesium oxide, tallow, bypass fats or yeast cultures. Offer additives only to fresh cows and only if they are cost effective.

STEP 16: Feed TMR's in two groups. This allows you to avoid overfeeding protein to low producers and the addition of lower cost feeds to the low production group mix.

STEP 17: Cull inefficient cows. Feeding extra cows is expensive especially in over-quota situations.

STEP 18: Add Rumensin or Bovatec to heifer rations. These products improve gain on less feed. Research shows improved average daily gains of .14 lb (9.8%) when using these products.

STEP 19: Practice good feeding management by cleaning bunks regularly, providing adequate bunk space and lighted feed areas, and feeding more frequently. These practices will improve feed conversion and reduce feed waste.

STEP 20: Investigate feed costs and itemize feed costs by cattle groups to determine whether major savings are possible.

Feed costs are one of the most expensive cost centres on the dairy farm. Take a minute to review your feeding program. Some of the suggestions above don't require a lot of time or money to implement.



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Tips for healthy eating

by Phyllis MacMaster
Agricultural Representative
Dundas County

Summertime means a lot of outdoor eating and entertaining for many farm families. Canada's food supply is governed by some of the strictest rules and regulations, however consumers need to practice precautions in the home or at restaurants in order to insure our friends and family are eating healthy and safe foods. Here are a few tips to keep in mind.

- Always thaw meat and poultry in the refrigerator or microwave oven.
- Be sure to use different plates and utensils for raw and cooked meats
- Cook meat and poultry until the juices run clear
- Don't drink raw unpasteurized milk. Health experts agree that pasteurization helps ensure the safest product possible
- Expiry dates ensure quality foods - pay close attention to them
- Food safety begins with washing your hands before cooking. Unclean hands are the most common cause of food poisoning.

Have a safe and healthy summer while enjoying some of Ontario's finest cuisine.

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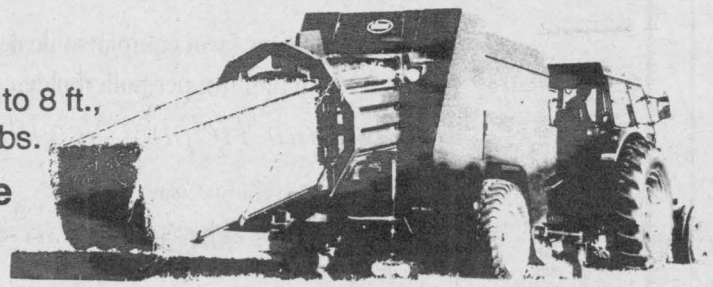

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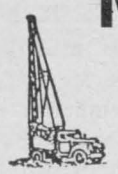
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Jr. Farmers launch alumni association

GUELPH — The Junior Farmers' Association of Ontario (JFAO) has announced the launch of a JF Alumni Association. The purpose of the Junior Farmers' Alumni Association is to preserve the history and tradition of the JFAO, while helping to ensure the future success of the organization.

There are an estimated 100,000 past Junior Farmer members in Ontario who have benefitted from the 50 years of leadership training and social programs of the JFAO. The Junior Farmers' Alumni Association will give "graduates" of the JFAO an opportunity to support the current program. As Izett McBride said in his address to the JFAO annual banquet in Ottawa, "We all have a common bond in that we care deeply about the rural community. We want to make sure that what we thought was important will continue."

The Junior Farmers' Alumni Association will act as a standing committee of the JFAO, while maintaining an element of autonomy. As an organization, the Alumni Association will assist with sponsorship and fundraising for JFAO; produce a newsletter for Alumni members; and help maintain JFAO archives. Individuals will also be able to act as resources for current JFAO clubs and members.

Anyone who is a past JFAO member is welcome to join the Junior Farmers' Alumni Association. Memberships are available for $25/year and will also be considered charitable donations. The funds raised through memberships can be used as required to support the JFAO, to develop and maintain JFAO archives, to produce and distribute a bi-annual newsletter to alumni members and to cover costs incurred by the Junior Farmers' Alumni Association.

For more information, or to purchase your membership, call the JFAO office at 519-767-3269.

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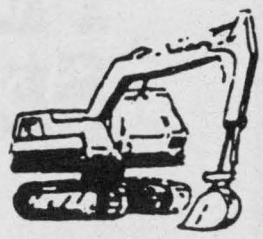
From the Dundas Milk Committee


Dundas Dairy Educator Anja Berends



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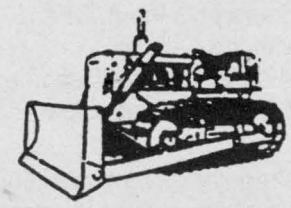

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Herbicide drift can cause plant damage

by Gilles Quesnel
Soils and Crops Advisor

WINCHESTER — During the past few seasons, calls concerning herbicide drift have become more frequent. Typically, calls over drift involve hormone type herbicides such as 2,4-D or dicamba which move off target onto a susceptible crop such as soybeans or white beans. Fortunately, few cases of herbicide drift in Eastern Ontario have caused significant crop damage. However, drift can lead to poor weed control, crop damage and even legal action.

The most important and common type of herbicide drift, known as primary drift occurs when spray droplets move off target at the time of application. To a lesser extent, herbicide drift can also occur after application, when spray droplets evaporate off the soil or plant surface and move off target. This secondary type of drift can occur up to a few hours after application, under hot and dry weather conditions when the rate of evaporation is high.

The main factors affecting herbicide drift are spray droplet size, wind speed, temperature and relative humidity. The following strategies will help in minimizing drift:

- When possible keep spray volume above 12 gal/acre, possibly up to 20 gal/acre when spraying next to susceptible crops. Larger tips produce coarser droplets which are less prone to drift.
- Keep spray boom as close as possible to the spray target, which is usually 20 to 24 inches for flat fan tips — check manufacturer's recommendation.
- Keep spray pressure low, usually 20 to 40 psi for flat fan tips.
- Avoid spraying when temperatures are greater than 28C or when humidity is very high or fog exists.
- Try spraying in the evening or possibly early morning. At that time wind speed and evaporation are usually less than during the day.
- Keep records of your spray applications, including dates, product used, rates, soil and weather conditions, etc.

Finally, crop injury can also result form the use of a contaminated sprayer. Spray equipment should be cleaned thoroughly before spraying crops which are susceptible to the last herbicide used in the sprayer. Herbicide labels have specific instructions with regards to equipment cleanout which usually include the use of household ammonia to rinse and flush equipment.

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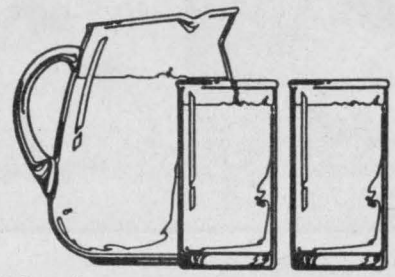

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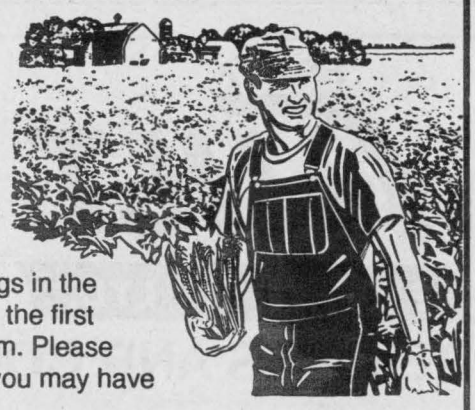

DFA brings our local issues to the monthly OFA Directors Meetings, ensuring grassroots input. DFA is affiliated with the Ontario Federation of Agriculture. Become a member and make our voice stronger.

DFA holds regular monthly meetings in the OMAFRA boardroom, Winchester, the first Wednesday of every month at 8 pm. Please bring any questions or concerns you may have and we will do our best to help.

COMING EVENTS:

DFA Family Fun Day:
Sunday, July 23, 11 am to 3 pm at the Vanden Bosch Farm, Chesterville. Games and activities for children ages 3 to 12. Visit with your friends and neighbors. Tickets for lunch: ages 12 and up, $5 - under 12 free.

Annual Regional Meeting: Dundas East & Dundas West
Date: Wed., Sept. 6, 1995. Place: OMAFRA, Winchester. Time: 8 pm.
Guest speaker: Roger George, President of OFA

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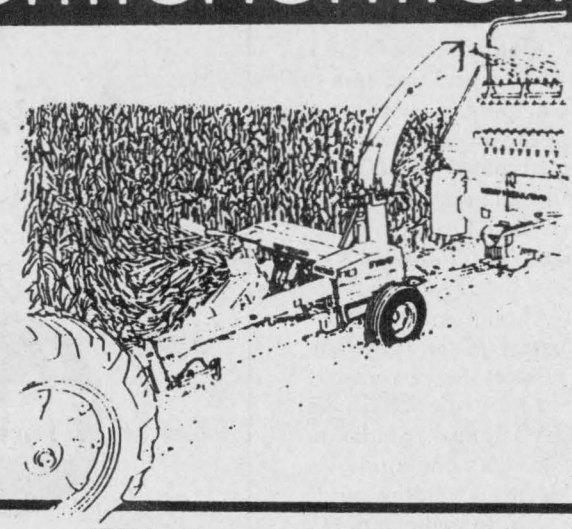

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NEW HOLLAND

Forage management impacts on profitability

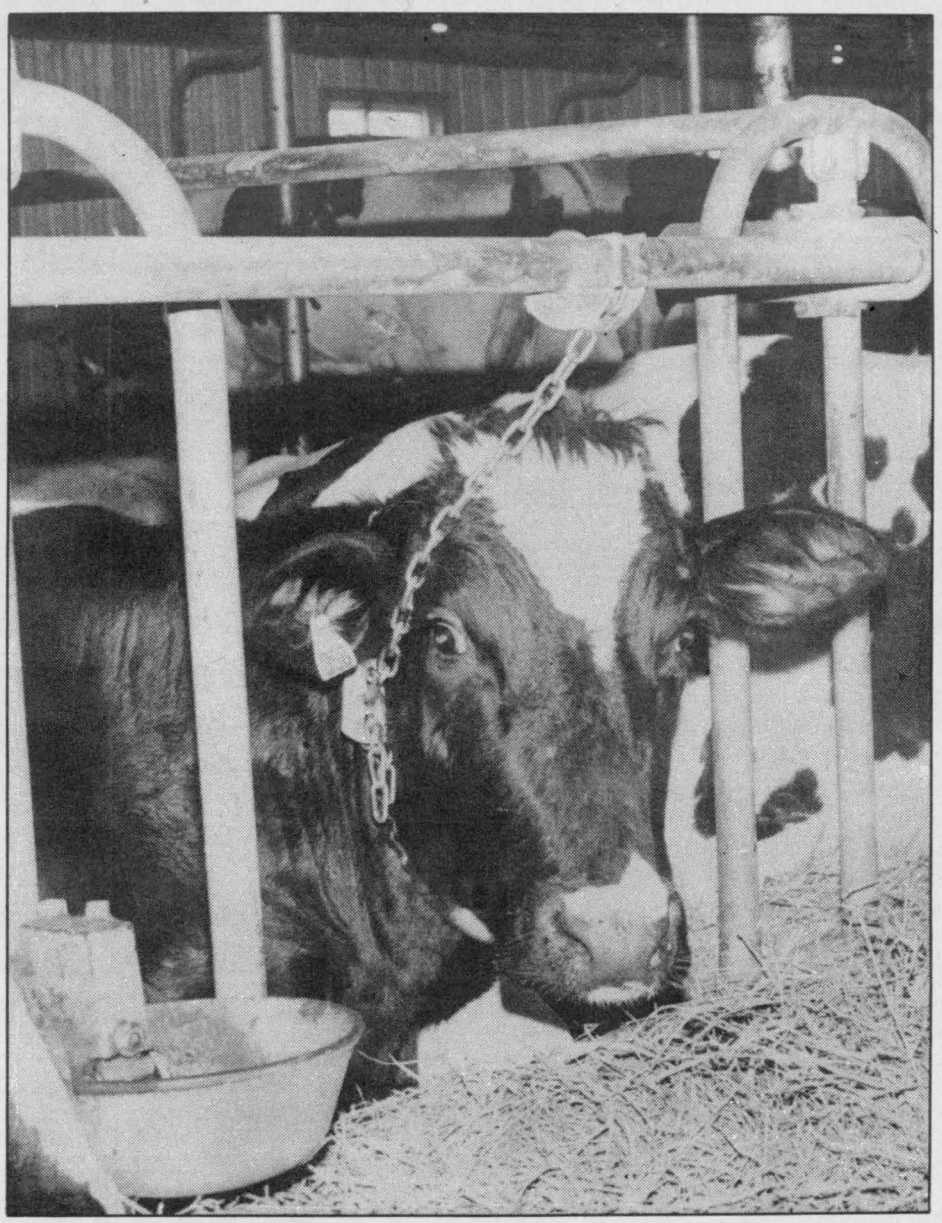
by Bill Woodley,
Shur-Gain Dairy Feeding Specialist

Dairy cows depend heavily on the consumption of high quality forages to produce optimum levels of milk. The quality of the forage has an enormous impact on dry matter intake, milk production, rumen health and stability, overall herd health and total and purchased feed costs.

This article will discuss some of the problems and obstacles that may arise if forages are not harvested and stored in the optimum manner for dairy production. The majority of the discussion will be on silages due to their increased popularity and the increased risk of improper handling.

Silage is becoming increasingly important in many dairy herds due to ease of handling, labor efficiency,costs, switch to the TMR programs and the ability to reduce the losses due to inclement weather conditions. Silage quality is definitely affected by the quality of the crop harvested. The handling, storage and fermentation process of the silage can also have a major impact on the quality of the silage being fed to the dairy cow.

The losses due to improper fermentation can be high. This can range from a loss of forage material to a loss in cow performance or combinations of each. Both are expensive losses that can often be avoided by proper silage management practices.



Forage quality is extremely important not only to dry matter intake but milk production, rumen health and overall herd health as well. It's also a factor in purchased feed costs.

Press Photo — Fetterly

FERMENTATION LOSSES

An ideal silage fermentation is critical for the dairy cow to ensure optimum recovery of nutrients and optimum intakes. Silage fermentation losses can vary dramatically depending on the silage management practices.

The key to high quality silage is the ability to drop the pH in the fermenting silage as quickly as possible. The end pH should range from 3.8 - 4.5. If the fermentation process is extended or the pH does not drop to the appropriate levels then losses can occur from:

- loss of water soluble carbohydrates (sugars). The WSC's can be used by the rumen microbes as an energy source. If they are used by the silage microbes the end-products (VFA's) are unavailable for the rumen microbes.

- Change in protein "quality". The amount and quality of protein available in the silage is optimum when the silage pH drops quickly and the fermentation process stabilizes. If this process does not proceed in the ideal manner the following can occur:

a) shift to higher soluble protein levels. Proteolytic enzymes that are present in the medium pH range (5-6) degrade protein and amino acids into more soluble forms.

b) loss of available protein due to excessive heating. This occurs during the Aerobic phase when temperatures rise about 50C. This process, called the Maillard reaction, causes the protein to be bound to a lignin matrix.This can be measured as ADF-N.

c) loss of protein as "gaseous ammonia". This can occur during a Clostridial fermentation process. The Clostridia bacteria will degrade some of the protein into a more soluble form such as ammonia. Some of this ammonia will be lost as "gaseous ammonia" and the total protein of the silage will be reduced.

A rapid fermentation should ensure optimum total protein retention and higher total amounts of by- pass protein and amino acids.

LENGTH OF CUT - EFFECTIVE FIBRE

One of the most important nutritional requirements for a dairy cow is fibre. The dairy cow needs a certain level of fibre in the diet to maintain optimum rumen function and to prevent metabolic disorders such as displaced abomasum, acidosis, laminitis, etc.

Fibre can be measured or categorized in a number of ways. ADF measures lignin and celluluose content of the material and is then used to predict energy. NDF measures hemicellulose and ADF and is often used to estimate intake for dairy rations. Neither of these chemical fibre analyses measure "effective fibre". Dry hay, if ground fine, will still have the same chemical analysis for ADF and NDF, but will lack effectiveness in stimulating rumen fermentation.

Length of cut becomes increasingly important as dairy producers shift from dry hay to haylage and corn silage diets. The dry hay has a greater ability to create a "fibre mat" in the rumen contents. The "fibre mat" is a layer of fibrous material that "floats" on top of the rumen liquid. The "fibre mat" traps smaller particles of foods and allows for more complete digestion.

High moisture forages, such as haylage and corn silage tend to "sink" in the rumen due to their degree of hydrogenation. If the forage is also cut too fine then these ingredients will pass through the rumen at an accelerated rate of passage. The fibre that passes through the rumen intact has limited opportunity for further digestion and its value is lost.

LENGTH OF CUT RECOMMENDATIONS

The proper length of cut for ensiled forages is important for both storage and nutritional reasons. If the forage is too coarse then proper packing is more difficult especially if the forage is too dry.

Corn silage should be cut at 3/8 to 1/2 inch length of cut. It is also important to harvest corn silage at the proper time to ensure adequate fermentation. Corn silage should be harvested at 1/3 to 2/3 milkline in the kernel.

If the corn silage is harvested at the black line with a 1/2 inch length of cut, then a high proportion of the kernels will remain intact. A number of these kernels will pass through the digestive track undigested, thus lowering the potential energy value of the forage.

Haylage should be cut at 1/4 to 3/8 inch length of cut. The longer length of cut is ideal for wetter haylages (65 per cent moisture) while the shorter length of cut may be more suited to drier haylages in upright structures.

THE IMPACT OF MYCOTOXINS ON DAIRY CATTLE

A mycotoxin is a poison or toxin that is produced by a growing mold. There has been a lack of research work done on the impact of mycotoxins in ruminant diets due to the complexity of the effects of mycotoxins and the role of the rumen microflora in altering the mycotoxin. It was often assumed that the rumen microflora would alter or "de-toxify" the mycotoxins that were present in both forages and grains. However, there are no "hard" figures on the capacity of the rumen microfloat to do this. Factors such as rumen turn- over rate of the liquid and solid maerial could have a dramatic effect on the ability of the rumen microflora to alter the mycotoxins. If the rate of passage is rapid, then the toxins could be "washed" down to the abomasum and small intestine unaltered.

Likely the most common mycotoxin presented in forages in Canada and the northern U.S. would be the Fusarium produced mycotoxins such as: Vomitoxin, Zeralenone, T-2.

These Fusarium produced mycotoxins have been associated with: reduced feed intake (vomitoxin); reduced milk production (vomitoxin); reproductive problems (zeralenone): abortions, vaginitis, poor reproductive performance.

There has been some suggestion by Smith and MacDonald (J. Amin. Sci. 69:2044) that vomitoxin in feed serves as a "market" for more serious mycotoxins such as Fusaric Acid. Again there has not been a tremendous

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Forage

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amount of research on the effects of Fusaric Acid on ruminant diets.

The prevention of mycotoxin formation is critical because of the difficulty in overcoming problems when mycotoxins are present. Proper forage storage and fermentation are important to reduce the growth and development of the Fusarium producing molds. The most effective method of reducing mold growth is reducing the pH in the silage as rapidly as possible. This is important for proper fermentation but also provides an environment that is not suitable for molds.

Proper packing and filling of silages also helps by reducing the AEROBIC phase of silage fermentation. the AEROBIC phase is the main phase where molds and yeasts proliferate.

Silage additives that either enhance fermentation or improve bunk life may reduce the incidence of molds. Anhydrous ammonia raises the pH in the silage. This higher pH (8) is inhibitory to mold growth as is a low pH () environment.

A recent Ag. Canada research trial examined the effects of feeding grain with varying levels of deoxynivalcnol (DON - Vomitoxin). The ten-week trial showed that even at the highest level of DON (6 ppm) cow productivity was not affected. Plus tests failed to reveal any trace of this mycotoxin the milk. Research on this imporant area will likely continue especially in relation to long term exposure of mycotoxins such as Fusaric Acid.

THE APPLICATION OF ANHYDROUS AMMONIA TO SILAGES

The addition of ammonia to silage, especially corn silage has shown benefits from improved bunk life, reduced fermentation losses and increases of two - six per cent in crude protein content of the silage.

The addition of ammonia actually raises the pH of the silage. The higher pH is toxic to some molds, yeasts and bacteria. The reduction of these harmful organisms during the Aerobic phase will improve silage bunk life.

Ammonia will also reduce the numbers of lactic acid bacteria due to the higher pH. This causes a delay in the pH reduction that is desired for successful fermentation. Treated corn silage will likely use higher levels of WSC's to bring the pH down to 4.0 than non-treated corn silage. Plus, the fermentation products (lactic acid, acetic acid) will be higher in total with a shift to higher levels of acetic acid. This will translate to lower levels of WSC's for rumen fermentation.

Some farms have been using anhydrous ammonia to treat hay crop silage. The main reason is not the increase in crude protein but the reduction of fermentation losses during the Aerobic phase. Plus there is some indication that there can be a reduction in the degradation of the protein in the haylage. This is likely due to reduction in the activity of proteolytic enzymes due to the higher pH. The proteolytic enzymes, like the molds and yeasts are pH sensitive and find both the high pH (8) and the low pH () undesirable.

There is some indication that anhydrous ammonia will partially degrade the fibre structure in forages by disrupting the hemicelluluose linkages. This should lead to greater levels of fibre digestibility by the rumen microbes. However, the breakdown of the fibre will lead to more available sugars. These sugars are likely required during the fermentation process of the ammoniated silage due to the difficulty in reducing the silage pH.

POTENTIAL PROBLEMS WITH AMMONIATING SILAGES

1. The initial increase in pH can create difficulties in dropping the pH to the desired level (). It will be "easier" with corn silage due to the inherently higher levels of WSCs. Alfalfa haylage with low levels of WSCs will have a high degree of difficulty in reducing the pH.

2. Wet haylage (70 per cent moisture) or low WSC content haylage may shift the fermentation to a Clostridial form (pH 5-6). This can lead to losses from degradation of protein and amino acids and/or a reduction in palatability due to the production of butyric acid.

3. The addition of anhydrous ammonia to silages may lead to excess levels of soluble protein on a total dry matter basis. Excess levels of soluble protein may overwhelm the rumen microbe population and lead to elevated levels of Blood Urea Nitrogen (BUN). Research at University of Pennsylvania indicated that high levels of BUN may lead to reduced fertility.

POTASSIUM LEVELS IN FORAGES

Potassium has become an essential nutrient for optimum alfalfa production. Potassium application is used to improve the yield and the winter survivability of alfalfa. This important nutrient of alfalfa production can cause serious problems for both the lactating and dry cow.

The main concern of high forage potassium levels for the dairy cow is during the dry period but there is some concern for the lactating cow. Excess potassium levels (2.5 per cent of DMI) can compete with magnesium for absorption. This can lead to a "grass tetany" symptom if magnesium levels are not raised in the lactating ration (3.2 per cent of DMI).

The concern in the dry period is the effect of potassium on the Cation/Anion balance of the ration. A high cationic diet could lead to sub-clinical or clinical cases of milk fever.

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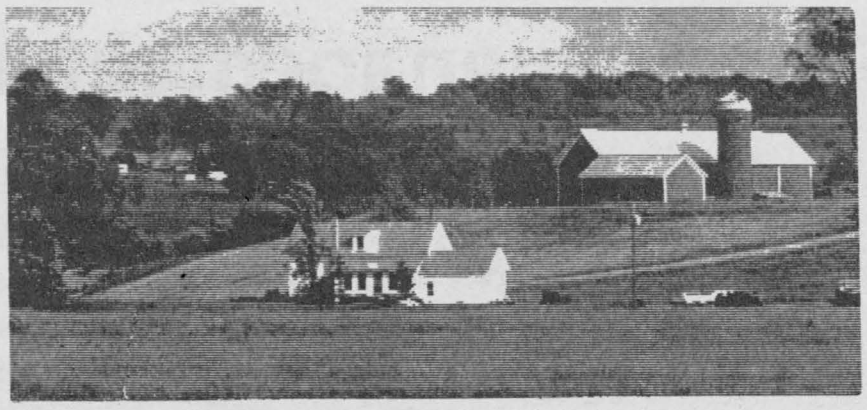

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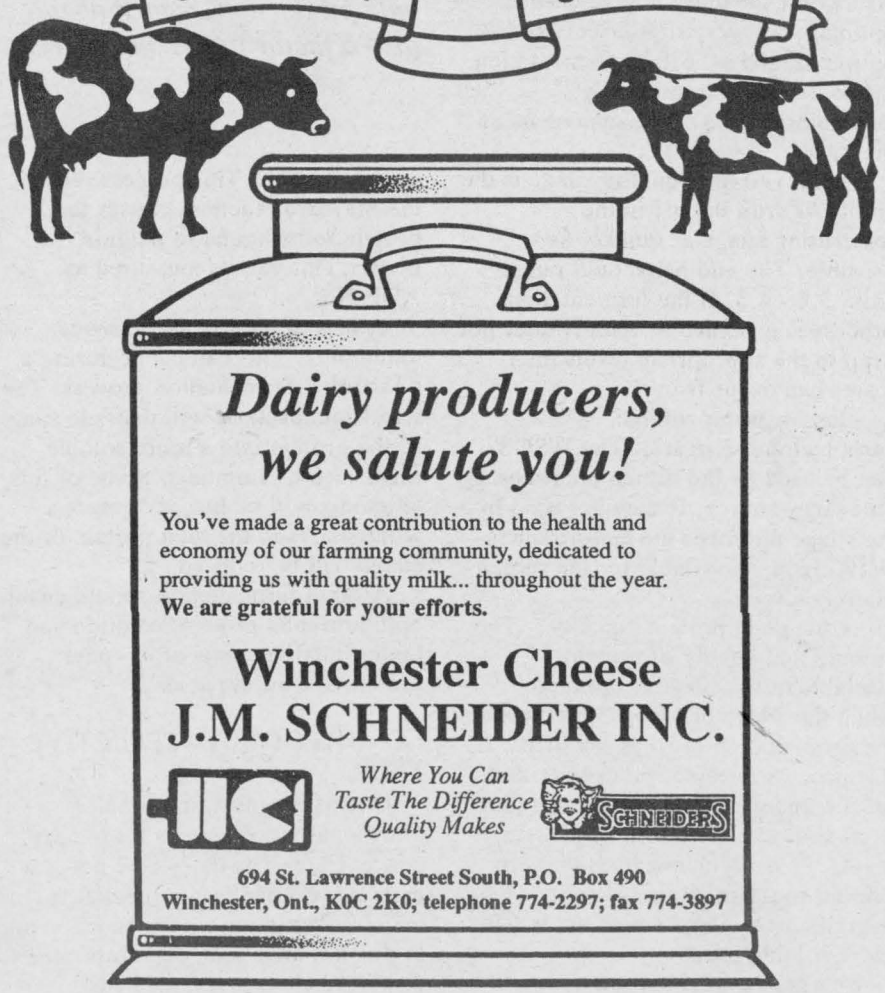

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Forages

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Balancing dry cow diets in respect to anions and cations is a relatively new method of improving calcium metabolism. The anions and cations refer to the "charge" that the mineral elements contain. Anions are negatively charged and cations are positively charged. Sulphur (S) and Chloride (Cl) are anionic elements and potassium (K) and sodium (Na) are cationic elements.

The dairy cow strive to reach a "neutral" state where the sum of the positive charges equals the sum of the negative charges. If the ration is altered to increase the amount of anions then the blood becomes slightly acidogenic — there is a slight drop in blood pH. Because Calcium is also a cation, the dairy cow will mobilize extra Calcium (Ca) from the bone and increase the calcium absorption from the gut. The metabolic system is attempting to buffer the blood and return it to a more neutral state. The increase in calcium absorption and availability will help prevent milk fever.

REVISED THEORY IN CATION/ANION BALANCE DIETS

In dry cow diets that are extremely high in potassium there may be a lack of response to acidogenic mineral mixtures. This lack of response is likely due to:

- excess potassium is excreted with bicarbonate;
- Potassium is actually a weak buffer and its removal from the blood with the bicarbonate makes the blood acidic;
- this is due to "favoring" of chloride vs. potassium in the blood.

When a dry cow is fed a high potassium diet (Z- 2.5 per cent K) calcium is moved from the bone reserves before this response is desired. This may cause a depletion of calcium bone reserves which could contribute to milk fever. Feeding an anionic mineral may accelerate this process.

It may be risky to feed an anionic mineral to dry cows when the total diet has potassium (K) levels greater than 2.2.5 per cent.

CONCLUSION

There are a host of other problems associated with forage quality and handling. The forage is one of the key feedstuffs for lactating dairy cows and it is difficult to replace poor quality forage with other ingredients. Proper harvesting, storage and feeding of forages is critical to maintain optimum levels of milk production. Understanding the principles of silage fermentation and forage physical characteristics allows producers to produce the highest quality forage for their dairy herd.



Safety reminder

With the co-operation of the county roads department, the Dundas County Farm Safety Association has erected six signs along county roads to remind motorists to be wary of slow- moving vehicles travelling on the roadways. The signs have been sponsored by local machinery dealerships including J.R.Brisson Equipment Ltd., Weagant Farm Supplies, L.V. Equipment, Tibben Equipment Ltd., and Hamilton and Graf Equipment Ltd., and Graphicraft Signs.

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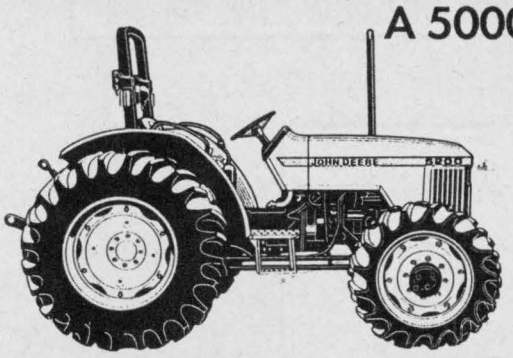

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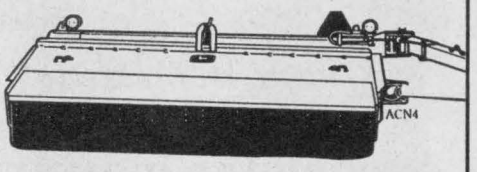

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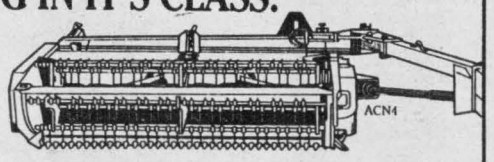

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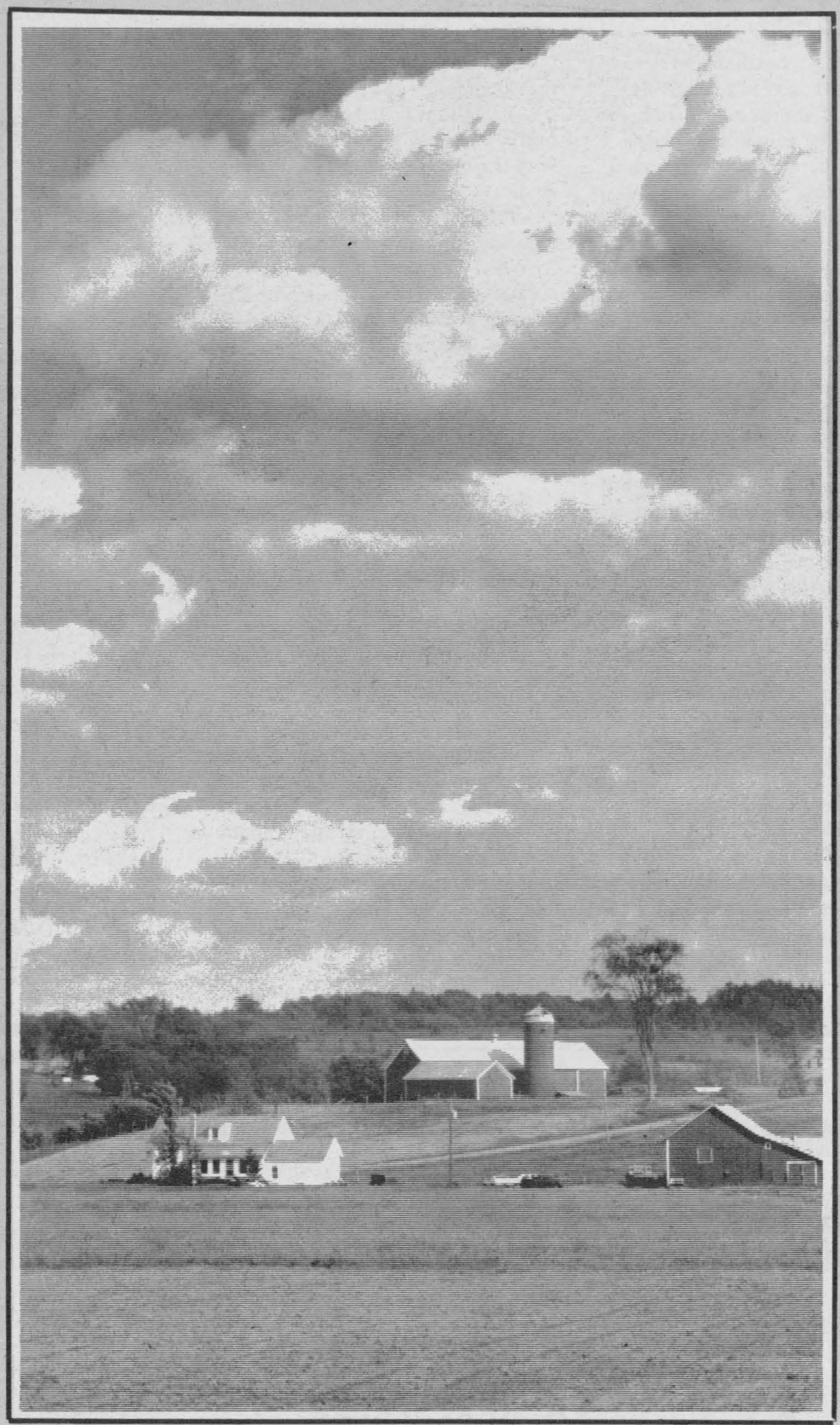

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