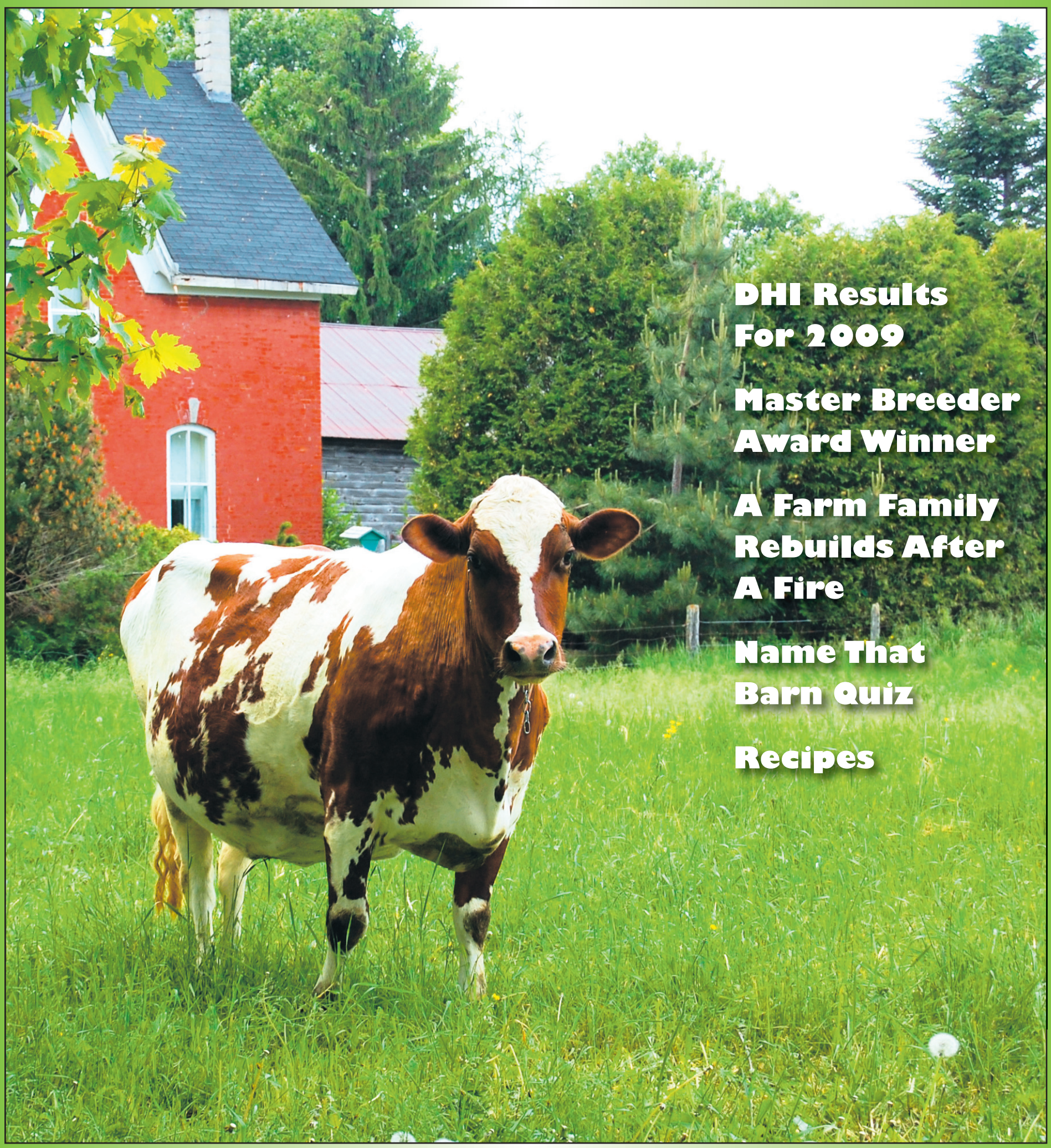
JUNE 9, 2010



DHI Results For 2009

Master Breeder Award Winner

A Farm Family Rebuilds After A Fire

Name That Barn Quiz

Recipes

June is Dairy MONTH

SPECIAL SUPPLEMENT TO THE WINCHESTER PRESS



Outstanding in her field

What a beauty! Our front-cover feature photo was taken at Derbydale Farm on Maple Ridge Road.
Press Photo — Smith-Millar

Milk — are you getting enough?

Milk products provide numerous nutrients with benefits not limited to healthy bones and teeth. They are an important part of a healthy diet and are one of the four main food groups in *Canada's Food Guide.* Did you know that, according to *Canada's Food Guide,* an adult aged between 19 and 50 should consume two servings of milk and alternatives every day? When you consider that a serving is 250 millilitres (1 cup) of milk, 175 grams (3⁄4 cup) of yogourt or 50 grams (1 1⁄2 ounces) of cheese, you can see how easy it is to get the recommended number of daily servings! There's a huge variety of milk products on the market to suit everyone's tastes and needs.

Unique nutritional value

Milk products provide up to 16 nutrients which are essential for a balanced diet and to maintain good health:

- protein
- vitamin A
- vitamin B12
- vitamin B6
- riboflavin
- niacin
- thiamine
- pantothenic acid
- folate
- vitamin D
- calcium
- magnesium
- phosphorus
- potassium
- zinc
- selenium

The role of essential nutrients

The nutrients in milk products provide numerous health benefits. They aid normal growth and keep the body functioning properly while helping prevent certain diseases. Here's an overview of the role played by each one of these essential nutrients.

Protein: Helps build and repair body tissues, including bones, and builds antibodies, which fight infection.

Vitamin A: Aids bone and tooth development. Also aids in the maintenance of night vision and healthy skin.

Vitamin B12: Aids in red blood cell formation.

Vitamin B6: Factor in energy metabolism and tissue formation, including bones.

Riboflavin: Factor in energy metabolism and tissue formation.

Niacin: Aids in normal growth. Factor in energy metabolism and tissue formation, including bones.

Thiamine: Releases energy from carbohydrates and aids normal growth.

Pantothenic acid: Factor in energy metabolism and tissue formation, including bones.

Folate: Aids in red blood cell formation.

Vitamin D: Enhances calcium and phosphorus absorption, on which strong bones and teeth depend.

Calcium: Aids in the formation and maintenance of strong bones and healthy teeth.

Magnesium: Factor in bone and teeth health, energy metabolism, and tissue formation.

Phosphorus: Factor in the formation and maintenance of strong bones and healthy teeth.

Potassium: Aids in the correct functioning of nerves and muscles.

Zinc: Factor in tissue formation, including bones, and energy metabolism.

Selenium: A dietary antioxidant involved in the formation of a protein that defends against oxidative stress.

All information from Dairy Farmers of Canada.

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Dundas County: Publishable Herd Listings



Rosy finish

What a year for Rosayre! The Mountain-area farm, located on County Road 43, not only captured the Master Breeder Award for Ayrshires this year (see page 9) but also did well in the CanWest DHI listings. Ken and Shirley Rose's herd was second on the provincial Ayrshire list for top publishable herds by BCA (which was 295). That score also landed them a first-place finish in the herd listings for Dundas County.

Press Photo — Smith-Millar

Dundas County: Herd Management



First is fine

Tom MacGregor and his family, owners of Glen Haven Farms east of Morewood, have ranked first for the best herd management score in Dundas County. MacGregor and his wife, Janet (back, right), along with their three children, Tracy (front, left), Doug, and Kelly (not pictured) have received a total score of 905 in the 2009 Canwest DHI Ontario progress report.

Press Photo — Uhrig

Dairy Herd Improvement results for 2009

Following *Winchester Press* tradition, we are publishing the top three in the local herd listings from the 2009 CanWest DHI (or Dairy Herd Improvement) Progress Report.

About 75 per cent of Ontario dairy producers use DHI's herd recording services, according to the company.

TOP IN ONTARIO

Alexerin, a farm owned by Ron and Todd Nixon of Osgoode, placed fourth in the province in the top herds for management score listings. Their total score was 950.

Meanwhile, MarvelLane Farms in Kenmore, owned by Theo and Maria Nyentap, placed 13th in the top herds on the milk value list in Ontario's Holstein division. The milk value per cow was 7,958. MarvelLane also made the top publishable herds for average Breed Class Average (BCA) by breed — they were 19th on the Holstein list with 270.3 BCA.

Another local farm placed in the top publishable herds for average BCA by breed: Rosayre. Ken and Shirley Rose's herd in Mountain was second on the provincial Ayrshire list, with a BCA of 295.

PUBLISHABLE HERD LISTINGS

The following rank listings of the highest production herds for publishable milk recording programs are based on the annual summary reports generated for each herd enrolled with CanWest DHI. The report is a detailed summary of production and BCA for milk, butterfat, and protein for eligible records that reached 305 days in milk, or terminated at or before 305 days in milk, between Jan. 1 and Dec. 31.

Carleton County: First place - MarvelLane Farms, Theo and Maria Nyentap, Kenmore, 270.3 BCA. Second place - Topfarm Holsteins, Gerald and Janet Vanbokhorst, Osgoode, 252.3 BCA. Third place - Alexerin, Ron and Todd Nixon, Osgoode, 250.7 BCA.

Dundas County: First place - Rosayre, Ken and Shirley Rose, Mountain, 295 BCA. Second place - Signature Holsteins, Michael Farlinger, Morrisburg, 262.7 BCA. Third place - Verspeek Farms, Paul and Charmaine Verspeek, Winchester, 251 BCA.

HERD MANAGEMENT

Carleton County: First place - Alexerin, Ron and Todd Nixon, Osgoode, 950 total score. Second place - Donevelyn Farms, Metcalfe, 839 total score. Third place - Oakstone Farm, Todd and Carolyn Styles, Kinburn, 835 total score.

Dundas County: First place - Glen Haven Farms, Tom MacGregor, Morewood, 905 total score. Second place - Nick and Oliver Thurler, South Mountain, 851 total score. Third place - Vriesdale, Henry and Robert Velthuis, Mountain, 845 total score.

Carleton County: Publishable Herd Listings

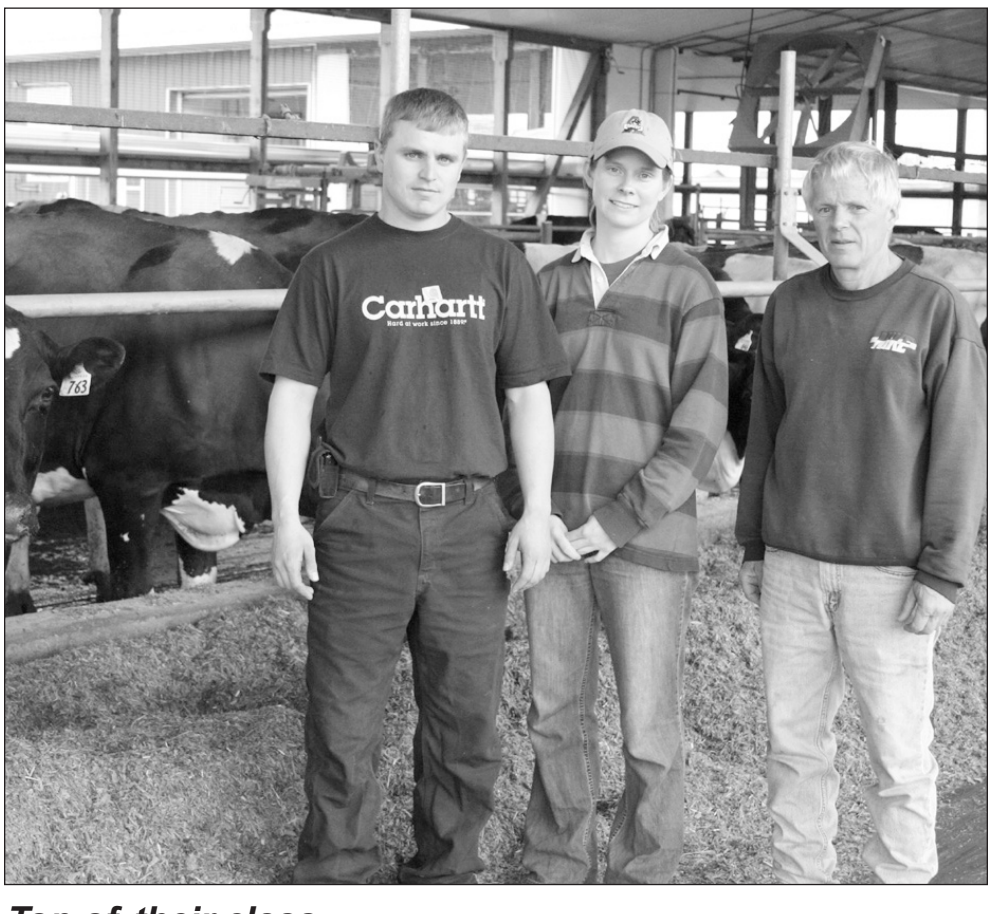


First place finish

For the third year in a row, MarvelLane Farms in Kenmore has topped the list for having the best breed class average in Carleton County. Theo (left) and Maria Nyentap, along with their son, Mark (centre), have received a BCA ranking of 270.3 for publishable herd listings in CanWest DHI's 2009 Ontario progress report. That ranking also places MarvelLane as the 19th best farm in the province for BCA average. As well, MarvelLane finished 13th in Ontario for milk value of Holstein cows with a score of 7,958.

Press Photo — Uhrig

Carleton County: Herd Management



Top of their class

Alexerin, a farm owned by Todd (left) and Ron Nixon of Osgoode, has placed fourth in Ontario in the top herds for management in the 2009 CanWest DHI Ontario progress report with a score of 950. That score also placed Alexerin in first place in Carleton County for herd management. For publishable herd listings, the Nixons' farm captured third place in the county with a BCA of 250.7. The Nixons, along with Todd's wife, Erin, have been farming on the same plot of land in the Osgoode-Manotick region for three generations.

Press File Photo — Uhrig

Average pay $14.24/hour

Survey explores labour costs on dairy farms

Brian Lang,
OMAFRA, Woodstock,
dairy cattle production systems specialist

In early 2010, members of the Ontario Progressive Dairy Operators group participated in a survey that looked at the typical wage rates paid to dairy farm employees.

In total, 117 farms completed surveys. The average herd size was 174 cows. On these farms, more than half of the labour was supplied by family members. The survey looked at the typical wage rates paid to the employees that were not owners or farm members.

While pay varied widely depending on experience, responsibilities, and other factors, the survey provides a good indication of what Ontario farmers are currently paying their employees. On these farms, most workers were paid by the hour, although some milkers were paid per milking, and herdsman were typically paid a weekly or monthly salary.

For the survey, all rates of pay were converted to an hourly basis. On this basis, dairy farm employees earned an average of $14.24 per hour.

The hourly wage rate and average hours per week for each of six different job categories are listed in the table. To show the amount of variation in pay, the "standard deviation" is shown beside each average. Standard deviation means that two thirds of the reported information was within this amount on either side of the average. For example, the standard deviation of all reported wages was plus or minus $3.30. Since the average wage was $14.24, two thirds of the employees earned between $10.94 ($3.30 less than average) and $17.54 ($3.30 more than average) per hour.

The survey was conducted during January and did not include cropping or manure spreading.

Hourly pay reported for arm's length employees on 117 large dairy farms

Job Function	Pay in $/Hour	Hours/week
Herdsman	$17.33 ± 2.88	48.2
Herd worker	$13.98 ± 2.91	34.5
Milker	$14.21 ± 3.15	24.1
Feeder	$14.55 ± 3.34	35.8
Calf Feeder	$12.69 ± 2.82	26.1
Labourer	$12.49 ± 3.02	25.7
Average	$14.24 ± 3.30	29.9

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Rebuilding after the ashes

Pierre Jaquemet and family continue farming following fire



The original barn laid in ruins the day after the blaze. *Press File Photo — Van Bridger*

by Matthew Uhrig
Press staff

Pierre Jaquemet acknowledges the fire that destroyed his barn was a catastrophe.

However, he said, if you've planned right and you're prepared, there is optimism to be found in destruction.

In September 2009, just after finishing milking chores, Jaquemet and his co-workers were inside the barn when they noticed the fire. In a matter of minutes, the Stormont, Dundas, and Glengarry (SD&G) OPP and the Morewood detachment of the Township of North Dundas Fire Department were on scene. (Backup was also provided by the Winchester and Chesterville detachments.)

But, there was nothing that could be done. The barn was entirely engulfed in flames, leaving it razed at the end. Twenty cows were lost in the blaze, while approximately 70 were saved. Another 20 died later on. The surviving cattle were quickly transported to Bruce and Barry Holmes' farm north of Winchester. That act was done so swiftly that the cows didn't miss a milking session.

Jaquemet said that when he finally went to sleep after the fire, it all felt like a dream to him.

"But, the next morning, the dream came true," he said, adding that it was more like a nightmare.

Fast forward nine months, and it's business as usual again at La Ferme Blue Jaq. The new 200-feet-long by 50-feet-wide structure was built by Iroquois' Swank Construction. One hundred cows now live inside the new barn.



Pierre and Doris Jaquemet inside the new barn at La Ferme Blue Jaq

"The advantages now are better lights, and better ventilation," said Jaquemet in an interview with the *Winchester Press* during a tour of his new facility.

He said there is also luxury with the new milk house because it's more spacious than the previous one, while the feed room is also bigger.

One thing is for sure: despite all that is new in the barn, there are many similarities to the old one.

"We bought the same everything," he said. "There's no difference, except it looks better."

Jaquemet also noted that the price of materials and other equipment was quite a lot higher, when compared to five years ago when La Ferme Blue Jaq underwent a renovation and expansion.

However, regardless of the state his new barn is in, Jaquemet still recalls his time spent in the old structure.

"Fire is terrible," he said, adding that it led to stress and worry for his family, leaving his children to fear for the loss of financial stability. "They thought, no more income meant no more food."

But, Jaquemet's sunny disposition continued to shine through.

"You get out good if you know what you want," he said.

Ten years ago, Jaquemet said, he knew what he would do if presented with the opportunity to construct a new barn, but his financial position at the time would have held him back.

According to Jaquemet, the fire that gutted his previous barn, an understandably negative situation at the time, transformed itself into a positive thanks to a good insurance policy and a desire to keep on going.

"You take the good side of it," said Jaquemet. "Yes, you lose, but look at the good."

He said it also helped that the fire didn't spread too quickly in the beginning, allowing them time to remove some of the farm's precious equipment before it, too, was lost in the blaze.

"We used the skid steer to pull the cows out," said Jaquemet, adding that the same machinery is still running today.

However, along with the cows that were lost in the fire, two of the barn's original concrete silos were damaged. Both structures eventually had to be torn down because they were past the point of repair.

Two new ones were built to stand in their predecessors' places, but this time they were positioned further from the barn, should there be another fire in the future.

"So far, there's nothing I don't like [in the new barn]," he said.

Jaquemet said he and his family will, hopefully, never have to go through a fire again.

"But, if it does, be ready and be prepared," he said.



La Ferme Blue Jaq, the family-operated farm owned by Pierre and Doris Jaquemet and their four children, is thriving again after a fire that destroyed the original barn in September 2009. Just nine months after the blaze, a new barn and two new silos were built, and 100 cows now call the structure home. *Press Photos — Uhrig*

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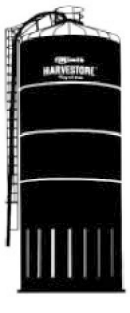
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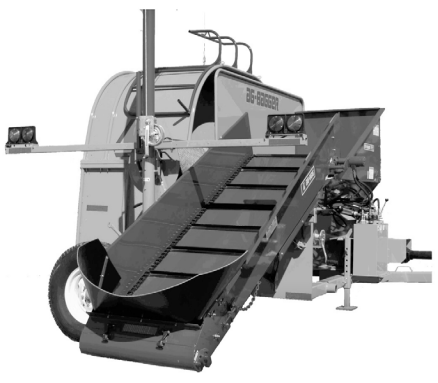

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How to build a fantastic hot fudge sundae

by Adele Eyman

I worked at an Italian restaurant in Kingston as a summer student one year during university. Back then, the waitresses made all the dessert orders themselves, and that's where I learned to make a good, old-fashioned ice cream sundae.

Before long, I turned making an ice cream sundae into an art form. I was the best sundae maker in the city. I know this because I was a terrible waitress, and yet people (like the cadets from the Royal Military College of Canada, who arrived every Friday night for pizza, Cokes, and sundaes) always sat in my section. "Psst," I'd overhear customers whisper, "get her to make your sundae. She's the best."



Confessions of a Country Convert

by Adele Eyman

I still love making fabulous ice cream sundaes, much to the delight of my family and friends. Now you can make them too. Here's my recipe for building the Ultimate Hot Fudge Sundae.



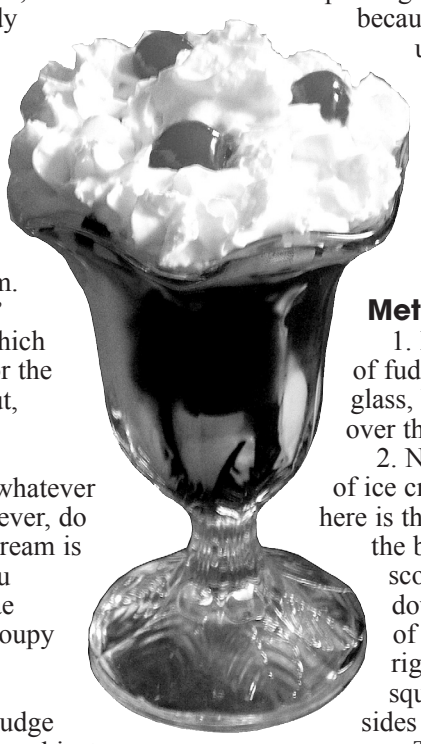


You will need:

• Tulip sundae glass. This tall, V-shaped glass sports a wide mouth, making it ideal for building the vertical kind of ice cream sundae. (A shorter and wider dish makes the best horizontal sundae, such as the banana split.)

• Sundae spoon. This has a longer handle and a narrower bowl than the spoon used in table settings. It's designed to scrape out every last bit of fudge sauce and ice cream from the bottom of the sundae glass.

• Ice cream scoop. My favourite scoop can make perfectly round, solid balls of ice cream, but any sturdy kind of scoop will do.



• Vanilla ice cream. My son and I both agree that the very best ice cream to use for a hot fudge sundae is the President's Choice Brand Vanilla Ice Cream. It's creamy and "fluffy" according to my son, which makes it an ideal foil for the heavier fudge sauce. But, since ice cream brand preferences are highly individualized, choose whatever makes you happy. However, do make sure that the ice cream is firmly frozen before you start, or else your sundae will turn into a sticky, soupy mess.

• Sundae sauce. (Preferably the Fancy Fudge Sauce given below, warmed just enough to make it easy to drizzle from a spoon.)

• Real whipped cream. I prefer to buy the canned version, with the plastic tip for dispensing the whipped cream because it's convenient, easy to use, and store in the fridge. However, purists can whip the cream and apply it to the sundae using a pastry bag fitted with a star tip.

• Maraschino cherries in syrup.

Method:

1. First, ladle a big spoonful of fudge sauce into the tulip glass, being sure to drizzle it all over the insides of the glass.

2. Next, put one round scoop of ice cream into the glass. Now here is the important part: using the back of the ice cream scoop, press the ice cream down into the very bottom of the glass. You know it's right when the sauce squishes up between the sides of the glass and the ice cream. Then, add another scoop of ice cream and press as before.

3. Add a generous spoonful of fudge sauce.

4. Put two or three more round scoops of ice cream into the glass, spacing them around the top. Use the scoop to gently mold them together into an ice cream "crown."

5. Drizzle another generous spoonful (or, two) of fudge sauce over this crown. (Some of the fudge sauce might pool around the lip of the glass, or even run down the sides, at which point licking the glass clean is advised.)

6. Shake the can of real whipped cream. Place the tip at the base of the crown, just inside the lip of the glass, and squirt. Dispense whipped cream completely around the crown to make the first round. Move up, place the tip at the top of that first round, and make another round. Continue until the entire sundae crown is ridged with whipped cream.

7. Spoon one (or, more) maraschino cherries out of the jar and carefully place onto whipped cream crown. I like to fill the spoon with some of the cherry syrup and drizzle that over the whipped cream as a final touch. (Some people also like to finish off their sundaes with a sprinkle of chopped walnuts or a dusting of unsweetened cocoa.)

8. Enjoy!

Bonus recipe

I asked my son (currently working at Baskin Robbins for the summer) if he had any further advice for building the Ultimate Hot Fudge Sundae. He said, "You can never go wrong with adding some chunks of brownies." Specifically, he likes to garnish the whipped cream crown with brownie chunks, or layer them in the middle, between ice cream scoops.

Fancy Fudge Sauce

(Stays liquid when poured over ice cream.)

Ingredients:

• 2/3 cup sugar
• 1/2 cup cocoa
• 1/2 cup water OR leftover coffee
• 1/2 cup butter (do not use margarine)
• a teaspoon of vanilla

Directions:

1. In four-cup measure, combine sugar and cocoa.
2. Whisk in water and microwave, uncovered, on high for one to two minutes or until mixture comes to a boil.
3. Stir well. Microwave on medium for four to five minutes.
4. Stir in butter and vanilla. Yields 1 1/3 cups.

(Adapted from It's Microwaved! *by Caralan Dams and Susan VanderVelde, 1985.)*

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Ontario Johne's Education & Management Assistance Program

The Ontario Johne's Education and Management Assistance Program began on Fri., Jan. 1, and has been very successful since its launch. The very first testing window included counties within eastern Ontario. The participation in this area was extremely high, with nearly 70 per cent of producers completing the whole herd Johne's testing through CanWest DHI or the Animal Health Laboratory (AHL) at the University of Guelph.

Almost 75 per cent of the producers that participated in the whole herd testing have completed the program requirements. These producers have finished the Risk Assessment and Management Plan (RAMP) with their herd veterinarian and successfully removed all high-titre animals identified on herd testing. High Titre (HT) cows are those with test results of 1.0 or higher. Note that this is not all test-positive cows — just those few with very high scores. Removing HT cows removes actively shedding Johne's cows and reduces the spread of Johne's disease quickly.

When a HT cow is found by herd testing, the owner can choose to remove that animal as part of the Johne's program (removal is voluntary, but required for testing reimbursement). Removed cows must go to on-farm disposal (burying or composting) or to rendering within 90 days of test date or before calving again, whichever comes first.

If the animal goes to rendering, the dead stock collector must verify her identification on the Animal Disposal Certificate at the time of pick-up. If the animal is disposed of on-farm, the owner completes the "Animal Disposal Certificate" and gets the herd veterinarian to sign the form.

NEW to the PROGRAM: For each HT cow verified as removed as part of the program, a producer can be reimbursed $250. The funds are to assist these producers with important changes to housing, testing, or management practises, as recommended by their veterinarian.

As of April, CanWest DHI has completed 14,905 individual cow samples, and the AHL has tested 1,026 serum samples for Johne's. Of the 15,931 total samples received from 223 herds for Johne's testing, there have been 28 HT animals identified from 15 herds.

- 60 per cent of eligible herds have participated in the whole herd Johne's testing
- five per cent of herds have had at least one HT animal (1.0 or higher result)
- 0.2 per cent of samples test as HTs (≥1.0)

The program was in attendance at the Kemptville/Maxville Dairy Days earlier in the year.

Partial Schedule for Upcoming Johne's Program Herd Testing by County

Producer's County (and in large areas, townships)	Dates for Testing as part of the Johne's Program
Carleton, Frontenac	June 20, 2010 - July 31, 2010
C. of Kawartha Lakes, Thunder Bay, Timiskaming, Cochrane	Aug. 1, 2010 - Sept. 11, 2010
Dundas	Sept. 12, 2010 - Oct. 23, 2010

Don't See Your County Listed? Your county may be scheduled for a later date, check with the co-ordinator. Reminder to producers *– To participate in the Johne's testing as part of the Johne's program, you are expected to follow this schedule. A testing submission form (the "green sheet") will be mailed to you just prior to your scheduled testing dates. If for some reason testing can't be done as scheduled, please contact Nicole Perkins, the Johne's Program Co-ordinator. Email johnes@uoguelph.ca, or phone 226-979-1664.*

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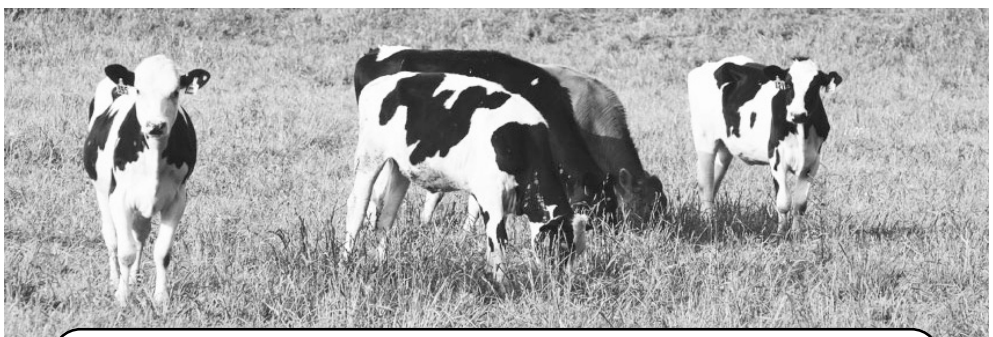

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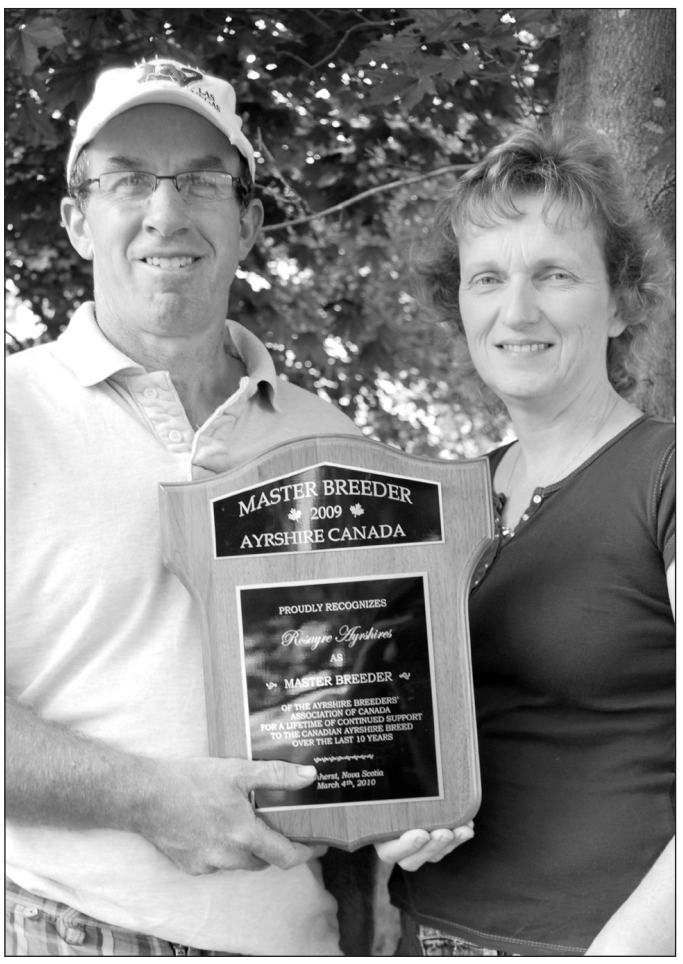
Rosayre captures Master Breeder Award



Commitment to excellence

Ken and Shirley Rose, pictured here with their Master Breeder Award.

Press Photo — Smith-Millar

In the Ayrshire breed, the Rosayre herd is well-known internationally for its champions, as well as its champion producers.

Therefore, it's no surprise to see that Ken and Shirley Rose of Mountain have won the prestigious title of Master Breeder.

Ken and Shirley acquired the family farm, located along County Road 43, in 1994. Ken is the sixth generation on the farm and the second with Ayrshires.

In 1997, only three years after the acquisition, fire destroyed the buildings and most of the Rosayre herd. Some 15 dry cows and heifers survived.

After that major ordeal, Ken and Shirley rolled up their sleeves and began rebuilding the herd, eventually obtaining remarkable results. Today, the herd consists of 120 head with 45 in milk. The herd average in 2009 was 10,849 kilograms at 4.1 per cent fat and 3.3 per cent protein for a BCA of 295-292-298, and classification shows 7 EX, 32 VG, and 14 GP.

The Roses cultivate 275 acres, mainly in hay, corn, soybeans, and oats.

Throughout the years, successes multiplied, both in the show ring and in terms of high production. Here are a few cows that have left

Mountain Ayrshire Farm recognized for farming excellence

their mark: Rosayre BB Riesling VG-89 — grand champion at the Royal Agricultural Winter Fair in 2004 and intermediate champion in 2003 — and her sister, Rosayre BB Rebel VG-89, who was reserve intermediate champion at the fair in 2009.

Cows such as Rosayre BB Babs EX, Rosayre Garth's Lust EX, Rosayre BB Jannah VG, and Rosayre Heligo's Jangles obtained many high production certificates for 13,000 to 16,000 kilograms of milk.

So why choose Ayrshires, instead of Holsteins or some other breed?

Ken said every farmer has a different opinion on what breed is the best, but that Ayrshires, although smaller, are more efficient in their milk production.

"It's personal choice, I guess," said Ken.

Ken and Shirley have sold several embryos from their best cows, notably in Finland. They also never hesitate to consign quality animals at Ayrshire sales. In 2009, Rosayre Poker's Mercedes ET obtained the best price at the Elite Sale in St.-Hyacinthe, Que. They're always pleased to welcome visitors at the farm.

Purchases like Rainbow's End Regan, Sunny Acres Maria, and Glen Elm Finale have helped the Roses to rebuild a herd of high caliber.

Ken likes powerful cows, with good stature, good feet and legs, and solid udders that produce a great quantity of milk. He always looks for this combination of type and production in his breeding philosophy. Ken has also been a member of the Breed Improvement Committee for many years. He is a well-known and appreciated judge, having judged at all major exhibitions in Canada and also in Finland.

Receiving the Master Breeder Award, Ken follows in his father's footsteps; Donald has also been awarded the same title in the past.

The Roses are the second local farm to win a Master Breeder Award this year. The father-and-son team of Allison Fawcett of Fawcettdale Farms and David Fawcett of Coachside Farms received a Master Breeder shield from Holstein Canada in April, after being notified that they'd won in the winter.

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What's your pregnant heifer eating?

by Tom Wright,
dairy cattle nutritionist
OMAFRA, University of Guelph

Nutritional and management programs for heifers vary considerably from farm to farm. Heifers are often the group that receives the least attention in terms of nutrition and management because, in many cases, heifers are perceived to do "pretty well" on many types of programs and the costs associated with raising them are often underestimated.

As a result, management yardsticks, such as growth rates and target ages, are commonly not attained in practice.

In some cases the underlying factor that contributes to this situation is the absence of appropriate information to make on-farm decisions with respect to nutrition and reproduction. It is important to track and monitor performance to know how replacements are doing and to know if any changes you make are working the way they were expected.

At the Eastern Nutrition Conference in held in Guelph this spring, Dr. Alex Bach, a respected dairy nutritionist with expertise in feeding and managing dairy replacements from Barcelona, Spain, spoke about feeding and managing replacement heifers for optimal production. He discussed several important points at the meeting and included several key ideas in his talk about feeding the pregnant heifer.

Diets formulated for heifers in the 60 days before calving should provide the nutrients necessary to ensure an average daily gain (or ADG) of 750 g/d (1.65 lb/d). Only about 12 per cent of this ADG is for the growth and development of the pregnant heifer and the rest is accounted for by rapid fetal growth.

Traditionally, Dr. Bach noted that it was recommended to feed an energy dense ration at this stage (1.60 Mcal/kg), but recent studies consistently show that feeding cows high-energy diets for ad lib intake during the dry period results in a larger drop in feed intake at calving and results in a lower dry matter intake in the days right after calving. Based on this and other studies related to metabolic diseases, Dr. Bach concluded that a high-energy diet for a pregnant heifer before calving may be a detriment to her.

A more reasonable dietary energy density for pre-calving heifers would be 1.42 Mcal/kg of net energy (lactation). In terms of protein, a dietary CP level of 15.5 per cent on a dry matter basis should allow for the necessary metabolizable protein to support both heifer and fetal growth.

Monitoring intakes, dietary energy density, and growth rates are important aspects of nutritional management for the close-up pregnant heifer that should be included in any heifer management system.

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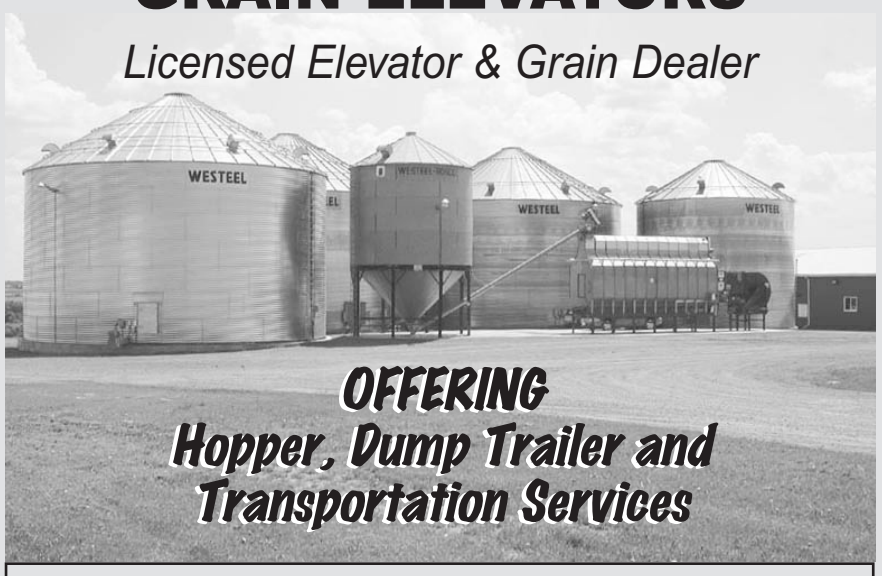

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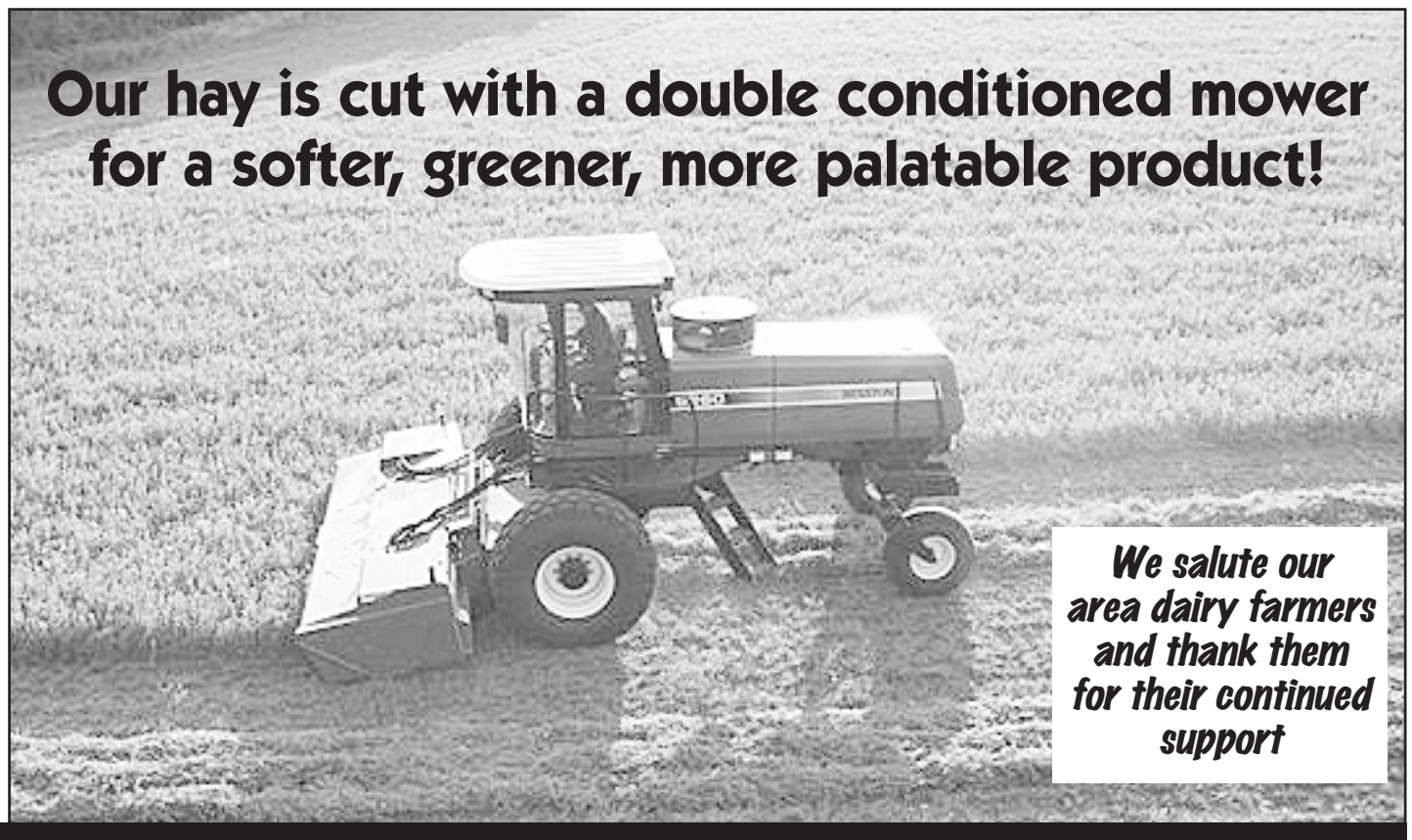

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Milk fever prevention can start in the field

by Mario S. Mongeon, livestock specialist, OMAFRA

Clinical hypocalcemia, or milk fever, affects about six per cent of the cows in a herd. Nevertheless, less acute forms of milk fever, known as subclinical hypocalcemia, can affect up to 66 per cent of the cows with one or more lactations. These subclinical cases will have a negative impact on the health and reproductive performance, as well as milk production of the animals; although there will be no obvious signs of the disease. Milk fever generally occurs immediately before or immediately after calving. The sudden demand for calcium required for milk production reduces calcium concentration in the blood stream, and dietary absorption from the intestine and mobilization from the bones is insufficient to offset that demand.

It has been well documented that a ration too rich in cations (positive ions), such as potassium (K+) and sodium (Na+) slightly increase the blood pH and thus decrease the efficiency of the mobilization of calcium from the bones, making the cow more prone to hypocalcemia. On the other hand, a ration rich in anions (negative ions), such as chloride (Cl-) and sulphur (S2-) causes the blood to become slightly alkaline, and favours a more efficient mobilization of calcium from the bones, reducing the risk of hypocalcemia. This difference between the amounts of anion versus cation in the ration is called dietary cation-anion difference, or DCAD. A calculation is required to determine the DCAD value of a diet (there's an example on the OMAFRA dairy nutrition page available from www.ontario.ca/livestock). The usual formula to calculate DCAD is (K+ + Na+) – (Cl- + S2-), although other equations are sometimes used. The result is often expressed in milliequivalents/kg of dietary dry matter (mEq/kg).

It is desirable to have a ration with a negative DCAD of -50 mEq/kg, 3 to 4 weeks prior to calving. Several methods have been investigated in order to decrease the DCAD value of the ration. The addition of anionic salts to the ration of dry cows will decrease the DCAD value of the ration, but these salts are quite unpalatable. A reduction of dry matter intake is observed when a substantial amount of anionic salts are included in order to bring the DCAD value below zero.

Feeding dry cows forages with a low potassium content is another option. The problem is that on most Ontario dairy farms, the levels of potassium in the soil are such that it can be very difficult to produce forages with a low DCAD value. A group of researchers investigated the DCAD value of five grass species used on our farms. Orchardgrass (Dactylis glomerata), meadow bromegrass (Bromus riparius), tall fescue (Festuca arundinacea), smooth bromegrass (Bromus inermis), and timothy (Phleum pratense) were harvested twice a year during two production years. Their results clearly indicate that timothy has a lower DCAD than the four other grass species used in eastern Canada. Consequently, timothy is best suited for the production of forages fed to dairy cows in the weeks preceding calving. Conversely, orchardgrass, with its higher DCAD, is not suited for this purpose. Differences in DCAD between harvests were relatively small.

Thanks to some recent studies, we know now that certain types of forages, as well as the way they are fertilized, can help prevent this problem.

Soil potassium content will affect the final composition of the forage grown. When high amounts of soil potassium are available (more than 250 kilograms per hectare), application of nitrogen fertilizer can increase the potassium content of grass, but, when soil potassium supplies are low (less than 100 kilograms per hectare), the potassium content of grass can be decreased by the application of nitrogen fertilizer.

Further investigations were conducted on timothy in order to verify if a fertilizing program aimed at reducing the DCAD value of the forage could be effective. On four different sites, with different soil types and soil potassium contents, two different sources of chloride (CaCl2 and NH4Cl) were applied at four different application rates (0, 80,160 and 240 kilograms of chloride per hectare) in combination with two different nitrogen (N) rates of application (70 and 140 kilograms of N per hectare). The results of these experiments clearly establish that the DCAD value of a timothy-based forage can be lowered using either source of chloride. The optimal annual rate of chloride fertilizer varied from 78 to 123 kilograms per hectare, depending on soil potassium and chloride content. The annual rate was split in two applications, one in the spring (60 per cent of annual rate) and the other following the first harvest (40 per cent of the annual rate). The most effective and economical means of producing low DCAD timothy forage is to choose fields with the lowest potassium content.

A recently published study evaluated the effects of feeding low DCAD timothy hay on dry dairy cows. Three different rations were served to dry cows: a controlled diet with a DCAD (+296 mEq/kg); a low DCAD diet based on low DCAD timothy hay (-24mEq/kg) and a third diet with a low DCAD using hydrochloric acid (HCl) as a source of anions (-19mEq/kg). Several parameters were measured such as blood components, urine pH and dry matter intake. Urine pH is a quick and effective means of finding whether a metabolic response to a low DCAD diet is taking place. In this study, urine pH was decreased from 8.21 to 5.89 when low DCAD hay was fed instead of the controlled diet. There were no differences in the urine pH between the low DCAD hay diet and the HCl diet. Dry matter intake was greater for the low DCAD hay diet than the HCl diet (11.5 versus 9.8 kg/day). This experiment confirmed that feeding low-DCAD hay is an effective means of decreasing the DCAD of rations and obtaining a metabolic response in dry dairy cows, which may help in reducing the incidence and the extent of milk fever, increase milk production, resulting in lower production costs.

Choosing a grass species with a low DCAD, such as timothy, and growing it on a soil with low K availability and with chloride fertilization, should contribute to reaching the target DCAD of the dry cow ration.

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___ Derbydale Farm, Maple Ridge Road

___ Vriesdale Farms, Church Road

___ Twinventure Farm, County Road 43

___ Havelea Farms, County Road 1

___ Bio-Test Farm, Dobbie Road

___ John Byker's farm, Sandy Creek Road

___ Ricrodreg Holsteins, County Road 1

___ Wintergreen Farms, Pleasant Valley Road

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It's all in the math

Farmers can calculate available forage in a pasture

by Jack Kyle, grazier specialist, OMAFRA

Knowing how much grass is available in a farmer's pasture and how much the livestock requires is one of the most important aspects of good pasture management.

The first step is to calculate the requirements of pastured animals. Livestock require two to four per cent of body weight in dry matter intake. The amount is dependent on the type of livestock and a farmer's performance goals. A dry cow on a maintenance ration will require dry matter equivalent to two per cent of body weight. High-producing animals such as growing heifers or lactating dairy cows will require about four per cent of body weight. For example purposes, I will use three per cent.

Take the number of animals times average body weight to get the total number of pounds of livestock on the pasture. Multiply this total body weight by three per cent to get daily dry matter (DM) requirements. (Here's an example of the math equation: 25 heifers @ 800 pounds X three per cent = 20000 X .03 = 600 pounds of DM.)

The second part of this exercise is to estimate the amount of forage that is available in the paddock or field that is going to be pastured.

One way of doing this is to estimate how many bales of hay one would expect from the field and use this as the basis for calculations.

Over the years, a number of people have worked on different measuring devices for determining the amount of forage that is available.

One method is to use a grazing stick that assists in calculating the sward density and height to get the available forage dry matter.

A very dense stand of forage will have up to 300 pounds of dry matter per acre-inch of height. (An acre-inch is one inch of height across an acre.) A very thin stand will have 50 to 75 pounds of dry matter per acre-inch. An average stand will likely have 150 to 200 pounds of DM per acre-inch.

To measure height, take the average height (not the height of the tallest plants!) across the field. You then subtract the height of the residual, which should be a minimum of three to four inches, from the height. Grazing should not be lower than three to four inches, to leave sufficient leaf area for rapid plant re-growth.

(Example: Forage is 12 inches tall – four inches = eight inches of usable forage in the field. If this was a dense stand this could represent eight X 250 = 2000 pounds of dry matter per acre.)

With this number, we can go back to the livestock requirement number and determine how many days feed are in the paddock or how big we need to make the paddock for the number of days grazing that are planned.

In our example with 25 - 800 pound heifers we needed 600 pounds of dry matter (DM), we have 2,000 pounds of DM per acre available. 600 / 2,000 = 3/10 of an acre of fresh forage each day to feed these heifers.

With milk cows you will be working with a balanced ration that calls for a set amount of pasture forage — the calculations work the same using this set amount.

To maintain high intakes, animals should have fresh, highly digestible pasture every day. To achieve maximum intake they should be offered fresh pasture at least twice a day. Offering fresh feed stimulates intake.

With experience, farmers will improve their forage estimating skills. These calculations will allow you to optimize the production from your pastures.

NAME THAT FARM

Farm match-up answer key

Photo # 13: Big Horn Farm, River Road
Photo # 1: Ridge View Farms, Maple Ridge Road
Photo # 10: Derbydale Farm, Maple Ridge Road
Photo # 6: Vriesdale Farms, Church Road
Photo # 3: Twinventure Farm, County Road 43
Photo # 8: Havelea Farms, County Road 1
Photo # 14: Bio-Test Farm, Dobbie Road
Photo # 5: John Byker's farm, Sandy Creek Road
Photo # 7: Ricrodreg Holsteins, County Road 1
Photo # 9: Wintergreen Farms, Pleasant Valley Road
Photo # 2: H.J. Boyd and Sons farm, County Road 3
Photo # 4: Rystal Holsteins, County Road 3
Photo # 11: Verspeek Farms, North Wing Road
Photo # 12: Winright Holsteins, County Road 3

Editor's note: Thanks to the Glengarry News *for coming up with this neat idea, as well as their blessings to run a game similar to the one published in their* 2010 Glengarry Farmer's Annual *in March.*

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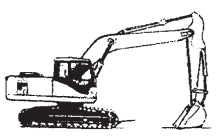

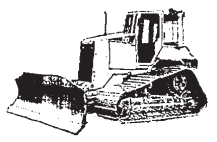



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2) Bales need to weigh 48-52 lbs. when going into the barn.
3) Bale must moisture test no more than 15% moisture in bale in order to store properly.
4) Bales must be a consistent size and be piled on edge in mow to keep a good square form.
5) An option is to put a hay pin on baler plunger to put a hole in the bales.
6) To minimize handling, store hay in a building that has good easy access for loading the trailer.
7) Extra wedges in bale chamber of baler to ensure well-formed bales while baling.
8) Get hay inside building as soon as possible to prevent discoloration of hay.

Our markets are changing and we are now looking for hay that is 90% or more timothy with balance 10% orchard grass. So if you are growing hay for resale market and planting new seeding this year, we suggest the 90% timothy and 10% orchard mixture.

Geothermal heating — a hot topic

How long will it take before local farms start using the natural warmth of milk to heat their homes?

A handful of Ontario farmers have already started doing just that. Oxford Energy Systems, a company located in Burgessville, Ont., has installed geothermal systems on a half-dozen dairy farms.

By using water as a transfer medium, the system takes the natural warmth of milk and — during the cooling process — saves the heat that would otherwise go to waste.

However, this technology might not be ideal for everyone.

In a recent interview with *The Milk Producer* magazine, Oxford Energy owner Ben Kungal suggested that a farm needs about 100 cows to provide enough energy to heat a house for free.

According to CanWest DHI, among its users, the average herd size in Ontario was only 75 cows in 2009.

So unless (or until) technology advancements occur in this promising field, many farms will be on the small side of that "magic 100" number.

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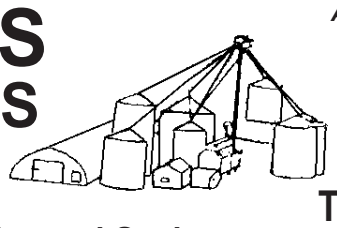

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Lactose intolerance or milk allergy?

Contrary to popular belief, lactose intolerance and milk allergy are not the same thing. Discover the difference and get a better understanding of treatment and care.

Lactose intolerance is a digestive problem that involves a lactase deficiency (lack of the enzyme necessary to digest the natural sugar in milk).

A milk allergy is the result of an overreaction of the immune system to the protein in milk. Milk allergies are quite rare, especially in adults. They usually occur in infants (experts place it at only one per cent or less in adults and three per cent in children) and are outgrown, by most children, by the age of three. Possible symptoms of a milk allergy include hives, skin rash, eczema, diarrhea or constipation, nasal congestion, coughing, wheezing, and vomiting.

Should you suspect that you or your child has a milk allergy, do not self diagnose. It is very important that you consult your family doctor for a proper diagnosis. Once the diagnosis is confirmed, you should then ask to see a registered dietitian for proper nutritional counselling.

What is lactose intolerance?

Get the facts on what it means to be lactose intolerant, the importance of a medical diagnosis, and how you can still enjoy milk products once you're diagnosed.

Milk contains a natural sugar called lactose. People who have lactose intolerance don't produce enough lactase (an enzyme) in their digestive tract to digest large amounts of lactose at a time. When quantities of lactose exceed their ability to digest it, the result can be symptoms like gas, bloating, and cramps. Lactose intolerance is not a milk allergy. In fact, most individuals with lactose intolerance can still enjoy milk products. After all, humans lack the enzyme needed to digest complex sugars in beans, and we can still eat them.

We hear so much about lactose intolerance that people have a tendency to assume their digestive problems are due to lactose intolerance. Symptoms that many people attribute to a difficulty in digesting milk products often turn out to be caused by something else, for example celiac disease or other digestive health problems.

Moreover, according to the most recent guidelines from the American Academy of Pediatrics, the elimination of milk products to treat lactose intolerance should only be used as a last resort measure.

Did you know...

• Research shows that many people clinically diagnosed as lactose intolerant report having no problems digesting one cup of milk with a meal or two cups when served throughout the day.

• The tendency towards lactose tolerance or intolerance is inherited.

• Many people can build a normal tolerance to lactose by eating milk products a little at a time.

• Temporary lactose intolerance can be a side effect of things like stomach flu, medication, and food poisoning. When the condition passes or the medication is terminated, the intolerance goes away.

• The ability to digest lactose often increases during pregnancy.

Note on label reading

Lactose can be found in prepared foods or in some medications. Milk powder, milk solids, whey and lactoserum on an ingredient list, signal the presence of lactose. However, the amount of lactose found in processed foods is usually not large enough to cause a problem. If you are concerned about the lactose content of a medication, talk to your pharmacist.

Living with lactose intolerance

Being lactose intolerant doesn't mean giving up milk products. In most cases, eliminating milk products from your diet is not necessary. Milk products contain many essential nutrients that are important to our health.

First, find your degree of tolerance

The digestive system of people with lactose intolerance still produces some lactase, which means that they can digest some lactose. The key is to find your level of tolerance. Experiment by consuming small quantities of milk products at a time and gradually increase the amount to assess your tolerance. Then you can know how much and what kinds of milk products you can consume enjoyably.

Information from Dairy Farmers of Canada.

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Local company promoting switchgrass growth

by Matthew Uhrig
Press staff

In today's society, many people are looking to make use of alternate sources to heat their homes or fuel their cars.

With that in mind, one local firm is leading the charge to market and pelletize a crop known as switchgrass.

The grass is greener on the other side

Switchgreen is a local company founded by David Hendrick, president of Inkerman's Hendrick Seeds, and Charles Forman, a cash-cropper and greenhouse operator near Kingston, which has a goal to mass produce switchgrass and its pellets throughout eastern Ontario.

"Switchgrass is an alternate crop that grows where corn and soybeans don't," said Jim Wallbridge, a Hendrick Seeds employee and spokesperson for Switchgreen.

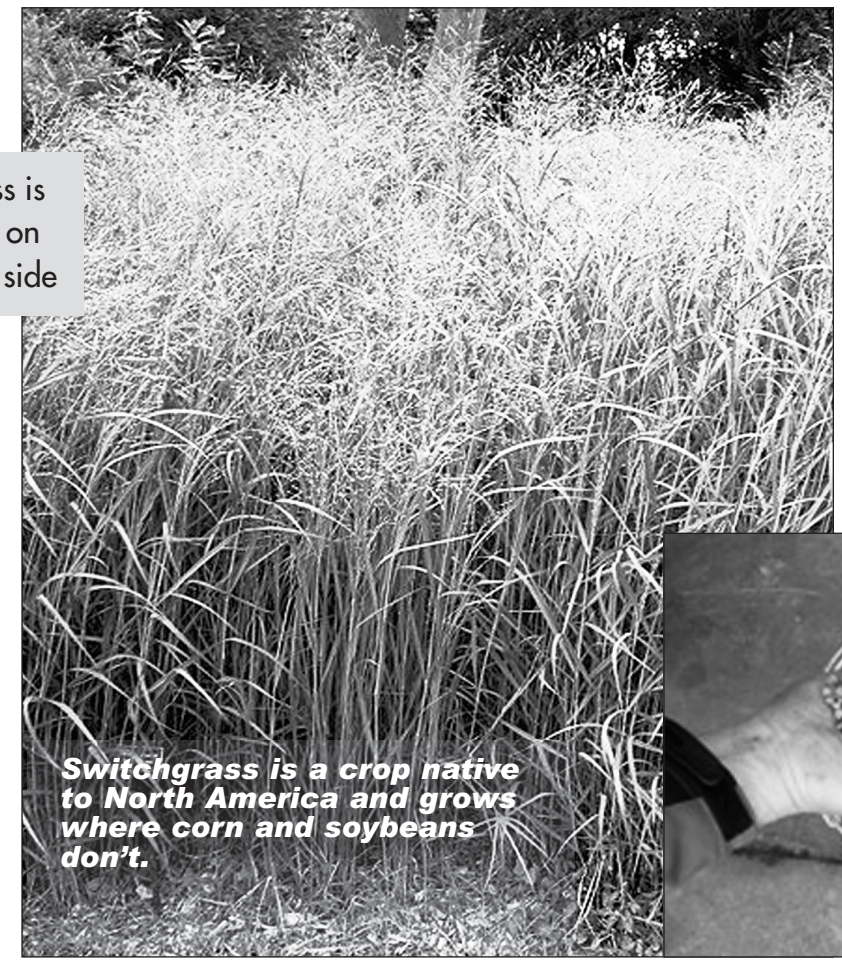
As well, Wallbridge said a major goal for the company is to give local farmers a market for the product, one that they wouldn't get otherwise.

"This is something that's viable and sustainable, and it's an alternative to wood pellets and ethanol," he said.

Switchgrass is a perennial crop that is native to North America, said Wallbridge, and it's capable of producing moderate to high-yielding crops on a very small amount of farmland. As well, switchgrass is useful for soil conservation, erosion control, livestock forage, small game cover, and ornamental grass, said Wallbridge.

Another benefit of the crop is its possibility of being used for biomass fuel production. Currently that process is being researched by Switchgreen at the Hendrick Seeds headquarters.

According to the Switchgreen website, switchgrass is ideal for a bioenergy crop, due to its fast growing nature. This is because it captures high solar energy and processes it into high chemical energy cellulose. Furthermore, this energy can than be processed into liquid, gas, or burned directly, and because of the high amounts of cellulose, it's eating up greenhouse gases, the website introduction continues.



Switchgrass is a crop native to North America and grows where corn and soybeans don't.



The M55 multi-fuel stove by Enviro is being used by Harbers Flame Centre and Masonry to burn the switchgrass pellets.



Growing alternatives

Switchgreen, a local company founded by David Hendrick, president of Inkerman's Hendrick Seeds, and Charles Forman, a cash-cropper and greenhouse operator near Kingston, is working toward mass production of switchgrass pellets (at left).

While Switchgreen employees are researching switchgrass' effect, and Hendrick Seeds is producing the pellets, another local company has been enlisted to burn the pellets for testing purposes.

Harbers Flame Centre and Masonry in Williamsburg is using one of its own products, the M55 multi-fuel stove by Enviro, to burn the pellets and see the results.

"It's very exciting," said Joy Harbers. "Because it's something new and it's part of the future, and it's renewable."

Harbers said that because the local store has the stove that burns it well, that was a plus for them.

The fact that they became involved with this procedure was "completely by accident," according to Harbers.

Harbers said that an employee of Hendrick Seeds was in the store purchasing a stove for her home, and they got talking about how the local company was testing switchgrass.

"That's when my eyes lit up," she said, and she was soon in touch with Wallbridge to further the process.

Harbers said that each time Hendrick Seeds has some switchgrass pellets ready, the store gets some to burn in order to determine how successful it will be.

"We're seeing improvements every time," she said.

As for Wallbridge, he said that Hendrick Seeds has switchgrass seeds available for local farmers who wish to plant some and be part of this process, while he's also getting phone calls from as far away as Oregon from people who want to grow the product.

The plan, according to Wallbridge, is to make the pellets available to the North American market first, and then expand into Europe and other parts in the future.

"We're not limiting ourselves," he said.

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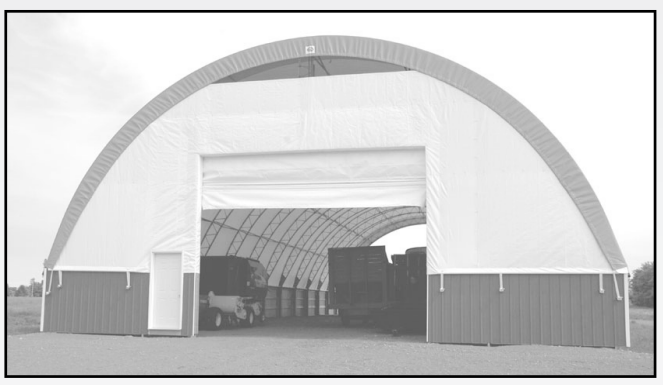

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Remember – manure has value

Software shortcuts can help out farmers

by Christine Brown, nutrient management specialist, OMAFRA

More than $25,000 worth of commercial fertilizer is produced on a 100 milking cow farm.

Everyone likes to save money. While "nutrient management planning" is a phrase that has become associated with rules and regulations, more importantly, it is a process that can generate money for the farm.

Manure is a reality on livestock farms. Manure handling has many costs connected with it, including equipment purchase and maintenance, the opportunity cost for the time it takes to properly apply manure to fields, and the liability when something goes wrong. Additional costs may also be incurred when the land base is limited, and additional land must be rented, or in situations where manure agreements must be established. Targeting the nutrients from manure where they are needed, and correspondingly offsetting commercial fertilizer will help to improve the manure handling cost to the operation.

Manure has value. Although mainly credited for its nitrogen, phosphorus and potassium value, manure also returns micro-nutrients and organic matter to the soil. The organic matter component from manure serves as an agent to improve soil structure and maintain soil tilth. By adding raw plant residues and micro-organisms to the soil, manure helps to maintain soil organic matter levels. This improves soil moisture holding capacity, and nutrient uptake by the crop. Regular additions of organic matter results in higher yield capacity because crops are somewhat protected from weather extremes, both dry and wet. (Refer to example 2, "Increasing organic matter — How much cattle manure would it take?")

Over the past decade, commercial fertilizer prices have been a roller-coaster with more ups than downs. As a result, the N-P-K value from manure has been recognized with increased interest by crop producers, and with increased attention to detail with manure management.

Nutrient management planning using a few software shortcuts will help to identify nutrients on the farm so that commercial fertilizer dollars can be targeted and applied where they are needed. It can be downloaded free from www.omafra.gov.on.ca/english/nm/nman/software.htm.

Example 1 - **Over $25,000 in commercial fertilizer equivalent produced on a 100 milking cow farm**

Liquid system ~ 7,000 gallons manure/cow/yr @ 7.5% DM (including wash water)

Solid system ~ 21 ton manure /cow/yr @ 21% DM

Assuming:
N @ $0.45/lb, P_2O_5 @ $0.45/lb, K_2O @ $0.50/lb

Liquid System
Manure N:
$5,670 immediate + $1,080 residual = $ 6,750
Manure P:
immediate + residual = $ 4,635

Manure K: = $ 9,050
$ 20,435

Solid System
Manure N:
$3,505 immediate + $1,510 residual = $ 5,015
Manure P:
immediate + residual = $ 5,900

Manure K: = $11,100
$ 22,015

100 acres alfalfa N credit = $ 4,500
(100 ac x 100 lb N credit)

Example 2 - **Increasing Organic Matter – How Much Cattle Manure Would it Take?**

To Change the Soil Organic Matter (SOM) by ½ percent

Cattle manure seems to be the best manure source for building stable organic matter. Reasons include relatively high bedding use and cattle rations that are high in lignin and cellulose and materials that take longer for micro-organisms to break down.

On average, 3% of the soil organic matter pool is lost every year through decomposition
.
Average solid cattle manure:
- 30% dry matter
- Carbon: Nitrogen (C:N) ratio of ~ 17:1

Applying 20 tons/ac x 2,000 lbs/ton x 30% dry matter = 12,000 lbs solids.

About 75% of the solids would break down in the year of application, leaving 25% or 3,000 lbs of organic matter.

Assume:
- 2,000,000 lbs/ac in a 6 inch layer of soil (furrow slice) and
- 3% SOM level.

20 tons of solid cattle manure would provide a 0.15% increase in SOM.
With average loss of about 0.1% OM from the soil pool (assuming a 3% SOM level), it would take **10 years of applying 20 ton/ac/yr to increase the soil organic matter level by 0.5%.**

What if 200 tons were added as a one time application? NOT RECOMMENDED! It would also add about 1,600 lbs of P205 and almost 5,000 lbs of K20 and up to 1,000 lbs of nitrogen.

[2]Based on information from F. Magdoff and H. Van Es

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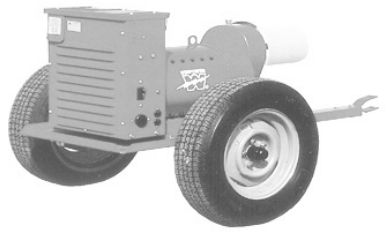

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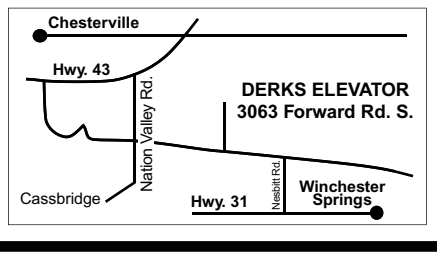

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Four management factors can affect reproduction success

by Blair Murray
Dairy genetic improvement specialist, OMAFRA

Reproductive success in dairy herds is an ongoing challenge and a very large factor in herd profitability, and relates to many different herd management factors. In order to find out what management practices make a difference in herd reproduction, researchers at the University of Wisconsin surveyed 108 large herds that were enrolled in a commercial bull testing program and used DairyComp305 as their records system. A total of 41 different management factors were recorded and compared against two measures of reproduction: herd average service rate (total number of breedings divided by number of cows eligible to be bred) and herd average conception rate (total number of confirmed pregnancies divided by the total number of cows bred). These two measures when combined give the herd pregnancy rate which gives a good overall estimate of herd reproductive success.

Herd service rates ranged from 39 to 76 per cent, with an overall mean of 56.9 per cent. Herd average conception rates ranged from 20 to 44 per cent, with an overall mean of 32.2 per cent. So the range was from not very good to stellar.

Four factors were found to be associated with conception rate:

1) The per cent of repeat inseminations between four and 17 days post artificial insemination. Cows seen in heat and bred four to 17 days after a breeding indicate low accuracy of estrus detection, and one of the breedings was at the wrong time in the cycle, and leads to low conception rate.

2) Stocking density in the breeding pen. Overstocking is often overlooked as a contributor to poor reproduction, but can be a factor in reduced lying time, increased frequency of aggressive interactions as cows compete, and limited bunk space.

3) Voluntary Waiting Period as it becomes longer is associated with improved conception rate.

4) High somatic cell score is associated with lower conception rate. Cows with mastitis before first insemination require a greater number of inseminations per pregnancy and are also more likely to lose their pregnancies than those not experiencing mastitis.

When it came to herd service rates, they were improved by resynchronization programs, increased bunk space, and using soakers in the holding area. Although seemingly unrelated, these are management factors that in some way improve heat detection, or in the case of presynch, compensate for poor heat detection. One factor that was shown to significantly increase service rates, but is actually a bad thing, was the per cent of repeat breedings within four to 17 days of the previous breeding. This is really a measure of poor heat detection and a high number of services in the four to 17 day interval results in depressed conception rates as shown in the other part of this study.

This producer survey has pointed to lots of management factors that affect reproduction performance such as heat detection accuracy, effects of overcrowding, use of resync programs, udder health, and reduced heat stress. This research also points out that although overall reproduction measures are useful, you need to look the factors involved, as is the case with repeat breedings at four to 17 days, which have been shown to be very important indicator of reproduction success or failure and should be one of the more important factors to use in monitoring your breeding program.



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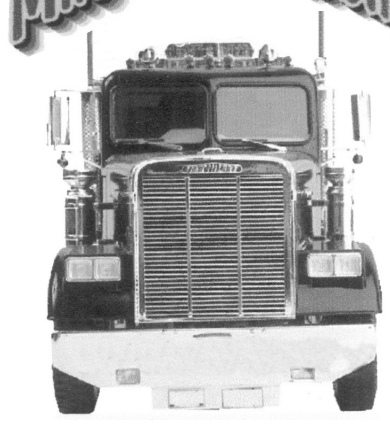

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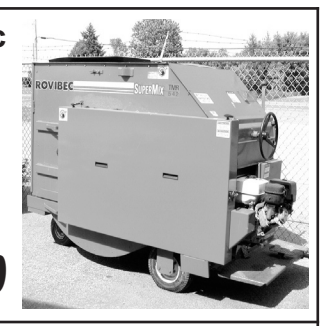



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Dairy recipe

Upside-down Berry Cheesecake Cups

When there's not enough time to make a cheesecake but you want that sweet, tangy, creamy texture in a dessert – this pudding will do the trick. You won't believe how fast and easy it is and your family won't believe you just whipped it up.

Ingredients:



- 1 1/2 cups (375 ml) mixed frozen berries, slightly thawed
- 1 brick (250 g) cream cheese, softened
- 1/4 cup (50 ml) granulated sugar or icing sugar
- 1/4 cup (50 ml) milk or cream (any type)
- 1/2 tsp (2 ml) vanilla
- 1/2 cup (125 ml) crumbled graham crackers, oatmeal cookies or chocolate cookies

Preparation Instructions:

Chop any large berries into smaller pieces; set aside. In a bowl, using an electric mixer, beat cream cheese with sugar until fluffy; gradually beat in Milk and vanilla until blended and smooth. Stir in berries. Spoon into dessert cups or dishes and sprinkle with graham crackers. Serve immediately or cover and refrigerate for up to two days. Yields four to six servings.

Source: Dairy Farmers of Canada

Dairy recipe

Chicken, Broccoli & Cheddar Frittata

This light and flavourful frittata is very easy to make. For a satisfying dinner, all you need is a spinach salad with orange or clementine segments on the side and a glass of cold milk.

Ingredients:



- 2 cups (500 ml) frozen broccoli florets, thawed, drained and chopped if large
- 1 cup (250 ml) chopped cooked chicken
- 8 eggs
- 1/2 cup (125 ml) 10 per cent half-and-half cream
- 1/2 tsp (2 ml) each salt and pepper
- 1/2 cup (125 ml) shredded cheddar or Swiss cheese, divided

Preparation Instructions:

Preheat oven to 400 °F (200 °C).
In a lightly buttered deep-dish glass pie plate, scatter broccoli and chicken. In a large bowl, whisk eggs until blended. Whisk in cream, salt, and pepper. Stir in half of the cheese and pour into pie plate. Sprinkle with remaining cheese.
Bake for 30 to 35 minutes or until puffed, golden, and eggs are set. Let stand for five minutes before cutting into wedges. Yields four servings.

Source: Dairy Farmers of Canada

Did you knooooooow?



• Dairy is the largest agriculture sector in Ontario, making up close to 20 per cent of the province's agricultural products.

• Ontario's 4,800 dairy farmers produce 2.5 billion litres of milk each year (that's enough to fill the Rogers Centre twice).

• A healthy lifestyle is a balanced lifestyle. But it's not just about staying active. It's about choosing the right foods for the right activities. Studies have shown that milk could be beneficial before, during, and after your workout. When consumed regularly after resistance training, milk promotes muscle repair and increased muscle mass.

• The farmgate value of milk from Ontario's dairy farms is about $1.6 billion annually and accounts for about 19 per cent of the province's agricultural production.

• Licensed dairy farms in Ontario as of March 2008: 5,600

• Average age of operator: 47

• Average number of cows in milking herd: 54

• Number of dairy cows in Ontario in 2003: 360,000 milking cows, plus 200,000 heifers over one year old.

• As of 2007, Dairy Farmers of Ontario was supplying milk to 72 processing plants.

Source: Dairy Farmers of Canada, Farmissues.com

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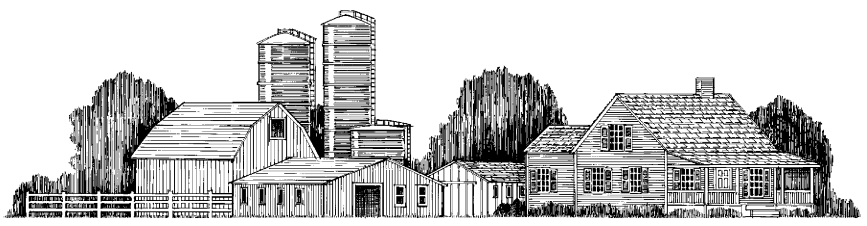

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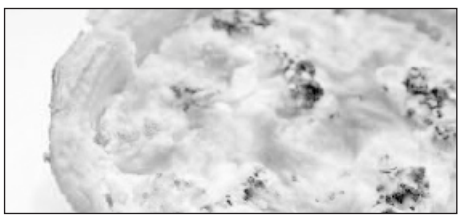
Dairy recipe

Cheddar Broccoli Tart



Have some breakfast for dinner. There is nothing so versatile as the egg. In this simple recipe from Knorr (www.knorr.ca), the egg is brought to new heights with the addition of Cream of Leek Soup mix and broccoli. Bon appétit!

Ingredients:
- 1 x 9-inch/22.5 cm frozen deep-dish pie crust
- 1 1/2 cups milk
- 4 eggs
- 1/2 tsp dried basil
- 1 pkg Knorr Cream of Leek Soup Mix
- 1 pkg (10 oz/300 g) frozen broccoli, thawed and drained well
- 1 1/2 cups grated cheddar or Swiss cheese

Preparation Instructions:
Preheat the oven to 375° F (190° C). Place the frozen pie crust on a baking sheet. In a large bowl, whisk together the milk, eggs, basil and soup mix. Stir in the broccoli and cheese. Pour mixture into the pie crust and bake 40 to 45 minutes or until a knife inserted in the centre comes out clean. Let stand for 10 minutes before serving.
Serves 8.

Source: News Canada

Dairy recipe

Strawberry Cheesecake Shake



Dessert in a glass - what could be simpler? The secret to a tasty milkshake is to make sure that all ingredients are ice cold and, better yet, serve in chilled glasses.
Preparation Time: 5 minutes
Serves: 4

Ingredients:
- 3 cups (750 ml) Ontario Strawberries, halved
- 2 cups (500 ml) light vanilla ice cream
- 3/4 cup (175 ml) 2% milk
- 1/2 cup (125 ml) light spreadable cream cheese
- 3 tbsp (45 ml) graham cracker crumbs
- 1 tsp (5 ml) fresh lemon juice
- 4 Ontario Strawberries

Preparation Instructions:
In blender, combine halved strawberries, ice cream, milk, cream cheese, graham crumbs and lemon juice; process until smooth and creamy, scraping down the sides occasionally. Serve each shake garnished with a strawberry.
TIP: Enjoy these shakes all year round. Freeze washed, hulled, ripe juicy Ontario Strawberries in quantity needed. At time of preparation, defrost until ice crystals remain and proceed with recipe.

Nutritional Information:
(per serving -1 cup/250 ml)
- Protein: 9.0 grams
- Fat: 10.0 grams
- Carbohydrates: 35.0 grams
- Calories: 266
- Source of Fibre

Source: Foodland Ontario

Dairy recipe

Guilt-Free Ambrosia Salad

For a light and flavorful contribution to summer barbecues, try this "Guilt-Free Ambrosia Salad." In the realm of Greek mythology, ambrosia was the food and drink of the gods. Today it is the name given to a sweet fruit dessert salad. This version substitutes low-fat yogurt for the more calorie-laden sour cream of traditional recipes.

Ingredients:
- 1 large (16 oz) container low-fat vanilla yogourt
- 1 can Mandarin orange segments (2 if the cans are small)
- 1 can peach slices in pear juice
- 1⁄2 cup dried coconut
- 1 cup seedless grapes
- 1 can cubed pineapple

Preparation Instructions:
Drain the juice from all of the fruit and place in a large bowl.
Add the yogurt and coconut and stir to evenly distribute.
Chill in the refrigerator and serve cold.

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Dairy recipe

Onion and Cheddar Cheese Tarts



Preparation Time: 10 minutes (longer if you make your own tart shells)
Cooking Time: 35 to 40 minutes
Makes: 24 tarts

Ingredients:

- 1 lb (4 medium) Ontario onions
- 1 tbsp (15 ml) vegetable oil
- 1 tbsp (15 ml) each of packed brown sugar and red wine vinegar
- 1 tsp (5 ml) dried oregano leaves
- Pinch each of salt and pepper
- 24 3-inch (7.5 cm) unbaked tart shells
- 1-1/2 cups (375 ml) shredded aged (mature) white cheddar cheese
- 2 eggs
- 3/4 cups (175 ml) light cream (10%)

Preparation Instructions:

Cut onions into quarters and slice thinly. In large nonstick skillet, heat oil over medium-high heat. Add onions; cook until light brown, three to five minutes. Reduce heat to medium-low; cook five minutes, stirring occasionally. Add sugar and vinegar; cook until onions are very tender and browned, about 10 minutes. Remove from heat. Season with oregano, salt and pepper; cool slightly.

Divide onion mixture among tart shells; divide cheese over top, about 1 tbsp (15 ml) in each. Beat eggs with cream; pour evenly over cheese in tart shells. Bake in bottom third of 375°F (190°C) oven for 15 to 18 minutes or until filling is set and puffed and pastry is brown. Cool on wire rack.

Make-ahead tip: Bake, cool and refrigerate in covered container up to 2 days ahead. Reheat in 350°F (180°C) oven until warm, about 5 minutes.

Variation: Caramelized Onion and Chèvre Tarts: In place of Cheddar cheese, soften a 113 g package Chèvre (goat cheese); stir to mash well. Add to egg mixture; beat until very smooth. Pour over onions in tart shells and bake as above.

Nutritional Information:

(per serving)

- Protein: 4.0 grams
- Fat: 11.0 grams
- Carbohydrates: 12.0 grams
- Calories: 163

Source: Foodland Ontario

Dairy recipe

Berry Caramel Frozen Yogourt Cake

Strawberries and frozen yogurt combine with caramel corn rice cakes to make a great make-ahead dessert.



Preparation Time: 15 minutes
Freezing Time: 4 hours
Serves: 12

Ingredients:

- 6 caramel corn rice cakes
- 1 container (2 litres) frozen vanilla yogurt, softened
- 2 cups (500 ml) puréed Ontario strawberries
- 1 tbsp (15 ml) orange-flavoured liqueur (optional)
- 6 Ontario strawberries, halved

Strawberry Sauce:

- 3 cups (750 ml) sliced Ontario strawberries
- 2 tbsp (25 ml) orange-flavoured liqueur (optional)
- 1 tbsp (15 ml) granulated sugar (or to taste)

Preparation Instructions:

Chop rice cakes and set 1 cup (250 ml) aside. In large bowl, combine yogurt, puréed strawberries, orange liqueur (if using) and chopped rice cakes. Spoon into nine-inch (23 cm) springform pan, smoothing top; sprinkle with remaining rice cakes. Cover and freeze until firm, about four hours. (Make ahead: Overwrap in heavy-duty foil and freeze for up to three days.)

To serve, remove side of pan; slice cake into wedges. Garnish each with strawberry half and drizzle with strawberry sauce.

Strawberry Sauce: In medium bowl, combine strawberries, liqueur (if using) and sugar. Transfer half to blender or food processor; purée until smooth. Return to remaining berries and mix to blend. Let stand at room temperature for 20 minutes. (Make ahead: Can be refrigerated in airtight container for up to 24 hours.) *To soften frozen yogurt, leave at room temperature for about 20 minutes.*

Nutritional Information:

(per serving)

- Protein: 7.0 grams
- Fat: 2.0 grams
- Carbohydrates: 39.0 grams
- Calories: 198

Source: Foodland Ontario

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Dairy recipe

Rhubarb Marble Cheesecake

The rich pink of Ontario Rhubarb shines in this refreshing cheesecake.



Preparation Time: 25 minutes
Baking Time: 60 Minutes
Serves: 12

Ingredients:

- 2/3 cup (150 ml) granulated sugar
- 1 tbsp (15 ml) cornstarch
- 3 cups (750 ml) sliced Ontario Rhubarb
- 1 tbsp (15 ml) water

Crust:

- 1-1/4 cups (300 ml) graham wafer crumbs
- 2 tbsp (25 ml) granulated sugar
- 1/4 cup (50 ml) melted butter or margarine

Cheesecake:

- 2 pkg (250 g each) cream cheese, softened
- 3/4 cup (175 ml) granulated sugar
- 2 tbsp (25 ml) cornstarch
- 3 eggs
- 1-1/2 tsp (7 ml) vanilla
- 1 cup (250 ml) sour cream

Preparation Instructions:

In medium saucepan, mix together sugar and cornstarch. Stir in rhubarb and water. Heat over medium heat, stirring occasionally, until starting to bubble. Reduce heat and simmer for six to eight minutes or until rhubarb is softened. Pour into bowl; let cool in refrigerator, about 15 minutes, stirring occasionally.

Crust: In medium bowl, mix together crumbs, sugar and butter; press evenly in 9-inch (23 cm) springform pan. Set aside.

Cheesecake: In large bowl with electric mixer, beat cream cheese, sugar and cornstarch until smooth. Beat in eggs, at low speed, one at a time. Add vanilla and sour cream; mix just until smooth. Pour half into crust. Spoon about half of the rhubarb mixture in dollops over top. Using knife, swirl rhubarb through cream cheese mixture. Repeat with remaining cream cheese mixture and rhubarb; swirl with knife.

Bake in 325°F (160°C) oven for about one hour or until almost set in centre. Remove from oven; run knife around edge to prevent cracking. Turn oven off. Return cheesecake to oven; let rest with the door ajar for about two hours. Remove to cooling rack and let cool completely. Cover and chill in refrigerator for at least eight hours before slicing.

Nutritional Information:

(per serving)

- Protein: 7.0 grams
- Fat: 26.0 grams
- Carbohydrates: 43.0 grams
- Calories: 431

Source: Foodland Ontario

Dairy recipe

Trifle-ing Easy Berry Dessert



Bountiful seasonal berries, sweetened yogurt and angel food cake make this a luscious and healthy simple summer dessert.

Preparation Time: 15 minutes
Standing Time: 2 to 6 hours
Serves: 8

Ingredients:

- 5 cups (1.25 litres) mixed Ontario Berries (strawberries, raspberries and blueberries)
- 2 tbsp (25 ml) granulated sugar
- 1 tbsp (15 ml) orange liqueur, optional
- 1 angel food cake
- 1 container (750 g) French vanilla yogourt
- Mint leaves

Preparation Instructions:

Cut strawberries into halves or quarters, depending on size. In bowl, sprinkle berries with sugar, and liqueur if desired, toss gently and set aside.

Cut cake into cubes. In 8-cup (2 litre) glass serving bowl, layer one-third of cake cubes, one-third of the berries and one-third of the yogurt. Repeat layers twice, saving some berries for garnish. Cover and refrigerate for two to six hours (not overnight).

Garnish with reserved berries and mint just before serving.

Nutritional Information:

(per serving)

- Protein: 9.0 grams
- Fat: 3.0 grams
- Carbohydrates: 74.0 grams
- Calories: 353
- Source of fibre

Source: Foodland Ontario

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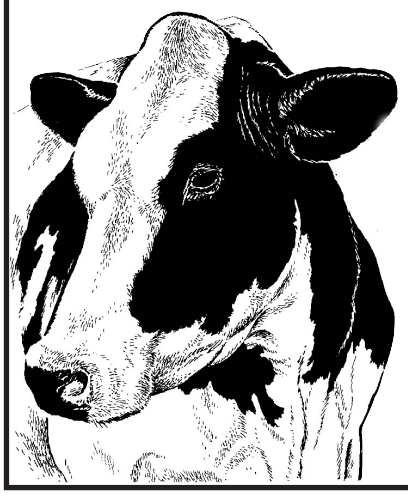

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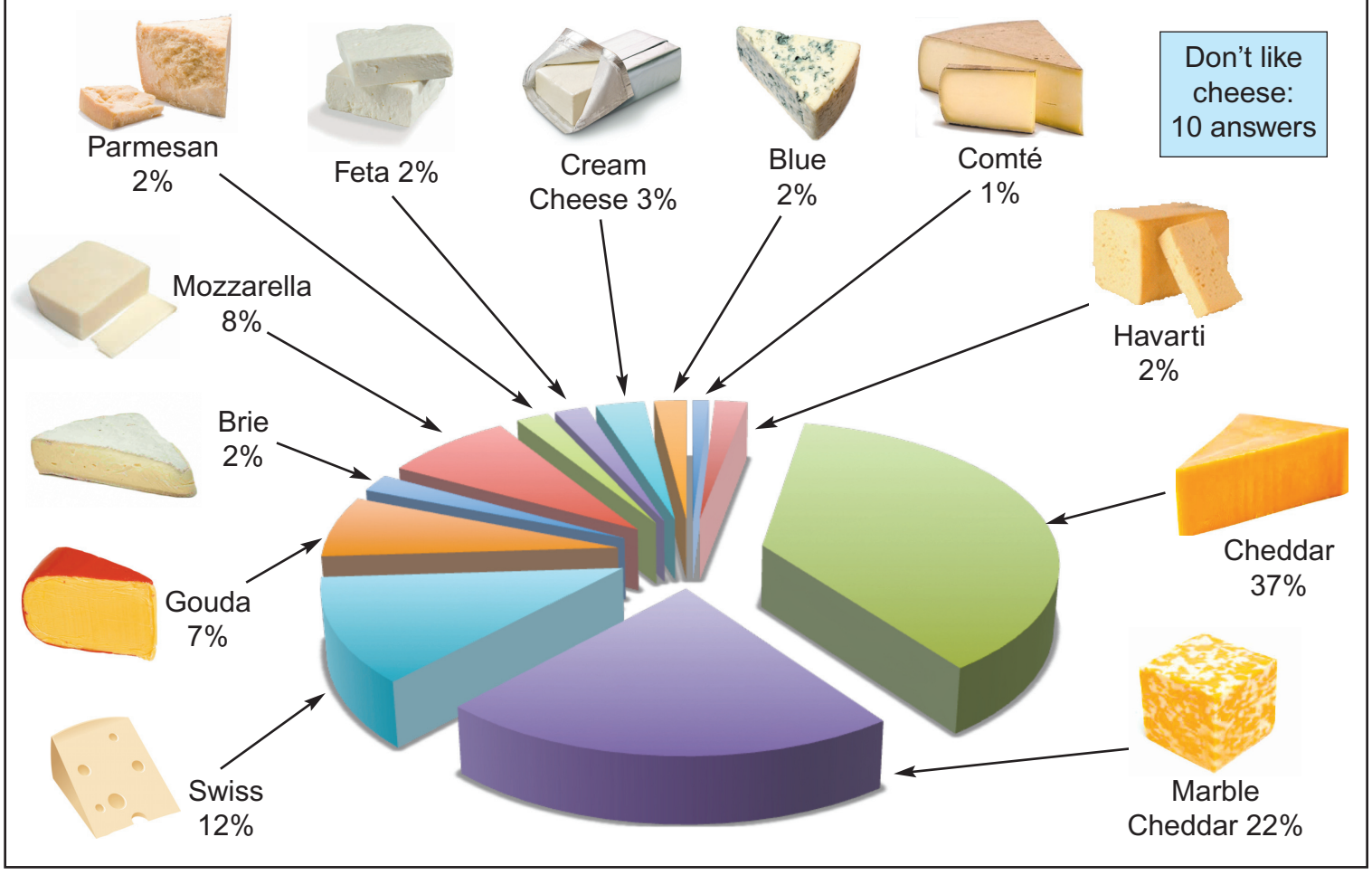
Word on the Street

"What's your favourite cheese?"

We randomly asked 110 local residents, "What's your favourite cheese?" While we encountered 10 cheese haters (who typically responded with "nothing!" or "eww!" or "gross!"), here's what the remaining 100 said.

It's interesting to note that in the Winchester Press' *admittedly unscientific poll, cheddar was the clear winner, with 59 per cent of the vote (37 per cent cheddar plus 22 per cent marble cheddar). According to the Dairy Farmers of Canada, that's the national favourite, too.*



Fast facts – Canada's cheese industry

• **Quebec on top:** In terms of economic activity generated, the Canadian cheese industry is mostly concentrated in Ontario and Quebec. British Columbia and Alberta are third and fourth in importance, while Atlantic provinces are gaining considerable growth. With 46.1 per cent of the total Canadian production of cheddar and 62.8 per cent of the total production of specialty cheeses, Quebec remains the main cheese producer in the country.

• **We eat a lot of the stuff:** In 2007, the annual cheese consumption in Canada was 11.58 kilograms per person (source: Statistics Canada). Consumers bought about 485,610,000 kilograms of Canadian cheese.

• **Where it's sold:** Here's the distribution of retail cheese sales: 36.1 per cent in Ontario; 27.1 per cent in Quebec; 18.9 per cent in the Prairies, 12.5 per cent in British Columbia; 5.4 per cent in the Maritimes.

• **Champion cheddar:** Nationally, cheddar was the heavyweight champion at retail, followed by processed cheese and mozzarella.

• **We like the fine stuff, too:** In the fine cheese category, Feta has sold the most, followed by brie/camembert, gouda, havarti, and Swiss. The most popular by region were: havarti in Ontario; feta in the Maritimes, the Prairies and British Columbia; and brie/camembert in Quebec.

All information from the Dairy Farmers of Canada.

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