

# Forage Facts



Published by the Peace Country Beef & Forage Association

December 2021, Volume 17, Issue 203

## In This Issue:

pg. 1 - **The 7 Types of Rest Every Farmer Needs**

pg. 4 - **Preparing for a Healthy Calving Season**

pg. 3 - **PCBFA News**

pg. 8 - **Member Information**

## DID YOU KNOW?

Alan Lee, U of A Master's Student studying Intercropping with PCBFA was successful on defending his thesis on November 12th, and obtained his Master's degree!

## The 7 Types of Rest Every Farmer Needs

By Lesley Kelly, Farmer and Co-Founder of the Do More Agriculture Foundation

Have you ever tried to fix an ongoing lack of energy by getting more sleep — only to do so and still feel exhausted?

### THE 7 TYPES OF REST EVERY FARMER NEEDS

If that's you, here's the secret: Sleep and rest are not the same thing, although many of us incorrectly con-

## The Do More Agriculture Foundation

fuse the two.

We go through life thinking we'll feel rested by getting a full night's sleep but in reality we are missing out on the other types of rest we desperately need, especially during those peak busy periods like harvest and calving or stressful times, like increased restrictions, cases and divisiveness around Covid-19. The result of only focusing on a few



Cow calf pairs grazing a cocktail mix near Baytree  
- Photo submitted by Dan Martin

hours of sleep to feel fully rested is a culture of high-achieving, high-producing, chronically tired and chronically burned-out individuals. We're suffering from a rest deficit because we don't understand the true power and potential of rest.

Rest deficit or exhaustion can look like the following symptoms:

- You get easily irritated or have low patience
- You have a strong desire to be alone, socially withdraw
- You struggle to follow conversation
- You have difficulty sleeping
- Your every action feels like a sacrifice
- You have low energy and feel drained
- You have stopped caring about your stressors; "checked out" mentally and emotionally from things
- You have a hard time concentrating or remembering things
- You have physical symptoms like stomach pains and/or headaches
- You find yourself focusing on the negative
- You feel overwhelmed and frazzled

Let's learn to give ourselves per-

mission to rest. Think of your rest or emotional capacity as a bucket. Your bucket may look different from someone else's as we all have different buckets depending on our genetics, life events, age, health and more. Flowing into the bucket are all areas of your life that can cause stress and exhaustion - farm pressures, family pressures, finances, weather, disagreements with neighbours, not eating well, lack of sleep and rest and more. All of these add water to our bucket and eventually, the water will overflow. We've now hit our emotional capacity peak and our mental and physical health is impacted. We'll start to feel burnout, exhaustion, and an increase of symptoms of depression or other mental illnesses and unable to cope with life the way we once did. To stop our bucket from overflowing, we need to add holes to let the water flow out in a healthy way. Self care rituals and routines and different types of rest is a





healthy way to add those holes, let the water out and restore your bucket again.

Rest should equal restoration in seven key areas of your life.

1. Physical rest - Ensuring your body can recharge by allowing it to slow down and repair. Examples: Naps, earlier bedtime, restful lunch breaks.
2. Mental rest - We need to recharge when it's hard to concentrate or our observations are hyper critical/judgemental. Examples: Turn off devices, affirmations, music
3. Emotional rest - Offloading emotional baggage and sharing vulnerability with a trustworthy listener. Examples: Talking to a friend, therapist, and/or support group
4. Social rest - Restoring ourselves through connecting with others. Examples: Time with friends that affirm us, coaches, mentors, playing a team sport, connecting with self
5. Creative rest - Breaks for creativity to re-energize resources and gain inspiration. Examples: Read a good book, walk in nature, cooking, looking at art, woodworking
6. Sensory rest - Retreating from sensory overload by reconnecting with yourself. Examples: Turning off devices, journaling, fresh air, breathing exercises
7. Spiritual rest - We need to feel anchored and realigned with our sense of purpose and harmony. Examples: Reading scriptures or philosophy, volunteering, meditation

Don't use rest as a reward for being productive. If you need a break, you need a break. It's not something that you should make yourself earn at the cost of your mental health or your bucket overflowing. Sleep alone can't restore us to the point where we feel rested. So it's time for us to begin

focusing on getting the right type of rest we need and deserve.

If you or someone in your family or farm team are going through a hard and stressful time and/or feeling exhausted or overwhelmed, reach out. For more resources visit [domore.ag/resources](http://domore.ag/resources).

About The Do More Agriculture Foundation:

The Do More Agriculture Foundation is the national voice and champion for mental health in Canadian agriculture and is changing the culture of agriculture to one where all producers are encouraged, supported, and empowered to take care of their mental wellbeing. Producers are among the most vulnerable when it comes to mental health issues. By collaborating with the entire industry and those working to address the state of mental health in Agriculture, we can and will make a substantial impact.

**RELEASE THE HERD.**

The list of tasks to do is long. The equipment you use to run down that list is critical. Run with mowers, compact utility tractors and utility vehicles from John Deere. And never stop running.

 **JOHN DEERE** | **PRAIRIECOAST**  
equipment

1-877-553-3373 • [www.prairiecoastequipment.com](http://www.prairiecoastequipment.com)  
GRANDE PRAIRIE 780-532-8402 | FAIRVIEW 780-835-4440  
LA CRETE 780-928-3337 | DAWSON CREEK 250-782-4141

By Johanna Murray

When preparing for calving season this year, don't forget your cleaning supplies. Catching diseases from our cattle isn't always very high on the list of threats to our health and safety during calving season. Usually, watching out for the mean momma cows, and spooky heifers is a lot higher on my list. But cattle (and sheep and goats) can carry a host of parasites and diseases that are transmissible to humans, called Zoonotic diseases or Zoonosis.

Many zoonotic diseases infect humans through contact with manure, blood, and milk, or through things like placentas, or infected carcasses. Treating sick cows or calves, handling deadstock, cleaning out barns, and assisting calving cows are all necessary at calving time. However, all of these activities can also provide opportunities for zoonotic disease to make the jump from livestock to handlers.

In addition to generally being more exposed to the havens of disease, there are some zoonotic diseases that are already more prevalent during calving season. Scours can be caused by a host of different organisms, three of which are zoonotic.

Most of us are familiar with the bacteria e.coli which is a common cause of food poisoning.



However, e.coli is also one of the most common causes of bacterial scours in calves. E.coli scours are relatively easy to treat but can be spread to humans if we touch our face or mouth after getting manure on our hands. [https://www.beefmagazine.com/mag/beef\\_vets\\_opiniongoing\\_war](https://www.beefmagazine.com/mag/beef_vets_opiniongoing_war)

Another bacterial scours can be caused by salmonella. Unlike e.coli, Salmonella develops resistance to antibacterial treatments very quickly. This means that treating salmonellosis must rely more on managing discomfort and replacing lost liquids and electrolytes. Salmonella is also able to infect many species besides cattle and humans, meaning pets and other livestock may also contract salmonellosis from infected calves or vice versa. Salmonella can be spread by mucus and saliva as well as through (Continued on page 6)

## Merry Christmas!

Please be advised that PCBFA Offices will be closed through the Christmas season, from December 24th to January 3rd.





MARK YOUR CALENDARS!

## VIRTUAL GRAZING CONFERENCE

Every Friday from  
January 7th - February 11th



PCBFA  
PEACE COUNTRY BEEF & FORAGE ASSOCIATION  
APPLIED RESEARCH

## Coffee, Cows & Crops Podcast

with host  
Johanna Murray



produced by the  
Peace Country Beef & Forage Association

Listen into our podcast - Coffee, Cows & Crops! Our Extension Coordinator, Johanna Murray hosts special guests and chat about various aspects of beef production, business management, and delving into Alberta-based research.

Listen to our catalogue of episodes at [peacecountrybeef.ca/podcast](http://peacecountrybeef.ca/podcast), Apple Podcasts, Spotify, or wherever you stream your podcasts

## Thank You to Our Municipal Partners!



NORTHERN SUNRISE  
COUNTY



manure matter, so sanitizing anything that touches the calf's mouth is also vital to reducing the spread of salmonellosis. <https://www.canadiancattlemen.ca/features/salmonellosis/>

Cryptosporidium is a bit of a different beast than e.coli and Salmonella because it is caused by a parasite. Crypto generally only causes disease in calves younger than 6 weeks, however, adult cows can also be infected without showing any outward signs. While there is no effective treatment for Crypto beyond keeping calves hydrated, most animals do recover. However, calves infected with crypto also shed large numbers of protozoal eggs, leading to rapid spread and an increased threat to humans. The thick-walled eggs of the protozoa are also quite resistant to disinfectant. The most effective method of killing the pathogen is to expose the eggs to temperatures of about 160F running clothes through a dryer, boiling equipment, making sure that infected calves cannot access stored water, and frequent hand washing can all help reduce the risk. (<https://www.vet.k-state.edu/docs/vhc/farm/ag-practice-updates/Crypto.pdf>)



*It is important to sanitize all equipment used and wash clothing after handling sick calves.*



**KEDDIE'S**  
**TACK & WESTERN WEAR**  
*Serving the Feed Industry for 50 years!*

**WE OFFER:**

- Feed analysis and feeding programs
- Locally made custom mineral and feed blends
- Liquid supplements and range pellets

*Custom Blends:* Our nutritionists can design a feed program that will work specifically for you and your needs!

**We are the *only* mineral manufacturing plant in the Peace Country**

**780-532-4888 • [keddies.com](http://keddies.com)**  
9808 132 Ave, Grande Prairie, AB

While there are other causes for scours, that won't make the jump to human hosts; being aware of the possibility of zoonotic infection can lead to faster diagnosis and treatment if someone does get seriously sick.

There are many other zoonotic diseases that cattle and humans can share, such as streptococcus (which can cause mastitis in cattle and strep throat in people) Leptospirosis, Bovine Tuberculosis, and Listeriosis (bacteria found in spoiled silage). The symptoms can range from flue or cold-like to life-threatening, and, as with the common cold or flu, zoonotic diseases pose the most risk to humans if your immune system is already weak, or busy protecting you from other things like if you're pregnant, stressed, sick, or recovering from being sick.

However, large populations of bacteria or viruses in your environment can overwhelm even



the healthiest immune system. Since pairs with young calves don't tend to move around a lot, this buildup of disease can happen quickly in the calving pasture. The best offense in this situation is a good defense, having a herd health strategy paired with good hygiene practices can make sure both you and your herd stay healthy.

For the cattle, moving pairs away from calving cows, separating pairs into different groups based on age, and calving in warmer weather when cattle can spread out can all reduce disease pressure on both you and your calves.

On the cattle handler side, washing your hands before eating, avoiding eating and drinking in the barn, or the side by side you check calves in, wearing gloves when assisting cows, and keeping your work clothes and calf doctoring equipment clean will reduce the places for bacteria, viruses and parasites can hide.

Keeping kids and pets away from calving pens and manure to avoid the possibility of them eating anything they shouldn't, or at least making sure they aren't tracking manure to other parts of the yard can also reduce transmission.

However, when you're cleaning equipment, the right method is important.

Organic material like manure, milk, blood, silage etc. interferes with the action of many disinfectants and sanitizers, a quick wipe down prior to sanitization ensures that your cleaning will be more effective. Mixing cleaners is risky since both Ammonia and Chlorine (bleach), and Chlorine and Acid create toxic gases when combined. Your vet should be able to provide ad-

vice on which disinfectants will be appropriate for different situations.

Of course, chemical sanitizers aren't the only option either. Some pathogens such as Crypto are resistant to disinfectants but vulnerable to heat. Boiling equipment such as needles, pill pushes, taggers, knives and OB chains is a good option that reduces the likelihood of contamination as well as reducing chemical use.

Sunlight and time are also great disinfectants if they're used right. Leaving things to dry in the direct sunlight for a few days can kill many pathogens. However, this is less reliable than boiling, or even a cycle in the dryer for clothes.

There aren't a lot of things that are less fun than working with livestock when you're sick. Taking steps to keep yourself and your employees and family healthy always pays off. Most veterinarians are very familiar with zoonotic diseases since they are constantly working with sick animals and will have more advice on prevention. After all, the best offense is a good defense, good disease control and herd health strategy paired with good hygiene practices can make sure both you and your herd stay healthy this year.



*We wish you a happy, healthy, and clean calving season! And remember to watch out for those mean momma cows!*



# Member Information

## Follow Us



[/peacecountrybeef](https://www.facebook.com/peacecountrybeef)



[@PCBFA](https://twitter.com/PCBFA)



[@peacecountrybeef](https://www.instagram.com/peacecountrybeef)



[Peace Country Beef & Forage Association](https://www.youtube.com/PeaceCountryBeef&ForageAssociation)



[peacecountrybeef.ca](https://www.peacecountrybeef.ca)

## Member Feed Testing Service

PCBFA Members receive 2 free feed tests with their membership.

All feed tests are sent to Central Testing Labs in Winnipeg. Nutrients and minerals are tested by wet chemistry.

Nitrate, Mould, and Mycotoxin tests can be completed and will be invoiced at lab cost.

### Feed Test Pricing:

Feed Tests for Members (after 2 free) - \$45/sample

Feed Tests for Non-Members - Billed at Lab Cost

Nitrate Testing - \$15/sample

Rush Shipping - \$50

Hay Probe Deposit for Non-Members - \$100

### Feed Test Drop Off Sites:

Fairview Research Farm, County of Grande Prairie's Clairmont Office, MD of Greenview's Valleyview Office, Saddle Hills County Office, and the Lesser Slave Watershed Council Office in High Prairie

## 2021-22 Board of Directors

### Chairman:

Allan McLachlan

### Vice Chairman:

Michael Strebchuk

### Treasurer:

Clay Armstrong

### Secretary:

MacKay Ross

### Directors:

Faron Steffen

Michael Gross

Kelvin Krahn

Dan Martin

Andrew Hale

Clint Ostrem

## Get in Touch with Our Staff

### Liisa Jeffrey

Executive Director

C: 780-394-7419

E: [liisa@pcbfa.ca](mailto:liisa@pcbfa.ca)

### Katie McLachlan

Interim Operations Manager

C: 780-772-0277

E: [katie@pcbfa.ca](mailto:katie@pcbfa.ca)

### Johanna Murray

Extension Coordinator

C: 780-523-4033

E: [johanna@pcbfa.ca](mailto:johanna@pcbfa.ca)

### Dr. Akim Omokanye

Research Program Manager

C: 780-835-1112

E: [akim@pcbfa.ca](mailto:akim@pcbfa.ca)

### Dr. Blasius Azuhnwi

Research Associate

P: 780-835-6799

E: [blasius@pcbfa.ca](mailto:blasius@pcbfa.ca)

### Buthaina Al-Maqtari

Research Technician Lead

C: 403-667-2219

E: [buthaina@pcbfa.ca](mailto:buthaina@pcbfa.ca)

PCBFA is a  
Proud Member of

**FarmRite**



**AFIN**  
ALBERTA FORAGE  
INDUSTRY NETWORK